



# 2010 AgrAbility National Training Workshop

**Charleston, West Virginia  
October 11-14**







Cultivating Accessible Agriculture

***2010 AgrAbility***  
***National Training Workshop***  
**Charleston, West Virginia • October 11-14**

*Sponsored by*

**The National AgrAbility Project**

Breaking New Ground Resource Center, Purdue University

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**West Virginia AgrAbility Project**

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*Thanks also to our auctioneer*

**Woody Ireland**

## Welcome

On behalf of the entire National AgrAbility Project staff, the National Training Workshop Planning Committee, and the West Virginia AgrAbility Project, I want to welcome you to Charleston and the 2010 National Training Workshop. We believe that you will find the next few days very informative, productive, and hopefully fun. It is our hope that when you leave Charleston at the end of the week you will be excited about returning home and trying out what you learned and be encouraged by being a part of this special event.

What you gain from the workshop will depend upon your active engagement in what is being offered. Be a passionate participant, ask questions, share insights, challenge the norm if it doesn't fit, and make new friends. There are over 20 new AgrAbility staff members attending a National Training Workshop for the first time. AgrAbility has been a success because it has become a team of individuals who believe that what we are doing is significant and is making a difference in the lives of many people. Your involvement is essential to make the workshop all that it can be.

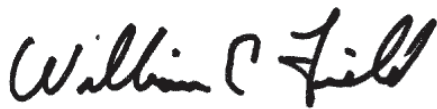
Some of the highlights that we don't want you to miss include the keynote presentation by Billy Altom, Executive Director of APRIL, our second attempt with "unconferencing" where each of you becomes the expert, our Annual AgrAbility Auction, and the tours on Thursday. In addition, you will have a choice between several concurrent sessions that address the unique needs of both AgrAbility customers and professionals. Sorry, but you will find making some of the choices difficult.

It is the goal of the National Training Workshop Planning Committee to meet your needs in the most cost- and time-efficient manner possible. The Committee used the feedback from the 2009 workshop to shape this event, along with input from discussions that have taken place over the last 11 months. We really do want your input on what we did right and where we went wrong. So please take the time to complete the workshop evaluation forms so that your insights can be used to plan the 2011 workshop in Indianapolis, Indiana.

Finally, there will be nearly 30 AgrAbility clients attending this year's workshop. This is the most ever. Please take the time to introduce yourself to each and help them feel welcome. Remember, these folks represent the thousands of farm and ranch families across the U.S. being served by AgrAbility.

If at any time during your stay in Charleston you have a need, I hope that you will feel free to contact any of the workshop organizers for assistance. Each will be wearing a name tag with a special ribbon for easy identification.

Have a great week!

A handwritten signature in black ink that reads "William C. Field". The signature is written in a cursive, slightly slanted style.

Bill Field

NAP Director

# 2010 AgrAbility National Training Workshop

## SCHEDULE AT-A-GLANCE

	MONDAY, OCTOBER 11		WEDNESDAY, OCTOBER 13
1:00 – 4:00pm	<b>Pre-conference Sessions</b> <i>New Staff Training</i> , Salons A-B <i>Therapeutic Gardening in an Urban Setting</i> , Blue Ridge <i>Worksite Assessments for Assistive Technology</i> , Salon C	7:00-8:15am	<b>Breakfast</b> Salons D-F <b>Networking Committee Meeting Arthritis Community of Interest</b>
4:30-6:30pm	<b>Opening Reception</b> , Salons D-F	8:30 – 10:00 am	<b>Unconferencing Session</b> Professional Liability: Facts and Fears, Salons A-B Tips and Tricks for Public Awareness, Salon C Peer Support: Myth or Reality?, Cumberland/Appalachian My Experience with VR Is . . . , Kanawha/Blue Ridge AgrAbility in Cyberspace: The Final Frontier, Salons D-F
7:00-8:15am	<b>TUESDAY, OCTOBER 12</b> <b>Breakfast</b> , Salons D-F <b>Ergonomics Community of Interest Vocational Rehabilitation Community of Interest</b>	10:00-10:30am	<b>Break</b>
8:30-10:00am	<b>Opening Session</b> , Salons A-C	10:30-12:00pm	<b>Morning Session A</b> <i>National and State Resources and Best Practices for Reutilized Assistive Technology for AgrAbility Programs</i> , Salon C <i>AgrAbility in an International Context</i> , Kanawha/Blue Ridge, (10:30-11:15) <i>Working with Veterans</i> , Kanawha/Blue Ridge, (11:15-12:00) <i>Prevention of Osteoarthritis in Rural Youth</i> , Cumberland/Appalachian, (10:30-11:15) <i>Creating a Standard Operating Procedure Increases Successful Outcomes</i> , Cumberland/Appalachian, (11:15-12:00) <i>Business Planning Basics</i> , Salons A-B, (10:30-11:15) <i>Farmstead Energy Management</i> , Salons A-B, (11:15-12:00)
10:00-10:30am	Break	12:00-2:00pm	<b>Lunch</b> , Salons D-F
10:30-12:00pm	<b>Morning Session A</b> <i>Assistive Technology on the Farm: From the Fenceline to the Kitchen and Everywhere In-Between</i> , Salon C, (10:30-11:15) <i>Reducing Strains and Sprains with the Use of Ergonomic Solutions and Assistive Technology</i> , Salon C, (11:15-12:00) <i>SARE and AgrAbility: Opportunities for Collaboration</i> , Kanawha/Blue Ridge, (10:30-11:15) <i>From Roots to Blooms: How Community Mini Grants Increase Arthritis and Disability Awareness</i> , Kanawha/Blue Ridge, (11:15-12:00) <i>New McGill Quality of Life Results—A Five State Study</i> , Cumberland/Appalachian, (10:30-11:15) <i>A presentation on the SF-36 Quality of Life Instrument</i> , Cumberland/Appalachian, (11:15-12:00) <i>Taking Accessible Gardening to the Next Level</i> , Salons A-B	2:00-3:30pm	<b>Afternoon Session A</b> <i>Assistive Technology Kits</i> , Salon C, (2:00-2:45) <i>We're not Spring Chickens Anymore: Dealing with Aging and Disability on the Farm</i> , Salon C, (2:45-3:30) <i>The JAN Experience, A Practical View</i> , Kanawha/Blue Ridge, (2:00-2:45) <i>Client Evaluation of AgrAbility-Vocational Rehabilitation Assistance</i> , Kanawha/Blue Ridge, (2:45-3:30) <i>Traumatic Brain Injury</i> , Cumberland/Appalachian <i>Market Share and Farmer Share: Marketing and Value Adding to Increase Profits and Extend the Marketing Season</i> , Salons A-B, (2:00-2:45) <i>Understanding Your Local Food Shed</i> , Salons A-B, (2:45-3:00)
12:00-1:30pm	<b>Lunch</b> , Salons D-F <b>Evaluation Committee Meeting Assistive Technology Community of Interest</b>	3:30-4:00pm	<b>Break</b> (All exhibit & vendor booths need to be removed by 4:00 pm)
1:30-3:00pm	<b>Afternoon Session A</b> <i>How AgrAbility Can Effectively Partner with the State's Assistive Technology Act Program</i> , Salon C, (1:30-2:15) <i>Survey of AgrAbility of Wisconsin Clients with a Prosthesis- A Pilot Study of Training Needs</i> , Salon C, (2:15-3:00) <i>Social Networks: Reaching Your Clients in New Ways</i> , Kanawha/Blue Ridge, (1:30-2:15) <i>Partnership Development</i> , Kanawha/Blue Ridge, (2:15-3:00) <i>Quality of Life: A Comparison Study</i> , Cumberland/Appalachian, (1:30-2:15) <i>Understanding the Vocational Rehabilitation Process</i> , Cumberland/Appalachian, (2:15-3:00) <i>From a Log to a Dog: The P.H.A.R.M.<sup>SM</sup> Dog Pilot Project</i> , Salons A-B, (1:30-2:15) <i>National Data on Disability: Helpful for the Farm Population?</i> , Salons A-B, (2:15-3:00)	4:00-5:30pm	<b>Afternoon Session B</b> <i>Assistive Technology: Usability Workshop</i> , Salon C <i>Opportunities for Training and Collaboration with State DVR Staff</i> , Kanawha/Blue Ridge, (4:00-4:45) <i>AgrAbility Winter Workshops in Colorado</i> , Kanawha/Blue Ridge, (4:45-5:30) <i>The Power of a Comprehensive Marketing Strategy: Moving Beyond Isolated Tactics and Understanding Marketing in 2010</i> , Cumberland/Appalachian <i>Small Farm Risk, Tax, and Business Management</i> , Salons A-B, (4:00-4:45) <i>Season Extension, Irrigation, and Weed Control</i> , Salons A-B, (4:45-5:30)
3:00-3:30pm	<b>Break</b>	5:30-6:30pm	<b>Mental/Behavioral Community of Interest, Kanawha/Blue Ridge</b>
3:30-5:00pm	<b>Afternoon Session B</b> <i>AT Suppliers Show-and-Tell</i> , Salon C <i>PI Session</i> , Kanawha/Blue Ridge <i>Mental Health Issues in Farm Families Living with Chronic Physical Disabilities: Hearing the Stories</i> , Cumberland/Appalachian, (3:30-4:15) <i>Learning and Practicing Basic Therapeutic Mental Health Communication Skills for Supporting Caregivers and Farmers with Disabilities</i> , Cumberland/Appalachian, (4:15-5:00) <i>Degenerative Back Disease and Osteoarthritis as Disabling Conditions in Agricultural Occupations</i> , Salons A-B, (3:30-4:15) <i>Applying Ergonomic Principles to an Aquaculture Operation</i> , Salons A-B (4:15-5:00)	7:00 – 7:45am	<b>Marketing Committee Meeting, Cumberland/Appalachian</b>
6:00 pm	<b>Dinner</b> , The Pavilion	8:00am-5:00pm	<b>Dinner on your own</b>
			<b>THURSDAY, OCTOBER 14</b> <b>Breakfast</b> , Salons D-F Appalachian Farming Research Center and Exhibition Coal Mine

# 2010 AgrAbility National Training Workshop Program

## MONDAY, OCTOBER 11

10:30-12:00pm

### Morning Session A

1:00 – 4:00pm

#### Pre-conference Sessions

##### **New Staff Training**, Salons A-B

This session gives an overview of the AgrAbility Program for new staff members or those wanting a refresher. Some topics covered include a perspective from the USDA, the role of the National Project, resources available, evaluation procedures, and sources of help inside and outside AgrAbility. Participants will also have opportunities to network with one another, NAP staff members, and USDA contacts.

**Session full:  
Open only to  
pre-registrants**

**Worksite Assessments for Assistive Technology**, Salon C  
Farmers often fabricate devices and processes to help them overcome their limitations but end up making modifications that may be more hazardous. It is important for AgrAbility professionals to assess the possibility of secondary injury on assistive technology (AT), to prevent or minimize further injuries. This team-led session will include a hands-on segment where all participants will be involved in evaluating the secondary injury potential of selected assistive technologies used in agricultural worksites. The goal will be to assist AgrAbility staff in identifying hazards and recommending solutions. The assessment tool will be reviewed, and the participants will then go through a practice assessment.

**Session full:  
Open only to  
pre-registrants**

**Therapeutic Gardening in an Urban Setting**, Blue Ridge  
Gardening can make significant improvements in the physical and emotional well-being of those participating. With increasing demand for urban gardens, the West Virginia State University Extension Service has developed a therapeutic gardening program as a subset of its community garden/therapeutic gardening sites, including the Carroll Terrace Community Garden, located within a low income senior high-rise. This pre-conference session is limited to 15 participants and will include a trip to the community garden.

4:30-6:30pm

#### **Opening Reception**, Salons D-F

Light refreshments will be served. Dinner is on your own.

## TUESDAY, OCTOBER 12

7:00-8:15am

#### **Breakfast**, Salons D-F

Ergonomics Community of Interest  
Vocational Rehabilitation Community of Interest

8:30-10:00am

#### **Opening Session**, Salons A-C

Welcome from the NAP and West Virginia AgrAbility  
Updates from the NAP Team  
Conference instructions

10:00-10:30 am

#### **Break**

### TRACK: ASSISTIVE TECHNOLOGY

#### **Assistive Technology on the Farm: From the Fenceline to the Kitchen and Everywhere In-Between**, Salon C, (10:30-11:15)

Presenters: Dan Stores, Minnesota AgrAbility and Carol Fury, EquipALife

This session will examine what assistive technology is and the impact it has on the farmer or family member that has a disability. Assistive technology devices including "low tech" to "high tech" items will be identified, highlighting how these items can be used in the field as well as in the home. Topics featured in this session include, aids to daily living (ADL), mobility aids, educational and vocational aids, environmental aids, farm accommodations, recreational aids, communication aids, seating/positioning aids, and transportation aids. Assistive technology funding sources will also be examined with information on how to access the required services. This session will also provide information on how the AgrAbility Projects can help facilitate this process.

### TRACK: ASSISTIVE TECHNOLOGY

#### **Reducing Strains and Sprains with the Use of Ergonomic Solutions and Assistive Technology**, Salon C, (11:15-12:00)

Presenters: Todd Rundle, West Virginia AgrAbility  
This session will focus on why it is important to complete a risk assessment or audit to determine how to counteract hazards by utilizing proactive solutions to eliminate or reduce the likelihood of injuries, specifically strains and sprains.

Proper lifting techniques will be discussed. The session will also discuss how to use ergonomic solutions and assistive technology to reduce the risk of strains and sprains and demonstrate how using equipment and various other methods can alleviate the chance of primary or secondary injuries.

### TRACK: NETWORKS

#### **SARE and AgrAbility: Opportunities for Collaboration**, Kanawha/Blue Ridge, (10:30-11:15)

Presenters: Kerri Ebert, Kansas AgrAbility Project and David L. Holm, SARE Northeast Region

Since 1988 the Sustainable Agriculture Research and Education (SARE) Program has helped advance farming systems that are profitable, environmentally sound, and good for communities through a nationwide research and education grants program. Since 1991, the AgrAbility Program has provided vital education, assistance, and support to farmers and ranchers with

disabilities and has built a network of allied professionals trained in the unique and diverse needs of farmers with disabilities. Given the common goals of helping farmers remain profitable, this session will provide background information about SARE and how its programs and grants might be added to the AgrAbility collection of potential assistance programs for farmers with disabilities.

## TRACK: NETWORKS

**From Roots to Blooms: How Community Mini Grants Increase Arthritis and Disability Awareness**, Kanawha/Blue Ridge, (11:15-12:00)

Presenters: Mary Slabinski and Inetta Fluharty, West Virginia AgrAbility

Learn the nuts and bolts behind West Virginia AgrAbility and the WV Bureau for Public Health Osteoporosis & Arthritis Program's joint partnership, *Green Thumbs, Healthy Joints*. This partnership provides resources for organizations to make gardening accessible for West Virginians with arthritis and other disabilities. Through collaboratively administering community mini grants, funded recipients have brought accessible gardening, related assistive technology, and subsequent health benefits to dozens of settings across the state, including senior high rise apartments, the State Fairgrounds, community centers, hospitals, and rehabilitation facilities.

This presentation will explore the roots of the project's partnership, the branching of funded projects into public education spotlighting arthritis and disability awareness, and the blossoming of the partnership itself. The presentation will also cover how grants are administered, common technical assistance provided by staff to maximize accessibility of proposed projects, and general project reporting and evaluation. Past and current projects will be presented to illuminate how implementation of accessible gardening has grown from simple raised flower beds to accessible outdoor classrooms.

12:00-1:30pm

## TRACK: STAFF RESOURCES

**New McGill Quality of Life Results—A Five State Study**, Cumberland/Appalachian, (10:30-11:15)

Presenters: Robert J. "Bob" Fetsch, Colorado AgrAbility Project; Robert Aherin, University of Illinois at Urbana-Champaign; Kirk Ballin, AgrAbility Virginia; and Sheila Simmons, Kansas AgrAbility Project

The National AgrAbility Evaluation Committee will present their newest results with the McGill Quality of Life Tool on the impact of AgrAbility information, education, and services with clients. They will present empirical results from five states (CO, KS, VA, WI, and WV) on changes in quality of life and independent living & operating levels. A panel of state project staff will discuss their experiences using the McGill, what they learned, and how you too can determine if your AgrAbility Project works at enhancing clients' quality of life levels.

1:30-3:00pm

## TRACK: STAFF RESOURCES

**A presentation on the SF-36 Quality of Life Instrument**, Cumberland/Appalachian, (11:15-12:00)

Presenter: Dr. Robert Wilson, University of Delaware  
This session will provide an update on the application of the SF-36 for the Mid-Atlantic AgrAbility Project. In addition to its effectiveness in this specific application, we will also discuss gauging enhancements in the quality of life for clients.

## TRACK: WORKSITES

**Taking Accessible Gardening to the Next Level**, Salons A-B

Presenters: Karen Funkenbusch, Missouri AgrAbility and Steve Swain, ATP, National AgrAbility Project

This session will build on the gardening sessions from the 2009 NTW. It will expand ergonomic and accessible gardening to small plot gardening and the home garden to a larger commercial produce business for people with disabilities. People with disabilities have the highest rate of unemployment and have difficulty finding employment. In addition, statistics illustrate that gardening is one of the top two or three leisure activities for Americans over 55. American society is aging, and while age in itself is not a disability by any means, at some point our physical stamina begins to decrease, and some activity-limiting diseases may set in. Yet age need not be a barrier in the garden. One of the main goals with a disability or an older adult is to maintain independence in daily living for as long as possible. Therefore, this session is about independence—independence in taking gardening to the next level! Many equipment and accessibility issues will be explored.

**Lunch**, Salons D-F

Lunch with welcome and presentation from USDA Program Leader Brad Rein  
Evaluation Committee Meeting  
Assistive Technology Community of Interest

**Afternoon Session A**

## TRACK: ASSISTIVE TECHNOLOGY

**How AgrAbility Can Effectively Partner with the State's Assistive Technology Act Program**, Salon C, (1:30-2:15)

Presenters: Linda Jaco and Milissa Gofourth, Oklahoma AgrAbility

Successful AgrAbility cases frequently result from meaningful collaboration with the state's Assistive Technology Act Program. This presentation will focus on one successful method for increased collaboration—the development and maintenance of an annual Memorandum of Understanding (MOU). The MOU defines the purpose, current status, scope, roles and responsibilities needed to provide enhanced resources,

knowledge, and skills regarding farmers and ranchers with disabilities who are either seeking or maintaining farm-related employment.

### **TRACK: ASSISTIVE TECHNOLOGY**

***Survey of AgrAbility of Wisconsin Clients with a Prosthesis- A Pilot Study of Training Needs***, Salon C, (2:15-3:00)

Presenters: Richard Straub, AgrAbility of Wisconsin and Paul Leverenz, FARM and Vocational Services, Easter Seals Wisconsin

AgrAbility of Wisconsin (AAW) was asked by researchers with the UW School of Physical Therapy to sample and send a survey to current and former clients with amputations. Surveys were mailed in a one-time mailing to 74 clients. An accompanying set of surveys was sent to a largely urban population – this pilot study will focus on the results of the AgrAbility clients. Generally, the session will focus on the responses that describe such issues as the clients' amputation and prosthetic use, the results of a modified "DASH" (Disabilities of the Shoulder and Hand) survey for the population, the free responses to the question regarding what tasks are performed better with a prosthesis, how much training the farmer received when fitted with the prosthesis, and results of questions dealing with other quality of life issues, such as recreation, etc.

### **TRACK: NETWORKS**

***Social Networks: Reaching Your Clients in New Ways***, Kanawha/Blue Ridge, (1:30-2:15)

Presenters: Alexandra Jump, Vermont AgrAbility and Emily Morehouse, USDA

Social Networking is now recognized as a growing area of social marketing. Demographics suggest that the largest growing population using social network media is between the ages of 35 and 55, spending an average of 1 hour per day online. As more people search the internet for information, your program can be successfully marketed by taking advantage of free and open software. We will take a look at the growing demographic of who is online. Then we will break down the basics of two popular platforms: blogging and Facebook. We will use Farm Safe VT's blog as well as Facebook/farmsafevt as live examples of how social networking is being used in Vermont.

Note: Participants are encouraged to bring laptop computers to this session, if available.

### **TRACK: NETWORKS**

***Partnership Development***, Kanawha/Blue Ridge, (2:15-3:00)

Presenter: Ron Jester, Mid-Atlantic AgrAbility Project  
We all know that without good partners, AgrAbility would not exist. What we sometimes don't know is

how to develop strong partnerships that will eventually create sustainability for the program. The recognition and support that you provide to your partners is also important to help develop and grow the relationship. This session will include a panel of project leaders from other projects sharing their experiences, successes, and challenges.

### **TRACK: STAFF RESOURCES**

***Quality of Life: A Comparison Study***, Cumberland/Appalachian, (1:30-2:15)

Presenter: Linda Fetzer, AgrAbility for Pennsylvanians  
This session will outline an MS research project at the Pennsylvania State University that measured the quality of life between AgrAbility clients in PA and a wait list comparison group. In addition to the McGill Quality of Life results, additional comparisons will be presented concerning demographics, continuation of farm production, and use of AgrAbility services.

### **TRACK: STAFF RESOURCES**

***Understanding the Vocational Rehabilitation Process***, Cumberland/Appalachian, (2:15-3:00)

Presenters: Samuel Mathew, National AgrAbility Project and Steve Etheridge, Indiana Vocational Rehabilitation Services

VR is a state agency which adheres to rules but has flexibility unlike other agencies. This session will outline the VR process from the perspective of VR personnel. Understanding eligibility and services from the VR perspective will help AgrAbility personnel be better equipped when they interact with VR. Presenters will also share ways to keep the customers focused so that services can continue and bring the case to successful completion. This is important since AgrAbility is an intermediate agency that interacts with both farmers and the funding agency, VR.

### **TRACK: WORKSITES**

***From a Log to a Dog: The P.H.A.R.M.<sup>SM</sup> Dog Pilot Project***, Salons A-B, (1:30-2:15)

Presenters: Jackie Allenbrand, Missouri AgrAbility; Dennis Schmitz, Farmer and PHARM Dog Recipient; and Beverly Maltsberger, University of Missouri Extension  
This session will give an overview of how the PHARM (Pets Helping Agriculture in Rural Missouri) Dog Project came to be – from passing a log with the word "PHARM" carved in it to placing our first Border Collie with a farmer to help him with his daily chores after a PTO accident. This session will discuss how the project started, where it is heading, and how we as AgrAbility states can work together to make this happen in other states besides Missouri.



## TRACK: WORKSITES

### ***National Data on Disability: Helpful for the Farm Population?***, Salons A-B, (2:15-3:00)

Presenter: Cristina Miller, University of Illinois

Determining the extent of disabilities affecting farmers is a difficult task. There is no single survey that specifically asks farmers to classify whether they have an injury or health condition that prohibits them from working at their fullest capacity. This presentation attempts to answer the following questions: what does the national survey data convey about disabilities? How do the various surveys classify a disability? Are those individuals surveyed who are employed in agriculture reporting more, less, or the same amount of disabilities as the general population?

3:00-3:30pm

## Break

3:30-5:00 pm

## Afternoon Session B

## TRACK: ASSISTIVE TECHNOLOGY

### ***AT Suppliers Show-and-Tell***, Salon C

This session will be a show-and-tell with various suppliers of assistive technologies applicable to farmers and ranchers with disabilities. AT suppliers currently scheduled for this session include:

**The Standing Company** manufactures manual and power wheelchairs that allow someone who is normally restricted to a seated position in a wheelchair to stand up.

**Life Essentials** manufactures personal mobility products, custom-made people lifts, and hand controls for tractors, combines, trucks, off road equipment, vans, RVs, homes, and horseback riding – the list goes on and on.

**Foresight Services** is a distributor of many agricultural products for farmers and ranchers with a disability, such as automatic hitches, extra steps, handrails, air ride seats, and hand controls for tractors. Log roller, vegetable harvest cart, drive through gates, remote camera, and ramps are examples of products provided.

**Atom-Jet Industries** manufactures the AJILITY LIFT which is a person lift mounted in the back of a pickup truck that can lift a person into tractors, combines, off road equipment, RV's, buildings, and just about any other place you want to go.

**TommyJohn Industries** manufactures a 3-point hitching device which automatically connects an implement and the PTO without the farmer leaving his tractor seat.

## TRACK: NETWORKS

### ***PI Session***, Kanawha/Blue Ridge

Presenters: Brad Rein and Emily Morehouse, USDA  
USDA Program Leader Brad Rein and Program Specialist Emily Morehouse will meet with SRAP principal investigators for questions, answers, and discussion.

## TRACK: STAFF RESOURCES

### ***Mental Health Issues in Farm Families Living with Chronic Physical Disabilities: Hearing the Stories***, Cumberland/Appalachian, (3:30-4:15)

Presenters: Roberta Schweitzer, Ph.D., RN, Purdue University and Gail Deboy, National AgrAbility Project  
Little is known about the mental health needs and coping skills of farmers with disabilities and their families. Rural areas of the US are underserved in quantity and quality of healthcare services that assess and treat mental health problems, or promote mental health and wellbeing. This lack of mental health treatment or delayed access to care in rural areas can result in coping difficulties such as severe anxiety, depression, or increased risk for suicide. The purpose of this study was to identify the mental health needs and positive coping skills of farmers who are living with chronic health conditions or disabilities that require rehabilitation or assistive technology to continue working. Focus groups and interviews were used to gather stories and knowledge about the stressors, coping styles, and mental health needs of farmers with disabilities and their spouses/caregivers in a rural Midwestern state. In this presentation themes from the stories of the farmers and their wives will be shared.

## TRACK: STAFF RESOURCES

### ***Learning and Practicing Basic Therapeutic Mental Health Communication Skills for Supporting Caregivers and Farmers with Disabilities***, Cumberland/Appalachian, (4:15-5:00)

Presenters: Roberta Schweitzer, Ph.D., RN, Purdue University and Gail Deboy, National AgrAbility Project  
This experiential session will involve learning and practicing skills that are appropriate for working with farmers with disabilities and their caregivers and supporting them through difficult or upsetting times. The focus will be on use of basic therapeutic mental health communication skills that are helpful to AgrAbility personnel in dealing with crises or ongoing difficult situations.

## TRACK: WORKSITES

### ***Degenerative Back Disease and Osteoarthritis as Disabling Conditions in Agricultural Occupations***, Salons A-B, (3:30-4:15)

Presenter: Amber Wolfe, National AgrAbility Project, Arthritis Foundation-Indiana Chapter  
The Arthritis Foundation is leading the way in improving lives of those in the agricultural industry through the prevention, control, and cure of arthritis and related diseases. The purpose of this presentation is to increase awareness of arthritis prevalence in agricultural industries, identify activities that may escalate the effects of arthritis, and to promote methods of

prevention and control. In addition, information will be given on degenerative back disease and its similarities to arthritis, as well as methods of control.

## TRACK: WORKSITES

### **Applying Ergonomic Principles to an Aquaculture Operation**, Salons A-B (4:15-5:00)

Presenter: Dr. Jim Glancey, University of Delaware  
This session will discuss the results of a project completed by a group of University of Delaware students. The farmer had back and knee problems and was struggling with harvest. The students redesigned the harvesting operation so the AgrAbility client could continue to successfully manage and operate the business.

6:00 pm

### **Dinner**, The Pavilion

Dinner with speaker/musician Billy Altom, Executive Director of APRIL, the Association of Programs for Rural Independent Living

The State Showcase Auction featuring products from several different states will follow the keynote presentation. All funds raised from the auction will support farmer scholarships for 2011.

## WEDNESDAY, OCTOBER 13

7:00-8:15am

**Breakfast** Salons D-F  
Networking Committee Meeting  
Arthritis Community of Interest

8:30 –10:00 am

### **Unconferencing Session**

The Unconference Principle says that at a typical conference, the sum of the expertise of the people in the audience is greater than the sum of expertise of the people on stage.

Unconferencing is a way to tap everyone's expertise so that each person receives the maximum benefit. Sometimes the best information exchange at conferences occurs in the hallway or during meal conversations. Think of the Unconference as a way to bring those conversations into the meeting room.

Join one or more of the following Unconferencing discussions. Participants will have the opportunity to switch groups after 45 minutes, if desired:

### **Professional Liability: Facts and Fears**, Salons A-B

AgrAbility professionals sometimes make recommendations that have potential risks to their customers. It is important to reflect on our obligation to provide responsible advice and on how to limit liability risks for ourselves. Come and discuss such issues as:

- When should you refer customers to someone who has more expertise?
- Are AgrAbility professionals covered by liability insurance, and should you purchase your own?
- What if you are called to be an expert witness?

10:00-10:30am

- What are some real-life situations in which you've been concerned about your professional liability?

**Tips and Tricks for Public Awareness**, Salon C  
Getting the word out about AgrAbility can be challenging but also rewarding and potentially enjoyable. There are multitudes of ways to reach the public. Share your experiences on topics like:

- How do you decide what types of public awareness activities to engage in?
- What are some strategies for "working the crowd" at a farm shows and conferences?
- What are some avenues for free publicity?

### **Peer Support: Myth or Reality?**, Cumberland/Appalachian

Most people agree that peer support has great potential for serving AgrAbility customers, but sustaining a successful peer support program can be challenging and costly. The ad hoc Peer Support Community of Interest will lead a discussion that includes:

- How do you recruit peer supporters?
- What is the proper amount of training for peer supporters, and how do you accomplish it?
- Can you justify the time it takes to effectively organize and support peer support activities?

**My Experience with VR Is...**, Kanawha/Blue Ridge  
State vocational rehabilitation programs provide essential funding to many AgrAbility customers. However, experiences with VR vary widely between SRAPs. Share your thoughts concerning:

- What are some of the positive and negative experiences you typically have with VR staff members?
- How do you improve positive outcomes for your customers?
- How do you form better relationships with VR counselors?

### **AgrAbility in Cyberspace: The Final Frontier**, Salons D-F

The Internet has revolutionized communication and has the potential to make much greater contributions to AgrAbility. With so many options (websites, Facebook, Twitter) and so little time (you're an AgrAbility staff member, right?), how do we address such issues as:

- How can you maximize your project's web presence, and through what methods?
- If you build it, will they really come? How can you tell if they came? Did it matter that they came?

What are some of the pros and cons of specific websites, such as the NAP site or your SRAP's? (The group can view sites during the session and provide constructive feedback.)

**Break**

**TRACK: ASSISTIVE TECHNOLOGY*****National and State Resources and Best Practices for Reutilized Assistive Technology for AgrAbility Programs***, Salon C

Presenters: Joy Kniskern, Georgia Department of Labor and State Assistive Technology Act Program of Georgia and Carolyn Phillips, ATP, Pass It On Center and Tools for Life  
This session will provide an in-depth exploration of assistive technology resources and tools available to AgrAbility programs. The presenters will explore the Pass It On Center website and its tools and information, and will offer participants an opportunity for interaction and problem solving as we look at needs they identify for reutilized AT and strategies to increase collaboration at the national and state level concerning mutual goals and needs. We hope to close with an action plan with steps to fully engage our groups in work that increases access to and acquisition of assistive technology AgrAbility participants need.

**TRACK: NETWORKS*****AgrAbility in an International Context***, Kanawha/Blue Ridge, (10:30-11:15)

Presenter: Bill Field, National AgrAbility Project, Bill Thibodeau, Saskatchewan Farmers with Disabilities  
This session will discuss efforts to spread the AgrAbility mission in such countries as Canada, Ukraine, Australia, and the United Kingdom. It will also look at relevant material from a recent international conference in Sicily, Italy and discuss potential efforts for international impact, such as a proposed AgrAbility-related project in India.

Bill Thibodeau, of Saskatchewan Farmers with Disabilities, will also speak about his organization.

**TRACK: NETWORKS*****Working with Veterans***, Kanawha/Blue Ridge, (11:15-12:00)

Presenters: Esmeralda Mandujano, CalAgrAbility, Sheila Simmons, Kansas AgrAbility, Emily Morehouse, USDA  
The U.S. has been at war for nearly a decade, and many rural veterans with disabilities have returned home during that time. In addition, veterans from previous wars struggle with disabling conditions caused by their service and/or by aging. This session will provide an overview for AgrAbility staff members who are interested in working with veterans but would like some tips on how to start or expand their efforts. AgrAbility staff members will share the structure of relevant Veterans Administration programs and strategies for networking with VA. Other outreach avenues will be explored, such as participation at conferences and fairs, working with other veterans' groups, like the Farmer Veteran Coalition, and tapping into veteran-to-veteran outreach.

**TRACK: STAFF RESOURCES*****Prevention of Osteoarthritis in Rural Youth***,

Cumberland/Appalachian, (10:30-11:15)

Presenter: Amber Wolfe, Arthritis Foundation-Indiana Chapter

This session will showcase tasks and situations in farming that can aggravate joint stress and pain, and will discuss ways to prevent the onset of arthritis in the next generation of farm workers. Hands-on activities will be used to demonstrate correct and incorrect methods of work.

**TRACK: STAFF RESOURCES*****Creating a Standard Operating Procedure Increases Successful Outcomes***, Cumberland/Appalachian, (11:15-12:00)

Presenters: Linda Jaco and Milissa Gofourth, Oklahoma AgrAbility and Melinda Fruendt, Oklahoma Department of Rehabilitation Services

Establishing and utilizing a standard operating procedure (SOP) ensures consistent and comprehensive application of case management services for all AgrAbility clientele. This presentation will focus on the essential components of the SOP and define why utilizing such a structural process will increase successful clientele outcome(s) as well as timely case management services for AgrAbility personnel and other entities who are partnering with AgrAbility to assist with cases, such as Department of Rehabilitation Services, etc.

**TRACK: WORKSITES FARMER/RANCHER*****Business Planning Basics***, Salons A-B, (10:30-11:15)

Presenter: Steve Swain, ATP, National AgrAbility Project

The cornerstone of the American economy is small business. One of the growing trends for people with disabilities is to start their own business. Self employment provides the flexibility that is sometimes needed by a person with a disability to earn an income and remain employed. When exploring self employment, a business plan is very highly recommended and sometimes required by a lending institution or Vocational Rehabilitation Services. This workshop will present the basics of a business plan; provide some resources for information required in a business plan; and show templates to start writing a business plan. This will be a hands-on workshop where the participants will start their own business plan.

**TRACK: WORKSITES FARMER/RANCHER*****Farmstead Energy Management***, Salons A-B, (11:15-12:00)

Presenter: Matt Sherald, PIMBY

The session will help attendees learn how to monitor their energy use, implement strategies to conserve

energy, and develop alternative energy sources to perform everyday, essential tasks. The workshop curriculum includes using alternative energy sources for water pumping, temperature control for tunnels and coolers, and many others.

12:00-2:00pm

**Lunch**, Salons D-F  
Lunch with farmer panel discussion

2:00-3:30pm

**Afternoon Session A**

### **TRACK: ASSISTIVE TECHNOLOGY**

***Assistive Technology Kits***, Salon C, (2:00-2:45)

Presenter: Dan Fendler, Delaware Assistive Technology Initiative

This presentation will show the kit that the Mid-Atlantic AgrAbility Project developed with the Delaware Assistive Technology Initiative for its staff and outreach workers. The kit can be a training aid for staff and partners and also an outreach tool as you educate the public about the program. Ways to use the kit and evaluate its effectiveness will be discussed.

### **TRACK: ASSISTIVE TECHNOLOGY**

***We're not Spring Chickens Anymore: Dealing with Aging and Disability on the Farm***, Salon C, (2:45-3:30)

Presenter: Ed Bell, National AgrAbility Project

This session will explore some of the barriers that age presents to someone with a disability on the farm. Suggestions and modifications to better accommodate age will be examined and discussed. Ed Bell has been farming with a spinal cord injury for 28 years. He will share his experience and input from other farmers with disabilities in regard to aging on the farm.

### **TRACK: NETWORKS**

***The JAN Experience, A Practical View***, Kanawha/Blue Ridge, (2:00-2:45)

Presenter: Beth Loy, Job Accommodation Network (JAN)  
Learn the practical aspects you need to know when implementing accommodations. Work through JAN's accommodation process and discuss agricultural-related situations and solutions from a JAN perspective.

### **TRACK: NETWORKS**

***Client Evaluation of AgrAbility-Vocational Rehabilitation Assistance***, Kanawha/Blue Ridge, (2:45-3:30)

Presenters: Richard Straub, AgrAbility of Wisconsin; Paul Leverenz, FARM and Vocational Services

This survey has been administered to clients three months after a worksite assessment is completed. These clients have qualified for and received services from Wisconsin Division of Vocational Rehabilitation. Completed surveys have been received from 240 clients

with a sixty-one percent response rate. The clients indicate the plans are meeting their needs and their chores are easier to complete, and affirm that AgrAbility of Wisconsin staff does understand clients' disability issues and are good listeners. In general clients have some control of their plan development and in purchasing decisions.

### **TRACK: STAFF RESOURCES**

***Traumatic Brain Injury***, Cumberland/Appalachian  
Presenters: Delena A. Arthur and Anita Bock, TBI Services at the Center for Excellence in Disabilities, West Virginia University

The participants will learn of the different healthcare issues of TBI Survivors in Rural areas of WV, by being provided information concerning the types of TBI accidents, the type of mechanisms of injuries and the process to obtain TBI services in the state. Participants will gain knowledge of brain anatomy, cause of brain injury, brain injury consequences including behavior and physiological effects on the individual, and strategies of care for individual with TBI. A brief description of what makes a TBI diagnosis will be provided as well as the types of healthcare providers available to provide services in rural areas. Also, resources available for these survivors will be discussed.

### **TRACK: WORKSITES FARMER/RANCHER**

***Market Share and Farmer Share: Marketing and Value Adding to Increase Profits and Extend the Marketing Season***, Salons A-B, (2:00-2:45)

Presenter: Carrie See, Small Farm Center

This session presents some new and some tried-and-true marketing pathways to help you sell what you raise. Included are examples of cooperatives, CSA's, farmers markets, farm to cafeteria, in-store farmers markets, and wholesale contracts for marketing what you grow. Those attending will learn the concepts involved with taking a raw product and enhancing their value by processing, freezing, storing, or just delivering it to a different location to market for a higher price or for a longer season to balance cash flow. Some strategies for adding value to grains and pulses will be shared.

### **TRACK: WORKSITES FARMER/RANCHER**

***Understanding Your Local Food Shed***, Salons A-B, (2:45-3:00)

Presenter: Tom McConnell

Prepare to be amazed at the facts about West Virginia's statistics and familiarize yourself with the different software tools "out there" to help you learn more about your state. What do we/you import and export? You will learn what we can substitute for the "imported" food

and how we make those ever so minute changes to claim more of the local demand with our products. This session will definitely help you appreciate the potential that even the most rural and lightly populated trade areas possess for locally grown food. Could this session inspire you to delve deeper and change your local food shed?

3:30-4:00pm

**Break** (All exhibit & vendor booths need to be removed by 4:00 pm)

4:00-5:30 pm

**Afternoon Session B**

### **TRACK: ASSISTIVE TECHNOLOGY**

**Assistive Technology: Usability Workshop**, Salon C  
Presenter: Rob Stuthridge, National AgrAbility Project  
Assistive Technology (AT) is often designed to meet the needs of one person – an approach known as ‘ergonomics for one.’ However, due to the nature of agricultural work, the role of AT designers, and the highly variable demographics of the workforce, such an approach may inadvertently compromise the health and safety of people who use modified equipment (AT). This interactive/participatory workshop will explore how AT usability can be increased, and risk of harm reduced, by the application of an ‘inclusive design’ approach, when appropriate.

### **TRACK: NETWORKS**

**Opportunities for Training and Collaboration with State DVR Staff**, Kanawha/Blue Ridge, (4:00-4:45)  
Presenter: Paul Leverenz, Easter Seals Wisconsin  
This session will provide an overview of the recently funded NIDRR grant to Easter Seals Wisconsin. The grant is a partnership of five different organizations that will be working together to develop both online and in-person curriculum to be used for training DVR counselors on ways to more effectively work with farmers and ranchers with disabilities. The role of each project partner will be discussed and the goals of the grant will be presented to participants. Opportunities for state AgrAbility projects to collaborate on this project to increase VR services for state AgrAbility participants will be presented.

### **TRACK: NETWORKS**

**AgrAbility Winter Workshops in Colorado**, Kanawha/Blue Ridge, (4:45-5:30)  
Presenters: Robert Fetsch and Jill Sump, Colorado AgrAbility  
This workshop will include a description of the outline, content, and process used in the Colorado AgrAbility Project’s winter workshops. It will provide an overview of the process used to partner with Extension agents and others in promoting AgrAbility to families who can utilize AgrAbility. Copies of the two surveys used to

5:30-6:30pm

assess immediate and follow-up changes in workshop participants will be provided. Results of an 11-year program evaluation study will be reported. Finally, the presenters will answer questions how other SRAP’s might also increase their numbers of AgrAbility clients via local winter workshops.

### **TRACK: STAFF RESOURCES**

**The Power of a Comprehensive Marketing Strategy: Moving Beyond Isolated Tactics and Understanding Marketing in 2010**, Cumberland/Appalachian  
Presenter: Ryan Kuhn, Good Will Industries International  
This highly interactive session will help participants navigate through expanding their marketing scope from individual, one-off efforts to understand the benefit and potential of strategically interconnecting efforts. How can you stretch resources to do more with less? How do you determine what is worth the expense and effort? What are the hidden costs and the true benefits of marketing techniques? In this session, the presenter will go into specific detail of some of today’s most popular marketing efforts, introduce some that participants may not yet know and, together with participants, tap into the group’s experience to help lay out the start of a multi-year strategy.

### **TRACK: WORKSITES FARMER/RANCHER**

**Small Farm Risk, Tax, and Business Management**, Salons A-B, (4:00-4:45)

Presenter: Tom McConnell

An informational session to help you understand your basic taxes, crop insurance, and risk management. Learn how and why you should use the IRS Code to help your family. You will learn about choosing and assembling your financial and legal team. Bring all those “small farm as a business” questions here!

### **TRACK: WORKSITES FARMER/RANCHER**

**Season Extension, Irrigation, and Weed Control**, Salons A-B, (4:45-5:30)

Presenter: Gary Rapping, Upshur Co. Extension Agent  
A worthwhile way to add to your bottom line is to get involved with horticulture. There is more demand for locally grown food than supply. This workshop will help participants develop a strategy for entering this exciting market and then thriving as they learn to extend the season with tunnels, ensure production with irrigation, and control weeds with plastic.

**Mental/Behavioral Community of Interest**,

Kanawha/Blue Ridge

**Marketing Committee Meeting**, Cumberland/Appalachian

**Dinner on your own**

## THURSDAY, OCTOBER 14

7:00 – 7:45am

**Breakfast**, Salons D-F

8:00am-5:00 pm

### **Appalachian Farming Research Center and Exhibition Coal Mine**

The challenges of Appalachian farming can be seen firsthand at the Appalachian Farming Research Center. The Research Center develops “best practices” for crop and soil management in light of the region’s characteristics, namely steep terrain and erosion. We will stop at *Tamarack: The Best of West Virginia*, the nation’s first showcase of a region’s handcrafts, fine arts, and cuisine. We will conclude with a visit to the Beckley Exhibition Coal Mine. Traveling 1500 feet beneath the ground, visitors ride in authentic “mine cars” from the mine entrance to old working areas of the coal mine and back. Stops throughout the tour explore the history of low-seam coal mining.

Note: participants in this tour will ride in a coal car. Wheelchair users will need to be able to transfer into a bench seat of a coal car with some assistance.

# *Thanks to the 2010 AgrAbility National Training Workshop Committee*

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