



# Arkansas Disability Resources

## Affordable Care Act (ACA)

### About the Affordable Care Act

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

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.

### **DHS Division of Aging, Adult, & Behavioral Health Services**

<http://www.daas.ar.gov/>

P.O. Box 1437 – Slot W241

Little Rock, AR 72203-1437

Phone: 501-686-9164

### **Arkansas Area Agencies on Aging**

<https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/area-agencies-on-aging/>

### **National Center on Elder Abuse (NCEA)**

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

Address:

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.

## **Assistive Technology**

### **Increasing Capabilities Access Network (ICAN)**

<https://ar-ican.org/>

900 W. 7<sup>th</sup> Street

Little Rock, AR 72201

Phone: 501-666-8868, 800-828-2799 (Toll-free)

### **Arkansas Rehabilitation Services: Alternative Financing Program**

<https://dws.arkansas.gov/ar-rehabilitation-services/access-accommodations/alternative-financing-program/>

1 Commerce Way

Little Rock, Arkansas 72202  
Phone: 501-296-1663  
Email: [Henry.Washington@arkansas.gov](mailto:Henry.Washington@arkansas.gov)

### **Southwest ADA Center (covers Arkansas)**

<http://www.southwestada.org/>  
TIRR Memorial Hermann-ILRU  
1333 Moursund  
Houston, TX 77030  
Phone: 713-797-7171, 800-949-4232 (Toll-free)  
Email: [swdbtac@ilru.org](mailto:swdbtac@ilru.org)

## **Caregivers Info**

### **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)

## **Community Health Centers**

### **Community Health Centers of Arkansas**

[www.chc-ar.org](http://www.chc-ar.org)  
Physical Address:  
706 W. 4<sup>th</sup> Street  
North Little Rock, AR 72114  
Mailing Address:  
PO Box 3744  
Little Rock, AR 72203-3744  
Phone: 501-374-8225

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 Victim Assistance**

### **Arkansas Crime Victims Reparations Board**

[https://portal.arkansas.gov/state\\_agencies/departments-of-public-safety/crime-victims-reparations-board/](https://portal.arkansas.gov/state_agencies/departments-of-public-safety/crime-victims-reparations-board/)

1 State Police Plaza Dr.  
Little Rock, AR 72209  
Phone: 501-682-1020

## **Domestic Violence Help**

### **National Domestic Violence Hotline**

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

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

### **National Resource Center on Domestic Violence**

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

Phone: 800-537-2238

### **Arkansas Coalition Against Domestic Violence**

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

124 W. Capitol Ave  
Suite 885  
Little Rock, AR 72201  
Phone: 501-907-5612, 800-269-4668 (Toll-free)  
Email: [info@domesticpeace.com](mailto:info@domesticpeace.com)

### **Serenity Domestic Violence Support & Shelter**

<http://serenityinc.org/>

1015 Hwy 62 West  
Mountain Home, AR 72653  
Phone: 870-424-7576

The goal of Serenity Inc. is to help survivors of domestic violence heal and regain their personal strength and power. Today, Serenity employs 12 professionals and a dedicated group of over 40 volunteers who provide emergency shelter services, assistance with protection orders, and advocacy toward independence (housing, education, employment, and healthcare), support group programs, and client transportation.

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 Arkansas**

<https://www.easterseals.com/arkansas/>

3920 Woodland Heights Road

Little Rock, AR 72212-2495

Phone: 501-227-3600

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. There are 11 Arkansas offices of Easter Seals.

## **Government Offices**

### **Arkansas State Government**

<http://www.state.ar.us/>

### **Department of Human Services**

<http://www.accessarkansas.org/dhs/>

Donaghey Plaza

P.O. Box 1437

Little Rock, AR 72203

Phone: 501-682-1001

### **Arkansas Rehabilitation Services: Vocational Rehabilitation**

<https://dws.arkansas.gov/ar-rehabilitation-services/field-services/vr-adult/>

Mailing Address:

PO Box 3781

Little Rock, AR 72203-3781

Physical Address:

1 Commerce Way

Little Rock, AR 72202

Phone: 501-296-1600, 800-330-0632 (Toll-free)

Email: [ARS.Communications@arkansas.gov](mailto:ARS.Communications@arkansas.gov)

### **Arkansas Medicaid Offices**

<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/helpful-information-for-clients/>

Phone: 501-682-8933, 800-482-5431 (Help desk), 800-482-8988 (Spanish)

### **Arkansas Children's Health Insurance Program: ARKids First**

<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/healthcare-programs/arkids/>

Phone: 888-474-8275

### **Arkansas SHIP Program (Senior Health Insurance Information Program)**

<https://insurance.arkansas.gov/pages/consumer-services/senior-health/>

1 Commerce Way  
Little Rock, AR 72202  
Phone: 501-371-2782, 800-224-6330  
Email: [insurance.SHIIP@arkansas.gov](mailto:insurance.SHIIP@arkansas.gov)

### **Arkansas Insurance Department**

<http://insurance.arkansas.gov>

1 Commerce Way  
Little Rock, AR 72202  
Phone: 501-371-2600, 800-282-9134  
Email: [insurance.consumers@arkansas.gov](mailto:insurance.consumers@arkansas.gov)

### **Arkansas Workers' Compensation Commission**

<http://www.awcc.state.ar.us/ruleind.html>

324 South Spring Street  
P.O. Box 950  
Little Rock, AR 72203-0950  
Phone 501-682-3930, 800-622-4472, 800-285-1131 (TDD)

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/>

### **Arkansas Long-Term Care Ombudsman Program**

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

P.O. Box 1437  
Slot W 241  
Little Rock, Arkansas 72203  
Phone: 501-363-6378  
Email: [charlotte.sudmeyer@dhs.arkansas.gov](mailto:charlotte.sudmeyer@dhs.arkansas.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](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.

### **Housing and Urban Development (HUD) Office in Arkansas**

<https://www.hud.gov/states/arkansas>

425 West Capitol Avenue

Suite 1000

Little Rock, AR 72201-3488

Phone: 501-918-5700, 711 (TTY)

Email: [AR\\_Webmanager@hud.gov](mailto:AR_Webmanager@hud.gov)

### **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 Arkansas**

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

10 Corporate Hill Drive, Suite 240

Little Rock, AR 72205

Phone: 501-372-0607 (Local), 800-772-0607 (Toll-free)

#### **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](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**

#### **Arkansas State Library: Library for the Blind and Print Disabled**

<https://www.library.arkansas.gov/services/lbpd/>

900 W. Capitol Ave, Suite 100

Little Rock, AR 72201-9709

Phone: 501-682-1155 (in the Little Rock area), 866-660-0885 (Toll-free)

Email: [nlsbooks@ade.arkansas.gov](mailto:nlsbooks@ade.arkansas.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](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/qol](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.

### **Protection And Advocacy**

#### **Disability Rights Arkansas**

<https://disabilityrightsar.org/>

400 West Capitol Ave, Suite 1200

Little Rock, AR 72201

Phone: 501-296-1775, 800-482-1174 (Toll-free)

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



## Service Dogs

### Canine Companions

<http://www.cci.org>

South Central Training Center

Baylor Scott & White Health-Kinkeade Campus

7710 Las Colinas Ridge

Irving, TX 75063

Phone: 214-259-4700, 800-572-BARK (2275) (Toll-free)

CCI's South Central Training Center serves several states, including Arkansas.

## Sports And Recreation

### Little Rock Parks and Recreation Dept:Therapeutic Recreation Programs

<https://www.littlerock.gov/for-residents/parks-and-recreation/therapeutic-recreation-tr/>

Sherrie Mitchell CTRS/Therapeutic Recreation Coordinator

Ottenheimer Community Center

7201 Dahlia Dr.

Little Rock, AR 72209

Phone: 501-570-1131

Email: [sshinn@littlerock.gov](mailto:sshinn@littlerock.gov)

For people with disabilities

### Arkansas State Parks: Accessibility Information

<https://www.arkansas.com/articles/accessible-arkansas>

1 Capitol Mall

Little Rock, AR 72201

Phone: 888-287-2757 (TDD), 501-682-1191 (Local)

Email: [parks.info@arkansas.gov](mailto:parks.info@arkansas.gov)

### Walking Eagle Fishing

[www.walkingeaglefishing.com](http://www.walkingeaglefishing.com)

Phone: 870-499-7513

Email: [walkingeagle@centurytel.net](mailto:walkingeagle@centurytel.net)

Wheelchair accessible fishing boat available for guided tour

## United Way Offices

### National United Way

<http://www.unitedway.org>

Mailing Address:

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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.

### **Heart of Arkansas United Way**

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

Physical Address:

1400 West Markham, Suite 301  
Little Rock, AR 72201

Mailing Address:

PO Box 3257  
Little Rock, AR 72203  
Phone: 501-376-4567, 866-580-4567  
Email: [info@heartaruw.org](mailto:info@heartaruw.org)

### **Veteran Benefits**

#### **Veterans Administration: Location & Facility Finder**

<https://www.va.gov/find-locations/>

#### **Little Rock VA Regional Office**

<https://www.benefits.va.gov/ROLITTLE ROCK/index.asp>

2200 Fort Roots Drive  
Building 111  
North Little Rock, AR 72114-1756  
Phone: 501-370-3829, 800-827-1000

### **ALS**

#### **The ALS Association**

<http://www.alsa.org>

National Office

1300 Wilson Blvd., Suite 600  
Arlington, VA 22209

Phone: 800-782-4747

Email: [alsinfo@als.org](mailto:alsinfo@als.org)

#### **Arkansas Chapter of The ALS Association**

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

1200 West Walnut, Suite 2406-08  
Rogers, AR 72756

Phone: 479-621-8700

Email: [infoar@als.org](mailto:infoar@als.org)

#### **Arkansas ALS Certified Centers & Clinics:**

University of Arkansas for Medical Sciences  
Neurology Clinic  
4301 West Markham Street

Little Rock, AR 72205  
Contact: Sukanthi Kovvuru, M.D., Director  
Phone: 501-686-5838

Arkansas VA ALS Clinic  
Central Arkansas Veterans Healthcare System  
4300 W. 7th Street  
Little Rock, AR 72205  
Contact: Dr. Humaira Khan, Director  
Phone: 501-257-4638

## Brain Injury

### Brain Injury Association of America Arkansas Affiliate

<https://www.biausa.org/find-bia/arkansas>

Phone: 703-761-0750 (Local), 800-444-6443 (Brain injury information)

Email: [braininjuryinfo@biausa.org](mailto:braininjuryinfo@biausa.org)

### Brain Injury Association of America

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

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750

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

## Cerebral Palsy

### United Cerebral Palsy of Arkansas

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

9720 N. Rodney Parham Road

Little Rock, AR 72227

Phone: 501-224-6067

Email: [askucp@ucpark.org](mailto:askucp@ucpark.org)

## Friedreich's Ataxia

### National Ataxia Foundation (NAF) National Office

<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)

### National Ataxia Foundation's Arkansas Ambassadors

Judy and David King

Springdale, AR  
Email: [davidrkingpd@cox.net](mailto:davidrkingpd@cox.net)

## **Guillain-Barré Syndrome / CIDP**

### **Guillain-Barré Syndrome/CIDP Foundation International**

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

Mailing Address:

375 E. Elm St., Suite 101

Conshohocken, PA 19428

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

Please call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society's Arkansas Chapter**

<http://www.nationalmssociety.org/chapters/ARR/index.aspx>

1050 N. Post Oak Road

Suite 240

Houston, TX 77055

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

### **Multiple Sclerosis Association of America South-Central Regional Office**

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

Phone: 800-532-7667, ext. 137

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

(Arkansas, Colorado, Kansas, Louisiana, Missouri, New Mexico, Oklahoma, Texas)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

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

National Office

161 N. Clark, Suite 3550

Chicago, Illinois 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://www.post-polio.org/>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

## 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

### Arkansas Children's Hospital: Spina Bifida Clinic

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

1 Children's Way

Little Rock, AR 72202

Phone: 501-364-1806

## Spinal Cord Injury

### Arkansas Spinal Cord Commission

<http://www.spinalcord.ar.gov/>

Freeway Medical Building, Suite 108

5800 W 10th St

Little Rock, AR 72204

Phone: 1-800-459-1517, 501-296-1788

A state agency devoted to meeting the needs of people with spinal cord disabilities in Arkansas.

## Stroke

### American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for the stroke support group in your area

### American Heart Association

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

#### Arkansas Offices:

#### Northwest Arkansas

<https://www.heart.org/en/affiliates/arkansas/northwest-arkansas>

108 E. Sunbridge

Fayetteville, AR 72703

Phone: 479-439-6800

**Little Rock**

<https://www.heart.org/en/affiliates/arkansas/central-arkansas>

909 W. 2nd Street  
Little Rock, AR 72201  
Phone: 501-707-6600

**Syringomyelia/Chiari Malformation****American Syringomyelia & Chiari Alliance Project**

[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 local information

**Transverse Myelitis****Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**

[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****Arkansas Yellow Pages for Kids with Disabilities**

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

**Arkansas Occupational Therapy Association**

<http://www.arota.org/>  
P.O. Box 202  
Conway, AR 72034  
Phone: 479-858-2760  
Email: [rehabnet.ar@gmail.com](mailto:rehabnet.ar@gmail.com)

**Arkansas Chapter of the American Physical Therapy Association**

<http://www.arpta.org/>  
PO Box 202  
Conway, AR 72033  
Phone: 501-499-6163

## **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)

## **Arkansas Disability Coalition**

<https://ardisabilitycoalition.org/>

PO Box 31420  
Little Rock, AR 72260  
Phone: 501-614-7020  
Email: [info@ardisabilitycoalition.org](mailto:info@ardisabilitycoalition.org)

The ADC works for equal rights and opportunity for Arkansans with disabilities through public policy change, cross-disability collaboration, and the empowerment of people with disabilities and their families.

## **University of Arkansas: Partners for Inclusive Communities**

<http://uofapartners.uark.edu/>

10809 Executive Center Drive  
Searcy Building, Suite 316  
Little Rock, AR 72211  
Phone: 501-301-1100 (V), 800-342-2923 (V/TTY)  
Email: [partners@uark.edu](mailto:partners@uark.edu)

Partners for Inclusive Communities is Arkansas' University Center on Disabilities. Administratively located within the University of Arkansas College of Education and Health Professions, Partners is a member of the nationwide Association of University Centers on Disabilities.

## **Mays Mission for The Handicapped**

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

604 Colonial Drive  
Heber Springs, AR 72545-8090  
Phone: 501-362-7526  
Toll-free: 888-503-7955  
Email: [info@maysmission.org](mailto:info@maysmission.org)

Offers employment and on-the-job training in the printing industry to people with disabilities.

## **Arkansas Support Network**

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

6836 Isaac's Orchard Road  
Springdale, AR 72762  
Phone: 479 927-4100  
Email: [lcrite@supports.org](mailto:lcrite@supports.org)

A small group of parents and volunteers incorporated and were licensed by the state to provide support and assistance to a limited number of families who had children with disabilities living in the home with them.

### **Camp Aldersgate**

<http://www.campaldersgate.net/>

2000 Aldersgate Road

Little Rock, Arkansas 72205

Phone: 501-225-1444

Email: [hello@campaldersgate.net](mailto:hello@campaldersgate.net)

Camp Aldersgate provides year-round social service programs for over 1,700 individuals of all ages and backgrounds. With the support of our surrounding communities, businesses and friends, we can provide the best possible atmosphere, equipment and facilities for our extraordinary participants.

### **Healthboards.com**

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

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

### **First Call 2-1-1**

[www.211.org](http://www.211.org)

<http://www.arkansas211.org/>

Phone: 211, 866-489-6983

Email: [ContactUs@ar211.org](mailto:ContactUs@ar211.org)

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Hint: Can only be dialed from a land line. If you dial 211 or your state's 211 800 number and you are not connected, this service has not yet been provided to your area.

### **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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