



# THE BALING WIRE

Fall 2004 Edition

## ***Success: Life After a Back Injury***

### *Part One of a Two Part Series*

Approximately 80% of all Americans experience back pain at some point in their life. Farmers and ranchers are not exempt from this trend. In fact, farmers and ranchers are more at risk because of the nature of work on farms and ranches which typically includes heavy lifting and repetitive movements such as turning to look behind the tractor that can increase strain on the back. No one knows this more than Ed Morris, a third generation farmer in Rocky Ford, Colorado who grows corn, hay and runs 22 head Angus cattle.

Ed was referred to AgrAbility in March 2001 by the Division of Vocational Rehabilitation. At the time of referral, Ed was experiencing daily pain and



the spurs and a slipped disc in his

evaluation of Ed and his farm. and down a dirt embankment in and. The steep angle and soft difficult and dangerous. In bing onto his tractor. Ed just a way of life, but Ed knew

A “better way” came in the form of ideas and modifications from Colorado AgrAbility. Three ladders were fabricated which allowed safer, easier access up and down the embankment. AgrAbility also recommended changes to Ed’s John Deere 4020 tractor including adding steps, using a swivel tractor seat with suspension and placing extra mirrors on the exterior

(Continued on page 2)



### **Colorado AgrAbility Works!**

**Promoting success in agriculture for people with disabilities.**

.....  
**Providing “on the farm” visits at no charge to the family.**

.....  
**Making assistive technology recommendations to liv and work more productively.**

.....  
**Providing information on resource for peer support.**

Editing & formatting of the Baling Wire Fall 2004 Edition by Bill Zorack

# AgrAbility Baling Wire

(Continued from page 1)

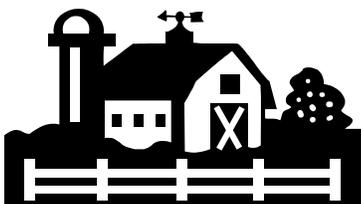
## ***Back Injury Cont'd***

of the tractor. These steps gave Ed easier access to his tractor. The swivel seat and mirrors allowed Ed to see implements and the ground behind him without twisting his back and the suspension reduced the shock to Ed's back. Ed reports that these changes gave him the ability to complete tasks that were previously almost impossible for him to do and greatly reduce the pain he felt while completing the



ability recommended that have helped the most, Ed replied "the  
y helped me get up and down the bank to check the cattle." Ed  
ion by doing what needs to be done with increased safety and less

*sue of the Baling Wire.*



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**AgrAbility is a joint program between Colorado State University Cooperative Extension and Colorado Easter Seals. The goal of AgrAbility is to maximize independence of farmers, ranchers, and their families who are facing new obstacles due to injury, illness, or normal wear and tear on the body by providing services, information and education.**

### Please contact us at:

Colorado AgrAbility      800-335-2598 toll-free  
Easter Seals Colorado      303-937-7713 ext. 224  
5755 W. Alameda Ave.      303-232-5685 TTY/ASCHI  
Lakewood, CO 80226



## AgrAbility Baling Wire



### The AgrAbility Neighbor-to-Neighbor Peer Support Program



Have you ever wished you could talk or visit with someone else who has a similar disability or situation? Talking with another Colorado farmer, rancher, or caregiver can help. Sometimes just having someone else to listen, someone who has been through similar tough times can help lift your spirits and let you know that you're not alone in wrestling with the alligators of adjusting to a new disability.

If you'd like to talk with another Colorado farmer, rancher, or caregiver with a disability who has been trained to provide peer support, call Bob Fetsch at Colorado State University Cooperative Extension. Bob is the Director of the Colorado AgrAbility Project. He can answer your questions about the AgrAbility Neighbor-to-Neighbor Peer Support Program. After you talk and visit with Bob

awhile, he'll be better able to match your needs with the names and telephone numbers of two or three people who might be most like the kind of folks you'd like to talk or visit with.

Call Bob at 970-491-5648 about Neighbor-to-Neighbor Peer Support, leave a message with your telephone number, and he'll get back with you.

#### **Robert J. Fetsch, Ph.D.**

Director, Colorado AgrAbility Project  
Department of Human Development &  
Family Studies  
Colorado State University  
Fort Collins, CO 80523-1570  
970-491-5648

<http://www.caahs.colostate.edu/hdfs/faculty/fetsch/agrability.htm>



### *Special Thanks*

Easter Seals and Colorado AgrAbility would like to thank the **Robert E. Hoggsett Memorial Foundation** in Fort Morgan for their continued support of AgrAbility in 2004-2005. The Foundation supported AgrAbility with \$3,250, which has allowed our program to serve 11 individuals in the North-East Quadrant of Colorado. Thank you Hoggsett Foundation!!!

We would also like to thank the **Edmund T. and Eleanor Quick Foundation** for their grant award of \$4,000. This grant has allowed us to continue serving rural elderly and disabled in Colorado through education and home safety modification equipment. The "Aging In Place" program has been well received on the Western Slope and is expanding on the Eastern Plains to Ft. Lupton and Greeley this

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**EASTER SEALS— COLORADO AGRABILITY PROJECT**

Creating solutions, changing lives.

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[www.eastersealsco.org/agrability](http://www.eastersealsco.org/agrability)

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## **AgrAbility Workshops Coming Soon**

*Don't miss this opportunity! Come meet our team, join us for a free lunch, workshop & discussion.* Colorado AgrAbility features a winter series of **FREE** workshops throughout the state and you are invited to attend. Spread the word to anyone you think may benefit. This year's workshops will cover topics such as what AgrAbility is and how it helps individuals and their families in agriculture who experience health challenges. Back injury prevention and Social Security will also be discussed. You will need to pre-register. Please call Bob Fetsch at **(970) 491-5648** or his administrative assistant at **(970) 491-5889**.

**☞ SOUTHWEST CORNER WORKSHOPS ☜**

### **Durango, CO**

Tuesday, November 30, 2004  
Workshop 9 am-12 pm  
Lunch 12-1 pm  
Extension Building, La Plata County Fairgrounds

### **Cortez, CO**

Wednesday, December 1, 2004  
Workshop 9 am-12 pm  
Lunch 12-1 pm  
Cortez Public Library

