



Delaware Disability Resources

Affordable Care Act (ACA)

About the Affordable Care Act

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

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling

and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Division of Services for Aging and Adults with Physical Disabilities

<http://dhss.delaware.gov/dsaapd/>

Delaware Aging and Disability Resource Center

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

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

Art Works for All

<http://www.artworksforall.org/index.php>

Delaware State University Arts Center/Gallery

1200 North Dupont Highway

Dover, DE 19901

Phone: 302-857-6699

Email: admin@artworksforall.org

Assistive Technology

Delaware Assistive Technology Initiative (DATI)

<http://www.dati.org>

Center for Applied Science & Engineering, Center for Disabilities Studies

College of Education and Human Development

461 Wyoming Rd.

Newark, DE 19716

Director: Beth Mineo Mollica, Ph. D.

Phone: 302-831-0354

Toll-free: 800-870-3284

Email: dati@asel.udel.edu

Offers an AT loan program.

Mid-Atlantic ADA Center (covers Delaware)

<http://www.adainfo.org>

TransGen, Inc.

401 North Washington St., Suite 450
Rockville, MD 20850
Phone/TTY: 301-217-0124
Toll Free: 800-949-4232

Caregivers

Caregiver.com

<https://caregiver.com/>

3920 Riverland Road
Fort Lauderdale, FL 33312
Tel: (954) 893-0550, 1-800-829-2734
Email: info@caregiver.com

Well Spouse Association

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

Delaware Well Spouse Support Group
Wilmington, DE
Debbie Hawk
Phone: 302-994-6606
63 West Main St, Suite H
Freehold, NJ 07728
Phone: 800-839-0879
Email: info@wellspouse.org

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

Mid-Atlantic Association of Community Health Centers

www.machc.com

4319 Forbes Boulevard
Lanham, MD 20706
Phone: 301-577-0097
Email: info@machc.com

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 regional 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

Crime Victim Compensation and Assistance by State

<https://ovc.ojp.gov/states/delaware>

Victim Compensation in Delaware

<http://courts.delaware.gov/>

Phone: 302-995-8383

Victim Assistance in Delaware, The Delaware Criminal Justice Council

<http://www.state.de.us/cjc/weedseed.shtml>

Phone: 302-577-5030

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

Safe Horizon's Links for Domestic Violence Resources

<http://www.safehorizon.org>

Delaware Coalition Against Domestic Violence

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

100 W. 10th St. #903

Wilmington, DE 19801

Phone: 302-658-2958

Email: dcadvadmin@dcadv.org

Easter Seals Offices

Delaware Easter Seals Office

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

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.

Easter Seals Delaware and Maryland's Eastern Shore

www.de.easterseals.com

61 Corporate Circle

New Castle DE, 19720

Phone: 302-324-4444

Toll-free: 800-677-3800

Government Offices For Delaware

Delaware State Website

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

Delaware Health and Social Services. Division of Services for Aging and Adults with Physical Disabilities (DSAAPD)

<http://www.state.de.us/dhss/dsaapd/>

1901 N. Dupont Highway, Main Bldg.

New Castle, DE 19720

Phone: 800-223-9074

Email: dhssinfo@state.de.us

Delaware Division of Long Term Care Residents Protection

<http://dhss.delaware.gov/dhss/dltcrp/>

links to Medicare's website

licensed facilities: <http://www.dhss.delaware.gov/dhss/dltcrp/licfac.html>

Delaware Department of Labor: Division of Vocational Rehabilitation

<http://dvr.delawareworks.com/>

Wilmington

4425 North Market Street

Wilmington, DE 19802

Phone: 302-761-8085

Dover

1114 S. Dupont Hwy., Suite 104

Dover, DE 19901

Phone: 302-739-5473

Newark

Pencader Corporate Center

225 Corporate Blvd., Suite 211

Newark, DE 19702

Phone: 302-453-4350
TTY: 302-453-4136

Georgetown

8 Georgetown Plaza
Georgetown, DE 19947
Phone: 302-856-5230

Delaware Medicaid Office

<http://www.dhss.delaware.gov/dhss/dss/medicaid.html>

1901 N. Dupont Highway
P.O. Box 906, Lewis Bldg.
New Castle, DE 19720
Phone: 302-255-9500

Delaware CHIP Program: Delaware Healthy Children

<http://www.state.de.us/dhss/dss/dhcp.html>

1901 N. Dupont Highway
P.O. Box 906, Lewis Bldg.
New Castle, DE 19720
Phone: 302-255-9500 or 1-800-372-2022

Delaware Insurance Commissioner

<http://www.state.de.us/inscom/default.shtml>

841 Silver Lake Boulevard
Dover, DE 19904
Phone: 302-674-7300, 1-800-282-8611

Delaware Workers Compensation Office

<http://dia.delawareworks.com/workers-comp/>

State Office Building
4425 North Market St.
Wilmington, DE 19802
Phone: 302-761-8200

Delaware State Council for Persons with Disabilities

<http://scpd.delaware.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 LTC Ombudsman

<http://www.dhss.delaware.gov/dsaapd/>

Herman M. Holloway
Division of Services for Aging & Adults
1901 North Dupont Highway
Main Admin. Bldg. Annex
New Castle, DE 19720
Phone: (302) 255-9390
Toll-free: 800-223-9074

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

Fannie Mae

<http://www.fanniemae.com>

Housing and Urban Development (HUD)

www.hud.gov

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

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)

Delaware Independent Living Council

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

700A River Road
Wilmington, DE 19809
Phone (Local): 302-764-6216
TTY: 302-764-6216

Independent Living Research Utilization’s directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

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

Delaware Library Access Services

<http://libraries.delaware.gov/dlas>

121 Martin Luther King Jr. Blvd. North

Dover, DE 19901

Phone: 302-739-4748, 1-800-282-8676

TDD: 302-739-4748

E-mail: debph@lib.de.us

Hours of Operation: 8:00-4:30 M-F

Serves: Delaware. Braille readers receive service from Philadelphia, PA.

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

Disabilities Law Program

<http://declasi.org/index.php/disabilities-law-program>

The Disabilities Law Program ("DLP") is a special project of Community Legal Aid Society, Inc., which is designated by the Governor as the Protection and Advocacy agency (<https://www.youtube.com/watch?v=RszxGq8i050>) in Delaware. Contact the office below that is nearest you.

New Castle County:

100 W. Tenth St., Suite 801
Wilmington, DE 19801
302-575-0690
302-575-0696 (TTY/TDD)
800-292-7980

Kent County:

840 Walker Road
Dover, DE 19904
302-674-8503 (TTY/TDD Also)
800-537-8383

Sussex County:

Georgetown Professional Park
20151 Office Circle
Georgetown, DE 19947
302-856-3742(TTY/TDD Also)
800-462-7070

Client Assistance Program

United Cerebral Palsy, Inc.
700A River Rd.
Wilmington, DE 19809
Phone: 302-769-2400

Service Dogs

Canine Companions for Independence (CCI)

<http://www.cci.org>

Northeast Regional Training Facility, Miller Family Campus

286 Middle Island Road

Medford, NY 11763

Phone/TTY: 631-561-0200

Toll-free: 800-572-BARK (2275)

CCI's Northeast Regional Training Facility serves several states, including Delaware.

Sports And Recreation

Disabled Sports USA National Headquarters

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

451 Hungerford Drive

Suite 100

Rockville, MD 20850

Phone: 301-217-0960

United Way Offices

United Way

<http://unitedway.org>

Enter postal code for 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.

United Way of Delaware

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

Linden Building, 3rd Floor

625 N Orange St

Wilmington, DE 19801-2296

Phone: 302-573-3700

Veteran Benefits

Veterans Administration: Facility Locator

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

Veterans Administration: Wilmington Regional Office

<https://benefits.va.gov/wilmington/>

1601 Kirkwood Hwy.

Wilmington, DE 19805

Phone: 215-842-2000, 1-800-827-1000

Wilmington VA Medical Center

<https://www.wilmington.va.gov/>

1601 Kirkwood Highway
Wilmington, DE 19805
Phone: 302-994-2511; 800-461-8262

Millsboro VA Primary Care Clinic

214 W. DuPont Highway
Millsboro, DE 19966
Phone: 302- 934-0195

Wilmington VET Center

<https://www.va.gov/directory/guide/facility.asp?ID=5016>

2710 Centerville Rd., Suite 103
Wilmington, DE 19805
Phone: 302-994-1660; 877-927-8387

Paralyzed Veterans of America, Colonial Chapter

www.colonialpva.org

356 E. Main Street, Suite 103
Newark, DE 19711
Phone: 302-861-6671, 1-888-963-6595
Email: office@colonialpva.org

ALS

ALS Association (ALSA)

www.alsa.org

Greater Philadelphia Chapter of ALSA

www.alsphiladelphia.org

(Also serving Delaware)
321 Norristown Rd., Suite 260
Ambler, PA 19002
Phone: 215-643-5434
Toll Free: 1-877-GEHRIG-1
Email: alsassoc@alsphiladelphia.org

Brain Injury

Brain Injury Association of Delaware (BIAD)

<http://biaofde.org/>

P.O. Box 1897
Dover, DE 19903
Toll-free: 800-411-0505
Local: 302-346-2083
Email: admin@biade.org

Cerebral Palsy

UCP of Delaware

www.ucpde.org

700A River Road

Wilmington, DE 19809-2746

Phone: 302-764-2400

E-mail: ucpdc@ucpdc.org

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

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

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Click on Support Groups for state specific information.

Guillain-Barré Syndrome / Cidp

Guillain-Barré Syndrome / CIDP Foundation International

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

375 E. Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Please call them for information in your area

Multiple Sclerosis

Greater Delaware Valley

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

30 South 17th Street, Suite 800

Philadelphia, PA 19103

Phone: 215-271-1500

Toll-free: 800-344-4867

Email: PAE@NMSS.org

Multiple Sclerosis Association of America (MSAA) Northeast Chapter (covers Delaware)

<http://mymsaa.org/about-msaa/regional/>

Lauren Hooper, Regional Director

706 Haddonfield Road

Cherry Hill, NJ 08002

Toll-free: 800-532-7667 extension 144

Phone: 856- 488-4500

E-mail: MSquestions@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your state in the “MDA Care Center Network” section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

<https://post-polio.org/wp-content/uploads/2021/09/PDIR-2021Hsec.pdf>

Lists Health Professionals, Clinics, and Support Groups.

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

P.O. Box 17427

Arlington, VA 22216

Phone: 202-944-3285

Email: sbaa@sbaa.org

Please contact them for info in your area

SBAA Delaware Clinic (pediatric only)

<http://spinabifidaassociation.org/clinics/>

Al Dupont Hospital for Children

Spinal Dysfunction Program

1600 Rockland Rd. P.O. Box 269

Wilmington, DE 19803

Phone: 302-651-5993

Spinal Cord Injury

Thomas Jefferson Spinal Cord Injury Center

<http://www.jefferson.edu/spinalcordcenter/>

Regional Spinal Cord Injury Center of the Delaware Valley

SCI Follow-Up System

Phone: 215-587-3394, 215-955-6579

Delaware Coalition for Injury Prevention

<http://www.dhss.delaware.gov/dhss/dph/ems/iptbi.html>

TBI & Spinal Cord Injury Prevention Team

Stroke

American Stroke Association

<http://stroke.org>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

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

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079

800-ASAP-282

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 614-317-4884

Email: info@myelitis.org

Contact them for local info.

General Disability Resources

Delaware Yellow Pages for Kids

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

State of Delaware Developmental Disabilities Council

<http://ddc.delaware.gov/>

Margaret M. O'Neill Building, 2nd Floor

410 Federal Street, Suite 2

Dover, Delaware 19901

Phone: 302-739-3333

Delaware chapter of the American Physical Therapy Association

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

101 North Broad Street, 2nd Floor

Trenton, NJ 08608
Phone: 609-570-3492
E-mail: delaware@apta.org

Delaware Occupational Therapy Association

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

Healthboards.com – message boards on health related topics. Topics include SCI, CP, Stroke, and more.

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

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

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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