

District of Columbia 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.

https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=district-of-columbia

https://www.healthcare.gov/marketplace-in-your-state/#dc

DC Health Link

https://www.dchealthlink.com/

Phone: 855-532-5465

TTY: 711

The insurance exchange for the District of Columbia.

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.

Department of Aging and Community Living

https://dacl.dc.gov/

500 K Street, NE

Washington, DC 20002 Phone: 202-724-5626

TTY: 711

Alternate Number: Adult Protective Services 202-541-3950

Email: dacl@dc.gov

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

St. John's Community Services

http://www.sics.org/

901 D Street, SW, Suite 800 Washington, DC 20024 Phone: 800-869-3393

202-237-6500

St. John's Community Services runs ART Options, an arts-infused program designed to support the development of vocational, social and life management skills for people with disabilities ages 16 and older.

Assistive Technology

DC Assistive Technology Program

http://www.atpdc.org/

220 I St, NE, Suite 130 Washington, DC 20002 Phone: 202-547-0198

The ATDC is a citywide program that helps District residents with disabilities and seniors to get the assistive technology devices and services to live more independently. People can try out various devices and borrow them for a short term. They also offer a financing loan program, training sessions, and they recycle new and used DME, computers and other equipment.

Mid-Atlantic ADA Center (covers DC)

http://www.adainfo.org

TransCen, Inc.

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

Phone/TTY: 301-217-0124 Toll Free: 800-949-4232 Email: adainfo@transcen.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

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 Victims Compensation Program in DC

https://www.dccourts.gov/services/crime-victims-compensation-matters

Phone: 202-879-4216

Domestic Violence Help

National Domestic Violence Hotline

http://www.thehotline.org/

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

National Resource Center on Domestic Violence (NRCDV)

http://www.nrcdv.org/

1012 14th Street, NW, Suite 209

Washington, DC 20005 Phone: 800-537-2238 E-mail: nrcdvta@nrcdv.org

The NRCDV provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials and projects designed to enhance current domestic violence intervention and prevention strategies.

DC Coalition Against Domestic Violence

http://www.dccadv.org/

1101 14th Street, NW, Suite 300 Washington, DC 20005

Phone: 202-299-1181 E-mail: info@dccadv.org

Safe Horizon: Domestic Violence and Dating Abuse Resources

http://www.safehorizon.org/page/domestic-violence-resources-313.html

House of Ruth

https://houseofruth.org/

5 Thomas Circle NW Washington, DC 20005 Phone: 202-667-7001

Email: intake@houseofruth.org (intake/seeking help), houseofruth.org

(general inquiries)

House of Ruth offers comprehensive support for women, children and families. Their continuum of services encompasses enriched housing for families and single women, trauma-informed daycare for children, and free counseling to empower anyone, regardless of gender, who is a survivor of trauma and abuse. Their programs provide individualized support to rebuild safe, independent, and sustainable lives.

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

Easter Seals Offices

Easter Seals DC/MD/VA

http://gwbr.easterseals.com/

1420 Spring Street Silver Spring, MD 20910

Phone: 301-588-8700

Harry and Jeanette Weinberg Child Development Center

https://www.easterseals.com/DCMDVA/our-programs/childrens-services/easter-seals-

child.html

2800 13th Street, NW

Washington, DC 20009 Phone: 202-387-4434 Email: dc@eseal.org

Easter Seals Project Action Consulting

https://www.projectaction.com/

1101 Vermont Avenue NW, Suite 510

Washington, D.C. 20005

Phone: 844-227-3772 (Toll-free), 202-347-3066

TTY: 202-347-7385

Email: espaconsulting@easterseals.com

Project Action provides affordable, flexible, professional training and consultation on

ADA-accessible transporation issues.

Government Offices

District of Columbia Department of Human Services

http://dhs.dc.gov

64 New York Avenue, NE, 6th Floor

Washington, DC 20002 Phone: 202-671-4200

TTY: 711

Email: dhs@dc.gov

Office of Human Rights

http://ohr.dc.gov/commission

Government of the District of Columbia 441 4th Street NW, Suite 570 North

Washington, DC 20001 Phone: 202-727-4559

TTY: 711

Email: ohr@dc.gov

Medicare

http://www.medicare.gov

Medicare is a federal program; this site is included for convenience.

District of Columbia: Medicaid

https://dhs.dc.gov/service/medical-assistance

https://www.medicaid.gov/medicaid/by-state/stateprofile.html?state=district-of-columbia

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

DC Healthy Families (SCHIP)

https://www.dchealthyfamilies.com/en

DC Healthy Families is a program of the DC Department of Health Care Finance that provides free health insurance for District resident families with children or pregnant women. There is an income qualification.

District of Columbia Vocational Rehabilitation Services

http://dds.dc.gov/node/777322

District of Columbia Department on Disability Services

250 E Street, SW

Washington, DC 20024 Phone: 202-730-1700 TTY: 202-730-1516 Email: dds@dc.gov

The Vocational Rehabilitation (VR) program provides vocational and rehabilitative services to individuals with disabilities to help them prepare for, secure, regain or retain

employment.

District of Columbia Independent Living Services

http://dds.dc.gov/page/independent-living-services

District of Columbia Department on Disability Services

250 E Street, SW

Washington, DC 20024 Phone: 202-730-1700 Email: dds@dc.gov

The Rehabilitation Services Administration (RSA) Independent Living Services (ILS) program provides services to individuals with disabilities to help them to live as independently as possibly in the community.

DC Commission on Persons with Disabilities, Office of Disability Rights

http://odr.dc.gov/page/dc-commission-persons-disabilities

441 4th Street., NW, Suite 729 North

Washington, DC 20001 Phone: 202-724-5055 TTY: 202-727-3363 Email: odr@dc.gov

District of Columbia Developmental Disabilities Council (DDC)

www.ddc.dc.gov

One Judiciary Square 441 4th Street, NW, 729 North Washington, DC 20001

Phone: 202-724-8612

TTY: 711

Email: ddc@dc.gov

The DDC is an independent, community-based advisory committee funded by the U.S. Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities, and the Council possesses a membership of fifteen (15)

dedicated individuals charged with identifying and addressing the most pressing needs of people with developmental disabilities in the DC community.

District of Columbia Department of Employment Services Labor Standards Bureau Office of Workers' Compensation

http://www.does.dc.gov/page/workers-compensation-does

4058 Minnesota Avenue, NE Washington, DC 20019 Phone: 202-671-1000

Email: does@dc.gov

U.S. Department of Transportation: Disability Resource Center

https://www.transportation.gov/drc/disability-resource-center

1200 New Jersey Ave, SE

W56-403

Washington, DC 20590 Phone: 202-493-0625 Email: drc@dot.gov

The Department of Transportation's Disability Resource Center (DRC) provides job accommodations and related services to DOT employees and job applicants.

DC Long-Term Care Ombudsman

https://dacl.dc.gov/

DC Department of Aging and Community Living

500 K St., NE

Washington DC 20002 Phone: 202-724-5626

TTY: 711

Email: dacl@dc.gov

The mission of the 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.

Aging and Disability Resource Center (ADRC)

https://odr.dc.gov/book/Path/ADRC

500 K Street, NE

Washington, DC 20002 Phone: 202-724-5622 202-724-5626

TTY: 202-724-8925 Email: dcoa@dc.gov

On-site are a number of resources and staff members to assist clients including: social workers; an options counselor, income maintenance liaison, housing coordinator, and public health advisors.

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/

Housing

Independent Living Research Utilization: Directory of Centers & SILCs in DC http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/DC

DC Center for Independent Living (DCCIL)

http://www.dccil.org/

Main Office:

2600 12th Street, NE

Washington, DC 20018 Phone: 202-388-0033

SE Office

840 Chesapeake St SE Washington, DC 20032 Phone: 202-889-5802

DCCIL provides information and referral, independent living skills training, peer counseling, and individual and systems advocacy.

Housing and Urban Development (HUD)

www.hud.gov

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)

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

Each state has a SILC.

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: 844-778-7961

Toll-free: 844-778-796 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

DC Talking Book and Braille Program

https://www.dclibrary.org/using-the-library/dc-talking-book-and-braille-program-nls

Center for Accessibility

Martin Luther King Jr. Memorial Library

901 G Street NW, 205D Washington, DC 20001 Phone: 202-727-2142

Videophone: 202-559-5368 Email: DCPLaccess@dc.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 findina outside of this please one state. 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

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-topeer 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

University Legal Services for the District of ColumbiaProtection and Advocacy Program/Disability Rights DC

http://www.uls-dc.org/

220 I Street, NE, Suite 130Washington, DC 20002 Phone: 202-547-0198

TTY: 202-547-2657

Sports And Recreation

K.E.E.N. (Kids Enjoy Exercise Now) Foundation

http://www.keenusa.org/

1900 K Street, NW

Suite 100

Washington, DC 20006

Phone: 866-903-5336 (Toll-free)

E-mail: info@keenusa.org

KEEN provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers.

Medstar: Wheelchair Basketball

http://www.medstarnrh.org/our-services/adaptive-sports-fitness/services/basketball/about-wheelchair-basketball/#q={}

Contact: Harsh Thakkar Phone: 202-877-1859

Email: harsh.v.thakkar@medstar.net

United Way Offices

United Way of the National Capital Area

http://www.unitedwaynca.org/ 1101 15th St., NW Ste. 1000 Washington, DC 20005

Phone: 202-488-2000

Veterans Benefits

US Department of Veterans Affairs: DC Benefits offices

https://www.va.gov/directory/guide/state.asp?STATE=DC&dnum=3

National Capital Regional Benefits Office

http://www.benefits.va.gov/washington/

1722 I St., NW

Washington, DC 20421 Phone: 800-827-1000

Washington DC VA Medical Center http://www.washingtondc.va.gov/

50 Irving St. NW. Washington, DC 20422 Phone: 202-745-8000

877-328-2621

Paralyzed Veterans of America

http://www.pva.org/ National Headquarters 1875 Eye Street NW Suite 1100 Washington, DC 20006-3517

Phone: 800-424-8200 (National Headquarters)

TTY: 800-795-4327

Benefits Help Line: 866-734-0857

E-mail: info@pva.org

ALS

ALS Association's DC/MD/VA chapter

http://webdc.alsa.org 30 W. Gude Dr., Suite 150 Rockville, MD 20850 Phone: 301-978-9855

Phone: 301-978-9855 Email: info@alsinfo.org

Cerebral Palsy

UCP/United Cerebral Palsy

http://ucp.org/ National Office 1825 K Street NW, Suite 600 Washington, DC 20006

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

Email: info@ucp.org

UCP educates, advocates and provides support services to ensure a life without limits for people with a spectrum of disabilities. UCP works to advance the independence, productivity and full citizenship of people with disabilities through an affiliate network that has helped millions.

Guillain-Barré Syndrome / Cidp

GBS/CIDP Foundation International

http://gbs-cidp.org/

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131, 866-224-3301 (Toll-free) Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Greater DC-Maryland Chapter

http://www.nationalmssociety.org/chapters/DCW/index.aspx

One M Street S.E., Suite 510 Washington, DC 20036

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

Multiple Sclerosis Association of America

http://www.mymsaa.org/ National Headquarters 375 Kings Highway North, Suite B

Cherry Hill, NJ 08034 Phone: 800-532-7667

E-mail: msquestions@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

https://www.mda.org/

National Office

1016 W Jackson Blvd #1073

Chicago, Illinois 60607

Phone: 800-572-1717 (Toll-free) Email: resourcecenter@mdausa.org

Enter your zip code in the "Find your local MDA office" box for MDA offices and clinics

that treat MD in your area.

Post-Polio Syndrome

Post-Polio Health International

http://www.post-polio.org

50 Crestwood Executive Center #440

Saint Louis, MO 63126 Phone: 314-534-0475 E-mail: info@post-polio.org

The Post-Polio Directory lists – by state – clinics, physicians, support groups and associations which specialize in post-polio syndrome. It can be downloaded; print copies are available for \$12. The Directory is updated annually.

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

Spinal Cord Injury

Spinal Cord Injury (SCI) Network of Metropolitan Washington

https://unitedspinal.org/chapter/washington-dc-chapter-of-united-spinal-association/

Email: harsh.v.thakkar@medstar.net

Spinal Cord Injury (SCI) Network of Metropolitan Washington is the local chapter of the United Spinal Association, which serves the D.C., Maryland and Northern Virginia areas.

Medstar National Rehabilitation Hospital

http://www.nrhrehab.org/

http://www.medstarhealth.org/mhs/our-locations/

102 Irving Street NW Washington, DC 20010 Phone: 202-877-1000 TDD: 202-877-1450

Offers spinal cord injury rehab services. Also offers a support group for people with spinal

cord injury called "Urban Re-entry Group".

Stroke

American Stroke Association (ASA)

https://www.stroke.org/

National Center 7272 Greenville Avenue Dallas, TX 75231

Phone: 888-478-7653 (Toll-free)

ASA Regional Office:

Greater Washington Region 4601 N Fairfax Dr. Suite 700 Arlington, VA 22203

Phone: 703-248-1700

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

http://www.asap.org/

P.O. Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282 (Toll-free)

E-mail: info@asap.org

Please contact them for resources in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway Powell, OH 43065-8806 Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

District of Columbia Yellow Pages for Kids with Disabilities

http://www.yellowpagesforkids.com/help/dc.htm

Washington, DC Disability Information

http://washington.org/DC-information/washington-dc-disability-information

District of Columbia Physical Therapy Association

http://www.dcpta.com/ Phone: 800-306-5596 E-mail: info@aptadc.org

District of Columbia Occupational Therapy Association

https://dcota.wildapricot.org/

Association of People Supporting Employment First (APSE) DC chapter

https://apse.org/chapter/district-of-columbia/

Phone: 301-279-0060 Email: Christa@apse.org

211 Answers Please

http://answersplease.dc.gov/ Department of Human Services 64 New York Avenue NE Washington, DC 20002 Phone: 202-463-6211

Email: answersplease@dc.gov

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.

Reach a Ride

http://www.reacharide.org/ 777 North Capitol Street NE Suite 300 Washington, DC 20002 Phone: 855-732-2427 (Toll-free)

TTY/TTD: 202-962-3213

Reach a Ride provides information on transportation options for people with disabilities in

the DC area including suburban Maryland and northern Virginia.

Wheelchair Accessible Taxis

Yellow Cab Company of DC

http://www.dcyellowcab.com

Phone: 202-544-1212

Royal Cab Association

http://dctaxionline.com/

Phone 202-398-0500

The above two companies are now providing wheelchair accessible taxi service in DC. Service is available 24/7 throughout the city. Please call one or two hours in advance. Note that the taxis can't accommodate an oversized wheelchair or scooter.

ThinkFirst National Injury Prevention Foundation

http://www.thinkfirst.org

1801 N. Mill Street, Suite F

Naperville, IL 60563 Phone: 630-961-1400

E-mail: 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. Click "Find a Chapter" for contact information for Washington, D.C. chapters.

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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