










-  **Disabled Village Children - A Guide for Community Health Workers, Rehabilitation Workers, and Families (Hesperian Foundation, 1999, 676 p.)**
-  **(introduction...)**
-  **HOW TO USE THIS BOOK**
-  **THANKS**
-  **ABOUT THIS BOOK**
- PART 1: WORKING WITH THE CHILD AND FAMILY: Information on Different Disabilities**
- PART 2: WORKING WITH THE COMMUNITY: Village Involvement in the Rehabilitation, Social Integration, and Rights of Disabled Children**
- PART 3: WORKING IN THE SHOP: Rehabilitation Aids and Procedures**
-   **REFERENCES - (Where to Get More Information)**
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## **REFERENCES - (Where to Get More Information)**

**In the first edition of this book we included a list of references. In that list we gave the names of publications from which we borrowed information to use in this book. We also included books and materials that we did not use, but that we felt**

**contained information that could be useful to other people**

**It has been more than 10 years since *Disabled Village Children* was written. Since then, many of the books that we recommended are not published anymore. For this reason, the list of references in this. Printing is somewhat different from the original. We still give credit to books and authors whose materials we used. Whenever possible, we still include the name and address of the organization or publisher who distributes the materials, so anybody who wishes to can write directly to them**

**In some cases, we were not able to find the producers or distributors of some books and we decided to take them out of the list to save you time and effort**

**In this new list, we also include organizations and associations that offer information and materials on different disabilities. The services and materials that they offer vary from one to the other. Some of them send free materials but most charge some money for them. Write to them directly to get information on the type of books they sell and their prices. Be as precise as you can in explaining what you need so they can do a good job at helping you**

**You will notice that most of the organizations that we list here are in the US. But there are others in many different countries. Find out what kind of organizations or associations of disabled people exist where you are. It may be easier to get appropriate information and materials locally**

## **DISABILITY AND REHABILITATION - GENERAL**

**ACCENT. P.O. Box 700, Bloomington, IL 61702 USA**

**Quarterly magazine with clear and practical information specially for people with spinal cord injuries, but covering other disabilities too It is also a mail order service Lots of books and booklets and some accessories to make it easier to function with a disability**

***CBR News. Healthlink (formerly AHRTAG), Farringdon Point, 29-35 Farringdon Road, London EC1M 3JB, ENGLAND***

**Report that comes out 3 times a year Excellent information for those who are interested in community-based rehabilitation and the rights of disabled persons Free for those who are working in poor countries**

***Helander, E, Mendis, P, Nelson, G, and Goerdts, A. Training Disabled People in the Community. World Health Organization, Distribution and Sales, 1211 Geneva 27, SWITZERLAND***

**Very basic information - sometimes too basic This latest edition has been improved, but it still takes a rather top-down authoritarian approach Very simple language Many pictures Part of a total plan for a 'community-based', government-directed program**

**Rehabilitation International, 25 East 21st Street, New York, NY 10010, USA**

**A worldwide federation of organizations of disabled people Publications about social issues and the politics of disability and rehabilitation They also publish the newsletter *One in Ten*, a report on what is happening around the world that may be of interest to disabled persons and their advocates**

**Werner, David *Project PROJIMO*. The Hesperian Foundation, PO Box 11577, Berkeley, CA 94712-2577, USA 1983, 65 pages**

**A photographic report on the villager-run rehabilitation program in Mexico**

***Special Needs Project*, 3463 State Street, #282, Santa Barbara, CA 93105 USA 805-962-808, 805-962-5087 fax books@specialneeds.com**

**A bookstore that sells by mail It offers a great selection of books on many different disabilities and rehabilitation**

### **PRIMARY HEALTH CARE**

**Werner, David. *Where There Is No Doctor*. The Hesperian Foundation, PO Box 11577, Berkeley, CA 94712 2577, USA 1992, 506 pages**

**Widely used handbook for village health workers and families on basic curative and preventive health care Second edition, revised and expanded**

**Werner David and Bower, Bill. *Helping Health Workers Learn*. The Hesperian Foundation (see address above) 1982, 632 pages**

**A 'people-centered' educational approach to health care.**

**Dickson, Murray. *Where There Is No Dentist*. The Hesperian Foundation (see address above) 1983, 208 pages**

**Basic information on care of teeth and gums**

**King, Maurice and Felicity. *Primary Child Care Book One. Teaching Aids at Low Cost (TALC), PO Box 49, St Albans, Herts, AL1 4AX, ENGLAND***

**Excellent health care guide for children**

## **POLIO**

**Huckstep, R.L. *Poliomyelitis: A Guide for Developing Countries-Including Appliances and Rehabilitation for the Disabled.* Churchill Livingstone, Robert Stevenson House, 1-3 Baxter's Place, Leith Walk, Edinburgh EH1 3AF, ENGLAND.**

**This is an excellent book that went out of print. Very complete. Includes braces, assistive equipment, rehabilitation, and information for hospital care and surgery. Well adapted for poor countries and community programs. You may still be able to locate a copy.**

***Polio Network News.* G.I.N.I., 5100 Oakland Avenue #206, St. Louis, MO 63110-1406, USA.**

**Quarterly report with international circulation. Focuses on long-term effects of polio. It promotes scientific research on polio and proposes the creation of a worldwide network of people with polio.**

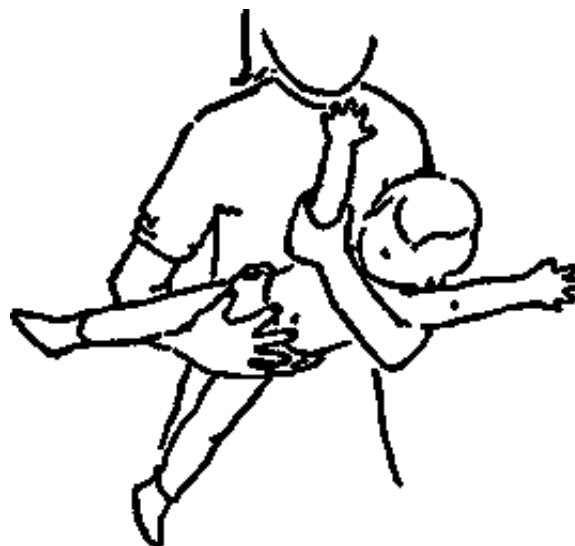
***Post Polio.* An ACCENT guide. (See address at the beginning of this list.)**

**A short manual that explains how to prevent the secondary and long-term effects of polio. Clearly written.**

## CEREBRAL PALSY

**Finnie, Nancy. *Handling the Young Cerebral Palsied Child at Home*. Penguin USA, P.O. Box 999, Dept. 17109, Bergenfield, NJ 07621 USA. 1975, 337 pages.**

**Excellent, very complete and detailed information for home care. May be too much detail for some families - but a highly-recommended resource for a community program.**



**Figure**

**Levitt, Sophie. *Treatment of Cerebral Palsy and Motor Delay*. Blackwell Scientific Publications, 238 Main St., Cambridge, MA 02142 USA. Third edition, 1995.**

**An advanced book, mostly on physiotherapy. Excellent information, but difficult language and presentation. Many good pictures.**

## MUSCULAR DYSTROPHY

**Muscular Dystrophy Association Inc., 3300 E. Sunrise Drive, Tucson, AZ 85718-3208, USA.**

**Lots of pamphlets on all the different types of muscular dystrophy. This association can be very helpful for children who live in the US because they provide, and can help find, many services. (Their main focus is finding a cure.)**

## **ARTHRITIS**

**Arthritis Foundation, 203 Willow Street Suite 201, San Francisco, CA 94109-7731, USA,**

**A great variety of written materials on the different aspects of several types of arthritis, including juvenile arthritis. Updated information on current research and medical treatment to function with and manage arthritis.**

**Hampton, J. *Aches and Pains*. TALC, P.O. Box 49, St. Albans, Herts AL1 4AX, ENGLAND.**

**A practical guide for the management of pain due to different types of arthritis.**

## **SPINA BIFIDA**

**McLone, David. *Introduction to Spina Bifida*. Spina Bifida Association of America (SBAA), 4590 MacArthur Boulevard NW Suite 250, Washington, DC 20007, USA.**

**Basic information; specially useful for those who live in the USA and can access the care and services available.**

***Sexuality and the Person with Spina Bifida.* Available from SBAA (see address above).**

**An important topic explained in easy terms. Different aspects of sexuality - development, activity, society - relevant to persons with spina bifida.**

**Also from SBAA, *Bowel Continence and Spina Bifida*, and other publications; write for a list of their materials.**

**Welch, Collette. *Spina Bifida and You: A Guide for Young People.* Association for Spina Bifida and Hydrocephalus (ASBAH), 42 Park Road Peterborough, PE1 2UQ, ENGLAND.**

**This and many other publications on spina bifida are available from ASBAH. Some of their materials are excellent.**

## **SPINAL CORD INJURY**

**Bromley, Ida. *Tetraplegia and Paraplegia: A Guide for Physiotherapists.* Churchill Livingstone Sales, 55 250 Fontenac Road, Naperville, IL 60563-1711, USA. 1991, 219 pages.**

**Useful information on exercises, transferring, and how to shift weight to prevent pressure sores. Some good illustrations. Very technical.**





**Figure**

***Spinal Cord Injury. A Manual for Healthy Living.* RRTC, Baylor College of Medicine, 1333 Moursund B-1D7, Houston, Texas 77030-3405 USA**

**Also available in Spanish Excellent (but expensive) accessibly written guide for people with spinal cord injuries and their families and caregivers Many good illustrations Has 29 sections, including bowel and urine management, skin care, sexual adjustment, medications, and others**

***Bowel Management - A Manual of Ideas and Techniques.* An ACCENT guide (See address at the beginning of this list)**

**Clearly written A lot of information on how to follow a bowel program Includes discussions on diet, exercise, water intake, and use of laxatives**

**Also available from ACCENT, *Pressure Sores A guide to prevent, recognize, and treat pressure sores***

## **LEPROSY**

**Summers, A. *Leprosy for Field Staff*. The Leprosy Mission, 80 Windmill Road Brentford, Middlesex TW8 0QH, ENGLAND, 1993 116 pages. Free for people working with leprosy patients.**

**Excellent manual for health workers who work in areas where there is leprosy Very well written, with lots of high-quality illustrations and charts**

**Pfaltzgraff, R.S. *How to diagnose and classify leprosy*. The Leprosy Mission (see address above) 1988, 32 pages. Free for health programs**

**This booklet explains how to examine and recognize leprosy What questions to ask Photographs and good drawings**

***Prevention of Disability-guidelines for leprosy control programmes*. ILEP Medical Commission, 1993, 40 pages. It can also be obtained from The Leprosy Mission (see address above)**

**This booklet teaches how to prevent disabilities in patients with leprosy Explains how to check eyes, hands, and feet to identify signs of disability It includes sample forms for record keeping and follow-up**

**Neville, P Jane, editor *A footwear manual for leprosy control programmes*. Volumes I and II. The Leprosy Mission (see address above)**

**Two books about special footwear for persons with leprosy The first book is a guide for setting up a footwear making shop The second book deals**

**with technical aspects of making footwear and has clear, easy to follow instructions for production of shoes, boots, and sandals Free for programs serving people with leprosy**

**Note: The Leprosy Mission has a very complete list of high-quality publications on leprosy and related subjects Everything is at modest prices for health workers and community programs**

**McDougall, A.C. *Implementing Multiple Drug Therapy for Leprosy*. Oxfam Publishing, 274 Banbury Road, Oxford OX2 7DZ, ENGLAND 1988, 64 pages**

**Written in the form of questions and answers This book explains the required care for persons who are being treated for leprosy with multiple drugs Useful for health workers and leaders of leprosy control programs**

## **EPILEPSY**

**Vinig, Eileen PG and Pillas, Diana J. *Seizures and Epilepsy in Childhood-A Guide for Parents*. The Johns Hopkins University Press, 2715 North Charles Street, Baltimore, MD 21218-4319, USA 1990, 287 pages**

**Clearly explains many aspects of epilepsy in children A good resource for a child with epilepsy and his family It can also be bought from the Epilepsy Foundation**

**Epilepsy Foundation of America, 4351 Garden City Drive, Landover, MD 20785, USA**

**An organization that offers a great collection of publications and videos on all the different aspects of epilepsy These are educational materials, designed for individuals with epilepsy, their families, teachers, and society in general**

## **BLINDNESS**

***Blind Children Center, 4120 Marathon St, Los Angeles, CA 90029, USA***

**This is an organization dedicated to serving blind children 5 years of age and younger They produce a lot of written materials for families with blind children**



**Figure**

**Sandford-Smith, John. *Eye Diseases in Hot Climates*. TALC, PO Box 49, St Albans, Herts AL1 4AX, ENGLAND**

**A valuable resource for health programs It teaches how to identify prevent, and provide basic care for the most common eye diseases found in the tropics**

**World Blind Union, CBC-ONCE, C/ La Corua 18, Madrid 28020, SPAIN**

**ONCE (National Spanish Association of the Blind) is also the home base for the World Blind Union They have an international directory of organizations and programs for the blind Write to them to get the names and addresses of programs in your region**

## **DEAFNESS**

**We have listed some producers of materials for deaf people Just remember that sign language differs from place to place Investigate and observe what works well in your region and what materials are offered there**

**Wirz, Sheila W and Winyard Sally, W. *Hearing and Communication Disorders.* Published by MacMillan but costs less from TALC PO Box 49, St Albans, Herts AL1 4AX, ENGLAND**

**A manual for rehabilitation programs that include or want to include services for deaf children or those with other communication problems It simplifies a lot of techniques used by deafness professionals**

**Medwid, Dana and Weston, Denise C. *Kid Friendly Parenting with Deaf and Hard of Hearing Children.* Gallaudet University Bookstore, see address below**

**A good book on parenting deaf children It teaches a fun, flexible method for building good relationships between parents and children**



**Figure**

**Gallaudet University Bookstore, 800 Florida Avenue NE Washington, DC 20002-3695 USA**

**It specializes in all kinds of publications that deal with deafness - history, theory, education, etc Popular children's books in sign language Aids and equipment for deaf persons**

***The Dictionary. Signing Exact English* Box 1181, Los Alamitos, CA 90720, USA**

**1993, 479 pages**

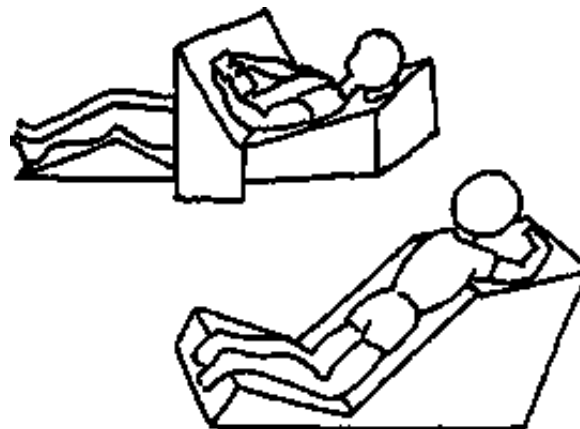
**A very complete dictionary of sign language in English, very useful to anyone who wants to learn the North American system Signing Exact English also offers many other publications and visual aids for teaching and learning sign language**

### **THERAPY, EXERCISES, AND POSITIONING**

**Hardinge, Elizabeth A, and Wilson, Patricia M.P. *A Manual of Basic Physiotherapy for the Use of Nurses in Rural Hospitals*. Tear Fund, 100 Church Road, Teddington, Middlesex, TW11 8QE, ENGLAND, 1981, 162 pages**

**Basic, clearly presented, very useful for training rehabilitation workers**

**Bergen Adrienne Falk and Colangelo, Cheryl. *Positioning the Client With Central Nervous System Deficits' The Wheelchair and Other Adapted Equipment*. Valhalla Rehabilitation Publications, PO Box 195, Valhalla, NY 10595 USA 1985 (second edition), 237 pages**



## Figure

**Detailed, in-depth discussion of adaptive seating to meet the needs of individual children with cerebral palsy Excellent illustrations Language is fairly complex**

**Jaeger, D LaVonne. *Home Program Instruction Sheets for Infants and Young Children*. Therapy Skill Builders, 555 Academic Court, San Antonio, TX 78204-1223 USA**

**Excellent, well-illustrated book of instruction sheets for many exercises It includes range of motion exercises (This is a revised version of the first edition by Jaeger and Hewitt)**

**Stern, Linda and Steidle, Kathryn. *Pediatric Strengthening Program*. Therapy Skill Builders (see address above)**

**Many playful activities to help increase the strength of children with disabilities or those who are recovering from surgery Pages can be copied and given to families so they will remember how to do the exercises with their children**

***Physical Therapy Assistant's Manual*. Operation Handicap International, Secteur Ventes, 14 Av Berthelot, 69361 Lyon Cedex 07, FRANCE. Three volumes of 170 pages each**

**Simple manuals that teach how to provide physical therapy The first book covers theory and basic anatomy The second book shows therapy**



**techniques And the third one helps you choose an exercise program according to the particular disability Good illustrations and clearly written**

## **CHILD DEVELOPMENT AND DEVELOPMENTAL DELAY**

***Special Education for Mentally Handicapped Pupils.* Christine Miles, 4 Princethorpe Rd, Birmingham C29 5PX, ENGLAND**

**Excellent adaptation of special education to a developing community  
Clearly written A few good illustrations Perhaps the best special education text for community programs**



**Figure**

***Teaching Skills.* Cheshire Homes, 515 Q Jalan Hashim, Tanjong Bungah, Penang,**

## **MALAYSIA.**

**A package of 6 video programs that describe teaching techniques to use with children and adults who are slow to learn. Well done and at prices that community programs can afford.**

**Sheda, Constance and Small, Christine. *Developmental Motor Activities for Therapy-Instruction sheets for children.* Therapy Skill Builders. 555 Academic Court, San Antonio, TX 78204 USA.**

**Well illustrated and organized activities to promote physical development and motor skills in children. Sheets can be reproduced and given to families.**

***National Down Syndrome Congress, 1605 Chantilly Dr. Suite 250, Atlanta, GA 30324, USA.***

**An organization that provides many small pamphlets on different issues concerning Down syndrome. They also offer a reading list for families.**

## **BEHAVIOR TRAINING AND TOILET TRAINING**

**Wipfler, Patty. *Listening to Children.* Parents Leadership Institute, P.O. Box 50492, Palo Alto, CA 94303, USA.**

**A series of 6 booklets that cover crying, fear, anger, special time, tantrums, and listening. A very new and revolutionary approach for dealing with feelings and behavior. Not written specifically for disabled children but the**

**basic ideas work for everyone.**

**Azrin, Nathan and Foxx, Richard. *Toilet Training in Less Than a Day*. Pocket Books, 1230 Avenue of the Americas, New York, NY 10020, USA. 1974, 189 pages.**

**Good instructions for 'the fast method'; oriented for the USA and Europe.**

## **TOYS AND GAMES**

**Ludins-Katz, Florence and Katz, Elias. *Arts and Disabilities*. Institute of Art and Disabilities, 551 23rd Street, Richmond, CA 94804, USA. 1983, 235 pages.**

**Ideas for starting an art center for disabled people. Materials, equipment, aids, and instruction needed for many crafts and art forms.**

**Levitt, Sophie. *We Can Play and Move*. Healthlink, 1987. Order from TALC. P.O. Box 49, St. Albans, Herts AL1 4ZX, ENGLAND.**

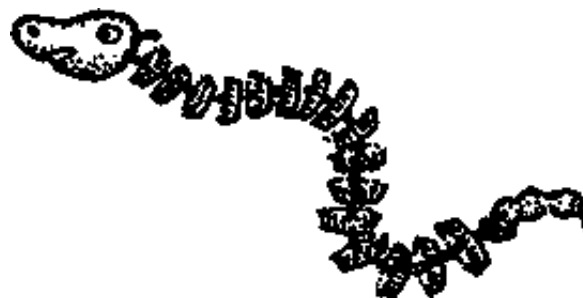
**Fun activities to help children move and learn to balance.**

**Carlile, June, editor. *Toys for Fun*. TALC. See address above.**

**A manual for making toys for pre-school children. Written in six different languages, all in one volume (English, Arabic, French, Portuguese, Spanish, and Swahili). Many illustrations.**

**Sher, Barbara. *Extraordinary Play with Ordinary Things*. Therapy Skill Builders. 555 Academic Court, San Antonio, TX 78204 USA.**

**Play activities and games for children with varied levels of disability. Designed to encourage thinking, movement, coordination and balance. It uses materials and objects available in most homes.**



**Figure**

**Rogow, Sally M. *Shared Moments: Learning Games for Disabled Children*. The Disability Bookshop, P.O. Box 129, Vancouver, WA 98666, USA.**

**Learning games and activities designed to stimulate and encourage babies and children with physical, visual and developmental disabilities.**

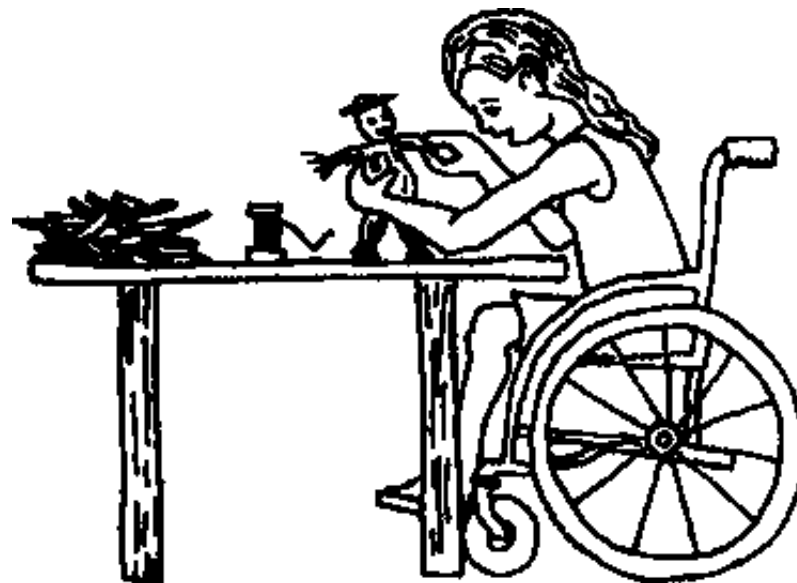
**Hale, Karen. *Some Crafty Things to Do*. OXFAM Publishing, 274 Banbury Road, Oxford OX2 7DZ, ENGLAND. 1992, 32 pages.**

**A manual for making toys from many different countries. Written for children, with good illustrations.**

***MIKKY: Visual Aids and Toys*. Life Help Centre for the Handicapped, East Coast Road, Palavakkam, Madras 600-041, INDIA.**

**A manual on the therapeutic uses of crafts-making. Many different crafts**

**and list of suppliers. Very useful if you can find or afford the materials.**



**Figure**

**AWARENESS RAISING; POLITICS OF DISABILITY,  
REHABILITATION, AND MEDICINE**

**Miles, Mike. *Where There Is No Rehab Plan*. Available from The Hesperian Foundation.**

**Good analysis of 'community-based rehabilitation'. It makes a valid critique of the WHO approach.**

**Jones, Ron. *The Acorn People*. Bantam Books, 2451 S. Wolf Road, Des Plaines, IL 60018, USA. 1976, 80 pages.**

**A good, very human story about disabled children and their need for**

**freedom, adventure, and understanding.**

**Davidson, Margaret. *Louis Braille: The Boy Who Invented Books for the Blind*. Scholastic Book Services, P.O. Box 120, Bergenfield, NJ 07621, USA,**

**Excellent story for children about the accomplishments of a disabled child. Good reading for CHILD-to child activities.**

**Melrose, Dianna. *Bitter Pills-Medicines and the Third World Poor*. OXFAM, 274 Banbury Road, Oxford OX2 7DZ, ENGLAND. 1982, 277 pages.**

**Excellent discussion of how drug companies often exploit people and endanger their health.**

***The Ragged Edge* (formerly *The Disability Rag & Resource*), P.O. Box 145, Louisville, KY 40201, USA.**

**A bi-monthly magazine by disabled people. A constant critic of disinformation and false ideas about people with disabilities. Good articles and analysis.**

***Disability Awareness in Action*, 11 Belgrave Road, London SW1V 1RB, ENGLAND.**

**An organization dedicated to fostering the integration of disabled people and advocating respect for their rights. Excellent materials on how to organize and maintain an organization of disabled people.**

**AIDS, APPLIANCES, AND SPECIAL EQUIPMENT, INCLUDING WHEELCHAIRS**

***How to Make Basic Hospital Equipment*, compiled by Roger England. Intermediate Technology Publications, Sales Office, 103-105 Southampton Row, London WC1B 4HH, ENGLAND. 1979, 86 pages.**

**Simple tube metal wheelchairs and other designs from Africa. Well illustrated and with useful comments. Fairly simple language.**

***A Plastic Caliper for Children*. Opration Handicap International, Sectur Ventes, 14 Avenue Berthelot, 69361 Lyon Cedex 07, FRANCE.**

**A manual with all the instructions to make a plastic caliper (brace) similar to the ones we describe in chapter 58. It includes information about choosing the correct caliper.**

***UPKARAN: A Manual of Aids For the Multiply Handicapped*. Spastics Society of India, Upper Colaba Road, Opposite Afghan Church, Colaba, Bombay 400-005, INDIA. 106 pages.**

**Many excellent and mostly simple aids, well illustrated. Written in English and Hindi.**

***How to Make Simple Disability Aids*. TALC, P.O. Box 49, St. Albans, Herts AL1 4AX, ENGLAND.**

**Many illustrations. Easy to make aids that are very useful. Many things that children can make themselves.**

***More with Less: Aids for Disabled People for Daily Living*. TOOL Publications, P.O.**

**Box 321, 2300 AH Leiden, The Netherlands.**

**Simply written in English, French, and Spanish, with illustrations on every page. Very good ideas.**

***Personal Transport for Disabled People.* Produced by Healthlink but can also be ordered from TALC, (see their address above).**

**Hotchkiss, Ralf. *Independence Through Mobility: A Guide to the Manufacture of the ATI-Hotchkiss Wheelchair.* Wheeled Mobility Center, Dept. of Engineering, San Francisco State University, San Francisco, CA 94132, USA.**

**Complete instructions to make the 'whirlwind', a high-quality, low-cost steel wheelchair.**

**For a list of books about various types of personal transport for disabled people.**

## **ARTIFICIAL LIMBS**

**Pluyter, B. *Alternative Limb Making.* Can be ordered from TALC (see their address above).**

**Teaches how to manufacture and fit low-cost, below-knee prostheses. Detail on innovative products. Provides theory and technical information.**

***Simple Below-knee Prosthesis Manufacture and Simple Above-knee Prosthesis Manufacture.* Operation Handicap International, Sector Ventes, 14 Avenue**

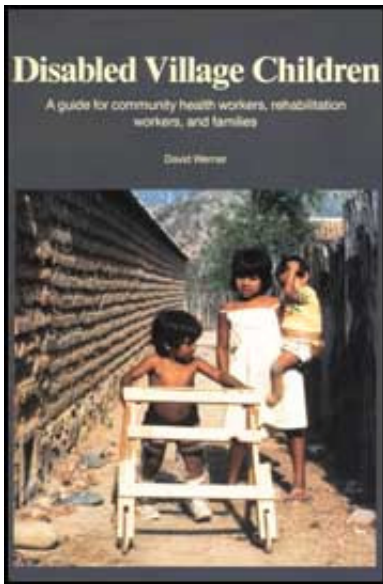











**Berthelot, 69361 Lyon Cedex 07, FRANCE.**

**Excellent; fairly simple method for making prostheses.**



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## **LIST OF SPECIAL OR DIFFICULT WORDS**

**This is a list in alphabetical order of words used in this book that you may not understand. The first time one of these words is used in the book, or in a chapter, it is written in *italics* so that you know you can look it up here, where we explain each word. Sometimes, we also refer you to a page of the book that explains the word more completely. If this list does not have a word you want explained, look in the INDEX. The word may be explained on a page that the INDEX refers you to.**

### **A**

**Action nerves (motor nerves) Nerves that carry messages from the brain to parts of the body, telling muscles to move**

**Acute Sudden and short-lived An acute illness is one that starts suddenly and lasts a short time It is the opposite of chronic'**

**Adaptation Change or changes to better fit a specific child or local area A seat may be adapted by the addition of straps and pads to better support the body**

**Antibiotic A medicine that fights infections caused by bacteria Penicillin and tetracycline are antibiotics For discussion of antibiotics and their use, see *Where There Is No Doctor*.**

**Arthritis Pain and inflammation in one or several joints of the body such as the knees, elbows, or hips**

**Ataxia Difficulty with balance and with coordination**

**Atrophy** A progressive wasting or weakening of the muscles that comes from a problem in the nerves (Compare with 'dystrophy')

## B

**Behavior** A person's way of doing things, pattern of actions The way a child acts, or relates to others (See Chapter 40)

**Bladder** A muscular bag in the belly in which urine collects before it leaves the body

**Bowel** The part of the gut or intestine where solid waste (stool, shit) collects before it leaves the body

**Bowel movement** Emptying of the bowel, shifting

**Butt** Buttocks, backside, rear end; the part of the body on which a person sits

## C

**Caliper** British word for "brace" An aid which gives support to a weak or injured leg (See Chapter 58)

**Caster** A wheel that is mounted so that it turns from side to side to go around corners The small wheels of a wheelchair are usually made with casters

**Chronic** Long-term or frequently returning A chronic disease is one that lasts a long time Compare with 'acute'

**Circulation** The flow of blood through the blood vessels (veins and arteries) Good circulation is necessary for healthy body parts

**Clog** A wooden sandal or shoe, often used with a brace

**Contracture** Reduced range of motion in a joint, often due to muscle shortening (See Chapter 8)

**Cord** A simple name for 'tendon', a part of the body that connects muscle to bone For example, the heel cord or 'Achilles Tendon' joins the calf muscle to the heel (*Note: The 'spinal cord' is not a tendon It is made of nerves*)

## D

**Diaper (nappy)** A cloth to soak up urine, usually worn by a child

**Diplegia Paraplegia** in which the upper part of the body is also slightly affected

**Disability** A long-lasting or permanent defect or problem that in some way makes it more difficult for a person to do certain things than for a 'non-disabled' person A disability can be

**mild:** Causes some inconvenience but the person can learn to do everything he or she needs to

**moderate:** Person needs to make adaptations to be independent in self-care and other activities

**severe: Person will always need help for some or all self-care and other activities**

**Dislocation** Damage to a joint, the bone ends have slipped out of their normal position Dislocation can be from birth, from an accident, or from weakness and 'muscle imbalance

**Dystrophy** A progressive muscle weakness that comes from a problem in the muscles themselves Compare with atrophy'

## **E**

**Evaluation** Observations and study to find out how well something is working and where the problems are

## **F**

**Functional** Useful, serving some purpose for day-to-day life Exercise or therapy is functional when it is done as part of some useful activity

**Flacid** Lacking firmness: soft.

**Functional Useful:** serving some purpose for day-to-day life. Exercise or therapy is functional when it is done as part of some useful activity.

## **G**

**Gene** A hereditary unit: something that controls or acts in the passing down of

## **features from parent to child.**

### **H**

**Hemiplegia Paralysis or loss of movement in the muscles of the arm and leg on one side of the body only**

**Hereditary Familial, a feature that passes from parent to child when the baby is first made (conceived) If a disease is hereditary, there is a factor or characteristic in the father and/or mother which is passed on to their children, and then to their children's children Inherited**

**Hygiene Actions or practices of personal cleanliness that protect health**

**Infantile Of infants (babies) or young children**

**Infection A sickness caused by germs (bacteria, virus, worms, or other small living things) Some infections affect part of the body only, others affect all of it**

**Inherited Familial, a feature that passes from parent to child when the baby is first made (conceived) If a disease is inherited, there is a factor or characteristic in the father and/or mother which is passed on to their children, and then to their children's children Inherited**

### **J**

**Joint capsule The tough covering around a joint**

## **Juvenile Of children**

### **L**

**Ligament** Tough strips or bands inside the body that hold joints and bones together. Ligaments join bones with other bones, while tendons or cords' join bones with muscles.

**Limb** An arm or leg.

### **M**

**Mental** Having to do with the mind or intelligence. A child who is mentally handicapped or retarded does not learn as quickly as other children.

**Multiple disability** Several disabilities, often both physical and mental, in the same child.

**Muscles** Meaty parts of the body that pull or 'contract' to make the body and limbs move.

### **N**

**Nappy (diaper)** A cloth to soak up urine, worn by a child who does not have bladder control.

**Nerve** A thin line along which messages travel in the body. Nerves are the 'messengers' of the body. Some nerves let us feel things, and tell us when

**something hurts. Other nerves let us move parts of the body when we want to.**

## **O**

**Occupational Having to do with work or function. An occupational therapist is a person who helps figure out how a disabled person can do things better.**

**Orthopedic Aids, procedures, or surgery to help correct a physical deformity or disability.**

**Orthotist A brace maker.**

## **P**

**Paralysis Muscle weakness; decrease or loss of ability to move part or all of the body.**

**Paraplegia Paralysis or loss of movement in the muscles of both legs (sometimes with slight involvement elsewhere) caused by disease or injury to the spinal cord.**

**Physical Having to do with the body and how it works, as distinct from 'mental', which has to do with the mind.**

**Physical therapist, physiotherapist A person who designs and teaches exercises and activities for physically disabled persons.**

**Positioning Helping a person's body stay in healthy or helpful positions - through special seating, padding, supports, or in other ways.**



**Procedure** Some kind of medical, surgical, or technical action. For example, casting, strapping, and surgery are 3 procedures for correcting a club foot.

**Progressive** A progressive illness or disability is one that steadily gets worse and worse. For example, muscular dystrophy.

**Prosthesis** An artificial limb or other part of the body - for example, a wooden leg. 'Prosthetics' is the art of making prostheses.

## Q

**Quadriplegia (tetraplegia)** Paralysis or loss of movement in the muscles of both arms and legs caused by disease or injury to the spinal cord, in the neck.

## R

**Rehabilitation** The art of helping a person learn to live as best she can and do as much as possible for herself, given her limitations or disability.

**Retarded** Slow to develop. A mentally retarded child does not learn as quickly or remember as well as other children.

## S

**Sensory nerves** Nerves that bring messages from parts of the body to the brain about what the body sees, hears, smells, and feels.

**Social** Having to do with the actions, values, decisions, and relationships within

## **groups of people.**

**Spasticity** Uncontrolled tightening or pulling of muscles that make it difficult for a person to control her movements. A muscle or a child with spasticity is said to be 'spastic'. Spasticity often occurs with brain damage, cerebral palsy, and spinal cord injury.

**Spinal** Having to do with the spine or backbone.

**Spinal cord** The main 'trunk line' of nerves running down the backbone. It provides communication (for movement and feeling) between the brain and all parts of the body.

**Spine** Backbone; spinal column; the chain of bones, called vertebrae, that runs down the back.

**Stimulation** Sounds, sights, activities, toys, smells, touch, and anything else that makes a child take interest in things and develop the use of his body and senses. 'Early stimulation' refers to activities that help a baby develop his first responses and skills.

**Stool** Shit; body waste that is usually solid; also known as bowel movement or feces.

## **T**

**Tendon** A strong rope-like structure in the body that connects muscles to bones. In this book we mostly call tendons 'cords'.

**Tetraplegia (see quadriplegia).**

**Therapy Treatment; planned exercise and activity for a person's rehabilitation. See 'physical therapy' and 'occupational therapy'.**

**Toxic Poisonous.**

**Transfer Moving from (or to) a wheelchair to a bed, chair, cot, car seat, toilet, or floor.**

**Trunk The body, not including the head, neck, arms, and legs.**

**U**

**Urine Liquid body waste, also known as "pee," or "piss."**

**V**

**Vaccination Immunization; to give certain medicines (vaccines) by injection or mouth to protect against infectious diseases such as polio and measles.**

**Velcro A strong, fuzzy plastic tape that sticks to itself. (The surface of one piece of the tape has little plastic hooks that catch onto the curly hairs on the other piece of the tape.) Useful to use instead of buttons, buckles, or laces on clothes, braces and shoes - especially for children with poor hand control.**

**Virus Germs smaller than bacteria, that cause some infectious (easily spread) diseases. Most viruses are not killed by antibiotics.**

**W**

**Weight-bearing Supporting the weight of the body on a particular joint or limb. For example, weight-bearing on the knee is possible if the strength of the thigh muscle is good, but not if it is poor.**

