



Alaska Disability Resources

Affordable Care Act (ACA)

<https://www.hhs.gov/healthcare/about-the-aca/index.html>

HHS.gov: About the Affordable Care Act

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>

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 Center (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.html>) (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.

Alaska Department of Health and Social Services

[Alaska Department of Health and Social Services](#)

On website there are locations listed for each county

Alaska's Aging and Disability Resource Centers (ADRC)

<https://health.alaska.gov/dsds/pages/adrc/default.aspx>

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

Northwest ADA Center (covers Alaska)

<http://nwadacenter.org/>

Center for Continuing Education in Rehabilitation

University of Washington

6912 220th St. S.W., Suite 105

Mountlake Terrace, WA 98043

Phone: 800-949-4232 (Toll-free), 711 (Relay), 425-233-8913 (Videophone)

Email: nwadactr@uw.edu

Alaska Assistive Technology Program

www.labor.state.ak.us/at/index.htm

Department of Labor & Workforce Development

Division of Vocational Rehabilitation
PO Box 115516
Juneau, AK 99811
Phone: 907-465-2814, 800-478-2815 (Toll Free)

Assistive Technology of Alaska (ATLA)

<http://atlaak.org>

1500 W 33rd Ave STE 120

Anchorage, AK 99503

Phone: 907-563-2599, 800-723-2852 (Toll-free), 907-561-2592 (TTY)

Email: atla@atlaak.org

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

Alaska Primacy Care Association, Inc.

www.alaskapca.org

3111 C Street, Suite 500

Anchorage, AK 99503

Phone: 907-929-2722

Email: memberservices@alaskapca.org

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

<http://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 Victims Assistance

Violent Crimes Compensation Board

<https://doa.alaska.gov/vccb/>

Physical Address:

5700 East Tudor Road
Anchorage, Alaska 99507

Mailing Address:

Department of Public Safety
Violent Crimes Compensation Board
5700 East Tudor Road
Anchorage, Alaska 99507
Phone: 907-465-3040, 800-764-3040 (Toll-free)
Email: vccb@alaska.gov

Alaska Office of Victims' Rights

<https://ovr.akleg.gov/>

1007 West 3rd Avenue, Suite 205
Anchorage, AK 99501-1936
Phone: 907-754-3460, 844-754-3460 (Toll-free)
Email: officeofvictimsrights@akleg.gov

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233, 800-787-3224 (TTY)

Call for information in your area

National Resource Center on Domestic Violence (NRCDV)

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

Phone: 800-537-2238

Alaska Network on Domestic Violence and Sexual Assault (ANDVSA)

www.andvsa.org/

130 Seward Street
Suite 214
Juneau, AK 99801
Phone: 907-586-3650
Email: andvsa@andvsa.org

Easter Seals Offices

Easter Seals Alaska

www.easterseals.com/alaska/

670 West Fireweed Lane, Suite 201
Anchorage, AK 99503
Phone: 907-277-7325

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 Alaska

Alaska State Website

www.state.ak.us

Governor's Council on Disabilities and Special Education

<http://dhss.alaska.gov/gcdse>

Robert B. Atwood Building
550 W 7th Ave, Suite 1220
Anchorage, AK 99501
Phone: 907-269-8990, 888-269-8990 (Toll-free)
Email: GCDSE@alaska.gov

Division of Vocational Rehabilitation (DVR)

<http://www.labor.state.ak.us/dvr/home.htm>

Physical Address:
1111 W. 8th St., Ste 210
Juneau, AK 99801-1894
Mailing Address:
PO Box 115516
Juneau, AK 99811-5516
Phone: 907-465-2814 (V/tD), 800-478-2815 (Toll-free V/tD)
Email: dol.dvr.info@alaska.gov

Alaska Division of Health Care Services

<http://dhss.alaska.gov/dhcs/pages/default.aspx>

Regional Offices of the Centers for Medicare and Medicaid Services (CMS)

<https://www.cms.gov/Medicare/Coding/ICD10/CMS-Regional-Offices>

Region 10
Seattle, WA
Email: ROSEA_ORA2@cms.hhs.gov

Alaska's CHIP Office (State Children's Health Insurance Program)

<http://dhss.alaska.gov/dhcs/Pages/denalikidcare/default.aspx>

Denali KidCare
Phone: 800-478-7778 (Toll-free)
Email: CCPO@alaska.gov

Alaska SHIP (State Health Insurance Counseling & Assistance Programs)

<https://health.alaska.gov/dsds/pages/medicare/ship.aspx>

Seniors and Disabilities Services
Juneau Office

240 Main Street
Suite 601
Juneau, AK 99811-0680
Phone: 907-465-3372, 907-465-5430 (TTY), 866-465-3165 (Toll-free)

Anchorage Office
1835 Bragaw Street, Suite 350
Anchorage, AK 99508
Phone: 907-269-3666, 800-478-9996 (Toll-free)

Alaska Division of Insurance

<https://www.commerce.alaska.gov/web/ins/>

Juneau Office

Physical Address:

333 Willoughby Avenue, 9th Floor

State Office Building

Juneau, AK 99801-1770

Mailing Address:

PO Box 110805

Juneau, AK 99811-0805

Phone: 907-465-2515

Email: insurance@alaska.gov

Anchorage Office
550 West 7th Avenue, Suite 1560
Anchorage, AK 99501-3567
Phone: 907-269-7900, 800-INSURAK (in-state, outside Anchorage)
TTY/TDD: 711 or 800-770-8973

Alaska Comprehensive Health Insurance Association (ACHIA)

<http://www.achia.com/>

P.O. Box 1090

Great Bend, KS 67530

Phone: 888-290-0616

Email: ACHIA@bmikansas.com

Alaska High Risk Insurance Plan is for eligible people who are unable to get insurance coverage.

Alaska State Commission for Human Rights

<http://humanrights.alaska.gov/>

800 A Street, Suite 204

Anchorage, AK 99501-7500

Phone: 907-274-4692, 800-478-4692

Email: hrc@alaska.gov

The Alaska State Commission for Human Rights is the state agency that enforces the Alaska Human Rights Law, AS 18.80.

Alaska Workers' Compensation Division

www.labor.state.ak.us/wc/home.htm

Mailing Address:

PO Box 115512

Juneau, AK 99811-5512

Physical Address:

1111 W 8th St, Rm 305

Juneau AK 99801

Phone: 877-783-4980 (Toll-free), 907-465-2790

Email: workerscomp@alaska.gov

State Vocational Rehabilitation Committee

<http://labor.alaska.gov/svrc/>

Department of Labor & Workforce Development

Division of Vocational Rehabilitation

P.O. Box 115516

Juneau, AK 99811-5516

Phone: 907-465-2814, 800-478-2815 (Toll-free)

Email: dol.dvr.info@alaska.gov

Find your elected officials 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.

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

<http://whoismyrepresentative.com/>

Alaska Long Term Care Ombudsman

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

3745 Community Park Loop, Suite 200

Anchorage, Alaska 99508

Phone: 907-334-4480, 800-730-6393 (Toll-free)

Email: akoltco@alaska.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

US Dept 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.

Fannie Mae

www.fanniemae.com

Fannie Mae
100 Pine Street
Suite 2400
San Francisco, CA 94111
Phone: 800-232-6643

Independent Living

ILRU: State Independent Living Councils (SILCs) Statewide Independent Living Council of Alaska

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

121 West Fireweed Lane
Suite 175
Anchorage, AK 99503
Phone: 907-263-2011, 888-294-7452 (Toll-free)
For more information go to: <http://alaskasilc.org/>

Independent Living Research Utilization’s directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

Mailing Address:
PO Box 31260
Washington, DC 20030
Phone: 202-207-0334, 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.

Library Services

Alaska State Library Talking Book Center

<https://talkingbooks.alaska.gov/>

Physical Address:

395 Whittier St.

Juneau, AK 99801

Mailing Address:

PO Box 110571

Juneau AK 99811-0571

Phone: 888-820-4525 (Toll-free)

Email: tbc@alaska.gov

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

Disability Law Center of Alaska

www.dlcak.org

3330 Arctic Blvd., Suite 103
Anchorage, AK 99503
Phone: 1-800-478-1234 (Toll-free), 907-565-1002
Email: akpa@dlcak.org

Service Dogs

Canine Companions, Inc.

<http://www.cci.org>

Northwest Training Center
Jean and Charles Schulz Campus
2965 Dutton Avenue
Santa Rosa, CA 95407

Phone: 707-577-1700, 800-572-2275 (Toll-free)

Canine Companion's Northwest Training Center serves several states, including Alaska.

Sports and Recreation

Challenge Alaska

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

Anchorage Office
3350 Commercial Drive
Suite 208
Anchorage, AK 99501
Phone: 907-344-7399
Girdwood Office
426 Crystal Mountain Road
PO Box 1166
Girdwood, AK 99587
Phone: 907-783-2925

ORCA (Outdoor Recreation and Community Access) at SAIL (Southeast Alaska Independent Living)

www.sailinc.org

<http://www.sailinc.org/orcarecreation-services>

Juneau Administrative & Business Office
3225 Hospital Drive, Suite 300
Juneau, AK 99801
Phone: 907-586-0104, 800-478-7245 (Toll-free)
Email: info@sailinc.org

Noble Paws Inc.

<https://noblepaws.org/>

2575 Sauna Ave.
Fairbanks, AK 99709
Phone: 907-314-0721
Email: info@noblepaws.org

Noble Paws teaches anyone with a disability or special need how to run a team of sled dogs at no cost.

Sled Dog Sanctuary

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

Mailing Address:

PO Box 483

Talkeetna, AK 99676

Email: mush@sleddogsanctuary.com

Through our work with sled dogs we are proud to give back to our community by teaching others about our state sport (dog mushing), the need for animal rescue and facilitating adoptions through a compatible match of a sled dog's personality with those of their adopters. Throughout the year we offer hands on instruction to many special needs groups and individuals in need of a quiet place to heal by providing animal therapy, a quiet peaceful environment and goal orientated tasks designed to uplift and inspire all who visit the Sled Dog Sanctuary.

United Way Offices

Enter your postal code for a United Way office in your area

<https://www.unitedway.org/local/united-states/>

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.

Veterans Benefits

Paralyzed Veterans of America

www.pva.org

Mailing Address:

National Headquarters

1875 Eye Street 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/find-locations/>

VA Alaska Health Care

<https://www.va.gov/alaska-health-care/>

Colonel Mary Louise Rasmuson Campus

1201 N. Muldoon Rd.

Anchorage, AK 99504-6104

Phone: 888-353-7574

Northwest PVA Chapter

www.nwpva.org

616 SW 152nd St. Suite B

Burien, WA 98166

Phone: 800-336-9782

ALS

The ALS Association National Office

www.alsa.org

1300 Wilson Blvd., Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

Please contact them for local info.

Brain Injury

The Brain Injury Association of America (BIAA)

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

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750, 800-444-6443 (For Brain Injury Information Only)

Email: info@biausa.org

Please contact them for local info.

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

Please contact them for local info.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Please contact them for information in your area

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome (GBS)/CIDP Foundation International

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

Mailing Address:

375 E. Elm St. Suite 101

Conshohocken, PA 19428

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

Please contact them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Greater Northwest Chapter

www.nationalmssociety.org

<https://www.nationalmssociety.org/Chapters/WAS>

Physical Address:

180 Nickerson Street, Suite 100

Seattle, WA 98109

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

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

Covers Alaska

Multiple Sclerosis Association of America (MSAA)

www.mysaa.com

National Headquarters

375 Kings Highway North

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: msaa@mysaa.org

MSAA Western Regional Office

<https://mysaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, ext.155 (Toll-free)

E-mail: western@mysaa.org

Covers Alaska

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

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

National Office

161 N. Clark, Suite 3550

Chicago, IL 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 (PHI)

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

50 Crestwood Executive Center Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

Please contact them for info in your area

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

Spinal Cord Injury

Spinal Injury Support Groups in Alaska

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/alaska.html>

Stroke

American Stroke Association (ASA)

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for info in your area

Stroke Family Warmline

<https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline>

Phone: 888-478-7653

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

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

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll-free)
Email: info@ASAP.org
Please call them for info in your area

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 (EST)

Please contact them for info in your area.

General Disability Resources

Alaska Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/ak.htm>

Alaska Occupational Therapy Association (AKOTA)

www.akota.org

3705 Artic Blvd

Anchorage, AK 99503-5774

Phone: 907-244-7418

Email: president@akota.org

American Physical Therapy Association (APTA) Alaska

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

Mailing Address:

140B Purcellville Gateway Drive

Suite 120

Purcellville, VA 20132

Phone: 907-202-8776

Email: info@akapta.org

Association of People Supporting Employment First (APSE)

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

7361 Calhoun Place, Suite 680

Rockville, Maryland 20855

Phone: 301-279-0060

Email: info@apse.org

Please contact them for local info.

Alaska Law Help

www.alaskalawhelp.org

Alaska Native Medical Center

www.anmc.org

4315 Diplomacy Dr.

Anchorage, AK 99508

Phone: 855-482-4382; 907-563-2662

Email: customercontact@anthc.org

The Alaska Native Tribal Health Consortium and the Southcentral Foundation jointly own and manage the ANMC under the terms of Public Law 105-83. Native Alaskan values are woven into the clinical services. The American College of Surgeons has certified the ER department as the only Level II Trauma Center in the state of Alaska.

Alaska Native Tribal Health Consortium

<http://www.anthctoday.org>

4000 Ambassador Drive

Anchorage, AK 99508

Phone: 907-563-2662

Email: anthcwebsite@anthc.org

Arctic Health

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

Email: aml@alaska.edu

Information portal from the National Library of Medicine

Center for Indigenous Health

<https://cih.jhu.edu>

Administrative Headquarters

415 N. Washington Street, 4th Floor

Baltimore, MD 21231

Phone: 410-955-6931

Indian Health Service

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

IHS Headquarters

5600 Fishers Lane

Rockville, MD 20857

Alaska Area Native Health Service

4141 Ambassador Drive, Suite 300

Anchorage, AK 99508.5928

Phone: 907-729-3689

Federal health program for American Indians and Alaska Natives.

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.