



### Investigating Disability factors and promoting Environmental Access for healthy Living Rehabilitation Research Training Center

IDEAL RRTC's goal is to promote the healthy aging of adults with long-term physical impairments and disabilities. This will be achieved by identifying factors at the intersection of the person and environment that impede or support positive health and function outcomes and creating solutions that improve the fit between the two. For more information, visit the IDEAL RRTC website: <https://disabilityhealth.medicine.umich.edu/research/ideal-rrtc>

#### Resources

- 1. My Cerebral Palsy (MYCP)** - A forum that allows engagement with our growing community of people with cerebral palsy (CP) and clinicians. Convey what it means to live with cerebral palsy to researchers. Impact research and improve outcomes for people with CP. Visit the MYCP website here: <https://mycp.org>
- 2. United Cerebral Palsy: The Case for Inclusion: Report 2019**  
Since 2006, The Case for Inclusion has been the preeminent annual ranking of how well state Medicaid programs serve people with intellectual and developmental disabilities (I/DD) and their families. Link to report:  
[https://caseforinclusion.org/application/files/1215/4653/0255/UCP\\_Case\\_for\\_Inclusion\\_Report\\_2019\\_Final\\_Single\\_Page.pdf](https://caseforinclusion.org/application/files/1215/4653/0255/UCP_Case_for_Inclusion_Report_2019_Final_Single_Page.pdf)
- 3. America Academy of Cerebral Palsy and Developmental Medicine: Fact Sheets**
  - Fitness and exercise for adults with cerebral palsy
  - Pain in Adults with cerebral palsy
  - Spinal Stenosis
  - Why do adults with cerebral palsy need a Primary Care Provider (PCP)?Link to fact sheets: <http://www.aacpdm.org/publications/fact-sheets>
- 4. American Physical Therapy Association: Academy of Pediatric Physical Therapy: Fact Sheets**
  - Employment
  - Health Care Issues
  - Independent Living
  - Transition: From School to Adult LifeLink to fact sheets: <https://pediatricapta.org/fact-sheets>
- 5. American College of Sports Medicine: Health-Related Fitness for Children and Adults Resource Library.**  
Link to resource library: [http://www.acsm.org/docs/default-source/files-for-resource-library/basics\\_youth-cerebral-palsy.pdf?sfvrsn=d3d6e067\\_2](http://www.acsm.org/docs/default-source/files-for-resource-library/basics_youth-cerebral-palsy.pdf?sfvrsn=d3d6e067_2)
- 6. National Center on Health, Physical Activity and Disability (NCHPAD)** - The National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more. Link to NCHPAD: <https://www.nchpad.org>
- 7. American College of Rheumatology (ACR): Patient and Caregiver Resources**  
Link to ACR website: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Patient-and-Caregiver-Resources>
- 8. American College of Gynecologists (ACG): Interactive site of clinician serving women with disabilities.** Link to ACG website: <https://www.acog.org/About-ACOG/ACOG-Departments/Women-with-Disabilities/Interactive-site-for-clinicians-serving-women-with-disabilities>