



Maine Disability Resources

Affordable Care Act (ACA)

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

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

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

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

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

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

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

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

Maine Office of Aging and Disability Services

<http://www.maine.gov/dhhs/oads/>

11 State House Station

41 Anthony Avenue

Augusta, ME 04333

Phone: 207-287-9200

Toll-free: 800-262-2232

TTY: Maine Relay Services 711

Hotline Services: 888-568-1112

Email: OADS@maine.gov

Maine Association of Area Agencies on Aging

<http://www.maine4a.org/>

A non-profit organization composed of the 5 area agencies on aging in Maine.

Maine's Aging and Disability Resource Centers

[M4A - Maine Association of Area Agencies on Aging \(maine4a.org\)](http://www.maine4a.org/)

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

Maine Arts Commission: Accessibility Program

<https://mainearts.maine.gov/Pages/services/Arts-Accessibility>

193 State Street

25 State House Station

Augusta, Maine 04333-0025

Phone: 207-287-2724

Email: kerstin.gilg@maine.gov

Assistive Technology

Maine CITE

<http://www.mainequote.org>

Maine CITE Coordinating Center

University of Maine-Augusta

46 University Dr.
Augusta, ME 04330
Phone: 207-621-3195
TTY: Maine Relay 711
E-mail: info@mainecite.org

The Maine CITE Program is designed to help make assistive and universally designed technology more available to Maine children, adults and seniors who need them.

New England ADA Center (covers Maine)

<http://www.newenglandada.org>
Adaptive Environments Center, Inc.
180-200 Portland St., Suite 1
Boston, MA 02114
Phone: 617-695-0085
Toll Free: 800-949-4232
Email: adainfo@newenglandada.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

Maine Primary Care Association

www.mepca.org
PO Box 5137
Augusta, ME 04332
Phone: 207-621-0677
Email: info@mepca.org

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include

checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Maine Crime Victims' Compensation Program

http://www.maine.gov/ag/crime/victims_compensation/index.shtml

Maine Office of the Attorney General

6 State House Station

Augusta, Maine 04333-0006

Phone: 207-624-7882, 800-903-7882 (Toll-free)

Maine Victim Services

<https://www.maine.gov/corrections/about/victim-services>

Phone: 207-287-4385

Toll-free: 800-968-6909

Domestic Violence Help

National Domestic Violence Hotline

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

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

Statewide Hotline: 866-834-4357 (Toll-free)

National Resource Center on Domestic Violence (NRCDV)

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

Phone: 800-799-7233; 800-787-3224

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.

Easter Seals Offices

Easter Seals Maine

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

14 Atlantic Place

South Portland, ME 04106

Phone: 207-828-0754

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 Agencies And Program

Maine State Website

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

Maine Human Rights Commission

<http://www.maine.gov/mhrc/>

#51 State House Station

Augusta, ME 04333

Phone: 207-624-6290

TTY: Maine Relay 711

The Commission investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit, and offensive names.

Maine Accessibility Policies

<http://www.maine.gov/portal/accessibility.html>

Maine Disability Determination Services

<https://www.maine.gov/dhhs/ofi/programs-services/disability-determination>

Maine Bureau of Rehabilitation Services

<http://www.state.me.us/rehab/>

150 State House Station

Augusta, ME 04333-0150

Phone: 207-623-6799

Maine Bureau of Rehabilitation Services, Division of Vocational Rehabilitation

<http://www.maine.gov/rehab/dvr/>

Consumer Handbook for Vocational Rehabilitation Services

http://www.maine.gov/rehab/dvr/consumer_guide.rtf

Medicare

<http://www.medicare.gov>

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

Maine: Health Insurance

[Maine.gov: Residents: Health: Health Insurance](http://www.maine.gov/Residents/Health/Health_Insurance)

Office of MaineCare Services (Medicaid)

<http://www.maine.gov/dhhs/oms/>

11 State House Station

Augusta, ME 04333-0011

Phone: 207-287-2674 (TTY 711)

Member services: 800-977-6740 (TTY 711)

MaineCare oversees MaineCare (Medicaid), Maine Eye Care, Maine Rx Plus, and Drugs for the Elderly and Disabled.

MaineCare – SCHIP (State Children’s Health Insurance Program)

<https://www.maine.gov/dhhs/oms/mainecare-options/children>

Phone: 877-KIDS-NOW (877-543-7669) (Toll-free)

MaineCare provides free or low-cost health insurance for families with children and pregnant women.

Maine Bureau of Insurance

<http://www.state.me.us/pfr/insurance/>

Mailing Address:

#34 State House Station
Augusta, ME 04333-0034

Physical Address:

76 Northern Ave.

Gardiner, ME 04345

Phone: 207-624-8475, 800-300-5000 (Toll-free in Maine)

TTY: Maine Relay 711

E-mail: insurance.pfr@maine.gov

Maine Workers’ Compensation Board

<http://www.state.me.us/wcb>

Mailing Address:

27 State House Station
Augusta, ME 04333-0027

Physical Address:

442 Civic Center Dr., Suite 100

Augusta, ME 04330-8572

Phone: 207-287-3751, 888-801-9087 (Toll-free in Maine)

TTY: Maine Relay 711

State Workforce Investment Board: Commission on Disabilities and Employment

https://www.maine.gov/swb/committees/disability_employment/index.shtml

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/>

Maine Long-Term Care Ombudsman Program

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

61 Winthrop St.

Augusta, ME 04330

Phone: 207-621-1079, 800-499-0229 (Toll-free)

E-mail: mltcop@maineombudsman.org

The Maine Long-Term Care Ombudsman Program advocates for quality of life and care for long term care consumers. The program serves residents of nursing facilities and assisted housing programs, as well as recipients of home care services, adult day services and hospice.

Housing

Housing and Urban Development (HUD) in Maine

<http://portal.hud.gov/hudportal/HUD?src=/states/maine>

Bangor Field Office

202 Harlow St., Suite D2000

Bangor, ME 04401-4901

Phone: 207-945-0467

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

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)

Maine Statewide Independent Living Council

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

<http://mainesilc.org/>

Maine SILC

PO Box 2794

Waterville, ME 04903

Phone: 207-219-0391

Independent Living Research Utilization’s directory of Independent Living Centers

[ILRU Directory of Centers for Independent Living \(CILs\) and Associations | Independent Living Research Utilization](#)

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

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

Maine State Library: Outreach Services

<http://www.maine.gov/msl/outreach/index.shtml>

64 State House Station

Augusta, ME 04333

Library Code: ME1A

Phone: 207-287-5650, 800-762-7106 (Toll-free in Maine)

Neurorecovery Network (Nrn)

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

Peer Support Programs

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

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

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

of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

Disability Rights Maine (formerly Maine Disability Rights Center)

<http://www.drme.org>

160 Capitol Street, Suite 4

Augusta, ME 04330

Phone: 207-626-2774 (voice/TTY), 800-452-1948 (Toll-free, voice/TTY)

Email: Advocate@drme.org

Service Dogs

National Education for Assistance Dog Services (NEADS) World Class Service Dogs

<http://www.neads.org>

Mailing address:

P.O. Box 1100

Princeton, MA 01541

Physical address:

305 Redemption Rock Trail South

Princeton, MA 01541

Phone/TDD: 978-422-9064

NEADS serves people with disabilities throughout the U.S.

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 Maine.

Sports And Recreation

Central Maine Adaptive Sports

<http://centralmaineadaptivesports.org/>

200 Lost Valley Rd.

Auburn, ME 04210

Phone: 207-577-0523

Email: CMASports1@gmail.com

Maine Adaptive Sports & Recreation (formerly Maine Handicapped Skiing)

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

2 Main St.

PO Box 853

Bethel, Maine 04217

Phone: 207-824-2440

E-mail: info@maineadaptive.org

Programs offered: alpine skiing, Nordic skiing, snowboarding, snowshoeing, alpine race team, paddling, cycling, golf, fishing, hiking

Maine Accessible Hunting and Fishing

<https://www.maine.gov/ifw/hunting-trapping/disabilities.html>

Pine Tree Camp

<http://www.pinetreesociety.org/children-and-families/pine-tree-camp/>

114 Pine Tree Camp Rd.

Rome, Maine 04963

Phone: 207-386-5990

Pine Tree Society runs the Pine Tree Camp for children with disabilities.

Adaptive Sports New England

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-982-2763

Email: info@adaptivesportsne.org

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

United Way Offices

United Way

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

Phone: 703-836-7112

Enter your zip code to find an office in your area.

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

Veterans Benefits

U.S. Department of Veterans Affairs: VA Facility Locator

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

Enter your zip code or click on your state to find a facility in your area.

Togus Regional Office

<http://www.benefits.va.gov/togus/index.asp>

1 VA Center

Augusta, ME 04330-6795

Phone: 800-827-1000 (Toll-free)

New England PVA Chapter (includes Maine)

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

1208 VFW Parkway, Suite 301

West Roxbury, MA 02132

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

ALS

ALS Association Northern New England Chapter

<http://www.alsanne.org>

(Serving Maine, Vermont & New Hampshire)

PO Box 207

Concord, NH 03302-0207

Phone: 866-257-6663 (Toll Free); 603-226-8855

E-mail: mbrinser@alsanne.org

ALS Community Resources

<http://www.alsa.org/community/>

Search for clinics, support groups, and other resources in your state.

Support Groups

Augusta

Contact: Laurie McFarren

Phone: (207) 494-8000

Email: lmcfarren@alsanne.org

Bangor

Contact: Laurie McFarren

Phone: (207) 494-8000

Email: lmcfarren@alsanne.org

Scarborough

Contact: Laurie McFarren

Phone: (207) 494-8000

Email: lmcfarren@alsanne.org

Brain Injury

Brain Injury Association of America - Maine Chapter (BIAA-Maine)

<https://www.biausa.org/find-bia/maine>

126 Western Avenue, Suite 261

Augusta, ME 04330

Phone: 1-800-444-6443

E-mail: BIAAMaine@biausa.org

Cerebral Palsy

UCP of Maine

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

700 Mt. Hope Avenue, Suite 320

Bangor, ME 04401

Phone: 207-941-2952

E-mail: office@ucpofmaine.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

Guillain-Barré Syndrome / Cidp

GBS/CIDP Foundation International

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

375 East Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131; 866-224-3301

Call for information in your area.

Multiple Sclerosis

National Multiple Sclerosis Society

<http://www.nationalmssociety.org>

Toll-free phone: 800-FIGHT MS (800-344-4867)

National Multiple Sclerosis Society: Find a Chapter

<http://www.nationalmssociety.org/find-a-chapter/index.aspx>

Search for chapter by state or zip code.

National Multiple Sclerosis Society, Greater New England Chapter

<http://www.nationalmssociety.org/chapters/mam/index.aspx>

(Serving Maine, Massachusetts, Vermont & New Hampshire)

101A First Ave.

Waltham, ME 02451

Toll-free: 800-344-4867

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

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

National Headquarters

161 N. Clark, Suite 3550

Chicago, Illinois 60601

Phone: 800-572-1717 (Toll-free)

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 63126-1916

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 \$15. The Directory is updated annually.

[PDIR-2020.pdf \(post-polio.org\)](#)

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 202-944-3285

Toll-free: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBA of Greater New England (covers Maine)

<https://sbagreaterne.org/>

219 East Main St., Suite 100B

Milford, MA 01757

Phone: 888-479-1900

Email: jbertschmann@SBAGreaterNE.org

Spina Bifida Clinics:

Maine Pediatric Specialty Group

Spina Bifida Program

887 Congress Street, Suite 300

Portland, ME 04102-3103

Phone: 207-662-5522

Spinal Cord Injury

Brain and Spinal Cord lists a spinal cord support group:

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/maine.html>

Maine General Medical Center

30 Chase Ave.

Waterville, Maine 04901

Contact: Kate Donovan 207-872-4400

E-mail: Kathleen.Donovan@MaineGeneral.org

New England Rehabilitation Hospital SCI/D Support Group

<https://www.encompasshealth.com/locations/nerhp/our-programs>

335 Brighton Ave.

Portland ME 04102

Contact: Katherine Fink at 207.662.8501 or Katherine.Fink@encompasshealth.com

An SCI/D support group that meets on the second Tuesday of each month from 4-5:30 pm.

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

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

Call for resources in your area.

Stroke Centers and Rehabilitation Facilities

<https://www.stroke.org/en/life-after-stroke/stroke-rehab/choosing-the-right-stroke-rehab-facility>

Find accredited primary stroke centers and rehabilitation facilities near you.

Maine: Heart Safe Communities

<http://mainecardiohealth.org/HeartSafe.html>

HeartSafe Communities is a recognition program based on the "Chain of Survival," which has been implemented in other states and countries to help improve outcomes associated with cardiovascular events. Its purpose is to recognize the excellent work being done by Emergency Medical Services (EMS) programs throughout Maine and to provide further opportunities to enhance community partnerships, resources, and services to improve cardiovascular health and decrease deaths due to cardiovascular-related events, including sudden cardiac arrest, heart attack, and stroke.

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 call them for local info

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly the Transverse Myelitis Association)

<https://wearesrna.org/>

Mailing address:

PO Box 826962

Philadelphia PA 19182-6962

Physical address:

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

General Disability Resources

Maine Yellow Pages for Kids with Disabilities

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

Maine Developmental Disabilities Council

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

225 Western Ave., Suite 4

Augusta, ME 04333-0139

Phone: 207-287-4213, 800-244-3990 (Toll-free)

Maine Occupational Therapy Association

<https://maineot.org/>

Maine Chapter of the American Physical Therapy Association

<http://www.maineapta.org>

Phone: 800-444-3982, ext. 2070

Association of People Supporting Employment First (APSE)—Maine chapter

<http://www.apse.org>

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

7361 Calhoun Place, Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Ability Maine

<http://www.abilitymaine.org>

PO Box 2444

Augusta, ME 04338

Ability Maine is a place for collecting and sharing information and opinions about living with disabilities.

DiDonato Paralysis Foundation

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

40 Carriage Hill Road

Gorham, ME 04038

Phone: 207-222-2015

Email: thedpf@hotmail.com

Offers grants to individuals who live in Maine and have paralysis. Examples of eligible items include upgrade and maintenance of wheelchairs, vehicle modifications (i.e., hand controls or lifts), small home modifications including ramp and lift installation, computers, and other adaptive equipment. Grants are given quarterly and for a maximum of \$2,500.

Pine Tree Society

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

149 Front Street

Bath, ME 04530

Phone: (207) 443-3341

Pine Tree Society helps people in Maine with disabilities lead richer, more socially connected lives. Too often, people with disabilities feel left out, even isolated. Pine Tree Society offers assistive technology, adaptive recreation and camping opportunities to people with disabilities.

Maine Volunteer Lawyers Project

<https://vlp.org/>

Phone: 800-442-4293 (call Mondays 1-3:30 and Fridays 9-11:30)

The Maine Volunteer Lawyers Project is a legal aid organization that provides free legal information, assistance, and representation to Mainers with low incomes facing civil legal issues.

MobilityWorks (formerly Ride-Away Maine)

https://www.mobilityworks.com/about/ride-away/?utm_source=ride-away.com&utm_medium=forwardlocations.php

Gray Maine

32 Lewiston Road, Unit 2B

Gray, ME 04039

Phone: 207-747-2064

University of Southern Maine: Cutler Institute's Disability and Aging Program

<http://usm.maine.edu/muskie/cutler/da>

PO Box 9300

Portland, ME 04104

Phone: 207-780-4430

The Cutler Institute's Disability and Aging program is a team of multi-disciplinary professionals with extensive experience working in close collaboration with states to

provide technical assistance, conduct evaluations, identify best practices, and perform policy analysis work.

Black Bear Medical

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

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

275 Marginal Way

Portland, ME 04101

Toll-free: 800-577-1365

Black Bear provides medical equipment, supplies and services Black Bear provides medical equipment, supplies and services.

New England Rehabilitation Hospital of Portland

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

335 Brighton Avenue, Unit 201

Portland, ME 04102

Phone: 207-775-4000

New England Rehabilitation Hospital treats stroke, brain injury, and spinal cord injury among other conditions.

ThinkFirst National Injury Prevention Foundation

<http://www.thinkfirst.org>

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56 (Toll-free)

E-mail: 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. Click “Find a Chapter” for contact information for Maine 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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.