The Alabama Impaired Drivers Trust Fund...

ADVISORY BOARD ANNUAL REPORT

October 1, 1994 - September 30, 1995

Enabling Alabamians with traumatic brain injury or spinal cord injury to achieve their maximum level of independence.

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Prepared by:

Alabama Department of Rehabilitation Services

Lamona H. Lucas
Commissioner

MESSAGE

to the Alabama Legislature...

This third year of activity by the Alabama Impaired Drivers Trust Fund (IDTF) Advisory Board brought considerable progress in improving the lives of Alabamians with head or spinal cord injury and their families. New programs and services were established throughout the state and existing programs are now better coordinated to serve an increased number of individuals.

A tremendous amount of work has been done by the Board and its committee members to assure maximum benefit from the IDTF. This report highlights some of those initiatives as well as the people who benefited from them.

We are excited about our strategic plans for the coming year. Initiatives in the areas of housing and supported employment will bring a better quality of life and increased employment opportunities to even more people with head or spinal cord injury.

The Board and its committees will continue to focus on maximizing existing community services and creating more options for citizens of Alabama who have experienced these devastating injuries.

Sincerely yours,

Lamona H. Lucas
Commissioner
Alabama Department of
Rehabilitation Services

Ralph R. Norman III
Chairman
Alabama Impaired Drivers
Trust Fund Advisory Board

It's a FACT!

Traumatic Brain Injury

- Traumatic Brain Injury is the leading killer and cause of disability in children and young adults.

- Each year some 10,070 Alabamians sustain a traumatic brain injury. This translates to 27 head injuries per day.

- First year direct cost projections for caring for survivors with severe brain injury will exceed $63,000,000 (does not include indirect costs such as lost wages, lost opportunities, etc.)

- Approximately 87% of Alabamians with serious head injuries are on some form of public assistance 10 years after their injury.

Spinal Cord Injury

- Approximately 150 Alabamians sustain spinal cord injuries each year as a result of motor vehicle crashes, gunshot wounds, falls and sports activities. Half of these injuries are caused by vehicle crashes.

- 54% of all motor vehicle-related spinal cord injuries result in paralysis in arms and legs (quadriplegia); 46% result in paralysis in lower extremities (paraplegia).

- Acute care and rehabilitation costs for Alabamians with vehicle crash-related injuries amount to some $11,000,000 per year.

"I Want Him to Walk"

Ask Lynn Aday what he likes about his new room and you'll get a simple, two-word answer. "Roll Tide."

For his mother Betty, however, the importance of the room has little to do with the crimson and gray wallpaper and other Alabama decorations. Instead, she talks about the independence it has given her son; how it has given them room for parallel bars; how Lynn, who received severe head injuries in a motorcycle wreck six years ago, is now able to take a whirlpool bath; and most of all, how Lynn is experiencing a better quality of life.

"We had no way to get him in a bathtub," Betty says. "I can tell a big difference in the use of his legs now. He can stand for a few minutes at the parallel bars, and we can take him out in the car now."

Lynn, 28, recently attended Camp ASCCA (Alabama Special Camp for Children and Adults). "I think his being with people that have the same handicap helped," Betty says. "He's beginning to talk more. He's making progress."

In the early days doctors gave little hope. Lynn was in a coma for almost seven months and had to be placed in a nursing home. Eventually, he progressed enough to move on to the rehabilitation phase.

Betty remembers how she felt. "I'd like to tell people that it's not the end when you have to put your family member in a nursing home. I felt like it was the day I put Lynn there, but just because you have to put them there doesn't mean you have to leave them."

Over the years since Lynn's accident, progress has come at varied speeds. However, his mother has never given up hope for his recovery. "I want him to walk," she says.

And while Lynn isn't the same young man he was before the accident, he's learned to do many things doctors didn't deem possible — sitting up, feeding himself and more. Seizures once plagued him, but it's been more than two years since he experienced one.

Betty is quick to give God the credit for the progress her son has made and says the pathway has been made easier because of friends she and Lynn have made along the way.

"Inspiration is a good word for this family," says Jennifer Sellers, AIDTF local family-service coordinator. "It's encouraging to others to see how they've relied on faith."

Sellers works with the Adays and other families in the Shoals area, seeking to provide individualized, direct services in an effort to improve the quality of life for those living with the results of head injuries. Such services may include family respite care, information and referral, housing, local family service centers and service coordinators, extended supported employment, camp, legislative advocacy and more.

For Lynn and others like him, however, these services mean more than mere assistance — they offer a second chance at life.

(Photo and excerpts of story from the TimesDaily, Florence, AL)

For more information about services, contact one of the AIDTF family resource centers
— Helpline 1-800-433-8002 —

Background

The Impaired Drivers Trust Fund sends a message to drunk drivers.

In 1992 the Alabama State Legislature established the Impaired Drivers Trust Fund (IDTF) in the state treasury and the Impaired Drivers Trust Fund Advisory Board (Act 92-586).

The Board was charged with the responsibilities of (1) investigating the needs of citizens who have survived head or spinal cord injury; (2) identifying the gaps in services to these citizens; (3) establishing priorities and criteria for disbursement of monies in the Impaired Drivers Trust Fund; and (4) assuring maximum benefits from the Alabama Impaired Drivers Trust Fund.

In 1993 the Legislature passed Act 93-323 which imposed an additional fine of $100 on persons convicted of driving under the influence of alcohol or drugs with proceeds from the fines allocated to the Impaired Drivers Trust Fund.

Alabama Department of Rehabilitation Services Disperses Monies

The Alabama Department of Rehabilitation Services was designated by the Legislature to expend monies from the IDTF in accordance with the priorities and criteria established by the Trust Fund Advisory Board.

Public Hearings Help to Identify Gaps in Service

The IDTF Advisory Board issued a report to the Alabama Legislature in January 1994 providing results of a needs assessment and identifying gaps in services to citizens with head or spinal cord injuries. Six public hearings were held throughout the state to obtain citizen input in establishing priorities and identifying needs.

As a result, the IDTF Advisory Board established priorities and criteria for disbursement of monies in the Fund. The Advisory Board, IDTF committees and Alabama Department of Rehabilitation Services staff met throughout the year to establish systems and procedures to deliver services. The Board continues to oversee expenditures of funds to assure they are spent in accordance with established priorities.

Advisory Board

An advisory board ensures that all policymakers have a place at the table.

The Impaired Drivers Trust Fund Advisory Board was established by the Alabama Legislature in 1992. The following 17 members help facilitate a comprehensive system of services for Alabamians with head injury and spinal cord injury.

Advisory Board Members

Ralph R. Norman III, Chair
Alabama Insurance Department

Lamona H. Lucas
Alabama Head Injury Task Force

Sandra Nicholson, Vice Chair
Alabama Head Injury Foundation

Eugene O'Donnell, Secretary
Department of Human Resources

To Be Announced
Alabama State Senate

Representative Bill Fuller
Alabama House of Representatives

P. Caudill Miller, M.D.
Medical Association of Alabama

To Be Announced
Governor's Office

Jack Hataway, M.D.
Alabama Department of Public Health

Andy Scarborough, Ed.D.
Division of Special Education

Joan Hannah, Ed.D.
Developmental Disabilities Planning Council

O'Neill Pollingue
Department of Mental Health/Mental Retardation

Russ Fine, Ph.D., MSPH
UAB Injury Control Research Center

Terrance Brown
The Alabama Hospital Association

Karen M. Rolen
Epilepsy Foundation of North & Central Alabama

Mike Murphy
Alabama Medicaid Agency

Tim Cain
Alabama Coalition of Citizens with Disabilities

Service Components

The IDTF Service Components represent the priorities and gaps in services identified by the Advisory Board, its committees and consumers.

Family Service Coordination

Because of the wide range of services and treatment options that Alabamians with head injury or spinal cord injury may require, service coordination is critical.

The Impaired Drivers Trust Fund established a new *family service coordination* program through seven community-based family service centers. The FSC will help clients and their families find and coordinate community-based assistance.

Each center is staffed with a full-time family service coordinator who provides long-term case management, information and referral, advocacy, support groups, assistance in accessing case funds, housing funds and extended supported employment. Based on a "whatever it takes model," service coordinators assist clients to make informed choices about available services. In FY '94-95 service coordination was provided to 265 people — 205 with brain injury and 60 with spinal cord injury.

Service Coordination Cases

Family Service Center	SCI Cases	TBI Cases	Total Cases FY '95
Mobile	1	48	49
Huntsville	3	55	58
Muscle Shoals	3	22	25
Anniston/ Gadsden	4	21	25
Dothan	18	15	33
Montgomery	15	21	36
Birmingham	16	23	39
Total	60	205	265

Family service centers are now operating in Huntsville, Birmingham, Mobile, Montgomery, Dothan, Muscle Shoals/ Florence and Anniston/Gadsden. Plans for FY 95-96 include creating centers in Tuscaloosa, Selma and Auburn.

Family Education Seminars

Keeping clients and their families informed and current about available services and assistance is a vital part of follow-up care for people with head or spinal cord injury.

In addition to the information provided by the family service coordinators, *family education seminars* were held in eleven locations across Alabama in FY '94-95. These seminars provided the latest, most accurate information on topics ranging from community resources and estate planning to coping with severe disability. A total of 133 people attended these seminars.

Housing Initiatives

Persons with head or spinal cord injuries often require special living arrangements to enable them to live independently, access community resources or employment and enhance their quality of life. Housing assistance may include home modification, assistive technology, purchase assistance, apartment start-up expenses and more.

Selection criteria is based on need, cost efficiency, demonstrated consumer choice, potential for successful outcome in terms of increased independence and quality of life, availability of needed support systems and availability of funds. The *Housing Committee* will begin processing applications in January 1996.

A housing coordinator was employed effective January 1996 to implement and monitor this housing assistance program.

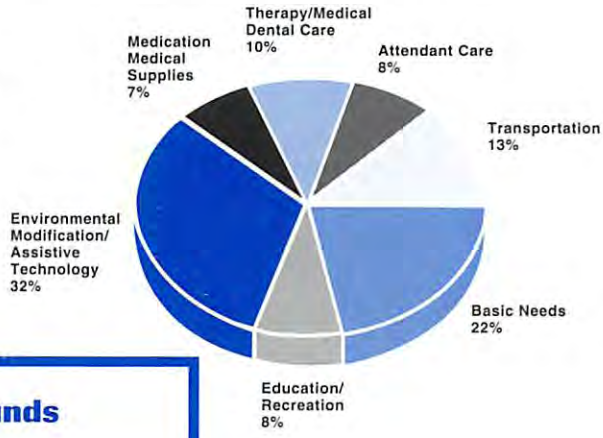
Case Funds (Emergency Funds)

Head or spinal cord injury can be devastating not only to a client's health, life-style and family, but to his or her personal finances as well. Many people require financial assistance for necessary services, including transportation; physical, occupational or speech therapy; medical consultation; medication; short-term attendant care; medical care; environmental modifications; disability-related supplies; and basic human needs such as housing, utilities and food. When no other funds are available, family service coordinators may utilize *case funds* to provide vital assistance.

Some $63,793 in financial assistance was provided as payer of last resort to 89 people – 67 with brain injury and 22 with spinal cord injury during FY '94-95.

Financial Assistance Expenditures

100% = $63,793.00



Clients Receiving Case Funds

Location	SCI Cases	TBI Cases	Total Cases FY '95
Birmingham	3	8	11
Muscle Shoals	2	8	10
Huntsville	1	6	7
Mobile	1	19	20
Montgomery	2	8	10
Dothan	12	9	21
Anniston/ Gadsden	1	9	10
Total	22	67	89

Respite Care

Caring for a severely disabled family member can be a 24-hour responsibility and often is a tremendous burden on a client's family. To assist families in coping with these overwhelming demands, the IDTF offered respite care services to 20 families during FY '94-95.

Respite Hours Expended FY '95

Service Center	Survivor Age	Survivor Diagnosis	Hours Used	HHA/LPN*
Mobile	21	TBI	15	LPN
	24	TBI	15	LPN
Tuscaloosa**	5	TBI	72	HHA
Anniston/Gadsden	10	TBI	17.75	HHA
	28	TBI	100	LPN
	17	TBI	21	HHA
Montgomery	35	TBI	72	Weekend at Lakeshore
	37	TBI	93.5	HHA
Huntsville	41	TBI	44.25	HHA
	47	TBI	23.75	HHA
Birmingham	5	TBI	50	HHA
	20	TBI	85.50	LPN
	72	TBI	4	LPN
	30	TBI	106	LPN
	35	TBI	34.75	HHA
	45	SCI	100	HHA
	29	TBI	5.5	HHA
	27	TBI	4.5	HHA
Muscle Shoals	29	TBI	7	HHA
	16	TBI	39.5	LPN
Dothan (none)				

* HHA - Home Health Aide; LPN - Licensed Practical Nurse

** Tuscaloosa served through the Birmingham center.

Working in tandem with home health care agencies across Alabama, the IDTF respite care program provided 20 families a total of 911 hours of respite care in FY '94-95.

Respite Care Helps Families Cope

Sherry Fowler believes that the Alabama Impaired Drivers Trust Fund was sent from heaven. After almost ten years of caring for her semi-comatose daughter at home, Mrs. Fowler can now take a break from full-time caregiving. She has confidence in the care that her daughter now receives from a registered LPN. The respite care program, funded by the Impaired Drivers Trust Fund, has made this possible.

In October of 1986, Darlene Fowler, a 19-year-old from Florence, Alabama, received a closed head injury as a result of an automobile accident. She was taken first to Memphis, then nine weeks later to Spain Rehabilitation Hospital in Birmingham. In six more weeks she was discharged, still in a coma, with the recommendation that she be put into a nursing home.

Her mother, Sherry, refused to consider that option and continued her quest to learn all she could about her daughter's condition. "Save Darlene, Lord," asked Sherry, "and help me learn so that I can help Darlene and others with brain injury." The rehabilitation hospital provided training for her to take over Darlene's care which included draining her lungs, inserting a feeding tube and transferring her from bed to wheelchair. Since 1987 she has been Darlene's primary caretaker and has still managed responsibilities to her husband and their other daughter.

In 1988 Sherry became involved with the Alabama Head Injury Foundation serving as the first vice-president of the local group. She devoted time to spreading the word about brain injury and what families face, but because she couldn't leave Darlene, she did it from home via telephone, letters and an occasional visit to a family at the hospital.

"Before respite care, we could seldom afford the quality of care that Darlene is now receiving," commented Sherry, "and you know we are very particular about who works with Darlene. The LPNs that the IDTF is providing are specially trained in working with patients like Darlene. They also have a special way with her. It's just wonderful."

When Darlene's father, C.L. Fowler, had to have emergency surgery, Sherry immediately called on the respite care program to allow her to be with her husband at the hospital. "The respite care program has given me peace of mind and the freedom to take care of other things when they happen," said Mrs. Fowler. "You know, you've got to take care of yourself, too, and go on with a life of your own. I'd recommend this program to anyone who has a loved one at home who needs really special care."

Social/Recreational Day Activities

People with head or spinal cord injury may be physically limited, but there is no limit to their desire for *social and recreational activities.*

To expand the opportunities for people with spinal cord or head injuries, the Impaired Drivers Trust Fund Board awarded a $29,125 grant to the Lakeshore Foundation to develop a 1996 Paralympics promotion and training project and to promote the Alabama Games for the Physically Disabled. Both events will not only allow patients to participate and even compete, they will broaden public awareness, understanding and acceptance.

To begin to promote the 1996 Paralympics, the Lakeshore Foundation held special events for children and adults, developed advertisements (TV and radio) that were aired statewide and distributed over 2,500 volunteer recruitment brochures to Alabamians with head or spinal cord injury.

To promote the 1996 Alabama Games for the Physically Disabled, the Lakeshore Foundation undertook a thorough examination of issues related to enhancing and expanding statewide games for people with head and spinal cord injury. This study included interviews with consumers and community organizations. The results were included in a detailed plan of action to promote the games.

Camp ASCCA

It is important that people facing a long, hard recovery from serious head or spinal cord injury experience success. Recreational camps offer a setting that provides varied challenges and opportunities to enjoy recreational activities in the company of others with similar disabilities.

A spring camp was held at *Camp ASCCA* (Alabama's Special Camp for Children and Adults) in May. Sixty campers attended along with 87 family members and volunteers. All of the campers were individuals with head injury. A fall camp also was held at *Camp ASCCA* and was coordinated by the Lakeshore Foundation with IDTF funds. Sixty-six campers with head or spinal cord injury and family members participated in adventure-learning courses, fishing, swimming, tennis and other recreational activities.

Personal Assistance/ Homebound Service

In many cases head or spinal cord injury can be so debilitating that theclient faces the possibility of becoming institutionalized.

Homebound Service is a state-funded program within the Alabama Department of Rehabilitation Services and is designed to assist clients with head or spinal cord injuries to become as independent as possible in their own home. Once a person is determined eligible, *Homebound Service* may provide education in disability management, personal care attendants, medical equipment, home modifications, nursing and counseling services, and access to peer support networks.

Funds received from the IDTF enabled 39 head or spinal cord injured Alabamians to become more independent in their homes through the *Homebound Service.*

Interactive Community-Based Model (ICBM)

Traumatic brain injury has far-reaching consequences for not only the client, family and friends, but also for employers of people with head injuries. Most adults who survive severe head injury must reevaluate their employment abilities, potential and goals.

The *ICBM* is a comprehensive rehabilitation program that focuses on the client's transition from hospital to home to commu-

nity and ultimately to the workplace. The gradual, often slow, process begins at home where ICBM care coordinators guide the patient and family through a four-phase process of rehabilitation. The ICBM program is administered by the Alabama Department of Rehabilitation Services and the Southeastern Comprehensive Head Injury Center. After November 1996, ICBM will receive continuation funds from the IDTF.

Supported Employment (Long-Term Support)

The Rehabilitation Act Amendments of 1992 define supported employment as "competitive work in integrated settings for individuals with the most severe disabilities (a) for whom competitive employment has not traditionally occurred, or (b) for individuals for whom competitive employment has been interrupted or intermittent as a result of a severe disability; who, because of the severity of their disability, need intensive supported employment services in order to perform such work." The primary method of serving these individuals is through the utilization of a *job coach* who goes to the work site with the client and provides direct training on real job tasks.

Job coach funding is available through the Alabama Department of Rehabilitation Services, but federal law restricts the department to a maximum of eighteen months of on-site job coaching. Therefore, a state or local source of funding for the provision of extended services is vital to ensure employment success.

The Impaired Drivers Trust Fund provides a stable source of funding for extended job-related support services needed to maintain employment. Initial exploratory meetings held with supported employment professionals resulted in the establishment of an advisory committee to lend guidance to a pilot project in Jefferson, Shelby, Chilton and Blount counties. A supported employment coordinator has been hired to oversee this pilot project. During FY '95-96 services will be expanded to establish a statewide network of extended support for people with traumatic brain injury or spinal cord injury. Extended support services will begin in December, 1995.

Standing Committees

Five committees address the developmental needs of the Fund.

The Impaired Drivers Trust Fund Advisory Board established committees made up of board members, consumers and individuals with expertise in the area of head injury or spinal cord injury to address long and short-term developmental issues of the IDTF.

The *Rules Committee* considers and proposes to the Board amendments to the administrative rules of the IDTF.

The *Budget Committee* develops and submits to the Board financial reports and budgets.

The *RFP Committee* develops requests for proposals and considers any proposals submitted and makes recommendations to the Board.

The *Housing Committee* considers proposals submitted pursuant to the Board's housing initiative and approves disbursement of funds under any housing initiative.

The *Legislative Committee* considers and advises the Board on any proposed legislative issues that impact services or consumers of IDTF programs.

Alabama Impaired Drivers Trust Fund
Family Service Centers

Anniston/Gadsden
1505 Wilmer Avenue
Anniston, AL 36202
(205) 236-3324
Counties served: Calhoun, Cherokee, Cleburne, DeKalb, Etowah, Talladega

Birmingham
P.O. Box 550008
Birmingham, AL 35255
(205) 328-3505
Counties served: Blount, Jefferson Shelby, St. Clair

Dothan
1863 Montgomery Highway
Suite 110
Dothan, AL 36303
(334) 702-0444
Counties served: Barbour, Coffee, Covington, Dale, Geneva, Henry, Houston

Huntsville
1019 Claude Circle
Suite C
Huntsville, AL 35806
(205) 895-9070
Counties served: Cullman, Jackson, Limestone, Madison, Marshall, Morgan

Mobile
951 Government Boulevard
Suite 518
Mobile, AL 36640
(334) 438-6188
Counties served: Baldwin, Escambia, Mobile, Washington

Montgomery
400 Eastern Boulevard
Suite 206
Montgomery, AL 36117
(334) 260-8767
Counties served: Autauga, Bullock, Butler, Chilton, Crenshaw, Elmore, Lowndes, Macon, Montgomery, Pike

Shoals
Keystone Executive Centre
102 South Court Street
Suite 533
Florence, AL 35630
(205) 740-8299
Counties served: Colbert, Franklin, Lauderdale, Lawrence, Marion, Winston

To Be Established in FY '95-96

Auburn
Counties served: Chambers, Clay, Coosa, Lee, Randolph, Russell, Tallapoosa

Selma
Counties served: Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Wilcox

Tuscaloosa
Counties served: Bibb, Fayette, Greene, Hale, Lamar, Pickens, Tuscaloosa, Walker

Alabama Department of Rehabilitation Services

Lamona H. Lucas
Commissioner

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