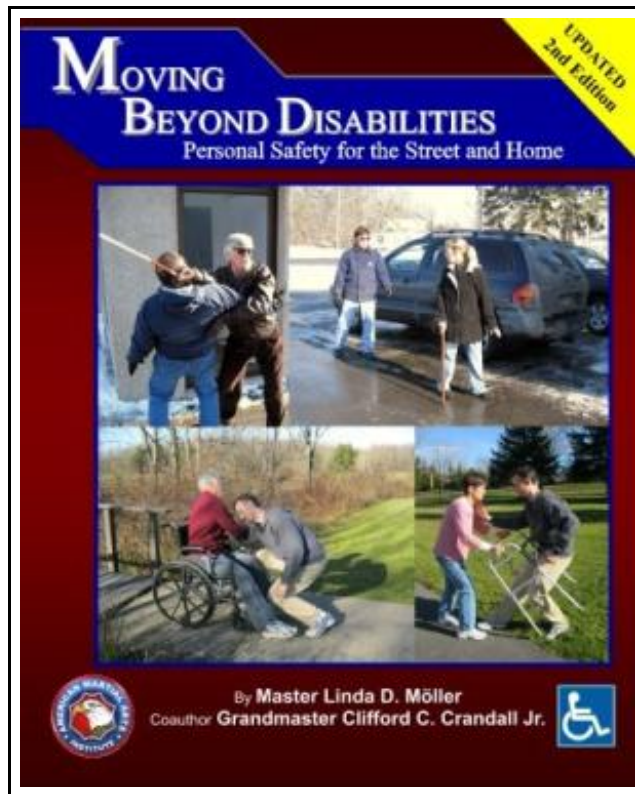


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


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Createspace, United States, 2011. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.Moving Beyond Disabilities is the first of its kind to specifically address personal safety, health and awareness for individuals with unsteady gait, who have need for a cane, who use a walker or wheelchair or are visually impaired. In this book it is clear that living with a disability does not mean that your personal safety is the responsibility of someone else. The empowerment and independence that one can feel by having the knowledge to protect themselves is life changing. The information and instruction in this book is geared towards individuals with disabilities, but is also applicable to anyone interested in their own personal safety. This text is designed to meet the needs of agencies, instructors in the fields of education, community programs, as well as parents and friends who work with and assist individuals with disabilities. The ten chapters include Being Aware Makes a Difference, Home Security, Personal Safety in Your Vehicle, An Unsteady Gait - Its Challenges and Solutions, A Walker s Versatility, A Wheelchair For Your Safety, Reaching Personal Safety with Visual Impairments, and Exercises to Improve Your Functional Fitness. Scenarios alert the reader as to potential daily concerns, escape techniques and counters combined with exercises to improve one s functional fitness. Author Linda Moller has an extensive background in teaching and designing programs for individuals who have disabilities and for staff members who teach those with disabilities. For the past 33 years she has worked making a difference for individuals with disabilities in the human services division of the not-for-profit Coarc (Columbia County Chapter of NYSARC, an organization dealing with developmental disabilities). This is combined with her 30 years experience in the American Martial Arts...

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