



# Arizona 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>

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 supports 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.

### **Arizona Department of Economic Security**

<https://des.az.gov/services/older-adults>

Phone: 602-542-4446

### **AZ Aging: Arizona Association of Area Agencies on Aging**

<https://arizonaaging.org/>

Phone: 928-298-2574

### **Arizona Area Agencies on Aging by County**

<https://arizonaaging.org/area-agencies/>

### **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](mailto: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.

## **Arts And Creativity**

### **VSA Arizona**

<https://azarts.gov/news/vsa-arizona-increasing-access-to-the-arts-for-all/>

Arizona Commission of the Arts

417 West Roosevelt Street

Phoenix, AZ 85003-1326

Phone: 602-757-8118, 520-631-6253

Email: [info@vsaz.org](mailto:info@vsaz.org)

## **Assistive Technology**

### **Arizona Technology Access Program (AzTAP)**

[www.aztap.org](http://www.aztap.org)

<http://www.azatexchange.org/home.php>

Northern Arizona University

300 W. Clarendon Ave Suite 475

Phoenix, AZ 85013

Phone: 602-728-9534, 800-477-9921 (Toll-free), 711 (TTY Relay)

Email: [askaztap@nau.edu](mailto:askaztap@nau.edu)

### **Pacific ADA Center (Regional Office)**

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

Physical Address:

Public Health Institute

555 12<sup>th</sup> Street

Suite 1030

Oakland, CA 94607-4046

Phone: 510-831-6714 (Voice/Relay), 800-949-4232 (Toll-free)

Mailing Address:

PO Box 665

Concord, CA 94522

Email: [adatech@adapacific.org](mailto:adatech@adapacific.org)

### **Arizona Loan\$ for Assistive Technology Program (AzLAT)**

<http://aztap.org/at-funding/azlat/>

300 W. Clarendon Ave, Suite 475

Phoenix, AZ 85013

Phone: 602-776-4670, 800-477-9921 (Toll-free), 711 (Relay)

Email: [askazlat@nau.edu](mailto:askazlat@nau.edu)

A program that allows people with disabilities to borrow money at affordable rates for buying assistive technology.

### **Arizona Sonora Border Projects for Inclusion (ARSOBO)**

<http://arsobo.org/>

Mailing Address:

7783 S Galileo Lane

Tucson, AZ 85747

Phone: 520-907-7865

Email: [Arsobo-ac@hotmail.com](mailto:Arsobo-ac@hotmail.com)

ARSOBO is a non-governmental organization (NGO) registered in Mexico and a direct result of the first Border Conference on Disabilities held in Nogales, Sonora, 2008 and sponsored by the Sonoran UCEDD (University Centers for Excellence in Developmental Disabilities) at the University of Arizona and DIF (Desarrollo Integral de la Familia) held in Nogales, Sonora, 2008. ARSOBO trains and employs people with disabilities to create assistive technology including wheelchairs. Subsidizes the cost of creating the assistive technology devices to keep the cost low to people who need them.

## Caregivers Information

### Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd., Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734

Email: [info@caregiver.com](mailto:info@caregiver.com)

### Well Spouse Association (WSA)

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

63 West Main Street, Suite H

Freehold, NJ 07728

Phone: 732-577-8899

Email: [info@wellspouse.org](mailto:info@wellspouse.org)

### Arizona Caregiver Coalition

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

Physical Address:

1717 W. Jefferson St.

Phoenix, AZ 85007

Mailing Address:

P.O. Box 21623

Phoenix, AZ 85036

Phone: 888-737-7494 (Toll-free Caregiver Resource Line)

Email: [info@azcaregiver.org](mailto:info@azcaregiver.org)

## Community-Based Fitness Programs

### Ability 360 Sports and Fitness Center for Persons with Disabilities

<https://ability360.org/sports/>

Main Office:

5025 E. Washington St., Ste. 200

Phoenix, AZ 85034

Phone: 602-256-2245, 800-280-2245 (Toll-free), 711 (Relay)

Sports & Fitness Center:

5031 E. Washington St.

Phoenix, AZ 85034

Phone: 602-386-4566

Email: [info@ability360.org](mailto:info@ability360.org)

The Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood-floor; outdoor aquatics; a climbing wall; and a jogging track.

### UPWARD for Children and Families

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

6306 North 7th Street

Phoenix, AZ 85014

Phone: 602-279-5801

Email: [info@upwardaz.org](mailto:info@upwardaz.org)

Upward is dedicated to serving severely disabled and/or medically fragile children and their families. At Upward, we make skills development, learning and therapy fun. We are bringing hope and joy to the children we support and helping them achieve their highest potential.

## **Community Health Centers**

### **Arizona Alliance for Community Health Centers**

[www.aachc.org](http://www.aachc.org)

700 East Jefferson Street, Suite 100

Phoenix, AZ 85034

Phone: 602-253-0090

Email: [info@aachc.org](mailto:info@aachc.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 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 Victim Assistance**

### **Arizona Victim Compensation Program**

<https://www.azcjc.gov/Programs/Victim-Services/Compensation-Program>

1110 West Washington Street, Suite 230

Phoenix, Arizona 85007

Phone: 602-364-1146

### **Safe Horizon's Links for General Crime Victim Resources/Issues**

<http://www.safehorizon.org>

Phone: 800-621-4673

## Domestic Violence Help

### National Domestic Violence Hotline:

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

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

### National Resource Center on Domestic Violence (NRCDV)

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

Phone: 800-537-2238

### Arizona Coalition to End Sexual & Domestic Violence

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

Mailing Address:

2700 N. Central Ave, Suite 1100

Phoenix, AZ 85004

Phone: 602-279-2900, 800-782-6400, 711 (Relay)

Email: [info@acesdv.org](mailto:info@acesdv.org)

### New Life Center

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

P.O. Box 5005

Goodyear, AZ 85338

Phone: 623-932-4404, 623-215-8072 (24/7 Mobile Crisis)

Email: [info@newlifectr.org](mailto:info@newlifectr.org)

The New Life Center is helping to eliminate domestic and sexual violence through support services, education, and expertise.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

## Easter Seals Offices

### Easterseals Blake Foundation

<http://www.easterseals.com/blakefoundation>

7750 E. Broadway Blvd, Suite A200

Tucson, AZ 85710

Phone: 520-327-1529

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.

### Easterseals Southwest Human Development

[www.swhd.org](http://www.swhd.org)

2850 North 24<sup>th</sup> St.

Phoenix, AZ 85008

Phone: 602-266-5976

Email: [give@swhd.org](mailto:give@swhd.org)

Southwest Human Development serves 135,000 children and families each year through more than 40 programs and services that focus on preventing problems before they start or, when they already exist, providing opportunities to intervene as early and effectively as possible.

## **Government Offices for Arizona**

### **Arizona State Website**

[www.az.gov](http://www.az.gov)

### **Arizona Division of Developmental Disabilities**

<https://des.az.gov/services/disabilities/developmental-disabilities>

Phone: 844-770-9500 (Toll-free, Option 1), 602-542-0419, 711 (TTY/TDD)

Email: [DDDCustomerServiceCenter@azdes.gov](mailto:DDDCustomerServiceCenter@azdes.gov)

### **Arizona Developmental Disabilities Planning Council**

[www.azdes.gov/ADDPC/Home/](http://www.azdes.gov/ADDPC/Home/)

3839 North 3rd Street, Suite 306

Phoenix, AZ 85012

Phone: 602-542-8970, 877-665-3176 (Toll-free)

Email: [addpc@azdes.gov](mailto:addpc@azdes.gov)

The council represents the needs and interests of people with developmental disabilities.

### **Arizona Governor's Council on Spinal and Head Injuries**

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

3425 E. Van Buren St., Suite # 102

Phoenix, AZ 85008

Phone: 602-774-9147

Email: [ATarpy@azdes.gov](mailto:ATarpy@azdes.gov)

### **Arizona Rehabilitation Services Administration (RSA)**

<http://www.azdes.gov/rsa/>

Phone: 800-563-1221 (Toll-free)

Aids in employment outcomes and enhances independence by offering comprehensive services and support.

### **Arizona Medicaid Agency**

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

Arizona Health Care Cost Containment System (AHCCCS)

801 E Jefferson St

Phoenix, AZ 85034

Phone: 602-417-4000, 855-432-7587

Toll-free in-state: 800-654-8713

Toll-free out-of-state: 800-523-0231

AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

### **Arizona CHIP Program (Children's Health Insurance Program)**

<https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html>

KidsCare  
801 E Jefferson Street  
Phoenix, AZ 85034  
Phone: 855-432-7587

### **Arizona SHIP Program (State Health Insurance Assistance Program)**

<https://des.az.gov/services/aging-and-adult/state-health-insurance-assistance-program-ship>

DES Division of Aging and Adult Services  
Phone: 800-432-4040 (Statewide Hotline)  
SHIP offers free health benefits counseling service for Medicare beneficiaries and their families or caregivers. Our mission is to educate, advocate, counsel and empower people to make informed benefit decisions. SHIP is an independent program funded by federal agencies and is not affiliated with the insurance industry.

### **Arizona Department of Insurance and Financial Institutions (DIFI)**

[www.cms.gov/ccio/Resources/consumer-assistance-grants/az.html](http://www.cms.gov/ccio/Resources/consumer-assistance-grants/az.html)

<https://difi.az.gov/>

100 N. 15th Avenue, Suite 261  
Phoenix, AZ 85007-2630  
Phone: 602-364-2499, 800-325-2548 (Toll-free outside Phoenix)  
Email: [insurance.consumers@difi.az.gov](mailto:insurance.consumers@difi.az.gov)

### **Arizona Workers Compensation**

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

[http://www.azica.gov/Claims/Claims\\_main.aspx](http://www.azica.gov/Claims/Claims_main.aspx)

Phoenix Office  
800 West Washington Street  
Phoenix, AZ 85007  
Phone: 602-542-4661

Tucson Office  
2675 East Broadway  
Tucson, AZ 85716  
Phone: 520-628-5181

Mailing Address:

PO Box 19070  
Phoenix, AZ 85005

Email: [Claims@azica.gov](mailto:Claims@azica.gov)

The Industrial Commission of Arizona is the agency that administers and enforces state laws relating to the protection of life, health, safety and welfare of Arizona's employees. This includes laws relating to workers' compensation, occupational safety and health, payment of wages, and child labor.



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/>

### **Long-Term Care Ombudsman Program (LTCOP)**

<https://des.az.gov/services/aging-and-adult/independent-living/long-term-care-ombudsman-ltco>

1789 W. Jefferson Street, Mail Drop 6288

Phoenix, Arizona 85007

Phone: 602-542-6454, ext 9

Email: [ltcop@azdes.gov](mailto:ltcop@azdes.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](http://www.hud.gov)

451 7<sup>th</sup> 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](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

### **211**

[www.211.org](http://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: State Independent Living Councils (SILCs)**  
**Statewide Independent Living Council of Arizona**

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

Physical Address:

3820 W. Happy Valley Road

Ste 141 # 482

Glendale, AZ 85310

Mailing Address:

P.O. Box 46354

Phoenix, AZ 85063

Phone: 602-262-2900 (Local & TTY), 866-262-7452 (Toll-free)

Email: [tim@azsilc.org](mailto:tim@azsilc.org)

### **ILRU's Independent Living Centers in Arizona**

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/AZ>

### **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](mailto: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**

### **Arizona Talking Book Library**

<https://azlibrary.gov/talkingbooks>

1030 North 32<sup>nd</sup> Street

Phoenix, AZ 85008

Phone: 602-255-5578, 800-255-5578 (Toll-free)

Provides library materials to people with visual or physical disabilities.

### **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](http://www.ChristopherReeve.org/NRN)

## Peer Support Programs

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

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@ChristopherReeve.org](mailto: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/gol](http://www.ChristopherReeve.org/gol) for more info on qualifying and applying.

## Protection And Advocacy

### **Arizona Center for Disability Law**

<http://www.acdl.com>

5025 E. Washington Street, Suite 202

Phoenix, AZ 85034

Phone: 602-274-6287 (Voice or TTY), 800-927-2260 (Toll-free)

Email: [center@azdisabilitylaw.org](mailto:center@azdisabilitylaw.org)

The Arizona Center for Disability Law is the protection and advocacy as well as the client assistance program for the state.

## Service Dogs

### **Canine Companions, Inc. (CCI)**

<https://canine.org/>

Southwest Training Center:

The Dean, Gerda and Trixie Koontz Campus

124 Rancho del Oro Drive

Oceanside, CA 9205

Phone: 760-901-4300

CCI's Southwest Training Center serves several states, including Arizona.

### **Companion Animal Association of Arizona (CAAA)**

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

PO Box 5006

Scottsdale, AZ 85261-5006

Phone: 602-258-3306

Email: [info@caaainc.org](mailto:info@caaainc.org)

**Happy Tails Service Dogs, Inc.**

<http://happytailsservicedogs.com/>

1 West Sequoia Drive

Phoenix, AZ 85027

Phone: 623-580-0946

Email: [JandRweber@aol.com](mailto:JandRweber@aol.com)

**Handi-Dogs, Inc.**

<http://handi-dogs.org/>

75 South Montego Drive

Tucson, AZ 85710

Phone: 520-326-3412

Email: [service@handi-dogs.org](mailto:service@handi-dogs.org)

**Sports And Recreation****Arizona Disabled Sports (AzDS)**

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

Physical Address:

59 East Broadway Road

Mesa, AZ 85210

Mailing Address:

PO Box 4727

Mesa, AZ 85211-4727

Phone: 480-835-6273

Sports currently offered by Arizona Disabled Sports include archery, bowling, cycling, kayaking, power soccer, swimming, track & field, and wheelchair basketball.

**K2 Adventures Foundation**

<https://www.k2adventures.org/>

14354 N. Frank Lloyd Wright Blvd., Suite 4

Scottsdale, AZ 85260

Phone: 480-797-2950

Email: [info@k2adventures.org](mailto:info@k2adventures.org)

Whether it's through giving or receiving, participants in K2 Adventures Foundation can realize their potential and bring new meaning to their lives. Today, thanks to its supporters, K2 Adventures Foundation funds grants for people with life challenges and provides equipment, supplies, basic necessities and care to children, adults and families both domestically and abroad.

**City of Phoenix: Adaptive Recreation**

<https://www.phoenix.gov/parks/adaptive-recreation>

Phoenix City Hall

200 W. Washington Street

Phoenix, AZ 85003

Phone: 602-262-3111

TTY: 711

## **Hunkapi**

<http://hunkapi.org/about-hunkapi/>

12051 N 96th St.

Scottsdale, AZ 85260

Phone: 480-841-5737

Email: [love@hunkapi.org](mailto:love@hunkapi.org)

Since our inception in 1996, our horses have helped thousands of children and adults establish more mindful connections with themselves and other people. That's why we named our program "Hunkapi," a Native American word that means "I am related to everyone."

## **City of Scottsdale: Adaptive Services**

<http://www.scottsdaleaz.gov/sports/adaptive>

8102 E. Jackrabbit Road

Scottsdale, AZ 85250

Phone: 480-312-2234, 800-367-8939 (TTY)

Email: [AdaptiveServices@ScottsdaleAZ.gov](mailto:AdaptiveServices@ScottsdaleAZ.gov)

## **Surprise: Adaptive Recreation**

<https://www.surpriseaz.gov/536/Adaptive-Recreation>

15960 N Bullard Ave

Surprise, AZ 85374-8844

Phone: 623-222-2284

Email: [recreation@surpriseaz.gov](mailto:recreation@surpriseaz.gov)

## **Therapeutic Riding of Tucson (TROT)**

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

8920 East Woodland Road

Tuscan, AZ 85749

Phone: 520-749-2360

Email: [info@trotarizona.org](mailto:info@trotarizona.org)

TROT's Therapeutic Riding Program offers adaptive riding instruction to children and adults with physical and cognitive disabilities

## **United Way Offices**

### **United Way**

<http://unitedway.org>

Mailing Address:

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Please contact them for Arizona information.

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

## **Veteran Benefits**

### **US Department of Veterans Affairs: Arizona Locations**

<https://www.va.gov/directory/guide/state.asp?STATE=AZ&dnum=ALL>

### **Paralyzed Veterans of America Arizona Chapter**

[www.azpva.org](http://www.azpva.org)

1001 E. Fairmount Ave

Phoenix, AZ 85014

Phone: 602-244-9168

Email: [azpva@azpva.org](mailto:azpva@azpva.org)

Arizona National Service Office:

3333 N Central Ave

Phoenix, AZ 85012

Phone: 602-627-3311

### **Law for Veterans**

[www.lawforveterans.org](http://www.lawforveterans.org)

This website has compiled some legal resources for veterans in Arizona including info on veteran courts and free and reduced fee legal aid sources.

## **ALS**

### **ALS Association, Arizona Chapter**

[www.alsa.org](http://www.alsa.org)

[http://webaz.alsa.org/site/PageServer?pagename=AZ\\_homepage](http://webaz.alsa.org/site/PageServer?pagename=AZ_homepage)

360 E. Coronado Rd., Suite 140

Phoenix, AZ 85004

Phone: 602-297-3800

Email: [info@alsaz.org](mailto:info@alsaz.org)

### **Gregory F. Fulton ALS Clinic at Barrow Neurological Institute**

240 W. Thomas Rd., Suite 400

Phoenix, AZ 85013

Phone: 602-406-2704

## **Brain Injury**

### **Brain Injury Alliance of Arizona**

<http://www.biaaz.org>

5025 E. Washington Street, Suite 106

Phoenix, Arizona 85034

Phone: 602-508-8024, 888-500-9165 (Toll-free)

## Cerebral Palsy

### UCP of Central Arizona

[www.ucpofcentralaz.org](http://www.ucpofcentralaz.org)

1802 West Parkside Lane

Phoenix, AZ 85027

Phone: 602-943-5472, 888-943-5472

Email: [info@ucpofcentralaz.org](mailto:info@ucpofcentralaz.org)

### UCP of Southern Arizona

<http://www.ucpsa.org>

630 N. Craycroft Road

Tucson, AZ 85711-1450

Phone: 520-795-3108, 888-433-3629 (Toll-free)

Email: [staff@ucpsa.org](mailto:staff@ucpsa.org)

## 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](mailto:naf@ataxia.org)

### Arizona Ataxia Support Groups:

<https://www.ataxia.org/support-groups/>

Mary Fuchs:

Casa Grande, AZ

Phone: 480-212-6425

Email: [ArizonaAtaxia@gmail.com](mailto:ArizonaAtaxia@gmail.com)

## Guillain-Barré Syndrome / CIDP

### Guillain-Barré Syndrome (GBS)/ CIDP Foundation International

<http://gbs-cidp.org>

Mailing Address:

375 E. Elm St. Suite 101

Conshohocken, PA 19428

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

Please contact them for information in your area

## Multiple Sclerosis

### **National Multiple Sclerosis Society's Arizona – New Mexico Chapter**

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

Physical Address:

5025 E. Washington Street, Suite 102

Phoenix, AZ 85034

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

### **Multiple Sclerosis Association of America Western Regional Office**

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

Phone: 800-532-7667 ext. 155

Email: [western@mymsaa.org](mailto:western@mymsaa.org)

## Muscular Dystrophy

### **Muscular Dystrophy Association**

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

National Office

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

## Post-Polio Syndrome

### **Post-Polio Health International (PHI)**

<http://post-polio.org>

<https://post-polio.org/networking/directory/>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

Lists Health Professionals, Clinics, and Support Groups. Click USA then choose State to see the Arizona Support Groups

## Spina Bifida

### **Spina Bifida Association**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Ste 800

Arlington, VA 22209

Phone: 800-621-3141



Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

Please contact them for info in your area

### **Spina Bifida Association of Arizona (SBAAZ)**

<http://www.sbaaz.org>

Physical Address:

1001 East Fairmount Avenue

Phoenix, AZ 85014

Mailing Address:

4802 E Ray Rd- Unit 23-687

Phoenix, AZ 85044

Phone: 602-274-3323

Email: [office@sbaaz.org](mailto:office@sbaaz.org)

### **Spina Bifida Association's Arizona Clinics:**

#### **Children's Clinics**

[www.childrensclinics.org](http://www.childrensclinics.org)

Square & Compass Building

2600 N Wyatt Drive

Tucson, AZ 85712

Phone: 520-324-5437, 800-231-8261 (Toll-free)

Email: [info@childrensclinics.org](mailto:info@childrensclinics.org)

#### **District Medical Group Children's Rehabilitative Services (DMG CRS)**

[www.dmgcrs.org](http://www.dmgcrs.org)

3141 N. 3rd Avenue, Suite 100

Phoenix AZ, 85013

Phone: 602-914-1520

### **Spinal Cord Injury**

#### **Arizona Spinal Cord Injury Association (AZSCIA)**

<http://www.azspinal.org>

5025 E Washington St, #110

Phoenix, AZ 85034

Phone: 602-507-4209, 888-889-2185 (Toll-free)

E-mail: [info@azspinal.org](mailto:info@azspinal.org)

### **Stroke**

#### **American Stroke Association**

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

National Center

Mailing Address:

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

### **Phoenix Office of American Heart Association**

1910 W. University Dr., Suite 205

Tempe, AZ 85281

Phone: 602-414-5353

Email: [Jahryn.browne@heart.org](mailto:Jahryn.browne@heart.org)

### **Tucson Office of American Heart Association**

2959 N Swan Road

Tucson, AZ 85712

Phone: 520-917-7520

Email: [madison.midyett@heart.org](mailto:madison.midyett@heart.org)

## **Syringomyelia And Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project (ASAP)**

[www.asap.org](http://www.asap.org)

PO Box 1586

Longview, TX 75606-1586

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

Email: [info@ASAP.org](mailto:info@ASAP.org)

Please contact them for support group info in your area

## **Transverse Myelitis**

### **Siegel Rare Neuroimmune Association (SRNA)**

[www.wearesrna.org](http://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**

### **Ability 360 Disability Survival Guide**

<https://ability360.org/wp-content/uploads/2022/03/2018-04-Disability-Survival-Manual.pdf>

Booklet covers Arizona disability resources and can be read online.

### **Arizona Yellow Pages for Kids with Disabilities**

<https://www.yellowpagesforkids.com/help/az.htm>

### **Arizona chapter of the American Physical Therapy Association (APTA)**

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

PO Box 1450  
Tonto Basin, AZ 85553  
Phone: 480-489-9299  
Email: [admin@aptaaz.org](mailto:admin@aptaaz.org)

### **Arizona Occupational Therapy Association (ArizOTA)**

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

Mailing Address:

15657 N Hayden Rd, #1155  
Scottsdale, AZ 85260  
Phone: 623-937-0920  
Email: [office@arizota.org](mailto:office@arizota.org)

### **Association of People Supporting Employment First (APSE)**

<http://www.apse.org>

7361 Calhoun Place, Suite 680  
Rockville, MD 20855  
Phone: 301-279-0060  
Email: [info@apse.org](mailto:info@apse.org)  
Contact them for local chapter info

### **Healthboards.com**

<http://www.healthboards.com/boards/index.php>

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more

### **Access Tempe**

<https://www.tempe.gov/government/diversity-equity-and-inclusion/ada-accessibility/access-tempe>

### **VALLEYLIFE**

<http://valleylifeaz.org/>

1142 W. Hatcher Rd  
Phoenix, AZ 85021  
Phone: 602-371-0806  
Email: [info@valleylifeaz.org](mailto:info@valleylifeaz.org)

VALLEYLIFE is a nonprofit organization that provides premier services to individuals with disabilities to enhance their quality of life. We are committed to helping people with disabilities in our community by enriching their lives with rewarding experiences and valuable opportunities. We enable them to live a life with choices, independence and dignity. Our services are delivered through our caring and dedicated staff, specialized programs and advocacy.

### **ThinkFirst National Injury Prevention Foundation**

[www.thinkfirst.org](http://www.thinkfirst.org)

1801 N. Mill Street, Suite F  
Naperville, IL 60563  
Phone: 630-961-1400

Email: [thinkfirst@thinkfirst.org](mailto: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.

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