

### We all fall down

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. If outside and down for long, be aware of frostbite risk.



*Falling on Ice can be avoided*

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## SPOT

A victim is often unaware of frostbite because frozen tissue is numb.

#### Adults:

- shivering — exhaustion
- confusion — fumbling hands
- memory loss
- slurred speech
- drowsiness

#### Infants:

- bright red, cold skin
- very low energy

If a person's temperature is below **95°** get medical attention immediately.



**Are you a Vocational Rehabilitation Counselor stymied by an agriculture self-employment case?**

Well you are not alone!

The agricultural self-employment case is unique in many respects. Although we live in an agricultural state, most of us know very little about what it takes to produce a crop or raise a cow to sell. The various aspects to be considered in assisting a farmer or rancher are myriad.

They range from making an evaluation of the physical limitations of farming and accomplishment of work tasks, to soil quality and carrying capacity. What factors affect success? Legal issues can abound. Colorado AgrAbility can help. We can provide functional

assessments of works task and assistive technology necessary for success. AgrAbility can assist the counselor and the client in the preparation of an agricultural business plan by authorizing a Business Planning consult.

Are you unsure how to evaluate the need for an assessment or a consult?

DVR has a dedicated Liaison person to assist in understanding the process. Currently and for the past many years, that has been Mary Chacho, Rehabilitation Counselor II, [mary.chacho@state.co.us](mailto:mary.chacho@state.co.us) **303.866.4132**

We at AgrAbility have served Colorado Vocational Rehabilitation for many years and although we are winding down for our current four year USDA grant, we look forward to finishing the 2018 grant cycle strongly and moving on with a new four year cycle.

**Winter Workshops are coming!!! See the schedule on the next page**



## Please join us at the 2018 Colorado AgrAbility Workshops

**Topics: What is AgrAbility, How to Work Well with Ag Lenders and Bankers, & Saving Time and Money with Assistive Technology**

**About:** As workers age, they are faced with increasing rates of arthritis, back pain, decreased strength/endurance, hearing impairments and other medical conditions. These conditions increase the likelihood of slips and falls, being pushed by fast-moving livestock, accidents with machinery, and other dangers. Assistive technology can help mitigate the impact of aging conditions and help older farmers work with more safety. The cost of assistive technology and safety is significantly less than the expense of injury on the farm. Join fellow Colorado farmers, ranchers, veterans, their families, and service providers at these upcoming workshops across the state. These free educational events are for individuals who are dealing with barriers created by illnesses, conditions, or limitations.

**Workshops are from 10:00 a.m. to 2:00 p.m. with a free light lunch provided for those who pre-register at least one week prior to the workshop.**

**Aurora:** Friday, February 2, 2018, Arapahoe County Fairgrounds & Event Center, Room 1, 25690 East Quincy Avenue, Aurora, CO 80016 with Johnathan Vrabac (303-730-1920) or 719-661-2286

**Craig:** Tuesday February 6th, 2018, 539 Barclay St, Craig, CO. 81625 with JD Sexton 970-826-3402

**Delta:** Wednesday February 7th, 2018, County Courthouse 501 Palmer St. Delta, 814416 Rm 234, with Doug Dean, 970-244-1834

**Mancos/Cortez:** Thursday, February 8th, 2018, Southwest Colorado Community College, ITC Building, 33057 Highway 160, Mancos 81328-9196 with Tom Hooten (970-565-3123).

**Greeley:** Monday, February 12th, 2018, SW Weld County Service Center, large conference room, 4209 County Road 24-1/2, with Keith Maxey (970-304-6535 X 2075).

**Fort Morgan:** Tuesday February 13th, 2018, 914 E. Railroad Ave, Fort Morgan, 80701, with Jennifer Cooney, 970-542-3544



**Pueblo:** Wednesday, February 14th, 2018, County Extension office, 701 Court St. Pueblo, CO. 81003, with Tom Laca, 719-583-6566

**Limon:** Friday, February 23rd, 2018, Location: Limon Community Building, 477 D Avenue, south room, Limon, Colorado, with Travis Taylor, 719-82-0644

### **The presenters:**

#### **Norman L. "Norm" Dalsted,**

**Ph.D.** is an Extension Economist in Farm and Ranch Management and Professor with Colorado State University Extension. He was born and raised on farms in North Dakota, and has continued to work in custom harvesting work through his lifetime. He will present on how ranch and farm families can use when approaching bankers and other lending agents.

**Candiss Leathers, VRT, M.A.,** is the Rural Rehabilitation Specialist and Manager for Colorado AgrAbility at Goodwill Industries Denver. Her upbringing, education, and experience provide her with the essential tools to assist men and women actively engaged in the agricultural field with assessments and technical guidance.

**It began as a chance encounter at a stock dog show.** Ms. Candiss Leathers was attending Stock Dog trials at a show in Denver, CO. She was there to market her USDA grant funded project, Colorado AgrAbility. AgrAbility is based on a partnership between Colorado State University Extension, Goodwill Industries Denver, and the AgrAbility staff. Its function is to make on-farm or ranch assessments of the functional impairments of an agricultural worker and the work tasks that are impacted by them. The project can then prepare a comprehensive report offering solutions to the accomplishment of the tasks that are impaired. These solutions can range from low end such as simply modifying a task to make it easier to perform all the way to sophisticated Assistive Technology (AT) such as standing all-terrain wheel chairs or truck bed lifts that can move a person from the seat of their pick-up truck into a piece of machinery 10 feet off the ground.

Ms. Leathers noticed that one of the trainers seemed to move in an impaired gait. She introduced herself to the trainer, Ms. Cathy Balliu and asked if she could have a conversation. Leathers explained the program and provided Ms. Balliu with contact information. Some time passed and one day Ms. Leathers's phone rang. It was Cathy Balliu. She explained that she had been thinking about how her medical issues impacted her profession. She has bad hips, arthritis, Diabetes, and Raynaud's Syndrome. Working livestock requires her to walk a lot, much of it backwards. Ms. Leathers visited the farm and noted that Cathy had a demonstrated need for both low tech and high tech AT. As Cathy could not fund these purchases, and finding that she was a probable candidate for state Vocational Rehabilitation, Leathers referred her to the local DVR office.

Vocational Counselor Kelly Dieter made her eligible and authorized an Assessment by AgrAbility. It was found that Cathy's physical limitations impacted her ability to move about her farm, handle large bales of hay, use various hand tools, manage manure, soil, and fence issues, and open her barn door. Recommendations were made by AgrAbility for solutions and eventually DVR was able to acquire the tools needed for Cathy Balliu to remain in business. During this process, it was noted that Ms. Balliu utilized her husband as a farm employee much of the time. .



One of his work tasks was watering the stock. They had water on the farm but the source was hundreds of feet away from the stock pens. Bill Balliu was filling buckers with water and carrying them several hundred feet to the pens. Each bucket weighed about 45 pounds. He had gait impairments also and the task was placing his knees, wrists, and shoulders at risk of further injury

It turns out he was a veteran and Mr. Craig of the AgrAbility project had a generous grant from the state of Colorado Department of Military and Veteran Affairs. This grant was intended to purchase AT for disabled vets who were farmers and facing physical challenges to work tasks on the farm. The solution was obvious. Mr. Craig wrote a Justification document connecting the tasks to the injury and was able to use the DMVA grant to put in an automated watering system. For further information contact the AgrAbility staff at: Candy Leathers 720-539-4435 or Jim Craig 720-737-3686