



Alabama Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

www.eldercare.acl.gov

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Centers (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.htm>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term support and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling

and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Alabama Department of Senior Services: Aging and Disability Resource Centers (ADRCS)

<https://alabamaageline.gov/adrc/>

RSA Tower

201 Monroe Street, Suite 350

Montgomery, AL 36104

Phone: 800-243-5463, 334-242-5743, 877-425-2243

Email: ageline@adss.alabama.gov

Area Agency on Aging of East Alabama

<http://www.eastalabamaaging.org/>

East Alabama Regional Planning and Development Commission

Phone: 800-243-5463

Email: info@eastalabamaaging.org

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

c/o University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537

Email: ncea-info@aoa.hhs.gov

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

Alabama's Assistive Technology Resource (STAR Program)

<https://rehab.alabama.gov/services/vr/star>

Physical Address:

560 South Lawrence St.

Montgomery, AL 36104

Mailing Address:

602 S. Lawrence St.
Montgomery, AL 36104
Phone: 800-782-7656 (Toll-free), 800-499-1816 (TTY)

Southeast ADA Center

<http://www.adasoutheast.org/>

Burton Blatt Institute Lexington
1525 Bull Lea Road, Suite 160
Lexington, KY 40511

Phone: 404-541-9001 (Voice and Spanish)

Email: ADAsoutheast@syr.edu

Southern Disability Foundation: Alabama Alternative Finance Program

<https://sdfalabama.com/about-the-sdf/>

P.O. Box 42

Auburn, AL 36831

Phone: 334-759-0918

Email: jpheagle@gmail.com

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

Alabama Primary Health Care Association

www.alphca.com

8244 Old Federal Rd.

Montgomery, AL 36117

Phone: 334-271-7068, 888-322-7068 (Toll-free)

Email: info@alphca.com

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<https://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Alabama Crime Victims Compensation Commission

www.acvcc.state.al.us/

Physical Address:

5845 Carmichael Road
Montgomery, AL 36117-2329

Mailing Address:

P.O. Box 231267
Montgomery, AL 36123-1267

Phone: 334-290-4420, 800-541-9388 (For Victims Only)

Email: info@acvcc.alabama.gov

Alabama Attorney General's Office of Victim Assistance

<https://victims.alabama.gov/>

Physical Address:

501 Washington Avenue
Montgomery, AL 36104

Mailing Address:

P.O. Box 300152
Montgomery, AL 36130-2405

Phone: 334-242-7342, 800-626-7676 (Toll-free)

Domestic Violence Help

Alabama Coalition Against Domestic Violence (ACADV)

<http://www.acadv.org/>

Phone: 334-832-4842

Alabama Domestic Violence Hotline: 800-650-6522

National Domestic Violence Hotline: 800-799-7233

Email: info@acadv.org

Easter Seals Offices

Easterseals Alabama

www.alabama.easterseals.com

5960 East Shirley Lane
Montgomery, AL 36117

Phone: 334-395-4489

Email: info@al.easterseals.com

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices for Alabama

Alabama.gov: Official Website of the State of Alabama

<https://www.alabama.gov/>

Alabama Governor's Office on Disability (GOOD)

<http://www.good.alabama.gov/>

602 South Lawrence Street

Montgomery, AL 36104

Phone: 888-879-3582 (Toll-Free)

Alabama's Toll-Free Hotline on the ADA (Americans with Disabilities Act)

<https://www.good.alabama.gov/ADAHOTline>

Phone: 800-205-9986 (Voice), 888-574-2257 (TTY)

Alabama Department of Rehabilitation Services

<http://www.rehab.alabama.gov/>

ADRS State Office

602 S. Lawrence St.

Montgomery, AL 36104

Phone: 334-293-7500, 800-441-7607 (Toll-free), 711 (TTY)

Provides child and vocational rehabilitation as well as independent living assistance.

Children's Health Insurance Program (CHIP): ALL Kids

<http://www.adph.org/allkids/>

ALL Kids

P.O. Box 304839

Montgomery, AL 36130-4839

CHIP

P.O. Box 303017

Montgomery, AL 36130-3017

Phone: 888-373-5437 (Customer Service), 877-774-9521 (Administration), 800-252-1818

Insurance for children under 19 who are needy. Costs are charged depending on ability to pay. Benefit coverage is done through Blue Cross and Blue Shield of Alabama.

Alabama Medicaid Agency

<http://www.medicaid.alabama.gov/>

Physical Address:

501 Dexter Avenue

Montgomery, AL 36104

Mailing Address:

P.O. Box 5624
Montgomery, AL 36103-5624
Phone: 334-242-5000, 800-253-0799 (TTY)

Medicare

<http://www.medicare.gov/>

Phone: 800-633-4227, 877-486-2048 (TTY)

Medicare is a federal program; the site is included for convenience.

Alabama Dept. of Insurance (ALDOI)

<http://www.aldoi.gov/>

P O Box 303351

Montgomery, AL 36130-3351

Phone: 334-269-3550

Email: insdept@insurance.alabama.gov

Alabama Insurance Commissioner's office. Complaints about specific insurers may be filed at the website.

Find your Elected Officials

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

Alabama's Long-Term Care Ombudsman Program

<https://alabamaageline.gov/ombudsman/>

RSA Tower

201 Monroe St, Suite 350

Montgomery, Alabama 36104

Phone: 334-242-5743, 877-425-2243

Email: ageline@adss.alabama.gov

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

U.S. Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, S.W.

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: Statewide Independent Living Councils (SILCs)

Alabama Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

2960 County Highway 89

Vina, AL 35593

Phone: 202-255-3435

Independent Living Research Utilization: Directory of Independent Living Centers

<http://www.ilru.org>

Independent Living Center of Mobile

www.ilcmobile.org

Physical Address:

6750 Howell's Ferry Rd

Mobile, AL 36618

Mailing Address:

6750 Howell's Ferry Road

Mobile, AL 36618

Phone: 251-460-0301

Email: info@ilcmobile.org

The Independent Living Center of Mobile serves 16 southwest Alabama counties with the mission to foster and promote programs that empower individuals with disabilities to live full and independent lives.

National Council on Independent Living (NCIL)

<http://www.ncil.org/>

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334 (Voice), 844-778-7961 (Toll-free)

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

State of Alabama Independent Living Service (SAIL)

<https://www.rehab.alabama.gov/services/sail>

ADRS State Office

602 S. Lawrence St.

Montgomery, AL 36104

Phone: 334-293-7500, 800-441-7607 (Toll-Free)

Assists residents of Alabama in independent living by providing homebound services, independent living support and Medicaid waiver services.

Library Services

Alabama Regional Library for the Blind and Physically Disabled

<https://aplsws2.apls.state.al.us/library-for-the-blind/>

6030 Monticello Drive

Montgomery, AL 36117

Phone: 334-213-3906, 800-392-5671 (In-state)

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or

type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection and Advocacy

Alabama Disabilities Advocacy Program (ADAP)

<https://adap.ua.edu/>

Physical Address:

2008 12th Street

Tuscaloosa, AL 35401

Mailing Address:

Alabama Disabilities Advocacy Program

The University of Alabama

Box 870395

Tuscaloosa, AL 35487-0395

Phone: 205-348-4928, 800-826-1675 (Toll-free in-state only)

Email: adap@adap.ua.edu

Alabama Client Assistance Program (CAP)

<https://adap.ua.edu/client-assistance-program.html>

Physical Address:

2008 12th Street

Tuscaloosa, AL 35401

Mailing Address:

Alabama Disabilities Advocacy Program

The University of Alabama

Box 870395

Tuscaloosa, AL 35487-0395

Phone: 205-348-4928, 800-826-1675 (Toll-free in-state only)

Email: adap@adap.ua.edu

Helps people get vocational rehab.

Service Dogs

Canine Companions: Southeast Region Training Center

<http://www.cci.org>

8150 Clarcona Ocoee Road

Orlando, FL 32818

Phone: 800-572-2275 (Toll-Free), 407-522-3300 (Voice)

Canine Companions' Southeast Region Training Center serves several states, including Alabama.

Sports and Recreation

Adaptive Aquatics

<http://www.adaptiveaquatics.org/>

1473 Paradise Cove Lane

Wilsonville, AL 35186

Phone: 205-807-7519

Email: skiyoulater@adaptiveaquatics.org

Teaches adaptive water skiing to children and adults with disabilities.

Buckmasters American Deer Foundation (BADF)

<http://www.buckmasters.com/resources/badf/disabled-hunters.aspx>

3445 County Road 159

Bangs, Texas 76823

Phone: 800-240-3337

Email: lfhart99@gmail.com

Has a section on disabled hunting.

Camp ASCCA

<http://www.campascca.org/>

P.O. Box 21

5278 Camp ASCCA Dr

Jacksons Gap, AL 36861

Phone: 256-825-9226

Email: info@campascca.org

A camp for the disabled affiliated with Easter Seals.

Hope Horses Inc.

<https://www.hopehorsesinc.com/>

1301 Convent Road NE

Cullman, Alabama 35055

Phone: 256-841-6290

Email: krice@hopehorsesinc.com

A therapeutic horseback riding program for people with disabilities in the Cullman County area.

Lakeshore Foundation

<http://www.lakeshore.org/>

4000 Ridgeway Drive

Birmingham, Alabama 35209

Phone: 205-313-7400

Email: info@lakeshore.org

Lakeshore Foundation is a non-profit organization that promotes independence for persons with physically disabling conditions and provides opportunities to pursue active, healthy lifestyles. Lakeshore Foundation offers a wide range of fitness, recreation, athletic and education programs to children and adults who experience diagnostic conditions including spinal cord injuries, cerebral palsy, multiple sclerosis, stroke, amputation, and

visual impairment. The Foundation also serves persons who have been diagnosed with arthritis, diabetes, chronic pain, cardiac conditions, and many other related disorders.

Special Equestrians Inc.

<https://www.specialequest.org>

1215 Woodward Drive

Indian Springs, AL 35124

Phone: 205-987-9462

Email: ride@specialequest.org

The mission of Special Equestrians, Inc. is to provide high quality therapeutic horseback riding and equine assisted activities to persons with physical, mental, developmental, and emotional disabilities.

Montgomery Area Nontraditional Equestrians (MANE)

<http://www.maneweb.org/>

3699 Wallahatchie Road

Pike Road AL 36064

Phone: 334-213-0909

Email: tiffany@maneweb.org

MANE is a non-profit organization formed in 1994 that provides safe and effective therapeutic horseback riding opportunities to Montgomery and tri-county area children and adults with emotional, physical, cognitive, and developmental disabilities

United Way Offices

United Way National Headquarters

<https://www.unitedway.org/>

Mailing Address:

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Please enter postal code for a United Way office in your area.

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

United Way of Central Alabama

<http://www.uwca.org/>

Physical Address:

3600 8th Avenue South

Birmingham, AL 35222

Mailing Address:

P.O. Box 320189

Birmingham, AL 35232

Phone: 205-251-5131

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

United Way of Morgan County

<http://www.uwmc.org/>

Physical Address:

115 1st Avenue NE

Decatur, AL 35601

Mailing Address:

PO Box 1058

Decatur, AL 35602

Phone: 256-353-6643

Email: info@uwmc.org

River Region United Way

<http://www.riverregionunitedway.org/>

Physical Address:

3121 Zelda Court

Montgomery, AL 36106

Mailing Address:

PO Box 868

Montgomery, AL 36101

Phone: 334-264-7318

United Way of Southwest Alabama

<http://www.uwsa.org/>

218 St. Francis Street

Mobile, AL 36602

Phone: 251-433-3624

Email: liveunited@uwsa.org

United Way of West Alabama

<http://www.uwwa.org/>

2720 6th St.

Tuscaloosa, AL 35401

Phone: 205-345-6640

Veterans Benefits

Paralyzed Veterans of America (PVA)

<https://pva.org>

National Headquarters

1875 Eye St NW, Suite 1100

Washington DC, 20006

Phone: 800-424-8200, 800-795-4327 (TTY)

Email: info@pva.org

Veterans Administration: Facility Locator

<https://www.va.gov/directory/guide/home.asp>

Alabama Department of Veterans Affairs

<http://www.va.state.al.us/>

State of Alabama Department of Veteran Affairs

100 North Union Street, Suite 850

Montgomery, AL 36104

Phone: 334-242-5077

ALS

ALS Association Alabama Chapter

<https://www.als.org/alabama>

300 Cahaba Park Circle, Suite 209

Birmingham, AL 35242

Phone: 205-637-7833, 800-664-1242

Email: infoal@als.org

Brain Injury

Alabama Head Injury Foundation (AHIF)

<http://www.ahif.org/>

500 Chase Park South, Suite 130

Hoover, AL 35244

Phone: 205-823-3818, 800-433-8002

Email: info@ahif.org

Provides services and programs which meet the unique needs of individuals with traumatic brain injury as well as spinal cord injury in certain programs

University of Alabama at Birmingham Traumatic Brain Injury Model System (UAB-TBIMS)

<http://www.uab.edu/medicine/tbi/>

529 Spain Rehabilitation Center

1717 6th Avenue South

Birmingham, AL 35233

Phone: 205-934-3283

Cerebral Palsy

United Cerebral Palsy (UCP)

<http://www.ucp.org>

8401 Old Courthouse Rd

Vienna, VA 22182

Phone: 202-776-0406, 800-872-5827

Email: info@ucp.org

UCP of Alabama

415 Castle Avenue
Anniston, AL 36205
Phone: 256-237-8203

UCP of East Central Alabama

<http://www.ecaucp.org>

Mailing Address:

415 Castle Avenue
Anniston, AL 36205
Phone: 256-237-8203

Email: ecaucp@ecaucp.org

UCP of Huntsville & Tennessee Valley

<http://www.ucphuntsville.org>

2075 Max Luther Drive NW
Huntsville, AL 35810
Phone: 256-852-5600

Email: therapy@ucphuntsville.org

UCP of Mobile

<http://www.ucpmobile.org>

3058 Dauphin Square Connector
Mobile, AL 36607
Phone: 251-479-4900

UCP of West Alabama

<https://ucpwa.org/>

1100 UCP Parkway
Northport, AL 35476
Phone: 205-345-3031

Friedreich's Ataxia

National Ataxia Foundation (NAF)

www.ataxia.org

Physical Address:

600 Highway 169 S, Suite 1725
Minneapolis, MN 55426

Mailing Address:

PO Box 27986
Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

National Ataxia Foundation's Support Groups in Alabama

Support Group Leaders
Alan English

Phone: 205-296-7872

Email: aenglish@johnsonkreis.com

Chandler Abel

Phone: 205-335-8558

Email: chandlerabel@yahoo.com

Facebook Group: <https://www.facebook.com/groups/154027955194806/>

NAF Ambassadors

Dianne Blain Williamson

Huntsville AL

Phone: 256-429-9092, 256-520-4858 (Cell)

Email: diannebw@aol.com

Guillain-Barré Syndrome /CIDP

Guillain-Barré Syndrome/ CIDP Foundation International

<https://www.gbs-cidp.org/>

375 E. Elm St. Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131, 866-224-3301 (Toll-free)

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society Alabama, Louisiana and Mississippi Chapter

<http://www.nationalmssociety.org/Chapters/ALC>

2200 Woodcrest Place

Suite 230

Birmingham, AL 35209

Phone: 800-344-4867 (Toll-Free)

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

<https://www.mda.org/>

National Office

161 N. Clark, Suite 3550

Chicago, Illinois 60601

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter postal code in the "Find your local MDA" section to find the clinics that treat MD in your area.

Post-Polio Syndrome

Post-Polio Health International

<http://www.post-polio.org/>

50 Crestwood Executive Center, Suite 440
Saint Louis, MO 63126
Phone: 314-534-0475

Email: info@post-polio.org

PHI offers information for polio survivors and promotes networking among the post-polio community. The organization publishes the quarterly *Polio Network News* and *The Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors*.

Post-Polio Health International Directory of Support Groups

<https://post-polio.org/networking/post-polio-support-groups/>

Spina Bifida

Spina Bifida Association (SBA)

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

Spina Bifida Association of Alabama

<http://sbaofal.org/>

Mailing Address:

PO Box 35

Gadsden, AL 35902

Phone: 256-617-1414

Email: angie.pate@gmail.com

The mission of the SBA of AL is to promote the prevention of Spina Bifida and to enhance the lives of all affected.

Spina Bifida Association's list of spina bifida clinics

<https://www.spinabifidaassociation.org/clinics/>

Children's of Alabama Spina Bifida Program

<https://www.childrensal.org/SpinaBifidaProgram>

Physical Address:

1600 7th Avenue South

Birmingham, AL 35233

Mailing Address:

Comprehensive Spina Bifida Program

1600 7th Avenue South

Lower Building, Suite 400

Birmingham, AL 35233

Phone: 205-638-5281

Email: betsy.hopson@childrensal.org

UAB Department of Physical Medicine and Rehabilitation–Spain Rehabilitation Center (for adults)

<https://www.uabmedicine.org/locations/spain-rehabilitation-center/>

1717 6th Ave S.

Birmingham, AL 35233

Phone: 205-934-4131

Spinal Cord Injuries

University of Alabama at Birmingham Spinal Cord Injury Model System (UAB-SCIMS)

<http://www.uab.edu/medicine/sci/uab-scims-information>

529 Spain Rehabilitation Center

1717 6th Avenue South

Birmingham, AL 35233

Phone: 205-934-3283

Alabama Head Injury Foundation (AHIF)

www.ahif.org

500 Chase Park South, Suite 130

Hoover, AL 35244

Phone: 205-823-3818, 800-433-8002

Email: info@ahif.org

Provides services and programs which meet the unique needs of individuals with traumatic brain injury as well as spinal cord injury in certain programs.

Stroke

National Aphasia Association (NAA)

<http://www.aphasia.org>

Mailing Address:

P.O. Box 87

Scarsdale, NY 10583

Email: naa@aphasia.org

Aphasia Support Groups in Alabama: (Click on Find Support)

American Stroke Association

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area

University of Alabama at Birmingham's Comprehensive Stroke Center

<https://www.uabmedicine.org/specialties/stroke/>

500 22nd Street South

Birmingham, AL 35233
Phone: 800-822-8816

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll-free)

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (SRNA)

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

SRNA

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (Eastern Standard Time)

Please contact them for info in your area.

General Alabama Disability Resources

United Ability

<https://www.unitedability.org/>

100 Oslo Circle

Birmingham, AL 35211

Phone: 205-944-3900

Email: info@unitedability.org

211 Helpline

www.211.org

2-1-1 provides free and confidential information and referrals. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Alternative number: (866) 869-4921

University of Alabama Office of Disability Services

<http://ods.ua.edu/>

Mailing Address:

Office of Disability Services

1000 Houser Hall

Box 870185

Tuscaloosa, AL 35487-0185

Phone: 205-348-4285

Email: ods@ua.edu

Alabama Council on Developmental Disabilities (ACDD)

<http://www.acdd.org/>

RSA Union Building

100 North Union Street, Suite 682

P.O. Box 301410

Montgomery, AL 36130

Phone: 800-232-2158

Alabama Occupational Therapy Association (ALOTA)

<http://www.alota.org/>

Mailing Address:

Alabama Occupational Therapy Association

1116 20th Street South #315

Birmingham, AL 35205

Alabama Chapter of American Physical Therapy Association

<http://www.ptalabama.org/>

APTA Alabama

140B Purcellville Gateway Drive

Suite 120

Purcellville, VA 20132

Phone: 251-216-3660

Email: info@ptalabama.org

Alabama Chapter of Association for Persons Supporting Employment First (APSE)

<http://www.al-apse.org/>

PO Box 240691

Montgomery, AL 36124

Email: alabamaapse@aol.com

Alabama Durable Medical Equipment Association (ADMEA)

<http://admea.org/>

Alabama DME Association

1405 Old Forest Road

Birmingham, AL 35243

Phone: 205-637-5522

Email: admea@hiwaay.net

They are a trade association for equipment dealers, they do not answer questions for the public about equipment.

The Is-Able Center

<http://www.isable.org/>

244 West Valley Ave, Suite 206

Birmingham, AL 35209

Phone: 205-777-4017

Email: isablecenter@gmail.com

Offers support groups to people with disabilities and their caregivers. Also offers a computer lab, education and employment information, and prayer and counseling to people with disabilities at no charge.

Network of Jewish Human Service Agencies: Agency Locator

<https://www.networkjhsa.org/agency-locator/>

Collat Jewish Family Services

3940 Montclair Road, Suite 205

Birmingham, AL 35213

Phone: 205-879-3438

Email: jfs@cjfsbham.org

There are various Jewish human service agencies throughout the U.S. Please use their locator by putting in your zip code to find a local one. The Network is an international membership association of more than 140 non-profit human service agencies in the United States, Canada and Israel. Its members provide a full range of human services (<https://www.networkjhsa.org/wp-content/uploads/2018/04/NJHSA-List-Of-Services.pdf>) for the Jewish community and beyond, including healthcare, career, employment and mental health services, as well as programs for youth, families and seniors, Holocaust survivors, immigrants and refugees, persons with disabilities and caregivers.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.