

Diabetes and Disabilities

Assistive Tools, Services, and Information

Abstract

The purpose of this guide is to provide diabetes educators with a comprehensive list of assistive tools, services, and information for diabetes self-management for people with visual, manual, and hearing disabilities. A list of tools and products has been compiled by members of the Disabilities Specialty Practice Group (DSPG) and is updated periodically. The original list was assembled in 1988 with the support of a grant from the Diabetes Research and Education Foundation, Bridgewater, New Jersey. The last revised list was titled "Diabetes Aids and Products for People With Visual or Physical Impairment" and was published in *Diabetes Educ.* 1992;18:121-138. In addition to tools and products, organizations that provide services and information for people with disabilities are provided to diabetes educators.

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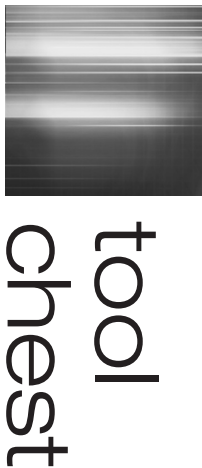
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Nonvisual Blood Glucose Monitoring

Item	Description	Manufacturer Address	Phone/Fax	Web
Accu-Chek VoiceMate: Shipping of new meters discontinued in January 2007.	Talking meter, with insulin vial reader for Lilly insulin. Limited availability through retailers who still have stock and with special certification of need to the manufacturer. Comfort Curve strips expected to remain available for existing users.	Roche Diagnostics 9115 Hague Rd, Box 50457 Indianapolis, IN 46256	800-858-8072 Fax: 317-521-2090	www.accu-chek .com/us
Advocate, Advocate RediCode, Advocate Duo	English/Spanish-talking blood glucose monitors. Advocate Duo includes a blood pressure meter.	Pharma Supply 3381 Fairlane Farms Rd West Palm Beach, FL 33414	866-373-2824 Fax: 561-795-1743	www.pharmasupply .com
Clever Chek Auto- Code Voice™, Clever Chek 2IN1 Blood Glucose Plus Blood Pressure Monitor	English/Spanish-talking blood glucose monitor. Available by mail order.	Simple Diagnostics, Inc. 5865 NW 125th Ave Coral Springs, FL 33076	877-342-2385 Fax: 516-734-0062	simplediagnostics .com
Prodigy Autocode, Prodigy Voice	Talking blood glucose monitors; No coding required. Prodigy Voice tactually distinct buttons, fully accessible in all functions, and all instructions in audio format.	Diagnostic Devices Inc 5900-A Northwoods Business Park Charlotte, NC 28269	800-366-5901 Fax: 877-847-3419	www.prodigymeter .com
Digi-Voice Speech Module (specify for use with One Touch Basic or Sure Step)	Connects to a standard One Touch Basic or Sure Step meter to make them talk.	CAPTEK/Science Products PO Box 888 Southeastern, PA 19399	800-888-7400	www.captek.net/ index.htm
Sure-Drop Guide (One Touch Basic) or Sure Guide (Sure Step)	Assists people with visual impairment or dexterity problems to apply blood to strip for One Touch Basic or Sure Step meter.			
SensoCard Plus	Talking meter: pending US Food and Drug Administration (FDA) approval.	CDx Ltd		

Magnifiers for Insulin Syringes and Pumps

Item	Description	Manufacturer Address	Phone/Fax	Web
BD Magni-Guide	Insulin vial snaps onto end of Magni-Guide; a groove guides needle into the stopper. Lilly vials fit precisely, NovoNordisk vials fit tightly, and Sanofi-Aventis vials fit loosely.	BD Consumer Products 1 Becton Dr Franklin Lakes, NJ 07417-1883	888-367-9539 Fax: 201-847-4856	www.bddiabetes.com/us
EZY-DOSE	Syringe magnifier clips to 50- or 100-unit syringe.		800-328-2742 Fax: 800-328-1584	www.apothecaryproducts.com
Insul-eze	Vial holder and syringe magnifier	Available only through catalogues; manufacturer has discontinued.		www.diabeticdrugstore.com/default.asp
The Phone Monocle	A 2 × magnifier, originally designed for use with a cell phone. Can be used to magnify the screen of an insulin pump.	Magnific's Inc	818-248-2228 Fax: 818-248-1449	www.thephonemonocle.com
Tru-Hand	Vial holder and syringe magnifier	Whittier Medical	800-645-1115	Available from various suppliers. www.diabeticexpress.com; www.diabeticcareservices.com

Hands-Free Clamps for Handheld Magnifiers

Item	Description	Manufacturer Address	Phone/Fax	Web
Clamp-It Hobby Vise	Adjustable clamp for vertical or horizontal use to hold item in fixed position (ie, magnifier).	Dynamic Living 428 Hayden Station Rd Windsor, CT 06095	888-940-0605	www.dynamic-living.com/index.html

Insulin Drawing Devices: Aiming the Needle Into the Bottle Top

Item	Description	Manufacturer Address	Phone/Fax	Web
BD Magni-Guide	Insulin vial snaps onto end of Magni-Guide; a groove guides needle into the stopper. Lilly vials fit precisely, NovoNordisk vials fit tightly, and Sanofi-Aventis vials fit loosely.	BD Consumer Products 1 Becton Dr Franklin Lakes, NJ 07417-1883	888-367-9539 Fax: 201-847-4856	www.bddiabetes.com/us
Center-aid	Centers needle in vial top to avoid bent and blunted needles.	Maxi-Aids, Inc 42 Executive Blvd Farmingdale, NY 11735	800-522-6294 TTY: 800-281-3555 Fax: 631-752-0689	www.maxiaids.com
Insul-Cap	Insulin bottle caps that allow filling syringes with one hand.			
Insul-Guide	Insulin bottle caps make filling syringes safer and easier.	Medicool, Inc 20460 Gramercy Pl Torrance, CA 90501	800-433-2469 Fax: 310-782-8900	www.medicool.com
Injection Safety Guard	Prevents accidental needle sticks when inserting needle into vial.	Apothecary Products 11750 12th Ave South Burnsville, MN 55337-1295	800-328-2742 Fax: 800-328-1584	www.apothecaryproducts.com

Insulin Measuring Devices: Filling Syringes Accurately

Item	Description	Manufacturer Address	Phone/Fax	Web
Count-a-Dose (50 unit)	Syringe-filling device for blind or partially sighted people with diabetes.	Medicool, Inc		
Safe Shot Syringe Loader	Allows preset dose.	Borin-Halbich, Inc 2617 North Pioneer Lane Spokane, WA 99216	800-441-9779 Fax: 509-922-4846	www.borinhalbich.com
Unit Calibration Aid	Holds vial and syringe. Has 2 preset insulin doses, set by sighted person.	Manufacturer has discontinued. Available only through Cleveland Sight Center's Eye-Dea Shop.		www.clevelandsightcenter.org

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Insulin Measuring Devices: Filling Syringes Accurately (continued)

Item	Description	Manufacturer		
		Address	Phone/Fax	Web
Inject Assist	Guides the syringe into the vial. Can be used to measure a single dose preset by a sighted person.	Apothecary Products 11750 12th Ave South Burnsville, MN 55337-1295	800-328-2742 Fax: 800-328-1584	www.apothecaryproducts.com
Syringe Support	Fills a 100-unit syringe, using a calibrated screw that can be set by a blind user.	Manufactured in Canada; available in the United States through Maxi-Aids catalogue and the Eye-Dea Shop.		www.Maxiaids.com or clevelandsightcenter.org

Injection Devices

Item	Description	Manufacturer		
		Address	Phone/Fax	Web
Autoject 2	Automatically inserts needle and contents of syringe into the skin without user having to see needle.	Owen Mumford, Inc 1755A West Oak Common Court Marietta, GA 30062-3165	800-421-6936 Fax: 770-977-2866	www.owenmumford.com
BD Inject-Ease Automatic Injector Inject-Ease	Spring-loaded device can be used with any size of BD syringes. Completely covers needle to reduce anxiety. Designed for one-handed use. Inserts needle into skin. Depth can be adjusted with spacer rings. User must press plunger of syringe to complete injection.	BD Consumer Products 1 Becton Dr Franklin Lakes, NJ 07417-1883 Palco Labs 360 El Pueblo Rd, Suite 102 Scotts Valley, CA 95066	888-367-9539 Fax: 201-847-4856 800-346-4488	www.bddiabetes.com/us www.palcolabs.com
Instaject	Spring-loaded device can be used with any brand or size of syringes. Also can be used with lancets to obtain a blood drop for monitoring blood glucose. Inserts needle into skin to a preset depth and can be adjusted by user. User must press plunger of syringe.	Medicoool, Inc 20460 Gramercy Pl Torrance, CA 90501	800-522-6294 TTY: 800-281-3555 Fax: 631-752-0689	www.medicoool.com
Needle-Aid	Sleeve holds syringe or insulin pen. Keeps needle covered to decrease anxiety. When device is pressed against skin, user presses down to insert needle and inject insulin. Automatically retracts when user releases pressure.	Needle-Aid, Ltd 21 Saratoga Dr Dartmouth, NS Canada B2X 3P3	902-435-4829 Fax: 902-434-2869	www.needleaid.com

Insulin Pens

Item	Description	Manufacturer		
		Address	Phone/Fax	Web
Autopens	Insulin delivered automatically by sliding a side-mounted button instead of having to manually press a plunger.	Owen Mumford, Inc 1755A West Oak Common Court Marietta, GA 30062-3165	800-421-6936 Fax: 770-977-2866	www.owenmumford.com
Lilly	Prefilled, disposable insulin pen-Humalog, 75/25, or 50/50. Humapen Memoir-reusable insulin pen uses Humalog cartridge and doses up to 60 units. LUXURA HD-reusable insulin pen uses Humalog cartridge and doses in half units from 1 to 30 units.	Eli Lilly & Company Indianapolis, IN 46285	800-545-5979	lillydiabetes.com
FlexPen, InnoLet, Levemir	Disposable 300-unit insulin pen.	Novo Nordisk Pharmaceuticals, Inc 100 College Rd West Princeton, NJ 08540	800-727-6500	www.novonor disk-us.com
Opticlik For use with Lantus and Apidra insulin	Opticlik pen is not disposable. Holds 300-unit cartridges. Requires 2 devices if using Lantus and Apidra.	Sanofi-Aventis 300 Somerset Corporate Blvd Bridgewater, NJ 08807-2854	800-981-2491	www.opticlik.com
SoloStar Pen	A 300-unit disposable insulin pen. Apidra disposable pen coming in 2008.	Sanofi-Aventis 55 Corporate Dr Bridgewater, NJ 08807-2854	800-981-2491	www.lantus.com/ solostar/solostar_ insulin_pen.aspx

Needle-Free Insulin Delivery Systems

Item	Manufacturer Address	Phone/Fax	Web
Medi-Jector VISION	Antares Pharma, Inc. 13755 First Ave North, Ste. 100 Minneapolis, MN 55441	800-328-3074 Fax: 763-476-1009	www.mediject.com/index.htm
Advanta Jet	Activa Brand Products 6845 Davand Dr Mississauga, Ontario Canada L5T 1L4	800-991-4464	www.advantajet.com/mainsite.htm
Gentle Jet	Carousel Medical Systems, Inc 7343 Surf Dr Kempton, PA 19529	866-640-3890	www.carouselmed.com

Insulin Pumps

Item	Manufacturer Address	Phone/Fax	Web
Accu-Chek Spirit	Disetronic Medical Systems, Inc 11800 Exit 5 Parkway, Suite 120 Fishers, IN 46037	866-703-3476	www.disetronic-usa.com/dstrnc_us/rewrite/home/en_US
Animas	Animas Corporation 200 Lawrence Dr West Chester, PA 19380	877-937-7867 Fax: 610-644-8717	www.animascorp.com
MiniMed Paradigm	Medtronic Diabetes 8000 Devonshire St Northridge, CA 91325-1219	800-646-4633	www.minimed.com
Amigo (not yet available in the United States)	Nipro Diabetes Systems Miramar, Florida	888-651-7867	www.niprodiabetes.com
SOOIL DANA Diabecare II, DANA Diabecare IIS, DANA Diabecare IISG	SOOIL LLC 5677 Oberlin Dr, Suite 101 San Diego, CA 92121	866-326-2832 Fax: 858-404-0747	www.sooil.com/NEW/eng/main.htm
Cozmo	Smiths Medical MD, Inc 1265 Grey Fox Rd St. Paul, MN 55112	800-826-9703	www.cozmore.com
OmniPOD	Insulet Corporation 9 Oak Park Dr Bedford, MA 01730	781-457-5000	www.myomnipod.com

Portion Plate

Item	Description	Manufacturer Address	Phone/Fax	Web
Portion Control Containers and Kits	Various types of containers, plates, glasses, scales, and instruction manuals for portion control.	Diabetes and More Corporate Office P.O. Box 683 Agoura Hills, California 91376	818-707-1370 Fax: 818-707-8156	www.diabetesandmore.com

Talking Health Care Products

Item	Description	Manufacturer		
		Address	Phone/Fax	Web
i.d. mate OMNI	Talking barcode scanner to identify items with UPC or bar code.	En-Vision America, Inc 1845 W. Hovey Ave Normal, IL 61761	309-452-3088 Fax: 309-452-3643	www.envision america.com
LifeSource® Talking Auto-Inflation Blood Pressure Monitor UA-767T	Large-print instruction guide and quick-start card in English, French, and Spanish. Audio manual available from LifeSource® upon request.	A&D Medical 1756 Automation Parkway San Jose, CA 95131	408-263-5333 Fax: 408-263-0119	www.lifesource online.com/ and_med.nsf/ index
Lumiscope Talking Wrist Blood Pressure Monitor	Talking wrist and automatic inflation blood pressure monitor, model 1145.	The Lumiscope Company, Inc 1035 Centennial Ave Piscataway, NJ 08854	800-672-8293 Fax: 732-562-9774	www.lumiscope.net
Lumiscope Talking Digital Ear Thermometer	Talking ear thermometer; measures temperature from ear in 1 second. Also functions as a tabletop clock and calendar.			
Oregon Scientific Talking Blood Pressure Monitor	Includes 60 memory sets for up to 2 users. Verbally reports if pressure is high or low based on international standards and age.	Oregon Scientific, Inc 19861 SW 95th Ave Tualatin, OR 97062	503-783-5100	www.oregonscientific.com
Oregon Scientific PE829A Digital Talking Pedometer with FM Radio	Measures steps, distance walked, time elapsed, and calories burned. Broadcasts information automatically or by pressing a talk button.			
Precision XL440	Talking bathroom scale. Weighs up to 440 pounds.	Harris Communications 15155 Technology Dr Eden Prairie, MN 55344	800-825-6758	www.harriscomm.com
Reizen Talking Scales	English/Spanish, weight in kg or lb up to 150 kg or 330 lb.	Widely available through catalogues.		
Reizen Bi Lingual Talking Blood Pressure Monitor Kit	Regular and large cuffs available.			
Telescoping Self-Examination Mirror	Mirror to help with daily foot exams. Handle expands from 6 to 18 inches and folds for easy storage. Two-sided shatterproof mirror-regular and 2 × magnification.	MEDport LLC23 Acorn St Providence, RI 02903	800-299-5704	www.medportllc.com
Timex Weekly Medication Manager	Talking pill organizer (formerly MedGlider System 7 Talking Pill Box Organizer).	Widely available through catalogues.		

Talking Prescription Labels

Item	Description	Manufacturer Address	Phone/Fax	Web
Talking Rx™	Talking prescription bottle.	Talking Rx Available at Maxi-Aids	888-798-2557	www.talkingrx.com Also available in catalogues.
REX (talking prescription bottle)	Can be programmed to different languages.	MedivoxRx® Technologies Inc 5001 Baum Blvd, Suite 770 Pittsburgh, PA 15213	866-798-2557	www.rxtalks.com
ScripTalk Talking Prescription System (must have ScripTalk Reader)	Handheld ScripTalk Reader speaks prescription information from microchip embedded in label. Automatically printed and programmed by special ScripTalk printer linked to pharmacy's computer system.	En-Vision America, Inc 1845 W. Hovey Ave Normal, IL 61761	309-452-3088 Fax: 309-452-3643	www.envisionamerica.com
i.d. mate OMNI	Talking barcode scanner to identify items with UPC or barcode.	En-Vision America, Inc 1845 W. Hovey Ave Normal, IL 61761	309-452-3088 Fax: 309-452-3643	www.envisionamerica.com

Products for People With Hearing Impairment

Item	Description	Manufacturer Address	Phone/Fax	Web
Reizen Vibrating Five Alarm Pill Box	Pill organizer with 5 compartments; audible and/or vibrating alarm up to 5 times/day.	Maxi-Aids or HearMore 42 Executive Blvd Farmingdale, NY 11735	Voice: 800-881-4327 TTY: 800-281-3555	www.maxiaids.com www.hearmore.com
Vibrating wrist watches	Watches with alarms that vibrate.	Soundbytes	Voice: 888-816-8191	www.soundbytes.com

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Products for People With Hearing Impairment (continued)

Item	Description	Manufacturer Address	Phone/Fax	Web
Sonic Boom Alarm Clock	Audible, flashing light, or bed vibrator or all 3 simultaneously. Large numbers.	PO Box 9022 Hicksville, NY 11803	TTY: 516-937-3546 Fax: 516-938-1513	
Amplified telephones	Telephones with built-in amplifiers.			
Conversation amplifier	Wireless infrared amplifiers for television, FM systems for classroom or lecture, or portable amplifier for small groups.			

Communication Services for People With Hearing Impairment

Item	Description	Manufacturer Address	Phone/Fax	Web
Captioned telephone	Uses captioning services to provide near-instant captions of what the caller is saying, giving the user the ability to listen and read words at the same time either on the phone or the computer. Deaf and hard-of-hearing people who can talk clearly can use a captioned telephone.			
Communication Services for the Deaf (not available in every state)	Provides sign language interpreters; interpreting online, relay services: text based or video.	102 North Krohn Place Sioux Falls, SD 57103	Voice: 605-367-5760 TTY: 605-367-5761 Toll free voice: 800- 642-6410 Toll-free TTY: 866-273-3323 Fax: 605-367-5958 Videophone: Contact.csd.tv	www.c-s-d.org
Deaf Interpreter Services	Provides certified sign language and oral interpreters 24 hours a day, nationwide.		210-545-2946 Pager: 866-604-8090	www.deaf-interpreter.com/index.php

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Communication Services for People With Hearing Impairment (continued)

Item	Description	Manufacturer Address	Phone/Fax	Web
Sprint IP Relay	Free service from Sprint IP Relay that combines traditional relay service with the Internet. Place calls from any Internet connection with a computer or wireless device that has AOL Instant Messenger (AIM) access. Available in Spanish and French.			www.sprintip.com/index.jsp
Telecommunication Device for the Deaf	Assists people who are deaf, hard of hearing, or speech impaired to use the telephone to communicate with typed messages.			

Assistive Devices for People With Neuropathy or Limited Dexterity

Item	Description	Manufacturer Address	Phone/Fax	Web
EZ One Hand Prescription Bottle Opener	Holds prescription bottle and assists opening prescription bottle with one hand.	Apex-Carex Healthcare Products, Inc 921 E. Amidon Sioux Falls, SD 57104	800-328-2935 Fax: 888-616-4297	www.apex-carex.com
Apex pill splitter	Splits pills (several types available).			
Apex pill pulverizer	Crushes pills.			
EZ opener	Assists to open bottle caps, box tabs, and pull tabs.			
PurrFect or DogGone Opener	Assist in opening medicine bottles, removing cotton, splitting pills, and opening foil packets	B.A. Maze, Inc c/o R. Mazur 43311 Joy Rd Canton, MI 48187	800-708-6736	www.purrfectopener.com
Bottom Buddy	Holds toilet paper or premoistened wipe securely. Push handle to dispose of used tissue.			www.dynamicliving.com/index.html
Self-wipe bathroom toilet aid	Assists posttoilet cleaning for those with physical and mobility challenges.			www.dynamicliving.com/index.html

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Assistive Devices for People With Neuropathy or Limited Dexterity (continued)

Item	Description	Manufacturer Address	Phone/Fax	Web
Terry cloth wash mitt	Makes manipulation of washcloth and soap easier. Can be used for foot care.	Sammons Preston PO Box 5071 Bolingbrook, IL 60440-5073	800-323-5547 Fax: 800-547-4333	www.sammonspreston.com
Invisible Zipper Pull	Allows easier grasp of zipper pull.			
Velcro-style button aids	Replaces regular buttons; requires dexterity to open and close garments.			
Good Grips utensils	Easier to grip utensils; can be angled for left or right use.			
Tylastic shoelaces	Avoids tying shoes once originally tied. Can encourage wearing of proper shoes.			
The Pencil Grip	Promotes easier gripping of pens and pencils for recordkeeping. Could also be used with some lancet devices.			
Cylindrical foam padding	Can be used to build up various self-help aids, including toothbrushes, hairbrushes, lancet devices, and so on.			
Dycem	A nonslip plastic that can be used to stabilize objects and improve grip on utensils tools. Can be purchased in self-adhesive form, mats, or strips.			

For Information About Rehabilitation and Accessibility

Organization Address	Description	Phone	Web
American Council of the Blind 1155 15th St, NW, Suite 1004 Washington, DC 20005	National organization of blind people.	800-424-8666	www.acb.org
American Foundation for the Blind 11 Penn Plaza, Suite 300 New York, NY 10001	Organization to improve accessibility in all aspects of life. Includes diabetes information based on AADE7.	800-232-5463	www.afb.org
Centers for Disease Control and Prevention, Diabetes Division 4770 Buford Highway NE Atlanta, GA 30341-3724	Supplies general and professional information on disease prevention and control.	404-488-5015	www.cdcinfo@cdc.gov

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For Information About Rehabilitation and Accessibility (continued)

Organization Address	Description	Phone	Web
Juvenile Diabetes Foundation International 432 Park Ave South New York, NY 10016-8013	Conducts research, sponsors inventive projects, and distributes information for consumers and professionals.	212-889-7575 or 800-926-CURE	www.jdrf.org
Lions World Services for the Blind 300 West 22nd St Oakbrook, IL 60523	Provides health, counseling, professional training, rehabilitation, employment, computer training, and low vision services for individuals who are blind and visually impaired. Compiles a comprehensive list of adaptive aids and appliances formatted in large print, Braille, and audiocassette published by the Diabetes Division.	630-571-5466	www.lions.org
National Association for Visually Handicapped 22 West 21st St (6th floor) New York, NY 10010 320 Balboa Street San Francisco, CA 94121	Circulates visual aids and informational material.	212-889-3141 (NY) or 415-221-3201 or 8753 (SF)	www.navh@navh.org
National Eye Institute, of the US National Institutes of Health 2020 Vision Place Bethesda, MD 20892-3655	Conducts and supports vision research. Information on eye diseases and disorders, press releases.	800-869-2020 Prof. only: 301-496-5248	www.nei.nih.gov
National Federation of the Blind 1800 Johnson St Baltimore, MD 21230	National organization provides education and services for blind persons.	410-659-9314 Fax: 410-685-5653	www.nfb.org
Rehabilitation Services Administration 330 C St SW Washington, DC 20202	Oversees formula and discretionary grant programs that help individuals with physical or mental disabilities.	202-732-1282	www.ed.gov/about/offices/list/osers/rsa
US Architectural and Transportation Barriers Compliance Board 1331 F St NW Washington, DC 20004	The federal agency that develops minimum guidelines, provides guidelines, and oversees implementation.	800-872-2253	www.access-board.gov/about
US Equal Employment Opportunity Commission PO Box 18198 Washington, DC 20036	Determines guidelines and implements adaptation in the workplace; enforces the federal employment discrimination laws.	800-669-EEOC	www.eeoc.gov

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For Information About Rehabilitation and Accessibility (continued)

Organization Address	Description	Phone	Web
US Department of Education Office of Special Education and Rehabilitative Services (OSERS) 600 Independence Ave SW Washington, DC 20202	OSERS supports programs that assist in educating children with special needs and provides for the rehabilitation of youth and adults with disabilities.	202-205-9053	www.osers.com
Veterans Health Administration Blind Rehabilitation Service 810 Vermont Ave NW Washington, DC 20420	Provides rehabilitation programs targeting low vision and blind veterans.	202-273-8483	www.va.gov/blindrehab

For Information About Service Animals

Organization Address	Description	Phone/Fax	Web
American Council of the Blind 14311 Astrodome Dr Silver Spring, MD 20906	Resource for information on guide dogs for the blind and visually impaired.	888-858-1008	www.gdui.org
Dogs for the Deaf, Inc 10175 Wheeler Rd Central Point, OR 97502	Dogs trained to help the hard of hearing or deaf.	Voice/TDD: 541-826-9220 Fax: 541-826-6696	www.dogsforthe deaf.org

For Information About Mental Illnesses and Treatment of Mental Illness

Organization Address	Web
Anxiety Disorders Association of America (ADAA)	www.adaa.org
American Psychiatric Association	healthyminds.org
American Psychological Association	www.apa.org
Depression and Bipolar Support Alliance	www.ndmda.org
Health Journeys	www.healthjourneys.com
National Alliance for the Mentally Ill (NAMI)	www.nami.org
National Institute of Mental Health (NIMH)	www.nimh.nih.gov
PTSD Alliance	www.ptsdalliance.org

Developmental Disabilities

Organization Address	Description	Phone/Fax	Web
Developmental Disabilities Resources for Healthcare Providers	Resource where health care providers can obtain information on developmental disabilities (eg, autism, cerebral palsy, Down syndrome) to assist in providing care and making appropriate referrals. CME/CEU available.	888-229-6263	DDHealthInfo.org

Diabetes and Eye Care Organizations

Organization Address	Description	Phone/Fax	Web
American Association of Diabetes Educators 100 W. Monroe, Suite 400 Chicago, IL 60603	Multidisciplinary organization for diabetes educators.	800-338-3633	www.diabeteseducator.org
American Diabetes Association 1701 North Beauregard St Alexandria, VA 22311	National organization providing diabetes research, advocacy, and information.	800-342-2383	www.diabetes.org
National Eye Institute Information Office 31 Center Dr MSC 2510 Bethesda, MD 20892-2510	Resources for eye diseases, care, and research.	301-496-5248	www.nei.nih.gov
American Optometric Association 243 N. Lindbergh Blvd, 1st Floor St. Louis, MO 63141	Organization of optometrists, students of optometry, paraoptometric assistants, and technicians.	800-365-2219 Fax: 314-991-4101	www.aoa.org
American Academy of Ophthalmology 243 N. Lindbergh Blvd, 1st Floor St. Louis, MO 63141	National association for ophthalmologists.	415-561-8500 Fax: 415-561-8533	www.aao.org

Catalogs for Products for Independent Living

Catalogue Name and Address	Description	Phone/Fax	Web
Can-Do Products Independent Living Aids, Inc 200 Robbins Lane Jericho, NY 11753-2341	Catalog with products for the visually impaired or blind.	800-537-2118 Fax: 516-937-3906	www.independentliving.com
Dynamic Living 428 Hayden Station Rd Windsor, CT 06095	Catalog for blind/low vision, hard of hearing, mobility, medical/health, and accessible furniture.	888-940-0605	www.dynamic-living.com
The "Eye-Dea" Shop Cleveland Sight Center 1909 East 101st St Cleveland, OH 44106	Products for the blind or visually impaired.	216-791-8118	clevelandsightcenter.org
Hear More 42 Executive Blvd Farmingdale, NY 11735	Catalog for blind/low vision, hard of hearing, mobility, and medical/health.	800-881-4327 TTY: 800-281-3555 631-752-3277 Text message service	www.hearmore.com
LS&S (Learning, Sight, and Sound)	Products for the blind, visually impaired, deaf, and hard of hearing.	800-468-4789	www.lssproducts.com
Maxi-Aids 42 Executive Blvd Farmingdale, NY 11735	Catalog for the blind/low vision, hard of hearing, mobility, medical/health, and technology.	800-522-6294 Fax: 631-752-0689	www.maxiaids.com
National Federation of the Blind (NFB) products	Products for the blind or visually impaired. A nonprofit organization that often has low prices.	410-659-9314, ext. 2216	secure.nfb.org/ ecommerce/asp/ default.asp
Soundbytes PO Box 9022 Hicksville, NY 11802	Source for independent hearing products (auditory equipment).	888-816-8191 TTY: 516-937-3546 Fax: 516-938-1513	www.soundbytes.com
North Coast Medical Functional Solutions 18305 Sutter Blvd Morgan Hill, CA 95037	Variety of products to increase independence and make everyday activities easier and safer.	800-821-9319	www.beabletodo.com
SammonsPreston PO Box 5071 Bolingbrook, IL 60440	Physical rehabilitation equipment and supplies.	800-323-5547	www.sammonspreston.com
Health Care Logistics PO Box 25 Circleville, OH 43113	Medication management products, including tablet splitters and crushers, 7-day medication dispenser, and pill box with timer.	800-848-1633 800-441-9779	www.hcl-intl.com www.borinhalbich.com
Borin-Halbich, Inc 2617 N. Pioneer Lane Spokane, WA 99216	Medication management products, including pill boxes, predrawn syringe cases, and Safe Shot preset insulin drawing device.		

Physical Activity Organizations for People With Disabilities

Organization Address	Web
American Camp Association	www.ACACamps.org
American Blind Bowling Association	www.geocities.com/blindbowlers/abba
American Blind Skiing Foundation	www.absf.org
American Hiking Society	www.americanhiking.org
Blind Outdoor Leisure Development	www.uclid.org:8080/uclid/public/uclid-service-details.tdf?ServiceRequestStatusCode=3&ServiceID=818
Blind Sailing International	www.blindsailing.org
Breckenridge Outdoor Education Center	boec@boec.org
International Blind Sports Federation	www.ibsa.es
National Beep Baseball Association	www.nbba.org
North American Riding for the Handicapped Association	www.narha.org
National Sports Center for the Disabled	info@nscd.org
Outdoor Enrichment Program/SailBlind	www.carroll.org
Outward Bound	www.outwardbound.org
Skating for the Blind and Handicapped	www.sabahinc.org
Ski for Light	www.sfl.org
Starting New at Golf	www.snaggolf.co.uk
Tandem Clubs of America	206-991-6619
US Association of Blind Athletes	www.usaba.org
US Blind Golfers Association	www.blindgolf.com/Contents.htm
US Sailing (Sailors with Special Needs)	www.ussailing.org/swsn
National Center on Physical Activity and Disability	www.ncpad.org

Talking Books, Newspapers, and Magazines

National Library Service (NLS) for the Blind and Physically Handicapped 888-657-7323 www.loc.gov/nls

Free service for people who are visually impaired or who have a disability that prevents the use of printed materials. Provides texts in Braille and audio formats, plus the equipment to play the audio recordings, via postage-free mail.

- The NLS has a number of both current and old books about diabetes on audiotape available for loan.
- Some important advice: Check the publication date before you order a book. Diabetes treatment is changing and improving rapidly. Any book older than 10 years probably has at least some out-of-date information. Publication within the past 5 years is best.
- Diabetes magazines available through the NLS:

Diabetes Forecast, published monthly by the American Diabetes Association—available through local libraries when a person is signed up to receive service from NLS

Diabetes Lifeline, a newsletter about diabetes issues, published every other month by the University of Georgia Cooperative Extension Service—available from the Athens, Georgia, branch of the NLS by requesting it through your local branch.

Diabetes Self-Management, published every other month, contains information focused on practical aspects of living with diabetes—available from the North Carolina branch of the NLS by requesting it through your local branch.

NFB-NEWSLINE® 866-504-7300

Newspapers and magazines, including *Diabetes Self-Management*, in English/Spanish read over the phone.

Register by calling your state's Library for the Blind and Physically Handicapped or National Federation of the Blind toll-free at 866-504-7300 to request an application.

Voice of the Diabetic 410-296-7760;
www.nfb.org/voice.htm

1800 Johnson St
Baltimore, MD 21230

Free quarterly newsletter about diabetes. Includes both general diabetes information and information for people who are blind or visually impaired. Available in print, audiocassette, e-mail, and on the Web site. Audio-format reprints of commonly requested topics are also available.

Recording for the Blind & Dyslexic® 866-732-3585;
www.rfbid.org

RFB&D National Headquarters
20 Roszel Rd
Princeton, NJ 0854

Audio or Braille Diabetes Education Materials

Braille Group of Buffalo—pamphlets, booklets, cookbooks, and other diabetes books in Braille. For availability or to request a particular book, contact Jill Pariso, President; phone: 800-561-8253; e-mail: brlgrp@adelphia.net.

Diabetes Association of Greater Cleveland—2 recordings available in audiotape and CD format. 216-591-0800; www.dagc.org/visimpaired.asp

- “Diabetes: The Basics”—basic information that everyone with diabetes needs. The people whose voices are heard on this recording all have visual impairment.

- “Living With Diabetes and Visual Impairment”—adaptations of diabetes self-management education for visual impairment.

Hadley School for the Blind 800-323-4238

Ten-lesson college-level course titled “Diabetes: Toward Self-Management. Available in large print, Braille, audiotape, and online at www.hadley-school.org/Web_Site/CourseDetails.asp?course=DIA101

Information about enrolling in Hadley: www.hadley-school.org/Web_Site/3_a_how_to_enroll.asp

Milner-Fenwick 800-432-8433 www.milner-fenwick.com/products/db400/index.asp

Audio version (on audiocassette or CD) of AADE's videotape, *Diabetes: Skills for Self-Care*

National Braille Press 888-965-8965; <http://www.nbp.org>

American Diabetes Association Diabetes Cookbook and Delicious Desserts for People With Diabetes
My Pocket Doctor™

Diabetic reference guide and journal available in Braille. www.pocketreferencejournals.com/braille_diabetes_pocket_doctor.html

Commercial Audiobooks

Several recorded books about diabetes are available through major bookstores. You can search for audiobooks about diabetes on the Web sites of most new and used bookstores. Available books include the following:

- *Attitude Plus Self-Confidence* by Keith Harrell (audio CD; January 1, 2004)—abridged
- *The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed* by Gretchen Becker (audio CD)—abridged

Pages 599, 601-602, 606-607, 609, 611-613, 616-621, 623, 625, 627, 629, 631, 633 and 635 were intentionally removed from this PDF. In the print version, these pages were advertisements.