



Connecticut 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.

Connecticut Department of Aging and Disability Services

<http://www.ct.gov/agingservices/site/default.asp>

55 Farmington Avenue, 12th floor

Hartford, Connecticut, 06105

Phone: 860-424-5055, 860-247-0775 (TTY)

National Center on Elder Abuse (NCEA)

<https://ncea.acl.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

Doreen's Dance Center: Adapted Dance Classes

<https://www.doreensdancecenter.net/adapted-dance>

711 Middletown Rd

Suite 4

Colchester, CT 06415

Phone: 860-267-7756

Email: info@doreensdancecenter.net

Assistive Technology

Connecticut Tech Act Project

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

Department of Aging and Disability Services

Has an AT loan program.

New England ADA Center (Covers Connecticut)

<http://www.newenglandada.org>

Institute for Human Centered Design

560 Harrison Avenue, Suite #401

Boston, MA 02118

Phone: 617-695-0085, 800-949-4232 (Toll-free)

Email: ADAinfo@IHCDesign.org

New England Assistive Technology (NEAT) Center at Oak Hill

<https://assistivetechology.oakhillct.org/>

120 Holcomb St

Hartford, CT 06112

Phone: 860-242-2274, 860-286-3113 (TTY)

Email: CentersConnect@OakHillCT.org

Eastern Connecticut Assistive Technology Center

<https://www.govserv.org/US/Willimantic/130664083722969/Windham-Regional-Community-Council-%28WRCC%29>

Windham Regional Community Council

872 Main Street

Willimantic, CT 06226

Phone: 860-423-4534

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd., Suite E

Oakland Park, FL 33311

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

Email: info@caregiver.com

Community-Based Fitness Programs

Moving with Hope

<http://movingwithhope.org>

30 Controls Dr.

Shelton, CT 06484

Phone: 203-513-8424

Email: founders@movingwithhope.org

Moving with Hope is a non-profit, 501(c)3 organization dedicated to improving the quality of life for persons with neurological disorders and early onset long term illnesses. They provide financial support, grants, and scholarships to regional clinics that offer affordable, activity based recovery solutions. They also provide low- to moderate-income families opportunities for long term recovery that are not usually available to them.

Community Health Centers

Community Health Center Association of Connecticut

www.chcact.org

1484 Highland Avenue, Suites 2 & 3

Cheshire, CT 06410

Phone: 860-667-7820

Email: ask@chcact.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

Victim Compensation/Assistance

<http://www.jud.state.ct.us>

<https://jud.ct.gov/crimevictim/index.html>

Office of Victim Services

225 Spring Street, 4th Floor

Wethersfield, CT 06109

Phone: 888-286-7347

Email: ovscompensation@jud.ct.gov

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

www.safehorizon.org

Phone: 800-621-4673 (24/7 Hotline)

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://nrcdv.org/>

Phone: 800-537-2238

Statewide Hotline: 888-774-2900

The Connecticut Coalition Against Domestic Violence

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

655 Winding Brook Drive, Ste. 4050
Glastonbury, CT 06033
Phone: 860-282-7899, 888-774-2900 (24/7 Help)

Easterseals Offices

Easterseals National Office

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

141 W. Jackson Blvd, Suite 1400A

Chicago, IL 60604

Phone: 800-221-6827 (Toll-free), 312-726-6200

Email: info@easterseals.com

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals 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.

Connecticut Easterseals Offices

<http://www.easterseals.com/connect-locally/?state=CT>

Government Offices For Connecticut

Connecticut State Website

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

Connecticut Department of Social Services

<http://www.ct.gov/dss>

Phone: 855-626-6632, 800-842-4524 (TDD/TTY)

Commission on Human Rights and Opportunities

<http://www.ct.gov/chro/site/default.asp>

450 Columbus Blvd

Hartford, Ct 06103-1835

Phone: 860-541-3400 (Voice and TDD), 800-477-5737 (Connecticut Toll-free)

Connecticut State Bureau of Rehabilitation Services

<https://portal.ct.gov/rehabilitationservices/>

55 Farmington Ave, 12th Floor

Hartford, CT 06105

Phone: 860-424-4840, 860-247-0775 (TTY)

Connecticut State Council on Developmental Disabilities

<https://www.ct.gov/ctcdd/site/default.asp>

460 Capitol Avenue

Hartford, CT 06106

Phone: 800-653-1134 (Toll-free), 860-418-6172 (TTY)

Connecticut Department of Motor Vehicles

<http://www.ct.gov/dmv/cwp/view.asp?a=814&q=245268>

Compliance Unit

60 State Street

Wethersfield, CT 06161-1050

Motor vehicles are subject to a local property tax under Connecticut state law. This applies whether or not the vehicle is registered. The local property tax is computed and issued by your local tax collector. There may be exemptions for people with disabilities or veterans. For further information about these exemptions, please contact the Assessor in your municipality.

Connecticut Insurance Department

https://portal.ct.gov/cid/?language=en_US

Physical Address:

153 Market St, 7th Floor

Hartford, CT 06103

Mailing Address:

PO Box 816

Hartford, CT 06142-0816

Phone: 860-297-3800, 800-203-3447 (Toll-Free)

Connecticut Workers' Compensation Commission

<http://wcc.state.ct.us/>

Phone: 860-493-1500, 800-223-9675 (Toll-free in Connecticut)

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/>

Connecticut Long Term Care Ombudsman Program

<http://www.ct.gov/lcop/site/default.asp>

55 Farmington Ave

Hartford, CT 06105-3730

Phone: 860-424-5200, 866-388-1888 (Toll-free)

Email: ltcop@ct.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

Housing and Urban Development Office

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

www.hud.gov

Hartford Field Office

One Corporate Center

20 Church Street, 10th Floor

Hartford, CT 06103-3220

Phone: 860-240-4800, 800-877-8339 (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)

Connecticut State Independent Living Council

151 New Park Avenue

Hartford, CT 06106

Phone: 860-681-7599

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.

Library Services

Connecticut Library for Accessible Books

<https://ctstatelibrary.org/lbph/>

Middletown Library Service Center

786 South Main Street

Middletown, CT 06457

Phone: 860-704-2220, 800-842-4516 (Toll-free)

Email: csl.AccessibleBooks@ct.gov

Neurorecovery Network (NRN)

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

Peer Support Programs

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

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

Disability Rights Connecticut

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

75 Charter Oak Ave, Ste 1-101

Hartford, CT 06106

Phone: 860-297-4300, 800-842-7303 (Toll-free)

Email: info@disrightsct.org

Connecticut Parent Advocacy Center

<http://www.cpacinc.org/>
5 Shaws Cove, Suite 102
New London, CT 06320
Phone: 860-739-3089
Email: cpac@cpacinc.org

Center for Disability Rights

<http://cdr-ct.org/>
369 Highland St.
West Haven, CT 06516
Phone: 203-934-7077
Email: info@cdr-ct.org

Service Dogs

Educated Canines Assisting with Disabilities

www.ecad1.org
PO Box 831
Torrington, CT 06790
Phone: 860-489-6550
Email: info@ecad1.org

Canine Companions for Independence (CCI)

<http://www.cci.org>
Northeast Regional Training Facility
Miller Family Campus
286 Middle Island Road
Medford, NY 11763
Phone: 631-561-0200, 800-572-2275 (Toll-free)
CCI's Northeast Regional Training Facility serves several states, including Connecticut.

Sports And Recreation

Adaptive Sports New England

<http://adaptivesportsne.org/>
89 South St, Suite 603
Boston, MA 02111
Phone: 617-690-9103
Email: joe.walsh@adaptivesportsne.org

Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

Sports Association Gaylord Hospital

<http://www.gaylord.org/about-gaylord/sports-association.aspx>
50 Gaylord Farm Road
Wallingford, CT 06492

Phone: 203-284-2772
Email: sports@gaylord.org

Hospital for Special Care's Adaptive Sports Program
<https://hfsc.org/sports-and-fitness/adaptive-sports-program/>
2150 Corbin Ave.
New Britain, CT 06053
Phone: 860-832-6220

Horses Healing Humans CT
<http://www.horseshealinghumansct.org/>
The Light House Homestead & Stables
340 New London Tpke
Stonington, CT 06378
Phone: 860-445-7626, ext 106
Email: info@lhcampus.com

Experienced, caring instructors and therapists at Horses Healing Humans at Starboard Stables create individualized equine programs for people from all walks of life, all abilities and challenges.

Leaps of Faith Adaptive Skiers
<http://lofadaptiveskiers.org/>
Mailing Address:
90 Housatonic Drive
Sandy Hook, CT 06482
Phone: 203-426-0666
Email: lofskiers@gmail.com

Offers training in recreational and competitive water and snow skiing to both children and adults with disabilities.

New England Science & Sailing Foundation
www.nessf.org
72 Water St
PO Box 733
Stonington, CT 06378
Phone: 860-535-9362
Email: office@nessf.org

In 2017, with the help of Sail to Prevail, the New England Science & Sailing Foundation (NESS) launched its adaptive sailing program. NESS's adaptive sailing program brings the fun and therapeutic qualities of sailing to individuals with diverse needs. NESS's Independence 20 sailboat is a super stable boat and is outfitted with two bucket seats that can pivot from one side of the boat to the other. These seats are equipped with 5-point harnesses so when sailors are steering the boat or handling lines, they can feel secure out on the water.

United Way Offices

United Way National Headquarters

<http://www.unitedway.org>

Mailing Address:

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Find a United Way office in your area.

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

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator

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

Click on state of Connecticut.

New England Chapter PVA Office

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

1208 VFW Parkway, Suite 301

West Roxbury, MA 02132

Phone: 617-942-8678 (Local), 800-660-1181 (Toll-free)

ALS

ALS Association

www.alsa.org

National Office

1300 Wilson Blvd, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

The ALS Association Connecticut Chapter

<http://www.alsact.org>

4 Oxford Road

Suite E4

Milford, CT 06460

Phone: 203-874-5050

Email: info@alsact.org

ALS Clinics and Treatment Centers:

Hospital for Special Care

<https://hfsc.org/specialties/neuromuscular-care/>

2150 Corbin Avenue
New Britain, CT 06053
Phone: 860-612-6305

Yale ALS/Motor Neuron Disease Clinic
Uzma Usman, MBBS, MD, Director
800 Howard Avenue
New Haven, CT 06519
Phone: 203-785-4085

Brain Injury

Brain Injury Alliance of Connecticut

<http://www.biact.org/>
200 Day Hill Rd, Suite 250
Windsor, CT 06095
Phone: 860-219-0291
Email: general@biact.org

Cerebral Palsy

UCP of Eastern Connecticut

www.ucpect.org
42 Norwich Road
Quaker Hill, CT 06375
Phone: 860-443-3800
Email: info@ucpect.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

Guillain-Barré Syndrome / Cidp

Guillain-Barré Syndrome/CIDP Foundation International

<http://gbs-cidp.org/>
Mailing Address:
375 East Elm St, Suite 101

Conshohocken, PA 19428
Phone: 610-667-0131 (Office), 866-224-3301 (Toll-Free North America)
Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society, Connecticut Chapter

www.ctfightsms.org

Physical Address:

1111 Cromwell Ave

Suite 302C

Rocky Hill, CT 06067

Mailing Address:

PO Box 289

Canton, MA 02021

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

Multiple Sclerosis Association of America Northeast Regional Office

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

Phone: 800-532-7667, extension 144

Email: northeast@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: 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

Directory lists Health Professionals, Clinics, and Support Groups. Click USA then choose State.

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.

Spinal Cord Injury

United Spinal Association Connecticut Chapter

<http://www.sciact.org>

PO Box 400
Gaylord Farms Rd
Wallingford, CT 06492
Phone: 203-284-2910

Stroke

American Stroke Association

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

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-478-7653
Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-ASAP-282 (Toll-free)
Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330 (EST)
Mailing Address:
PO Box 826962
Philadelphia, PA 19182-6962
Contact them for local info.

General Disability Resources

Center for Medicare Advocacy, National Office

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

PO Box 350

Willimantic, CT 06226

Phone: 860-456-7790

Connecticut Yellow Pages for Kids with Disabilities

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

Connecticut Birth to Three System

<http://www.birth23.org/>

Office of Early Childhood

450 Columbus Blvd, Suite 205

Hartford, CT 06103-1835

Phone: 800-505-7000, 860-500-4400 (Voice)

Email: CTBirth23@ct.gov

Connecticut Occupational Therapy Association (ConnOTA)

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

Email: info@connota.org

American Physical Therapy Association Connecticut

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

Liberty Square Group

PO Box 459

Tolland, CT 06084

Phone: 857-702-9915

Email: ctapta@libertysquaregroup.com

Connecticut Association of People Supporting Employment First (APSE)

www.apse.org

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

National Office

7361 Calhoun Place

Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Email: ctapse@apse.org

Access Independence

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

300 Long Beach Blvd, Suite #1

Stratford, CT 06615

Phone: 203-378-6977

St. Vincent's Special Needs Services

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

95 Merritt Blvd
Trumbull, CT 06611
Phone: 203-375-6400

Healthboards.com

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

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

2-1-1 of Connecticut

www.211ct.org

Phone: 211 (In-State), 800-203-1234 (Out-of-State)

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.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St, Suite F

Naperville, IL 60563

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

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

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

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