



# Illinois 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=illinois>

## 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.

### **Illinois Department of Aging**

<https://www2.illinois.gov/aging/Pages/default.aspx>

One Natural Resources Way, Suite 100  
Springfield, IL 62702-1271  
Toll-free: 800-252-8966  
TTY: 1-888-206-1327

### **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.

## **Assistive Technology**

### **Illinois Assistive Technology Project**

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

1020 S. Spring St  
Springfield, IL 62704  
Phone: 217-522-7985, 800-852-5110  
Email: [iatp@iltech.org](mailto:iatp@iltech.org)

### **IATP ATLOAN\$**

<https://iatpatloans.org/>

Phone: 217-522-7985, 800-852-5110 Voice (Illinois only)  
Email: [wparbs@iltech.org](mailto:wparbs@iltech.org)

### **Great Lakes ADA Center**

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

University of Illinois at Chicago  
Institute on Disability & Human Development (MC 728)  
1640 W. Roosevelt Rd, Room 405  
Chicago, IL 60608  
Phone: 312-413-1407  
Toll free: 800-949-4232, 312-767-0377 (Video Phone)

### **Devices 4 the Disabled**

<https://devices4thedisabled.org/>

2701 W. 36th Place

Chicago, IL 60632

Phone: 773-870-1553

Email: [info@Devices4TheDisabled.org](mailto:info@Devices4TheDisabled.org)

Devices 4 the Disabled (D4D1(c)3 nonprofit organization and affiliate of Project HUGS Foundation. Its mission is to collect and distribute used Durable Medical Equipment to people in need. D4D's immediate focus is on gathering inventory and developing a medical equipment distribution system in the Chicago area.

## **Community-Based Fitness Programs**

### **Next Steps of O'Connor Foundation**

[https://www.facebook.com/nextstepschicago/about/?ref=page\\_internal](https://www.facebook.com/nextstepschicago/about/?ref=page_internal)

8434 Corcoran Rd.

Willow Springs, IL 60480

Phone: 708-467-0657

E-mail: [nextstepschicago@gmail.com](mailto:nextstepschicago@gmail.com)

## **Community Health Centers**

### **Illinois Primary Health Care Association**

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

IPHCA Springfield Office

500 South 9<sup>th</sup> Street

Springfield, IL 62701

Phone: 217-541-7300

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

### Illinois Criminal Justice Information Authority

<https://icjia.illinois.gov/>

300 W. Adams St.

Suite 200

Chicago, IL 60606

Phone: 312-793-8550

Email: [cja.irc@illinois.gov](mailto:cja.irc@illinois.gov)

### Illinois Attorney General

<http://www.illinoisattorneygeneral.gov/victims/index.html>

<http://www.illinoisattorneygeneral.gov/victims/cvc.html>

The Illinois Crime Victim Compensation Program

Phone: 800-228-3368 (Crime Victims Assistance Line)

TTY: 877-398-1130

## Domestic Violence Help

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

### Illinois Department of Human Services

#### Domestic Violence Victim Services

<https://www.dhs.state.il.us/page.aspx?item=30275>

Domestic Violence Helpline

Phone: 877-863-6338 (Voice), 877-863-6339 (TTY)

The hotline is toll free, confidential, multilingual, and open 24-hour.

### Illinois Coalition Against Domestic Violence

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

806 South College St.

Springfield, IL 62704

Phone: 217-789-2830

### A Safe Place

<https://asafeplaceforhelp.org/>

2710 17th Street

Zion, IL 60099

Phone: 847-731-7165 (Main Office)

24-Hour Crisis Line: 847-249-4450, 800-600-SAFE, 847-249-6557 (TTY)

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

A Safe Place provides a 24-hour crisis line, case management, legal advocacy, emergency shelter, individual and group therapy, art therapy, affordable transitional permanent housing, scattered site housing, outreach and supportive services to survivors of domestic violence and their children. As well as providing mentoring for adolescent boys, supervised custody exchanges, supervised family visitations, education for teens on healthy relationships, community and professional education, and intervention

services for abusers to learn accountability for their choices and actions 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**

### **Easter Seals**

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

Go to “Connect Locally” tab and enter Illinois in state

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 for the State of Illinois**

### **Illinois State Website**

[www.illinois.gov/](http://www.illinois.gov/)

### **Illinois Disability and Health Program**

<https://dph.illinois.gov/topics-services/life-stages-populations/disability-health-program.html>

### **State of Illinois Human Rights Commission**

<https://www2.illinois.gov/sites/ihrc/Pages/default.aspx>

1000 E. Converse

Suite 1232N

Springfield, Illinois 62702

Phone: 217-785-4350

TDD: 217-557-1500

The Illinois Human Rights Commission is dedicated to promoting freedom from unlawful discrimination as defined by the Illinois Human Rights Act.

### **Illinois Department of Human Services/Vocational Rehabilitation**

<http://www.dhs.state.il.us/page.aspx?item=29736>

Phone: 800-843-6154 (Voice, English or Español)

TTY: 800-447-6404

### **Illinois Department of Human Services**

<http://www.dhs.state.il.us/>

Department of Human Services Main Office-Springfield

100 South Grand Avenue East

Springfield, IL 62704

Phone: 800-843-6154

TTY: (888) 440-8994

### **Department of Human Services Main Office-Chicago**

401 South Clinton Street

Chicago, IL 60607  
Phone: 800-843-6154

TTY: 800-447-6404

### **Illinois Department of Healthcare and Family Services Medical Programs**

<http://www.hfs.illinois.gov/medical/apply.html>

Springfield Main Office:  
Prescott Bloom Building  
201 South Grand Avenue, East  
Springfield, IL 62763

#### **Chicago Main Office:**

410 South Clinton  
Chicago, IL 60607  
Phone: 866-468-7543 (Health Benefits Hotline; callers in Illinois), 217-785-8036 (Health Benefits Hotline; callers outside of Illinois)  
TTY: 877-204-1012 (Health Benefits Hotline)

The Department of Healthcare and Family Services (HFS) Medical Programs administers and, in conjunction with the federal government, funds medical services provided to about 20 percent of the State's population. Illinois' Medical Assistance Programs, consisting of Medicaid and numerous other medical programs associated with it, provide comprehensive health care coverage to over 2.6 million Illinoisans and partial benefits to another 290,000+. The programs cover children, parents or relatives caring for children, pregnant women, veterans, seniors, persons who are blind, and persons with disabilities.

### **Illinois Department on Aging**

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

<https://www2.illinois.gov/aging/ship/Pages/default.aspx>

Phone: 800-252-8966

Email: [AGING.SHIP@illinois.gov](mailto:AGING.SHIP@illinois.gov)

The Senior Health Insurance Program (SHIP) is a **free** statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

### **Illinois Comprehensive Health Insurance Plan**

<http://www.chip.state.il.us/>

320 West Washington  
Suite 700  
Springfield, Illinois 62701-1150  
Phone: 217-782-6333  
Toll-free: 800-962-8384  
TTY: 711 Access  
Email: [chip.InfoDesk@illinois.gov](mailto:chip.InfoDesk@illinois.gov)

Illinois High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

## **Illinois Home and Community Based Services Waiver Programs**

<https://www2.illinois.gov/hfs/MedicalClients/HCBS/Pages/default.aspx>

## **Illinois Worker's Compensation Commission**

[www.iwcc.il.gov/](http://www.iwcc.il.gov/)

Visit the link above for Commission Offices and contact information in your area  
Statewide: 866-352-3033

## **Illinois Department of Human Services Division of Rehabilitation Services**

<http://www.dhs.state.il.us/page.aspx?item=29736>

Phone: 877-581-3690 (Voice, English or Español)

TTY: 800-447-6404

Email: [DHS.DRS@illinois.gov](mailto:DHS.DRS@illinois.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/>

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

<https://www2.illinois.gov/aging/programs/LTCOmbudsman/Pages/default.aspx>

Illinois Department on Aging

160 N. LaSalle St., Suite N-700

Chicago, IL 60601-3117

Phone: 800-252-8966, 312-814-1203

TTY: 888-206-1327

Email: [Aging.SLTCOProgram@illinois.gov](mailto:Aging.SLTCOProgram@illinois.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.

## **Mayor's Office for People with Disabilities (MOPD)**

<https://www.chicago.gov/city/en/depts/mopd.html>

121 N. LaSalle Street

Chicago, IL 60602

Phone: 312-744-7050

The Mayor's Office for People with Disabilities (MOPD) works to meet the diverse needs of the more than 600,000 individuals with disabilities who live and work in Chicago. MOPD's goal is to make Chicago the most accessible city in the nation. They offer an Employment Services Unit that promotes the hiring of people with disabilities. They can refer people with disabilities to agencies that will assess skills, assist with resume writing

and job interviewing skills, offer job training and placement assistance and benefits counseling.

## Housing

### Housing and Urban Development (HUD)

[www.hud.gov](http://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](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

### 211

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

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

### OTR Housing

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

2040 Brown Ave.

Evanston, IL 60201

Phone: 847-328-6633

Offers accessible housing and employment for people with disabilities.

## Independent Living

### ILRU: State Independent Living Councils (SILCs)

#### The Statewide Independent Living Council of Illinois

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

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

<https://www.ilru.org/projects/silc-net/silc-directory-results/IL>

One West Old State Capitol Plaza, Suite 716

Springfield, IL 62701

Phone (Local): 217-744-7777

Email: [shelly@silcofillinois.org](mailto:shelly@silcofillinois.org)

### 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, 6<sup>th</sup> Floor

Washington, DC 20006

Phone: 202-207-0334



Toll-free: 844-778-7961

Email: [ncil@ncil.org](mailto:ncil@ncil.org)

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

### **Access Living**

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

115 West Chicago Ave.

Chicago, IL 60654

Phone: 312-640-2100, 800-613-8549 (Toll Free)

TTY: 312-640-2102

TTY: 888-243-7003 (Toll Free)

Access Living is a cross-disability organization that enforces the civil rights of people with disabilities by providing public education, advocacy and legal services. Access Living is one of the nation's few centers for independent living with its own staff of lawyers who are devoted to resolving disability rights cases. They offer peer support groups and assist people in finding affordable and accessible housing. They also assist with leaving a nursing home to live independently in the community, assistive technology, and employment skills.

### **Options Center for Independent Living**

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

In Kankakee County

22 Heritage Dr., Suite 107

Bourbonnais, IL 60914

Phone: 815-936-0100

TTY: 815-936-0132

### **In Iroquois County**

130 Laird Lane, Suite 103

Watseka, IL 60970

Voice: 815-432-1332

TTY: 815-432-1361

Options Center for Independent Living partners with persons with disabilities who want to live independently and participate fully in society. Options Center for Independent Living (CIL) believes that persons with disabilities have the right to make choices about their own lives and to experience life as active participants in society

## **Library Services**

### **Illinois State Library**

#### **Talking Book and Braille Service**

<https://www.ilsos.gov/departments/library/TBBS/home.html>

Gwendolyn Brooks Building  
300 S. Second Street  
Springfield, IL 62701-1796  
Phone: 800-665-5576 (Toll free), 217-785-0022 (General information)  
Email: [isltbbs@ilsos.gov](mailto:isltbbs@ilsos.gov)

### **NeuroRecovery Network (NRN)**

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

### **Peer Support Programs**

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

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@ChristopherReeve.org](mailto:Peer@ChristopherReeve.org)

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

### **Protection and Advocacy**

#### **Illinois Client Assistance Program (CAP)**

<http://www.dhs.state.il.us/page.aspx?item=37637>

100 S. Grand Ave East, Basement

PO Box 19429

Springfield, IL 62794-9429

Phone: 800-641-3929

TTY: 888-460-5111

Email: [dhs.cap@illinois.gov](mailto:dhs.cap@illinois.gov)

#### **Equip for Equality, Inc.**

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

20 North Michigan Avenue, Suite 300

Chicago, IL 60602  
Phone: 312-341-0022, 800-537-2632  
TTY: 800-610-2779

## Service Dogs

### Leashes for Living Assistance Dog School

<http://leashesforliving.com/>

P.O Box 126  
Mendota, IL 61342  
Phone: 623-393-8481 (Office), 815-293-7415 (Main)  
E-mail: [Terri@leashesforliving.org](mailto:Terri@leashesforliving.org)

### Canine Companions

<https://canine.org/>

North Central Training Center (covers IL)  
7480 New Albany-Condit Rd.  
New Albany, OH 43054  
Phone: 614-699-5900  
Toll-free: 800-572-BARK (2275)

### Committed Canine

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

1399 E. 1900 Ave.  
Brownstown, IL 62418  
Phone: 618-427-3333  
Email: [tammie@committedcanine.org](mailto:tammie@committedcanine.org)

### Illini Service Dogs

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

1206 S. 4th Street  
Room 2005  
Champaign, IL 61820  
Email: [ContactUs@illinidogs.com](mailto:ContactUs@illinidogs.com)

The Illini Service Dog Program is a Registered Student Organization at the University of Illinois in Urbana-Champaign. Founded in 2010 by Bridget Evans. They are the first program that allows college students to train service dogs from puppy hood to placement. After the service dog has completed training, the dog is placed with a person with a disability free of charge.

Email: [illini.dogs@gmail.com](mailto:illini.dogs@gmail.com)

### Paws Giving Independence

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

P.O. Box 9572  
Peoria, IL 61612-9572  
Phone: 303-839-2754  
Email: [dkosner@givingindependence.org](mailto:dkosner@givingindependence.org)

Paws Giving Independence is an all-volunteer organization that trains service dogs mainly for wheelchair or mobility work. Due to weekly training, they only place dogs in Illinois. They do fundraise so that dogs can be placed free of charge to recipients.

### **SIT Service Dogs**

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

519 Kilpatrick Rd.

Ava, IL 62907

Phone: 618-426-5666

Email: [info@sitservicedogs.com](mailto:info@sitservicedogs.com)

### **Illinois Attorney General Office: Disability Rights—Service Animals: A Guide for Individuals with Disabilities and Illinois Businesses**

<http://www.ag.state.il.us/rights/servanimals.html>

## **Sports and Recreation**

### **Adaptive Adventures**

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

Midwest Office

11333 Addison Avenue Suite 200

Franklin Park, IL 60131

Phone: 303-679-2770

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

### **Chicago Rowing Foundation**

<http://www.rowchicago.com/accessrow>

P.O. Box 18386

Chicago, IL 60618

Phone: 773-495-4523

Email: [maidawallin@rowchicago.com](mailto:maidawallin@rowchicago.com)

Chicago Rowing Foundation offers programs for multiple age groups and skill levels: learn-to-row summer camps for teens; introductory after-school programs for middle schoolers; and competitive high school and adult programs. We have sessions for athletes new to rowing as well as nationally ranked teams competing in regattas nationwide. In short, we offer activities for athletes of all ages 10-100.

### **Great Lakes Adaptive Sports Association**

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

27864 Irma Lee Circle #101

Lake Forest, IL 60045

Phone: 847-283-0908

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

Great Lakes Adaptive Sports Association (GLASA) strives to 'Let No One Sit on the Sidelines' and operates under a mission to promote and support the optimal development and well-being of youth, adults and military veterans who have a physical or visual disability through the provision of inclusive recreation, fitness and competitive sports

activities. GLASA offers opportunities for empowerment through education, leadership and training in collaboration with community-based organizations.

**Project Mobility: Cycles for Life**

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

2930 Campton Hills Road

St. Charles, IL 60175

Phone: 630-762-9807

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

**Rockford Park District**

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

Webbs Norman Center

401 South Main St.

Rockford, IL 61101

Phone: 815-987-8800

**Shady Oaks Camp**

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

16300 S. Parker Road

Homer Glen, IL 60491

Phone: 708-301-0816

Email: [soc16300@sbcglobal.net](mailto:soc16300@sbcglobal.net)

**Shirley Ryan AbilityLab**

<https://www.sralab.org/services/adaptive-sports-and-fitness-program>

Adaptive Sports & Fitness Center

541 North Fairbanks Mezzanine

Chicago, IL 60611

Phone: 312-238-5001

Email: [sports@sralab.org](mailto:sports@sralab.org)

Located in the heart of downtown Chicago (with an accessible entrance at 303 East Ohio Street), the Adaptive Sports and Fitness Program provides a place for people with physical disabilities to reach their fullest potential through fitness, recreation, and competitive sports.

**Sojourn Therapeutic Riding Center, NFP**

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

Frankfort, IL

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

Phone: 708-539-3078

We, at Sojourn use equine assisted activities to proactively contribute to an individual's cognitive, physical, emotional, and social wellbeing. Therapeutic riding benefits individuals in the areas of therapy, education, sport, and leisure

**Swift Outdoor Accessible Recreation (SOAR)**

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

10254 W 195<sup>th</sup> St.  
Mokena IL 60448  
Phone: 708-269-7064  
Email: [soar@soarnonprofit.com](mailto:soar@soarnonprofit.com)

SOAR provides outdoor accessible recreational opportunities for physically challenged people and families and individuals in need with a key focus on improving the lives of those living with spinal cord injuries.

### **Northeast DuPage Special Recreation Association (NEDSRA)**

[www.nedsra.org](http://www.nedsra.org)  
1770 W. Centennial Place  
Addison, IL 60101  
Phone: 630-620-4500  
Email: [nedsra@nedsra.org](mailto:nedsra@nedsra.org)

### **Maine-Niles Association of Special Recreation**

[www.mnasr.org](http://www.mnasr.org)  
Prairie View Community Center  
6820 W. Dempster Street  
Morton Grove, IL 60053  
Phone: 847-966-5522

### **Northwest Special Recreation Association**

[www.nwsra.org](http://www.nwsra.org)  
3000 W. Central Road  
Suite 205  
Rolling Meadows, IL 60008  
Phone: 847-392-2848  
TTY: 847-392-2855

## **United Way**

### **United Way**

<http://www.unitedway.org>

Enter your zip 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.

## **Veteran Benefits**

### **US Departments of Veteran Affairs VA Hospital Locator**

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

Click on Illinois for a complete list of hospitals

### **Chicago Regional Office of the VA**

[https://www.va.gov/find-locations/facility/vba\\_328](https://www.va.gov/find-locations/facility/vba_328)

Physical Address:  
2122 W. Taylor St.  
Chicago, IL 60612  
Mailing Address:  
VA Claims Intake Center  
P.O. Box 5235  
Janesville, WI 53547  
Phone: 800-827-1000

**Paralyzed Veterans of America, Vaughan Chapter**

[www.vaughanpva.org](http://www.vaughanpva.org)  
2235 Enterprise Dr., Ste 3501  
Westchester, IL 60154  
Phone: 708-947-9790, 800-727-2234 (Toll Free)  
Email: [vpva@vaughanpva.org](mailto:vpva@vaughanpva.org)

**Veterans Helping Veterans Helping the Community**

<https://www.facebook.com/VeteransHelpingVeteransHelpingTheCommunity/>  
Phone: 309-361-0637  
Email: [duckie22@comcast.net](mailto:duckie22@comcast.net)

They provide power chairs and scooters to veterans and others in need at no charge. You do not need to be a veteran to utilize their service.

**ALS**

**The ALS Association (ALSA)**

<https://www.als.org/>  
1300 Wilson Blvd., Suite 600  
Arlington, VA 22209  
Phone: 800-782-4747

**ALSA Chapters:**

**Greater Chicago Chapter**

[http://webchicago.alsa.org/site/PageServer?pagename=CHI\\_homepage&\\_ga=2.35970726.723765811.1638287185-456106179.1627054734](http://webchicago.alsa.org/site/PageServer?pagename=CHI_homepage&_ga=2.35970726.723765811.1638287185-456106179.1627054734)  
939 W Randolph, Suite 2W  
Chicago, IL 60607  
Phone: 312-932-0000, 855-932-0002 (Toll Free)  
Email: [info@alsachicago.org](mailto:info@alsachicago.org)

**St. Louis Regional Chapter**

[www.alsa-stl.org](http://www.alsa-stl.org)  
1950 Craig Rd., Suite 200  
St. Louis, MO 63146  
Phone: 314-432-7257  
Toll-free: 888-873-8539

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

## Brain Injury

### Brain Injury Association of Illinois

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

P.O. Box 70

Palos Heights, IL 60463

Phone: 312-726-5699, 800-699-6443

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

### Synapse House

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

561 N. York St.

Elmhurst, IL 60126

Phone: 877-932-1120

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

Synapse House's mission is to engage, empower & employ individuals affected by brain injury and stroke.

## Cerebral Palsy

### United Cerebral Palsy (National Headquarters)

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

1825 K. St., NW, Suite 600

Washington, DC 20006

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

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

### UCP Seguin of Greater Chicago

<https://ucpsequin.org/>

Carr Center- Main Office

3100 South Central Avenue

Cicero, IL 60804-3987

Phone: 708-863-3803

TTY: 708-863-7653

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

## Friedreich's Ataxia

### National Ataxia Foundation (NAF) National Office

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427



Phone: 763-553-0020  
Email: [naf@ataxia.org](mailto:naf@ataxia.org)

### **Ataxia Support Groups:**

#### **Chicago Ataxia Support Group Leader**

Julia Pantoga  
Chicago, IL  
Phone: 414-899-5195  
E-mail: [sharpturninstitute@gmail.com](mailto:sharpturninstitute@gmail.com)

#### **Fox Valley Group Leader**

Joe Bartell  
Crystal Lake, IL 60014  
Phone: 847-652-7935  
E-mail: [joebartell@gmail.com](mailto:joebartell@gmail.com)  
Facebook Group: <https://www.facebook.com/groups/2771939926213338/?ref=share>

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

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

<http://gbs-cidp.org/>  
375 East Elm St. Suite 101  
Conshohocken, PA 19428  
Phone: 610-667-0131 (Office), 866-224-3301 (Toll-Free North America)  
Please contact them for information in your area

### **Multiple Sclerosis**

#### **National Multiple Sclerosis Society's chapters:**

##### **NMSS Greater Illinois Chapter**

<https://www.nationalmssociety.org/Chapters/ILD>  
525 W. Monroe St., Suite 1510  
Chicago, IL 60661  
Phone: 800-344-4867 (Toll Free)

##### **NMSS Gateway Area Chapter**

<http://www.nationalmssociety.org/Chapters/MOS>  
12125 Woodcrest Executive Drive  
Suite 320  
St. Louis, MO 63141  
Phone: 800-344-4867 (Toll Free)

##### **Multiple Sclerosis Association of America**

##### **MSAA National Headquarters**

[www.mymsaa.org](http://www.mymsaa.org)  
375 Kings Highway North

Cherry Hill, NJ 08034  
Phone: 800-532-7667  
Email: [msaa@mysaa.org](mailto:msaa@mysaa.org)

### **MSAA Midwest Regional Office**

Chicago IL  
Contact: Marie LeGrand, Director of Education & Healthcare Relations  
Phone: 800-532-7667 x150  
Email: [midwest@mymsaa.org](mailto:midwest@mymsaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

<https://www.mda.org/>  
National Headquarters  
161 N. Clark, Suite 3550  
Chicago, IL 60601  
Phone: 800-572-1717  
Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)  
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

## **Post-Polio Syndrome**

### **Post-Polio Health International**

<http://www.post-polio.org>  
50 Crestwood Executive Center #440  
Saint Louis, MO 63126  
Phone: 314-534-0475  
Email: [info@post-polio.org](mailto:info@post-polio.org)  
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**

### **Illinois Spina Bifida Association**

<http://www.i-sba.org>  
2211 N. Oak Park Avenue  
Chicago, IL 60707  
Phone: 773-444-0305  
Email: [info@i-sba.org](mailto:info@i-sba.org)  
The Illinois Spina Bifida Association works to improve the quality of life of children, adults, and families living with Spina Bifida.

## **SBAA Illinois Clinics:**

### **Ann & Robert H. Lurie Children's Hospital of Chicago**

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

Spina Bifida Center (pediatric to age 25)  
225 E. Chicago Ave  
Chicago, IL 60611  
Phone: 312-227-5340

**OSF HealthCare Children’s Hospital of Illinois**

<https://www.osfhealthcare.org/childrens/>

Spina Bifida Clinic  
Phone: 877-464-6670

**Shirley Ryan AbilityLab (formerly Rehabilitation Institute of Chicago)**

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

Adult Spina Bifida Clinic  
Phone: 1-844-355-ABLE

**Shriners Children’s Chicago**

<https://www.shrinershospitalsforchildren.org/chicago>

2211 North Oak Park Avenue  
Chicago, IL 60707  
Phone: 773-622-5400

**Advocate Health Care**

<https://care.advocatehealth.com/locations/advocate-childrens-spina-bifida-clinic-park-ridge>

Advocate Children’s Spina Bifida Clinic  
1675 Dempster Street  
Park Ridge, IL 60068  
Phone: 847-318-9300

**Spinal Cord Injury**

**United Spinal Association Illinois Chapter**

<https://ilunitedspinal.org/>

PO Box 545  
Palos Heights, IL 60463  
Phone: 708-671-1808  
Email: [info@sci-illinois.org](mailto:info@sci-illinois.org)

**Access Living**

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

115 W. Chicago Ave  
Chicago, IL 60654  
Phone: 312-640-2100, 800-613-8549 (Toll Free), 312-640-2102 (TTY), 888-243-7003 (Toll Free TTY)

**Cross Disabilities**

**Next Steps of O’Connor Foundation**

[https://www.facebook.com/nextstepschicago/about/?ref=page\\_internal](https://www.facebook.com/nextstepschicago/about/?ref=page_internal)

8434 Corcoran Rd.

Willow Springs, IL 60480

Phone: 708-467-0657

E-mail: [nextstepschicago@gmail.com](mailto:nextstepschicago@gmail.com)

### **Facing Disability/Hill Foundation**

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

Hill Foundation

737 N. Michigan Avenue

Suite 1560

Chicago, IL 60611

Phone: 312-284-2525

Email: [info@facingdisability.com](mailto:info@facingdisability.com)

In the summer of 1986, after diving into a swimming pool, Vicki Hill sustained a neck injury resulting in quadriplegia. Her parents started the website and foundation to help others with spinal cord injuries. The info ranges from information resources, forums, personal stories, peer mentoring services.

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Call them for the stroke support group in your area

## **Transverse Myelitis**

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

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

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia PA 19182-6962

Phone: 855-380-3330

Please contact them for local support groups or other info on TM.

## **General Disability Resources**

### **Illinois Yellow Pages for Kids with Disabilities**

[www.yellowpagesforkids.com/help/il.htm](http://www.yellowpagesforkids.com/help/il.htm)

### **Illinois Physical Therapy Association (IPTA)**

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

905 N. Main St.

Naperville, IL 60563

Phone: 630-904-0101

Email: [ipta@ipta.org](mailto:ipta@ipta.org)

### **Illinois Occupational Therapy Association (ILOTA)**

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

PO Box 4520

Lisle, IL 60532

Phone: 708-452-7640

Email: [office@ilota.org](mailto:office@ilota.org)

### **Association of People Supporting Employment First—Illinois Chapter**

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

<http://www.apse.org/chapter/illinois>

National Office

7361 Calhoun Place

Suite 680

Rockville, MD 20855

Email: [ilapse@apse.org](mailto:ilapse@apse.org)

**Easy Access Chicago**—a guidebook to the city that can be downloaded for free

<https://easyaccesschicago.org/>

### **Easy Access Springfield**

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

A guide to accessibility in Springfield, Illinois.

### **All Chicago**

<https://allchicago.org/>

651 W. Washington Blvd., Suite 504

Chicago, IL 60661

Phone: 312-379-0301

Helps people in need of financial assistance, particularly focused on preventing homelessness.

### **Helping from Heaven: The Lexi Kazian Foundation**

<http://helpingfromheaven.org/>

Based in Illinois, this non-profit foundation is able to help families with children who have special needs by providing grants for therapy and equipment.

### **Illinois Respite Coalition**

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

Physical Address

17314 S. Kedzie Ave.

Hazel Crest, IL 60429  
Mailing Address  
17314 S. Kedzie Ave.  
c/o Illinois Respite Coalition  
Hazel Crest, IL 60429  
Phone: 630-207-8479  
Email: [ilrespitcoalition@gmail.com](mailto:ilrespitcoalition@gmail.com)

The Illinois Respite Coalition is an organization of caregivers and respite providers dedicated to advocating support for families by ensuring access to quality respite services for residents of Illinois.

### **Henry B. Betts LIFE Center at the Shirley Ryan AbilityLab**

<https://www.sralab.org/lifecenter>

355 E. Erie  
Chicago IL 60611  
Phone: 312-238-1000  
Toll-free: 800-354-7342

In March 2017, the Rehabilitation Institute of Chicago (RIC) evolved to become the Shirley Ryan AbilityLab. The Henry B. Betts LIFE Center is a multimedia education center that provides opportunities for Learning, Innovation, Family and Empowerment for people with disabilities, their families, health professionals and the community.

### **Low Income Home Energy Assistance Program (LIHEAP)**

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

State of Illinois  
Department of Commerce and Economic Opportunity  
500 E. Monroe St.  
Springfield, IL 62701  
Phone: 1-877-411-WARM (9276) (LIHEAP Hotline)

This program helps low-income households pay for their winter energy bills. After determining and approving your eligibility, the local agency will make the appropriate payment to your energy provider on your behalf, or in some cases, directly to you.

### **Open Doors Organization**

<http://opendoorsnfp.org/>

10600 W. Higgins Road  
Suite 609  
Rosemont, IL 60018  
Phone 773-388-8839

Email: [Info@opendoorsnfp.org](mailto:Info@opendoorsnfp.org)

Provides info on accessible places in Illinois as well as providing travel tips to people with disabilities.

### **Tootl Transport (formerly Special Needs Chicago)**

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

Phone: 630-668-9999

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

Provides accessible wheelchair transportation throughout Chicago and the suburbs.

### **Synapse House**

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

561 N. York

Elmhurst, IL 60126

Phone: 877-932-1120

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

Synapse House's mission is to engage, empower & employ individuals affected by brain injury and stroke.

### **ThinkFirst National Injury Prevention Foundation**

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

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400

Email: [thinkfirst@thinkfirst.org](mailto:thinkfirst@thinkfirst.org)

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls.

### **Illinois ThinkFirst Chapters:**

#### **ThinkFirst Illinois Affiliate**

<http://www.thinkfirstillinois.org/index.cfm?PID=3465>

#### **ThinkFirst McHenry County**

Northwestern Medicine – Northwest Region

McHenry Hospital/McHenry County Department of Health

385 Millennium Dr.

Crystal Lake, IL 60012

Phone: 815-788-5860

#### **Southern Illinois University School of Medicine**

P.O. Box 19679

Springfield, IL 62794-9679

Phone: 217-545-9112

#### **Spinal Cord Injury Association of Illinois**

P.O. Box 545

Palos Heights, IL 60463

Phone: 708-671-1808

#### **ThinkFirst Peoria**

OSF Saint Francis Medical Center

530 N. E. Glen Oak Avenue

Peoria, IL 61637

Email: [lisa.m.maynard@osfhealthcare.org](mailto:lisa.m.maynard@osfhealthcare.org)

**ThinkFirst NeuroRestorative - Carbondale (Southern Illinois)**

306 West Mill Street  
Carbondale, IL 62901  
Phone: 618-519-9590, ext. 2557

**ThinkFirst DeKalb County**

Northwestern Medicine - West Region  
Kishwaukee Hospital  
1 Kish Hospital Drive  
DeKalb, IL 60115  
Phone: 815-756-1521 ext. 146310

**ThinkFirst Lake County**

Northwestern Medicine - North Region  
Lake Forest Hospital  
1000 N Westmoreland Road  
Lake Forest, IL 60045  
Phone: 847-535-6971

**Brain Trauma Awareness Organization**

P.O Box 5112  
Quincy, IL 62305-5112  
Phone: 217-223-8566

**Brain Injury Association of Illinois**

PO Box 70  
Palos Heights, IL 60463  
Phone: 312-726-5699  
800-699-6433

**Northwestern Medicine – West Region**

Central DuPage Hospital, Delnor Hospital  
Northwestern Medicine  
27 W. 353 Jewell Road  
Winfield, IL 60190  
Phone: 630-933-1934

**ThinkFirst University of Chicago**

5841 S. Maryland Ave.  
Chicago, IL 60637  
Phone: 773-294-7238



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