



California 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.

California Department of Aging

<https://www.aging.ca.gov/>

2880 Gateway Oaks Drive, Suite 200

Sacramento, CA 95833

Phone: 916-419-7500, 800-735-2929 (TTY)

The Department contracts with the network of Area Agencies on Aging, who directly manage a wide array of federal and state-funded services that help older adults find employment; support older and disabled individuals to live as independently as possible in the community; promote healthy aging and community involvement; and assist family members in their vital care giving role. CDA also contracts directly with agencies that operate the Multipurpose Senior Services Program through the Medi-Cal home and community-based waiver for the elderly and certifies Adult Day Health Care centers for the Medi-Cal program. To find services in your community click here. (<https://www.aging.ca.gov/Programs/>)

California Association of Area Agencies on Aging

<http://www.c4a.info/>

968 Sunnyhills Road

Oakland, California 94610

Phone: 800-965-1532

Area Agencies on Aging by County

https://www.aging.ca.gov/ProgramsProviders/AAA/AAA_Listing.aspx

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

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

AXIS Dance Company

www.axisdance.org

Physical Address:

Berkeley Ballet Theatre

1370 Tenth St

Berkeley, CA 94710

Mailing Address:

PO Box 2627

Berkeley, CA 94702

Phone: 510-625-0110

Infinite Flow Dance

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

14622 Ventura Blvd #102-373

Sherman Oaks, CA 91403

Phone: 949-267-8751

Email: info@infiniteflowdance.org

Infinite Flow Dance based in Los Angeles, CA, is America's first professional wheelchair ballroom dance company, and has a mission to break artistic and social barriers through excellence and innovation in wheelchair dance performance.

NIAD

<http://niadart.org/>

551 23rd Street

Richmond, CA 94804

Phone: 510-620-0290

Email: gallery@niadart.org

NIAD's visual art program promotes meaningful independent living by artists with disabilities—while its artists create remarkable contemporary art.

Raven Drum Foundation

<https://ravendrumfoundation.org/>

1334 Park View Ave Suite 350

Manhattan Beach, CA 90266

Phone: 818-287-0195

Email: info@ravendrumfoundation.org

An organization established by Def Leppard drummer Rick Allen to encourage the healing powers of drumming and to help people overcome the emotional and physical pain resulting from traumatic events. The foundation provides free educational programs to inspire personal growth during times of adversity.

Sins Invalid

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

Sins Invalid is an inclusive performance project involving artists of color, queer and gender-variant artists, and artists with disabilities (broadly defined). They present

multidisciplinary performances (video, poetry, spoken word, music, drama, and dance) by people with disabilities; organize performance workshops for people with and without disabilities; and offer political education workshops for community based organizations

UCLA: National Arts and Disability Center (NADC)

<http://www.semel.ucla.edu/nadc>

760 Westwood Plaza

Los Angeles, CA 90095

The National Arts and Disability Center (NADC) is a resource on the inclusion of audiences and artists with disabilities in all facets of the arts community.

Wheelchair Dancers Organization

www.wheelchairdancers.org

Beverly Weurding

4584 Calle De Vida

San Diego, CA 92124

Phone: 858-573-1571

Email: wheelchairdancersorgsd@gmail.com

Offers classes in various forms of dance to people with physical challenges.

Assistive Technology

Pacific ADA Center (Region 9)

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

Mailing Address:

PO Box 665

Concord, CA 94522

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

AbleCloset

www.AbleCloset.com

Equipment Warehouse

1063 E. San Carlos Avenue

San Carlos, CA 94070

AbleCloset is a northern California non-profit organization that lends assistive technology and equipment to children with special needs. Equipment pickups are in Santa Clara by appointment.

Ability Tools

<http://abilitytools.org>

1000 G Street, #100

Sacramento, CA 95814

Phone: 800-390-2699 (Option 1), 800-900-0706 (TTY)

Ability Tools connects Californians with disabilities to the assistive technology devices, tools and services to make life easier. Ability Tools operates several Device Lending Libraries which are located in community-based organizations throughout California.

Devices can be borrowed for free for 30 days. Go to <https://exchange.abilitytools.org/services/natads-public-access.php> to see what is available for loan. Ability Tools is a project of the California Department of Rehabilitation and the California Foundation for Independent Living Centers with funds allocated by the Assistive Technology Act of 2004.

The Center for Accessible Technology (C4AT)

<http://www.cforat.org>

3075 Adeline St., Suite 220

Berkeley, CA 94703

Phone: 510-841-3224

Email: info@c4at.org

C4AT began life in 1983 when a group of parents of children with disabilities came together to develop strategies for including their children into mainstream elementary school settings. With an initial focus on computer technology, these parents developed models whereby kids with disabilities could be fully included in the school curriculum.

California AT Loan Program

<https://dor.ca.gov/Home/AssistiveTechnology>

AT Unit

California State Department of Rehabilitation

Mailing Address:

PO Box 944222

Sacramento, CA 94244-2220

Physical Address:

721 Capitol Mall

Sacramento, CA 95814

Phone: 916-558-5395, 800-952-5544, 844-729-2800

Email: at@dor.ca.gov

California Assistive Technology Reuse Coalition

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

1000 G Street, Suite 100

Sacramento, CA 95814

Phone: 800-390-2699, 800-900-0706 (TTY)

Email: staff@californiareuse.org

Their mission is to enhance the quality of life for Californians with disabilities by providing them with assistive technology (AT) devices and by innovating the loan process.

Momentum Wheels for Humanity

<https://momentum4humanity.org/>

9509 Vassar Avenue, Unit A

Chatsworth, CA 91311

Phone: 818-255-0100

Email: info@momentum4humanity.org

UCP Wheels for Humanity provides increased self-sufficiency, mobility and education to children, teens and adults with disabilities throughout the world regardless of their political affiliation, religious belief, or ethnic identity.

Caregivers

Caregiver.com

<http://www.caregiver.com>

1871 West Oakland Park Blvd., Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734 (Toll-free)

Email: info@caregiver.com

The Family Caregiver Support Center

<http://fcscgero.org>

USC Leonard Davis School of Gerontology

3715 McClintock Ave

Los Angeles, CA 90089

Phone: 800-540-4442 (Toll-free)

Caregiver Resource Center OC

<http://www.caregiveroc.org>

130 W. Bastanchury Rd

Fullerton, CA 92835

Phone: 800-543-8312 (Toll-free), 714-446-5030

Inland Caregiver Resource Center

<https://inlandcaregivers.org/>

Physical Address:

1430 E. Cooley Drive, Suite 240

Colton, CA 92324

Mailing Address:

PO Box 2266

Colton, CA 92324

Phone: 800-675-6694

Email: info@inlandcaregivers.org

Southern Caregiver Resource Center

<http://caregivercenter.org>

891 Kuhn Drive, Suite #200

Chula Vista, CA 91914

Phone: 858-268-4432, 800-827-1008

Email: scrc@caregivercenter.org

Coast Caregiver Resource Center

<http://www.cottagehealth.org/services/rehabilitation/community-resources-support/caregiver-services/>

Santa Barbara Cottage Hospital
Physical Address:
400 W. Pueblo Street
Santa Barbara, CA 93105
Mailing Address:
PO Box 698
Santa Barbara, CA 93102
Phone: 805-569-8950, 888-488-6555
Email: ccrc@sbch.org

Del Mar Caregiver Resource Center

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

150 Cayuga St, Suite 3
Salinas, CA 93901
Phone: 800-624-8304

Family Caregiver Alliance

<http://www.caregiver.org>

235 Montgomery St, Suite 930
San Francisco, CA 94104
Phone: 800-445-8106 (Toll-free), 415-434-3388 (Local)

Del Oro Caregiver Resource Center

<http://www.deloro.org>

8421 Auburn Blvd, Suite 265
Citrus Heights, CA 95610
Phone: 916-728-9333

Passages

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

25 Main Street
Chico, CA 95928
Phone: 800-822-0109 (Toll-free), 530-898-5923 (Local)

Redwood Caregiver Resource Center

<https://www.ncoinc.org/adults-seniors/caregivers-support/>

1140 Sonoma Ave, Suite 1B
Santa Rosa, CA 95405
Phone: 800-834-1636 (Toll-free)

Well Spouse Association

<http://www.wellspouse.org>

63 West Main Street, Suite H
Freehold, NJ 07728
Phone: 732-577-8899
Email: info@wellspouse.org

Through the Looking Glass

<https://lookingglass.org/>

3075 Adeline St, Suite 120

Berkeley, CA 94703

Phone: 510-848-1112

Email: tlg@lookingglass.org

Through the Looking Glass (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue.

Careers

The World Institute on Disability

<https://wid.org/>

3075 Adeline St Ste 155

Berkeley, CA 94703

Phone: 510-225-6400

Email: wid@wid.org

The World Institute on Disability (WID) is a nonprofit that works to fully integrate people with disabilities into the communities around them in a variety of different ways.

Community-Based Fitness Programs

NextStep

<http://nextstepfitness.org/>

4447 Redondo Beach Blvd

Lawndale, CA 90260

Phone: 310-363-1698

Email: info@nextstepfitness.org

NextStep is a nonprofit that provides people living with paralysis the opportunity for health and recovery through affordable and progressive community fitness and wellness facilities. NextStep is a Reeve Foundation NRN center.

Every Body Fitness

<http://www.SCItotalfitness.com>

Email: info@scitotalfitness.com

Located in Southern California, classes may be joined in person or online. Class is led by a physical therapist who is experienced with spinal cord injury patients. Some private in-home classes may be arranged in the Southern California area. Fitness, strength training and weight loss services are offered as well as wheelchair evaluation.

Center of Restorative Exercise (C.O.R.E.)

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

9631 Reseda Boulevard

Northridge, CA 91324

Phone: 818-718-2673

Email: centerofrestorativeexercise@gmail.com

C.O.R.E. is a state-of-the-art facility for people with chronic illness or debilitating conditions. It is equipped with unique and specialized equipment and provides low cost integrated, structural, personalized and progressive evaluations, treatment plans, and education to help improve function, independence, and self-efficacy.

RISE Paralysis Recovery Center

<https://formagym.com/rise>

1908 Olympic Blvd

Walnut Creek, CA 94596

Phone: 925-397-1348

RISE Paralysis Recovery Center at Forma Gym is an activity-based recovery program which focuses on function, strength, and improving the physiological and neurological function of people's bodies.

Challenge Center

<https://challengecenter.org/>

5540 Lake Park Way

La Mesa, CA 91942

Phone: 619-667-8644

Challenge Center is an exceptional not-for-profit 501(c)(3) restoring health, hope, and lives. The Center provides skilled physical therapy, specialized fitness, and wellness programs to rehabilitate, increase independence, and improve the quality of life for individuals with severe physical disabilities, their families, and caregivers. With its licensed staff, physical therapy and assisted fitness programs, and state-of-the-art equipment; Challenge Center surpasses every goal by providing the continuum of care often missed by other limited resources.

Community Health Centers

California Primary Care Association

www.cPCA.org

1231 I Street, Suite 400

Sacramento, CA 95814

Phone: 916-440-8170

Email: info@cPCA.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 Victim Assistance

California Victim Compensation Board

<http://victims.ca.gov/victims/>

Mailing Address:

PO Box 3036

Sacramento, CA 95812-3036

Phone: 800-777-9229

Email: info@victims.ca.gov

The California Victim Compensation Board (CalVCB) can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help.

California Victims Resource Center

www.1800VICTIMS.org

University of the Pacific, McGeorge School of Law

3200 Fifth Avenue

Sacramento, CA 95817

Phone/Text: 800-842-8467

Email: 1800VICTIMS@pacific.edu

The Resource Center has helped thousands of crime victims across California since 1984. Their services are free.

Office of the Attorney General of California: Marsy's Card

www.oag.ca.gov/victimservices/marsy

The Victims' Bill of Rights (aka Marsy's Law) supports crime victims and their families in California.

Domestic Violence Help

National Domestic Violence Hotline

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

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

ValorUS

<https://www.valor.us/>

1215 K St, Suite 1850

Esquire Plaza

Sacramento, CA 95814

Phone: 916-446-2520

California Partnership to End Domestic Violence

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

Phone: 916-444-7163

CORA (Community Overcoming Relationship Abuse)

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

2211 Palm Ave

San Mateo, CA 94403

Phone: 800-300-1080 (24-hour hotline), 650-259-1855 (Legal information line)

Email: Resources@CORAsupport.org

CORA serves victims of domestic violence in San Mateo County

Secretary of State: Safe at Home Program

www.sos.ca.gov/safeathome/

Physical Address:

1500 11th Street, 4th Floor Mail Room

Sacramento, CA 95814

Mailing Address:

PO Box 846

Sacramento, CA 95812

Phone: 877-322-5227, 916-651-1304 (TTY)

This program protects victims of domestic violence, stalking, and sexual assault by giving them a free P.O. box and mail forwarding service.

Easter Seals

California Easter Seals Offices

www.easterseals.com

Use the Finder by putting in your state.

Lists 4 Easter Seals offices in California.

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

Official website of the State of California

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

California Dept. of Rehabilitation

<https://www.dor.ca.gov/>

Physical Address:

721 Capitol Mall

Sacramento, CA 95814

Mailing Address:

PO Box 944222
Sacramento, CA 94244-2220
Phone: 916-324-1313, 800-952-5544, 844-729-2800 (TTY)

Department of Health Care Services: California Children's Services

<http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx>

is a state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs. See this link for county info on this program:

<http://www.dhcs.ca.gov/services/ccs/Pages/CountyOffices.aspx>

California State Council on Developmental Disabilities

<https://scdd.ca.gov/>

3831 North Freeway Blvd, #125

Sacramento, CA 95834

Phone: 916-263-7919, 833-818-9886 (Toll-free)

Email: council@scdd.ca.gov

An independent state agency that provides support and services to people with developmental disabilities and their families.

California Department of Managed Health Care

<http://www.dmhc.ca.gov/>

Mailing Address:

980 9th Street, Suite 500

Sacramento, CA 95814-2725

Physical Address:

980 9th Street

Sacramento, CA 95814-2725

Phone: 888-466-2219

Provides info on HMOs and other managed care options

California Dept. of Social Services IHSS (In-Home Supportive Services) Program

<https://www.cdss.ca.gov/in-home-supportive-services>

Mailing Address:

744 P Street

Sacramento, CA 95814

Phone: 916-651-8848

Email: piar@dss.ca.gov

See this link for a list of county IHSS offices:

<https://www.cdss.ca.gov/inforesources/county-ihss-offices>

BenefitsCal

www.benefitscal.org

This site connects you to applications for Medi-Cal, County Medical Services Program (CMSP), CalFresh (formerly known as Food Stamps) and California Work Opportunity and Responsibility to Kids (CalWORKs) benefits in California. Families with uninsured

children can continue to apply online for the no-cost Medi-Cal and the OTLICP at this website.

Medi-Cal: Medicaid program in California

<http://www.dhcs.ca.gov/>

<http://www.medi-cal.ca.gov/>

California Department of Health Care Services

P.O. Box 138008

Sacramento, CA 95813-8008

Phone: 800-541-5555, 916-636-1980

Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements.

State of California Dept. of Insurance

<http://www.insurance.ca.gov/>

300 South Spring Street, 14th Floor

Los Angeles, CA 90013

Phone: 800-927-4357, 800-482-4833 (TTY), 213-346-6464

California Division of Workers' Compensation

http://www.dir.ca.gov/dwc/dwc_home_page.htm

Phone: 800-736-7401

Email: DWC@dir.ca.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/>

State Long-Term Care (LTC) Ombudsman

<http://www.aging.ca.gov/Programs/LTCOP/>

California Dept. of Aging

2880 Gateway Oaks Drive, Suite 200

Sacramento, CA 95833

Phone: 916-419-7510, 800-231-4024 (LTC Ombudsman CRISISline)

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. 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.

Independent Living

ILRU: State Independent Living Councils (SILCs)

California State Independent Living Council

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

1300 Ethan Way, Suite 110

Sacramento, CA 95825

Phone: 916-263-7905 (Local), 866-866-7452 (Toll-free), 916-445-5627 (TTY)

Email: SILC@calsilc.ca.gov

Mission is to create policy and systems change for independent living.

California Foundation for Independent Living Centers

<http://www.cfilc.org>

1000 G Street, #100

Sacramento, CA 95814

Phone: 916-325-1690, 916-325-1695 (TTY)

Independent Living Research Utilization’s Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

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.

Independent Living Center of Kern County

<http://ilcofkerncounty.org/>

5251 Office Park Dr, Suite 200

Bakersfield, CA 93309

Phone: 661-325-1063, 800-529-9541 (Toll-free)

Email: info@ilcofkerncounty.org

The mission of Independent Living Center of Kern County is to empower people with disabilities to grow creatively, professionally, and personally; and educate the community about disability related issues.

Library Services

California State Library: Braille and Talking Book Library

<https://library.ca.gov/btbl/>

Mailing Address: (for letters, book orders, and cards):

BTBL

PO Box 942837

Sacramento, CA 94237-0001

Physical Address:

900 N Street

Sacramento, CA 95814

Phone: 916-654-0640, 800-952-5666 (Toll-free in CA)

Email: btbl@library.ca.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/gol for more info on qualifying and applying.

Protection And Advocacy Services

Disability Rights California

www.disabilityrightsca.org

1831 K Street

Sacramento, CA 95811-4114

Phone: 916-504-5800

Disability Rights California is a nonprofit agency that provides legal assistance to people with disabilities, including physical, developmental and psychiatric disabilities. Services available from DRC include information and referral to other sources of assistance; peer and self-advocacy training; representation in administrative and judicial proceedings; investigation of abuse and neglect and legislative advocacy. DRC is funded from federal and state agencies, and from private donations.

Disability Rights Advocates

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

2001 Center Street, Third Floor

Berkeley, CA 94704-1204

Phone: 510-665-8644

A national non-profit organization that advances and defends the civil rights of people with disabilities.

Disability Rights Legal Center

<https://thedrlc.org/>

Mailing Address:

1001 Wilshire Blvd, Ste 100 #3201

Los Angeles, CA 90017

Phone: 213-736-1334 (Central intake line), 213-736-1031, 866-999-3752 (Toll-free)

Email: DRLC@drlcenter.org

Service Dogs

Bergin College of Canine Studies

<http://www.berginu.edu/>

10201 Old Redwood Highway

Penngrove, CA 94951

Phone: 707-545-3647

Email: info@berginu.edu

Our mission is to advance the human-canine partnership through research and education by offering quality instruction in human and canine studies to postsecondary students worldwide interested in furthering their knowledge of themselves and the role of the dog in human society; through the University's up-to-date, in-depth academic coursework, to provide students an opportunity to expand their knowledge for scholarly or career purposes or enhance their knowledge of their own specialties through the unique viewpoint provided by human-canine studies.

Canine Angels Service Teams

<http://canine-angels.org/>

13475 N. Applegate Road

Grants Pass, OR 97527

Phone: 888-592-6457; 541-846-6400

Email: info@canine-angels.org

Canine Companions: Southwest Training Center

<https://canine.org/>

The Dean, Gerda and Trixie Koontz Campus

124 Rancho del Oro Drive

Oceanside, CA 92057

Phone: 760-901-4300, 800-572-2275 (Toll-free)

Canine Companions: Northwest Training Center

<https://canine.org/>

Jean and Charles Schulz Campus

2965 Dutton Avenue

Santa Rosa, CA 95407

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

Canine Support Teams

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

Physical Address:

24480 Jenny Lane

Murrieta, CA 92562

Mailing Address:

PO Box 75

Murrieta, CA 92564

Phone: 951-301-3625

Email: cstmain@caninesupportteams.org

Canine Support Teams provides service dogs to increase the ability of someone with disabilities to live independently while simultaneously providing loving companionship.

Pawsitive Teams

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

7031 Carroll Road
San Diego, CA 92121
Phone: 858-558-7297
Email: paws@pawsteams.org

Pro-Train

www.protraindog.com
1544 Avohill Drive
Vista, CA 92084
Phone: 877-223-3647
Email: info@protraindog.com

Guide Dogs of America/Tender Loving Canines

<https://www.guidedogsofamerica.org/>
Headquarters
13445 Glenoaks Boulevard
Sylmar, CA 91342
Phone: 818-362-5834, 800-459-4843
Email: mail@guidedogsofamerica.org

Sports And Recreation

AbilityFirst

<https://www.abilityfirst.org/>
789 North Fair Oaks Ave
Pasadena, CA 91103
Phone: 626-396-1010, 877-768-4600 (Toll-free)
Email: Info@abilityfirst.org

AbilityFirst provides programs for children and adults with disabilities and special needs services to help participants reach their full potential throughout their lives. They offer a broad range of employment, recreational and socialization special needs programs.

Able Access to Recreation

<https://ablerec.com/>
Cornelius, NC 28031
Phone: 888-504-5611
Email: help@ablerec.com

Amanda's Adaptive Martial Arts

www.AmandasMartialArts.com
Phone: 917-375-9101
Email: info@amandasmartialarts.com
Offers various adaptive martial arts classes in the San Diego area.

American Youth Soccer Organization: EPIC Program

<https://ayso.org/>
19700 S. Vermont Ave, Ste 103

Torrance, CA 90502

Phone: 800-872-2976

Please contact AYSO to find an EPIC soccer program for children and adults with disabilities.

AmpSurf and Para Surf League

<http://www.ampsurf.org>

Physical Address:

1251 Shell Beach

Pismo Beach, CA 93449

Mailing Address:

PO Box 1034

Pismo Beach, CA 93448

Phone: 805-295-5000

E-mail: surf@ampsurf.org

AmpSurf provides learn to surf clinics, adaptive surfing, and fun, safe, outdoor activities to disabled veterans, adults and children.

Angel City Sports

<http://angelcitysports.org>

2355 Westwood Boulevard #1139

Los Angeles, CA 90064

Phone: 424-286-4227

Email: INFO@ANGELCITYSPORTS.ORG

The mission of Angel City Sports is to create sports opportunities for adults, children, and veterans with physical differences and impairments. Our goals are to encourage physical ACTivity and demonstrate LEADership to strengthen the adaptive sports movement. Our initial programming focus is on Southern California, but our events and programming will draw athletes from all over the country.

Bay Area Association of Disabled Sailors

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

Pier 40, The Embarcadero #16

San Francisco, CA 94107

Phone: 415-281-0212

Bay Area Outreach & Recreation Program

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

3075 Adeline Street, Suite 200

Berkeley, CA 94703-2578

Phone: 510-849-4663

Email: info@borp.org

Bay Area Outreach & Recreation Program (BORP) is a 501(c)3 non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. At BORP, they believe that sports and recreation provide a path to greater achievement to which all people should have access.

Bay Area Women's Sports Initiative (BAWSI)

<https://bawsi.org/>

2635 N. First Street, Suite 149

San Jose, CA 95134

Phone: 408-247-2544

Email: bawsi@bawsi.org

BAWSI aims to provide opportunities to serve young girls who aren't being exposed to organized sports, or physical education classes, and to reach girls in communities where obesity and diabetes are prevalent.

Best Day Foundation

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

Phone: 800-309-2815

Email: hello@bestdayfoundation.org

Best Day Foundation is a volunteer organization that helps children with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more.

California State Parks:

<http://access.parks.ca.gov>

Phone: 916-445-8949, 800-777-0369, ext. 5

Email: access@parks.ca.gov

Accessible Features in State Parks

Pools of Hope

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

6801 Long Beach Blvd.

Long Beach, CA 90805

Phone: 310-537-2224

Email: pools@caaquatictherapy.com

The mission of California Aquatic Therapy and Wellness Center is to promote wellness and improve the quality of life for individuals with health needs in an accessible, warm-water aquatic facility.

California Inclusive Sailing Newport Beach

<https://www.facebook.com/p/California-Inclusive-Sailing-Newport-Beach-100063911355414/>

125 via Waziers

Newport Beach, CA 92663

Email: christianbuhl4@gmail.com

Camp Ronald McDonald

www.campronald.org

Eagle Lake

2555 49th Street

Sacramento, CA 95817

Phone: 916-734-4230

Email: Jkahn@rmhcnc.org

Casa Colina Hospital and Centers for Healthcare

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

255 East Bonita Avenue

PO Box 6001

Pomona, CA 91769-6001

Phone: 866-724-4127 (Toll-free), 909-596-3646 (TDD-TTY-Q)

Central California Adaptive Sports Center

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

Headquarters:

40885 Shaver Forest Road

Shaver Lake, CA 93664

Mailing Address:

PO Box 147

Shaver Lake, CA 93664

Phone: 559-593-2504

Email: info@centralcaladaptive.org

CCASC provides year-round adaptive recreation and adventure programming. Our programs incorporate the latest equipment and therapeutic recreation practices, facilitate activities in a professional manner, and collaborate with other organizations, with the goal of providing programming that has a lasting impact on the quality of our participant's lives.

Challenged Athletes Foundation (CAF)

<http://www.challengedathletes.org>

9591 Waples Street

San Diego, CA 92121

Phone: 858-866-0959

Email: caf@challengedathletes.org

CAF's mission is to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics.

Disabled Sports Eastern Sierra

www.disabledsportseasternsierra.org

PO Box 7275

Mammoth Lakes, CA 93546-7275

Phone: 760-934-0791

Disabled Sports Eastern Sierra is a volunteer-based nonprofit dedicated to changing the lives of children and adults with disabilities and their families by offering year-round outdoor sports and activities, creating inspiring challenges, providing expert instruction and adaptive equipment, rallying the community to comfortably accommodate people with disabilities.

Achieve Tahoe

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

Mailing Address:

PO Box 8339
Truckee, CA 96162
Physical Address:
2680 Alpine Meadows Road, B3686
Alpine Meadows, CA 96146
Phone: 530-581-4161
Email: Info@achievetahoe.org

Disabled Sports USA Far West's mission is to provide affordable inclusive physical and recreational activities that build health and confidence.

The Achievers, Orange County Chapter of Move United

<http://theachievers.org>

PO Box 54546
Irvine, CA 92619-4546
Phone: 949-460-6969
Email: info@theachievers.org

The Unrecables

www.unrecables.com

PO Box 24856
Los Angeles, CA 90024
Email: info@unrecables.org

Elsa Inc.

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

Agoura Hills, CA
Email: info@elsainc.org

Elsa Inc. is a nonprofit organization that serves children, teens, young adults, families and groups with special needs through the benefits of human-animal interaction in the ranch setting with horses and ranch animals.

Environmental Traveling Companions (ETC)

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

2 Marina Blvd
Fort Mason Center C385
San Francisco CA 94123
Phone: 415-474-7662
Email: info@etctrips.org

Environmental Traveling Companions opens the beauty and challenge of the great outdoors to people with disabilities and disadvantaged youth. Every year, more than 2,000 people join ETC to raft whitewater rivers, ski alpine meadows, kayak the waters of the Golden Gate and Tomales Bay, and build leadership skills.

Far West Wheelchair Athletic Association

www.fwwaa.org

3369 Union Ave
San Jose, CA 95124

Phone:408-794-6676

Email: info@fwwaa.org

The Far West Wheelchair Athletic Association (FWWAA) is a non-profit organization which promotes, develops, and organizes wheelchair sports for individuals with physical disabilities in California, Arizona and Nevada.

Golden Gate National Recreation Area: Accessibility

<https://www.nps.gov/goga/planyourvisit/accessibility.htm>

Mailing Address:

Building 201, Fort Mason

San Francisco, CA 94123-0022

Phone: 415-561-4700

Handicapped Scuba Association

www.hsascuba.com

1104 El Prado

San Clemente, CA 92672

Phone: 949-498-4540

Jimmy Miller Memorial Foundation: Wounded Warriors Program

<https://jimmymillerfoundation.org/>

2711 Sepulveda Blvd, #331

Manhattan Beach, CA 90266

Phone: 424-290-1953

Email: volunteer@jimmymillerfoundation.org

The Foundation currently serves Marines of the Wounded Warrior Battalions at Camp Pendleton and 29 Palms with unique, year-round ocean therapy sessions. The adaptive surfing sessions are held on base at Camp Pendleton.

Life Rolls On Foundation

<http://www.liferollson.org>

Mailing Address:

PO Box 45770

Los Angeles, CA 90045

Phone: 424-272-1992

Provides adaptive surfing and skating to people with disabilities.

Monterey Bay Veterans Inc.

<http://www.mbv.org>

PO Box 481

Monterey, CA 93942

Phone: 831-901-0217

Email: INFO@MBV.ORG

The Painted Turtle

<http://thepaintedturtle.org/>

1300 4th Street, Suite 300

Santa Monica, CA 90401

Phone: 310-451-1353, 866-451-5367 (Toll-Free)

Through innovative, camp-based programs that offer a great big dose of fun and support, children with more than 70 medical conditions visit The Painted Turtle each year, reclaiming the joys of childhood.

Piedmont Yoga Community

www.piedmontyogacommunity.org

Nest Yoga

3976 Piedmont Ave.

Oakland, CA 94611

Email: info@piedmontyogacommunity.org

Piedmont is a non-profit organization whose mission is to serve the community by making yoga accessible to people with special needs and disabilities. They offer classes and teacher training workshops. Classes are offered to people with disabilities on a free of charge or sliding scale depending on ability to pay.

Adaptive Sports and Recreation Association (ASRA)

www.adaptivesportsandrec.org

PO Box 153792

San Diego, CA 92195

Phone: 619-336-1806

Email: info@adaptivesportsandrec.org

Adaptive Sports & Recreation Association's mission is to provide sports and recreation activities for children and adults with physical disabilities to ensure opportunities equal to their peers.

Shadow Hills Riding Club

<http://shadowhillsridingclub.org/>

10263 La Canada Way

Shadow Hills, CA 91040

Phone: 213-761-0549

Email: info@shadowhillsridingclub.org

Shadow Hills Riding Club offers therapeutic riding programs in which horses are used as a tool for physical therapy, emotional growth and learning for individuals with mental, physical, and/or emotional disabilities.

SoCal Trykers Chapter of National Ambucs

<https://socaltrykers.wixsite.com/ambucs>

Phone: 714-356-4475

Email: SoCalTrykers@gmail.com

To provide children and adults with disabilities the opportunity to participate in activities that promote independence, social interaction, mobility, strength, self-esteem and quality of life, by assisting them in obtaining Amtryke adaptive tricycles, through fundraising and volunteer efforts.

Inclusion Matters by Shane's Inspiration

<https://inclusionmatters.org/>

15213 Burbank Boulevard

Los Angeles, CA 91411

Phone: 818-988-5676

Email: info@inclusionmatters.org

Inclusion Matters by Shane's Inspiration is an international non-profit fostering a bias-free world for children with disabilities through the creation of inclusive playgrounds and educational programs that unite children of all abilities worldwide.

Achieve Tahoe

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

Physical Address:

2680 Alpine Meadows Road, B3686

Alpine Meadows, CA 96146

Mailing Address:

PO Box 8339

Truckee, CA 96162

Phone: 530-581-4161

Email: Info@achievetahoe.org

Turning Point

<http://www.turningpointnation.org>

403 Pacific Ave

Terrell, TX 75160

Email: point@turningpointnation.org

Turning Point teaches people with mobility impairments the skills necessary to fully enjoy the outdoors and sponsors a wide variety of activities. The organization has chapters in Texas, Oklahoma, California and North Carolina.

Up & Away Ballooning

www.up-away.com

4086 Byway E.

Napa, CA 94558

Phone: 707-836-0171

Email: info@up-away.com

Offers wheelchair accessible hot air ballooning.

U.S. Adaptive Recreation Center

www.usarc.org

Physical Address:

43101 Goldmine Drive

Big Bear Lake, CA 92315

Mailing Address:

PO Box 2897

Big Bear Lake, CA 92315

Phone: 909-584-0269

Email: mail@usarc.org

USARC is committed to facilitating challenging and adventurous recreational programming for people with disabilities. Winter programs include skiing and snowboarding. Summer programs include wet and wild water skiing, jet skiing, kayaking, sailing and fishing.

United Way

United Way

<http://www.unitedway.org>

Mailing Address:

United Way Worldwide

701 N. Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter your postal code for an 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.

Veterans Benefits

US Dept of Veterans Affairs VA Facility Locator

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

Click on state of California.

California Dept. of Veterans Affairs

<http://www.calvet.ca.gov>

Physical Address:

1227 O Street

Sacramento, CA 95814

Mailing Address:

PO Box 942895

Sacramento, CA 94295

Phone: 800-952-5626 (Toll-free), 800-221-8998 (Outside California)

TDD: 800-324-5966

Paralyzed Veterans of America Chapters & Service Offices: California

www.pva.org

Bay Area & Western Chapter of PVA

3801 Miranda Ave

Bldg. 7, Room E-118

Palo Alto, CA 94304-1207

Phone: 866-734-0857 (National Service Number), 650-858-3936

Cal-Diego Chapter PVA

3350 La Jolla Village Dr., 1A-118

San Diego, CA 92161

Phone: 858-450-1443
Email: info@caldiegopva.org

California Chapter of PVA
5901 E. Seventh St.
Building 150., Room R-204
Long Beach, CA 90822-5021
Phone: 562-826-5713
Email: info@pvacc.org

ALS

The ALS Association National Office

<http://www.alsa.org>
1300 Wilson Blvd, Suite 600
Arlington, VA 22209
Phone: 800-782-4747
Email: alsinfo@als.org
Please see this link for support groups in California:
http://webgw.alsa.org/site/PageNavigator/GW_8_SupportGroups.html

Muscular Dystrophy Association's ALS Research Centers

UC Irvine ALS Clinic

200 South Manchester, Suite 110
Orange, CA 92868
Phone: 714-456-2332

Forbes Norris ALS Research and Treatment Center

California Pacific Medical Center
1100 Van Ness, 6th Floor
San Francisco, CA 94109
Phone: 415-600-1264
Email: leonmr@sutterhealth.org

UCSF ALS Research and Treatment Center

400 Parnassus Ave, 8th Floor
San Francisco, CA 94117
Phone: 415-353-2122
Email: alscenter@ucsf.edu

ALS Association Louisiana-Mississippi Chapter

http://webla.alsa.org/site/PageServer?pagename=LA_homepage
Mailing Address:
14241 Coursey Blvd, Ste A12 #374
Baton Rouge, LA 70817
Phone: 225-343-9880
Email: info@alsalams.org

Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.

Dream Foundation

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

1528 Chapala Street, Suite 304

Santa Barbara, CA 93101

Phone: 888-437-3267

Serving terminally-ill adults and their families by providing end-of-life dreams that offer inspiration, comfort and closure.

Brain Injury

Brain Injury Association of California

<http://biacal.org/>

5215 Ashe Rd

Bakersfield, CA 93313

Phone: 833-636-3824, 833-Mend-TBI

Brain Injury Association of America

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

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750, 800-444-6443 (Information center)

Email: info@biausa.org

Santa Clara Valley Medical Center

<https://www.scvmc.org/health-care-services/Rehabilitation/Pages/Brain-Injury.aspx>

751 South Bascom Avenue

San Jose, CA 95128

Phone: 408-885-5000, 408-971-4068 (TTY)

High Hopes Head Injury Program

www.highhopes.ws

2953 Edinger Ave

Tustin, CA 92780

Phone: 949-733-0044

Email: info@highhopes.ws

A non-profit organization that offers an adult day care program to people with brain injuries. Their physical programs include conditioning classes, therapeutic swimming at a local pool, nautilus weight training at a local gym, and physical therapy. Rehabilitation activities are offered for cognitive and social challenges. Students manage a "Lunch Express" business that makes lunch twice weekly for students and staff. Other services include vocational art classes, pre-vocational training, music classes, community activities, independent living classes, occupational therapy and speech therapy.

Jodi House

www.jodihouse.org

625 Chapala Street

Santa Barbara, CA 93101

Phone: 805-563-2882

Email: info@jodihouse.org

Cerebral Palsy

United Cerebral Palsy (UCP)

<http://www.ucp.org>

National Office

8401 Old Courthouse Rd

Vienna, VA 22182

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

Email: info@ucp.org

Lists 12 California chapters. To find a local chapter, click on “Our Network” then click on “Find a UCP Affiliate Near You”.

Friedreich’s Ataxia

National Ataxia Foundation

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

Click on support groups, click on California

California Ataxia Support Groups

Los Angeles Area Support Group

Peter Selak

Email: peter.selak47@gmail.com

Northern California Area Support Group

Fernando and Rocio Wu

Danville, CA

Email: northerncalataxia@gmail.com

Facebook Group: <https://www.facebook.com/groups/592006361008986/>

Orange County Area Support Group

Cindy De Mint

Yorba Linda, CA

Phone: 714-329-4437

Email: cindyocataxia@gmail.com

Support Group Website: <http://orangecountyAtaxia.org/>

Facebook Group: <https://www.facebook.com/groups/1980393985511432>

San Diego Support Group

Pamela Kahn

Phone: 760-855-0487

Email: sdataxia@gmail.com

NAF Ambassadors

Darrell Owens

Davis, CA

Phone: 530-601-7583

E-mail: droopydog36@hotmail.com

Facebook Group: <https://www.facebook.com/groups/1803967426554127/>

Deborah Levi

Morro Bay, CA

Phone: 805-407-0437

E-mail: Debbielevi213@yahoo.com

Deborah Omictin

Hayward, CA

Phone: 510-783-3190

E-mail: rsisbig@aol.com

Martha Elliott

Camarillo, CA

Phone: 805-987-2490

E-mail: DOCElliott268@gmail.com

Guillain-Barre 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 North America), 610-667-0131 (Office)

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society (NMSS)

www.nationalmssociety.org

Phone: 800-344-4867

NMSS Chapters:

Northern California Chapter

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

Physical Address:

Sacramento Office

4153 Northgate Blvd

Suite 6

Sacramento, CA 95834

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Pacific South Coast Chapter

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

San Diego & Hawaii Office

Physical Address:

9915 Mira Mesa Boulevard

Suite 325

San Diego, CA 92131

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Southern California Chapter

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

Physical Address:

5150 W. Goldleaf Circle, Suite 400

Los Angeles, CA 90056

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Multiple Sclerosis Association of America (MSAA)

<https://mymsaa.org/>

National Headquarters

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: msaa@mymsaa.org

MSAA's Western Regional Office

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

Phone: 800-532-7667, extension 155

Email: western@mymsaa.org

Familia Unida

<http://msfamiliaunida.org>

4716 E. Cesar Chavez Ave

Los Angeles, CA 90022

Phone: 323-418-2667

Email: info@familia-unida.org

Familia Unida Living with MS, e.g. Familia Unida provides unconditional love, hope and support to individuals and families living with MS and disabilities to maximize the Quality of Life

Muscular Dystrophy

Muscular Dystrophy Association

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

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter zip code for California chapters.

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

Their Post-Polio Directory lists health professionals, clinics, and support groups:

<https://post-polio.org/wp-content/uploads/2021/06/PDIR-2021C.pdf>

Spina Bifida

Spina Bifida Association

<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

SBA of California

<https://www.spinabifidaassociation.org/chapter/spina-bifida-association-of-california/>

Gage Abell

Phone: 202-900-8878

Email: gabell@sbaa.org

Spinal Cord Injury

Life Rolls On Foundation

<http://www.liferollson.org>

Mailing Address:

PO Box 45770

Los Angeles, CA 90045

Phone: 424-272-1992

Provides adaptive surfing and skating to individuals with disabilities.

NorCal SCI Foundation

www.norcalsci.org

Phone: 408-458-9863

Email: info@norcalsci.org

Provides information and resources for the spinal cord injury/disorder community in Northern California.

Northridge Hospital Medical Center

<http://www.northridgehospital.org/index.htm>

18300 Roscoe Blvd

Northridge, CA 91328

Phone: 877-587-1309, 866-838-0034, ext. 3656 (Spinal Cord Injury Support Group)

Spinal cord injury education support group

Pushrim Foundation

<https://www.facebook.com/pushrimfoundation/>

5280 E. Beverly Blvd Suite C209

Los Angeles, CA 90022

Phone: 424-210-7797

Email: info@pushrimfoundation.org

Pushrim is a non-profit organization that provides individuals with spinal cord injuries a social media platform to collectively share resources and information. Pushrim hosts a support group every third Thursday at Precision Rehab in Long Beach.

QUAD Foundation

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

306-N West El Norte Parkway #441

Escondido, CA 92026

Rally4Reilly & Friends

<https://www.rally4reilly.org/wellness-grants>

The Rally4Reilly Wellness Fund provides financial support to people affected by spinal cord injuries. Grants are awarded quarterly and are contingent upon available funds. Approved applicants, many of whom have no insurance or inadequate coverage, will

receive an annual grant that can be used for a variety of items and services such as wheelchairs, vans, ramps, voice-activated systems, in-home help, and bills.

Rancho Los Amigos National Rehabilitation Center

<https://dhs.lacounty.gov/rancho/>

7601 East Imperial Highway

Downey, CA 90242

Phone: 562-385-7111, 877-726-2461 (Toll-free), 562-385-8450 (TTY/TDD)

Rancho Los Amigos is the Southern California Spinal Cord Injury Model System and is one of the 14 model spinal cord injury facilities in the U.S.

Reeve-Irvine Research Center (RIRC)

<http://www.reeve.uci.edu>

University of California, Irvine

Gillespie Neuroscience Research Facility

Irvine, CA 92697-4265

Phone: 949-824-0210

Email: rirc@uci.edu

The mission of the RIRC is to find new treatments for spinal cord injury through the collaborative research and educational efforts of prominent scientists and clinicians both at the University of California, Irvine and around the world. The Reeve-Irvine Research Center (RIRC) was launched in 1996 when Mrs. Joan-Irvine Smith provided \$1 million to start a spinal cord injury (SCI) research center and invited Christopher Reeve to participate.

Sacramento Spinal Foundation

www.sacspinalfoundation.org

Mailing Address:

2549 Del Monte Street

West Sacramento, CA 95691

Phone: 916-661-9563

Email: sacspinalfoundation@gmail.com

The Sacramento Spinal Foundation is dedicated to enhancing the lives of individuals with spinal cord injuries and their families in Sacramento and Yolo counties. Their goal is to raise awareness, provide resources and financial assistance to SCI individuals for home safety improvements, smart home technologies, personal care and intensive physical and occupational therapy.

Santa Clara Valley Medical Center: Spinal Cord Injury Program

<https://www.scvmc.org/health-care-services/Rehabilitation/Pages/Spinal-Cord-Injury.aspx>

Rehabilitation Research Center

751 S Bascom Ave

San Jose, CA 95128

Phone: 408-885-5000, 408-971-4068 (TTY)

Santa Clara Valley Medical Center's Peer Support Programs

<https://www.scvmc.org/health-care-services/Rehabilitation/Pages/Rehabilitation-Support-Programs.aspx>

Spinal Cord Injury Peer Support Program

751 S. Bascom Avenue

San Jose, CA 95128

Phone: 408-885-2397

Email: Robert.Medel@hhs.sccgov.org

They offer various support groups for people with spinal cord injuries--including one for women and one for the newly injured and their families.

TRIUMPH Foundation

www.triumph-foundation.org

Mailing Address:

27811 Avenue Hopkins, Unit 5

Valencia, CA 91355

Phone: 661-803-3700

A non-profit organization that works to minimize the obstacles one faces after a spinal cord injury by providing information and mentorship. They provide Care Baskets full of resources to newly injured individuals throughout Southern California. They also lead SCI support groups, offer adaptive sports programs, and offer grants to help individuals get necessary adaptive equipment for activities of daily living.

Berkeley SCI Active Network Peer Group

www.facebook.com/groups/scipeersupport/

Ed Roberts Campus

3075 Adeline St

Berkeley, CA 94703

Phone: 510-693-2689 (Walter), 510-868-9175 (Tom)

Email: walter@everydayabilities.org

Meets 2nd Thursday of the month, 6:00-8:30pm.

San Francisco SCI Active Network Peer Group

www.facebook.com/groups/scipeersupport/

Independent Living Resource Center San Francisco

825 Howard St

San Francisco, CA 94103

Phone: 510-693-2689 (Walter), 510-868-9175 (Tom)

Email: walter@everydayabilities.org

Meets 4th Thursday of the month, 6:00-8:30pm.

Independent Living Resources of Solano & Contra Costa Counties

www.ilrsc.org

Peer Counseling & Support

1850 Gateway Blvd, Suite 170

Concord, CA 94520

Phone: 925-363-7293

Email: info@ilrsc.org

Napa Spinal Cord Injury Network

www.facebook.com/Napaspinalordinjurynetwork?ref=hl

UC Davis Medical Center SCI Peer Support Group

https://health.ucdavis.edu/medicalcenter/patients/support_groups.html

Sacramento, CA

Room 0343

Phone: 916-734-3467 (Contact Holly Bleasdale)

Meets every Wednesday from 3:00-4:00pm.

Santa Clara Valley Medical Center: Spinal Cord Injury Peer Support Program

<https://www.scvmc.org/health-care-services/rehabilitation/peer-support/spinal-cord-injury>

Phone: 408-885-2397 (Contact Robert Medel)

Email: Robert.Medel@hhs.sccgov.org

Sonoma Marin SCI Support Group

<https://www.facebook.com/groups/SoCoSCIsupport/about>

Sequoia Senior Solutions

1372 N. McDowell Blvd Suite-S

Petaluma, CA

Meets 3rd Monday of every month, 4:00-5:30pm

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

Stroke Association of Southern California

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

PO Box 2098

Santa Monica, CA 90406

Phone: 310-575-1699

Email: contact@strokesocal.org

UCLA Health Stroke Center

<https://www.uclahealth.org/medical-services/neurology/stroke>

300 UCLA Medical Plaza, Suite B200

Los Angeles, CA 90095

Phone: 310-794-1195

Stanford University Stroke Center

<http://neurology.stanford.edu/stroke/>

Stanford Neuroscience Health Center
213 Quarry Rd, MC 5957
Palo Alto, CA 94304
Phone: 650-723-6469

Syringomyelia & Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<http://www.asap.org>

PO Box 1586

Longview, TX 75606-1586

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

Email: Info@ASAP.org

Please contact them for support groups in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

General Disability Resources

AbilityFirst

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

789 North Fair Oaks Ave

Pasadena, CA 91103

Phone: 626-396-1010, 877-768-4600

Email: info@abilityfirst.org

Carries the endorsement of the Social Service Department of the City of Los Angeles. All centers are licensed by the State of California Department of Social Services. Vocational Services programs are accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and the Resident Camps are accredited by the American Camping Association (ACA).

Access Northern California

<http://accessnca.org/>

A non-profit organization dedicated to facilitating greater access to travel and recreational opportunities in Northern California for people with physical disabilities.

A Touch of Understanding

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

Olive Ranch School
5280 Stirling Street, Suite 102
Granite Bay, CA 95746
Phone: 916-791-4146

A Touch of Understanding (ATOU) is dedicated in providing disability awareness programs to educate people to accept and respect all individuals.

Bakersfield ARC (BARC)

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

4500 California Ave
Bakersfield, CA 93309
Phone: 661-834-2272

Provides essential job training, employment and support services for the intellectually and developmentally disabled and their families as well as more than 15 programs that are designed to provide a full circle of support for adults and seniors in the areas of care, work, advocacy, home, family and recreation.

Be Perfect Foundation

<http://beperfectfoundation.org/>

720 Indigo Ct.
Pomona, CA 91767
Phone: 909-621-9309

Email: support@beperfectfoundation.org

The Be Perfect Foundation is a non-profit organization with a mission to provide direct financial and emotional aid to individuals living with paralysis.

Break the Barriers

<https://breakthebarriers.org/>

8555 North Cedar Avenue
Fresno, CA 93720
Phone: 559-432-6292

Email: classinfo@breakthebarriers.org

Break the Barriers provides programs through ability awareness, outreach and education via performances, assemblies, conferences, workshops and clinics promoting integrated sports, performing arts, aquatics, and health and fitness programs.

California Advocates for Nursing Home Reform's Nursing Home Guide

<https://canhr.org/fact-sheets-english/>

Mailing Address:

CANHR
1803 6th Street
Berkeley, CA 94710
Phone: 415-974-5171, 800-474-1116 (Toll-free; consumers only)

Email: canhrmail@canhr.org

Database lets you enter a city and search by some special needs like spinal cord injury, MS, ALS as well as whether the nursing home accepts Medicare or Medi-Cal.

California AgrAbility

<https://calagrability.ucdavis.edu/>

University of California, Davis
Dept. of Biological & Agricultural Engineering
3030 Bainer Hall
One Shields Ave
Davis, CA 95616-5294
Phone: 530-752-1613, 800-477-6129 (Toll-free)
Email: calagra@ucdavis.edu

CalAgrAbility serves individuals with disabilities who are part of rural America including those who work in agriculture (farmers, agricultural farm workers, and ranchers). Provides information and links people with disabilities to assistance services. Also provides services in Spanish.

California Health Advocates

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

5380 Elvas Avenue, Suite 221
Sacramento, CA 95819
Phone: 916-465-8104 (Out of state), 855-613-7080 (In-state)
Email: news@cahealthadvocates.org

CHA is a non-profit organization dedicated to Medicare advocacy and education for Californians. Their website provides accurate and unbiased information about Medicare benefits and long-term care for people who live in California.

California Health Care Foundation

www.chcf.org

1438 Webster Street #400
Oakland, CA 94612
Phone: 510-238-1040

Helps locate and evaluate long-term care, nursing homes, and hospice care in California.

California Institute for Regenerative Medicine (CIRM)

<http://www.cirm.ca.gov>

601 Gateway Blvd, Suite 400
South San Francisco, CA 94080
Phone: 510-340-9101
Email: info@cirm.ca.gov

California Telephone Access Program

<https://californiaphones.org/>

CTAP Contact Center
PO Box 30310
Stockton, CA 95213
Phone: 800-806-1191, 800-806-4474 (TTY)

This state program provides specialized free phones to eligible Californians. The phones make it easier to dial, call, and hear.

Californians for Disability Rights

www.disabilityrights-cdr.org

17595 Harvard Ave, C2480-C

Irvine, CA 92614

Phone: 949-979-6850

A cross-disability group whose members promote advocacy for people with disabilities.

Cottage Rehabilitation Hospital Jr. Wheelchair Sports Camp

<https://www.cottagehealth.org/services/rehabilitation/junior-wheelchair-sports-camp/>

Physical Address:

2415 De La Vina St

Santa Barbara, CA 93105-3819

Mailing Address:

PO Box 689

Santa Barbara, CA 93102-0689

Phone: 805-687-7444

Email: kkaur@sbch.org

Cottage Rehabilitation Hospital's camp provides recreational and competitive opportunities for youth athletes ages 6-19 with physical disabilities who use a wheelchair, or could use a wheelchair, to participate in sports and recreation. Sports and recreation activities include basketball, rugby, tennis, swimming, hand cycling, climbing wall and MORE! Camps are free to all participants. For more information call 805-569-8999 x82102.

Craig Empowerment Center at the CR Johnson Healing Center

<https://crjohnson.org/>

Physical Address:

10775 Pioneer Trail Suite108

Truckee, CA 96161

Mailing Address:

PO Box 3212

Truckee, CA 96160

Phone: 530-562-4270

Email: info@highfivesfoundation.com

The CR Johnson Healing Center is a 2,800 sq/ft training facility providing resources for athletes in recovery from life-altering and sport related injuries. On August 10th, 2011, the High Fives Non-Profit Foundation opened the CR Johnson Healing Center as a program service to commemorate the professional skier and beloved Truckee resident's birthday, CR Johnson. The Healing Center provides a space in which High Fives Athletes and community members can continue to work toward their goals in a private, "no questions asked" facility. Craig Hospital, a world-renowned research and rehabilitation hospital for people who have sustained a spinal cord injury and/or brain injury, along with the high fives foundation unveiled the Craig Empowerment Center in Dec. 2016 – an 800 square-foot addition to the CR Johnson Healing Center in Truckee, Calif. The center not only adds space and top-of-the-line training equipment, but also provides additional training resources from Craig's specialized therapy staff.

Disability Benefits 101 (for California)

<http://ca.db101.org/>

Gives people with disabilities tools and information on health coverage, benefits, and employment.

Earthquake Country Alliance

www.earthquakecountry.org/disability

The Earthquake Country Alliance is a partnership of regional alliances in Southern California, the Bay Area, and the Redwood Coast, administered by the Southern California Earthquake Center at USC. Provides info and resources on earthquake preparedness for people with disabilities.

Easy Does It Emergency Services

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

Phone: 510-845-5513, 510-704-2111 (24/7 Emergency Dispatch Line)

Email: info@easydoesitservices.org

Easy Does It Emergency Services provides assistance to the elderly and individuals with disabilities living independently in the City of Berkeley. Should a disabled person experience an unforeseen crisis or a temporary lapse in his or her own regular attendant care, that person can call upon Easy Does It for assistance at the time of need. Easy Does It Emergency Services does not provide medical care, and if it is aware of a medical emergency promptly contacts appropriate medical personnel. EDI also provides a wheelchair repair and transportation program.

InSpirit

<http://www.inspirit-marin.org>

<http://www.inspirit-marin.org/pages/assistance.html>

Mailing Address:

PO Box 383

Woodacre, CA 94973

Phone: 415-488-0477

Email: info@inspiritmarin.org

Offers financial aid for Personal Care Attendants to empower quadriplegics in Marin County to sustain their health, continue their participation in their families and communities, and avoid nursing home placement.

Interwork Institute, San Diego State University

<http://interwork.sdsu.edu/>

6367 Alvarado Ct., Suite 350

San Diego, CA 92120

Interwork's core mission is to enable individuals, organizations and communities to support, appreciate and engage diverse members in community integration through education, research and advocacy.

Joni and Friends International Disability Center

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

Headquarters

30009 Ladyface Ct.
Agoura Hills, CA 91301
Phone: 818-707-5664
Email: info@joniandfriends.org

Kids Included Together San Diego (KIT)

<https://www.kit.org/>
2820 Roosevelt Road, Suite 202
San Diego, CA 92106
Phone: 858-225-5680, 844-871-2966 (Toll-free)
Email: info@KIT.org

Supports recreational and social programs that include children with and without disabilities in after school programs and community programs like Girl Scouts.

Long Beach's Citizens' Advisory Commission on Disabilities (CACOD)

<http://www.longbeach.gov/citymanager/ada/cacod/>

City Hall
411 W. Ocean Blvd
Long Beach, CA 90802
Phone: 562-570-6257
Email: Jennifer.Kumiyama@longbeach.gov

CACOD's purpose is to advise the Mayor and City Council on the concerns and issues affecting people with disabilities in the community.

Matrix Parent Network and Resource Center

<http://www.matrixparents.org/>
2400 Las Gallinas Avenue, Suite 100
San Rafael, CA 94903-1454
Phone: 800-578-2592 (Toll-free helpline), 415-884-3535 (General information)
Email: info@matrixparents.org, helpline@matrixparents.org

Empowering families of children with special needs to successfully understand and access the systems that serve them.

Legal Aid Association of California

<https://www.laaonline.org>
1832 Second Street, Suite 105
Berkeley, CA 94710
Phone: 510-893-3000
Email: info@laaonline.org
Directory of California Legal Services Programs

The Orange County Asian and Pacific Islander Community Alliance (OCAPICA)

www.ocapica.org
12912 Brookhurst St.
Suite 410
Garden Grove, CA 92840
Phone: 714-636-9095

Email: ocapica@ocapica.org

Partners in Care Foundation

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

732 Mott Street, Suite 150

San Fernando, CA 91340

Phone: 818-837-3775

The Partners in Care Foundation has many programs that shape health care and social services such as access to care, aging well, end-of-life care, families at-risk, education and advocacy, and prevention programs.

Parents Helping Parents

www.php.com

Sobrato Center for Nonprofits

1400 Parkmoor Ave, Suite 100

San Jose, CA 95126

Phone: 408-727-5775, 855-727-5775 (Toll-free)

Email: info@php.com

A non-profit organization where parents help parents of kids with special needs.

PossAbilities

www.teampossabilities.org

Loma Linda University

Professional Plaza Bldg A

25455 Barton Rd., Suite 109A

Loma Linda, CA 92354

Phone: 909-558-6384

Email: possabilities@llu.edu

Fitness center, sports program, support group, social activities for the physically disabled.

Proxy Parent Foundation

<http://proxyparentfoundation.org/>

Mailing Address:

15243 La Cruz Drive #889

Pacific Palisades, CA 90272

Phone: 714-997-3310

Email: info@proxyparentfoundation.org

Proxy Parent Foundation safeguards public benefits for disabled persons through the PLAN of California Master Pooled Trust and provides “family like” Personal Support Services for people with mental illness and other brain disorders.

Ralph’s Riders Foundation

www.ralphsriders.org

601 South Figueroa Street, Suite 2050

Los Angeles, CA 90017

Phone: 424-241-3591

Email: info@ralphsriders.com

Provides peer support and information to people with spinal cord injuries or paralysis.

Rowell Family Empowerment of Northern California

<https://rfenc.org/Home/>

3330 Churn Creek Rd, Suite A-1

Redding, CA 96002

Phone: 530-226-5129

Email: info@rfenc.org

Supports education and advocacy centers. Connects families of children with special needs.

Support for Families of Children with Disabilities

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

832 Folsom Street, Suite 1001

San Francisco, CA 94107

Phone: 415-282-7494 (General), 415-920-5040 (Warmline)

Support for Families of Children with Disabilities offers information, education, and parent-to-parent support free of charge to families of children with any kind of disability or special health care need in San Francisco.

Swim With Mike Foundation

www.SwimWithMike.org

PO Box 51000

Pasadena, CA 91115

Phone: 626-390-7675

Email: info@swimwithmike.org

Swim With Mike offers college scholarships to physically challenged athletes.

Team of Advocates for Special Kids (TASK)

<http://www.taskca.org>

Headquarters

3020 Saturn St, #102

Brea, CA 92821

Phone: 714-533-8275

Team of Advocates for Special Kids (TASK) is a Parent Training and Information Center that Parents & Professionals can turn to for assistance in seeking and obtaining needed early intervention, educational, medical or therapeutic support service for children.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, 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.

Toolworks

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

25 Kearny Street, Suite 400

San Francisco, CA 94108

Phone: 415-733-0990, 415-255-5857 (Videophone)

Email: info@toolworks.org

Toolworks, in partnership with people with disabilities, is a human service agency dedicated to providing the tools and resources that promote independence, equality, and personal satisfaction.

A Wheelchair Rider’s Guide: Los Angeles & Orange County

http://www.scc.ca.gov/webmaster/project_sites/wheel/index.html

Wheelchair Getaways: Accessible Van Rentals

<http://www.wheelchairgetaways.com/california.htm>

Phone: 866-224-1750

Rents adaptive cars and vans to people with disabilities in the San Diego, Los Angeles, and San Francisco areas.

Accessibility on Los Angeles County Metro

<http://www.metro.net/around/riders-disabilities/>

One Gateway Plaza

Los Angeles, CA 90012-2952

Phone: 213-922-6000, 800-621-7828 (Wheelchair lift hotline), 323-466-3876

For a **Los Angeles tourist accessibility guide** visit:

www.latourist.com/accessable.htm

Asians and Pacific Islanders with Disabilities of California

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

905 E. 8th St.

Los Angeles, CA 90021

Phone: 213-207-6838

Email: info@apidisabilities.org

Asians and Pacific Islanders with Disabilities of California (APIDC) gives a voice and a face to Asians and Pacific Islanders (APIs) with physical, mental, and developmental disabilities.

Disabled Resources Center, Inc.

<https://drcinc.org/>

2750 E. Spring Street, Ste #100

Long Beach, CA 90806

Phone: 562- 427-1000, 562-427-1366 (TTY)

Email: info@drcinc.org

To empower people with disabilities to live independently in the community, to make their own decisions about their lives and to advocate on their own behalf. DRC provides services to all people with disabilities, regardless of their age, gender, ethnicity, sexual preference or disability type.

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.