



# Massachusetts 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.

### **Massachusetts Department of Aging**

<http://www.mass.gov/elders/>

Executive Office of Elder Affairs

One Ashburton Place, 5<sup>th</sup> Floor

Boston, Massachusetts 02108

Phone: 617-727-7750

Toll-free: 800-243-4636 (nationwide)

TTY: 800-439-2370/ASC11

### **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**

### **Open Door Arts**

<https://opendoorartsma.org/>

89 South Street, Suite 101

Boston, MA 02111

Phone: 617-350-7713

Email: [Admin@OpenDoorArtsMA.org](mailto:Admin@OpenDoorArtsMA.org)

### **Coastal Connections, Inc.**

<http://coastalconnections.org/>

35 Water Street

Amesbury, MA 01913

Phone: 978-388-1119

Coastal Connections Inc. supports people with disabilities to achieve their full potential by creating personalized programs that promote living, working and playing in the community.

## **Assistive Technology**

### **MassMATCH**

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

Massachusetts Rehabilitation Commission

600 Washington St.

Boston, MA 02111

Phone: 617-204-3851

Toll free: 877-508-3974

TTY: 617-204-3815

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

Massachusetts' Initiative to Maximize Assistive Technology in Consumer's Hands

### **REquipment**

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

Phone: 508-713-9690

Toll free: 800-261-9841

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

REquipment is a great way to obtain free, gently used, durable medical equipment (DME) for use by individuals and families in Greater Boston and Central Massachusetts. If you wish to donate, items should be no older than 5 to 6 years old.

### **New England ADA Center**

<http://www.newenglandada.org>

180-200 Portland St., Suite 1

Boston, MA 02114

Phone: 617-695-0085

Toll Free: 800-949-4232

Email: [adainfo@newenglandada.org](mailto:adainfo@newenglandada.org)

### **Massachusetts Assistive Technology Loan Programs**

<https://www.easterseals.com/ma/our-programs/assistive-technology/loan-programs.html>

Massachusetts Easter Seals

484 Main Street, Suite 600

Worcester, MA 01608

Phone: 800-244-2756

Email: [afp@eastersealsma.org](mailto:afp@eastersealsma.org)

## **Caregivers Information**

### **Caregiver.com**

<https://caregiver.com/>

3920 Riverland Road

Fort Lauderdale, FL 33312

Tel: 954-893-0550, 1-800-829-2734

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

### **Well Spouse Association Support Groups:**

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

### **Greater Boston WSA Support**

Watertown, MA

Contact: Martha Scott at [wbomawsg@wellspouse.org](mailto:wbomawsg@wellspouse.org)

Phone: 800-838-0879 for support group times and locations

## **Community-Based Fitness Programs**

### **Advocates, Inc.**

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

1881 Worcester Road

Framingham, MA 01701

Phone: 508-628-6300

Advocates, Inc. provides a broad range of services for people facing life challenges such as addiction, aging, autism, brain injury, intellectual disabilities, and mental health challenges.

### **Journey Forward**

<http://www.journey-forward.org/>

5 Shawmut Road

755 Dedham Street

Canton, MA 02021

Phone: 781-828-3233

Email: [info@journey-forward.org](mailto:info@journey-forward.org)

Journey Forward is an exercise-based program designed to assist those with spinal cord injuries so they too can achieve some of these most basic lifelong functions and benefits.

### **Seven Hills Foundation**

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

81 Hope Avenue

Worcester, MA 01603

Phone: 508-755-2340

TTY: 508-890-5584

Seven Hills promotes and encourages the empowerment of children and adults with significant challenges so that each may pursue their highest possible degree of personal well-being and independence.

## **Community Health Centers**

### **Massachusetts League of Community Health Centers**

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

40 Court Street, 10<sup>th</sup> Floor

Boston, MA 02108

Phone: 617-426-2225

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**

#### **Massachusetts Crime Victim Compensation**

<http://www.mass.gov/ago/public-safety/resources-for-victims/victims-of-violent-crime/victim-compensation.html>

1 Ashburton Place, 19<sup>th</sup> floor

Boston, MA 02108

Phone: 617-727-2200 ext. 2160

#### **Massachusetts Crime Victim Assistance**

<http://www.mass.gov/mova/>

1 Ashburton Place, Suite 1101

Boston, MA 02108

Phone: 617-586-1340

Email: MOVA@mass.gov

#### **Office for Victims of Crime's Directory of Crime Victim Services**

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

<http://ovc.ncjrs.gov/findvictimservices/>

Choose Your State and the Type of Assistance you are looking for

### **Domestic Violence Help**

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

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

**Statewide Hotline:** 877-785-2020

**Statewide Spanish Hotline:** 800-223-5001

#### **Jane Doe, Inc.**

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

The Massachusetts Coalition Against Sexual Assault and Domestic Violence

745 Atlantic Avenue

8<sup>th</sup> Floor, Suite 800

Boston, MA 02111

Phone: 617-248-0922

SafeLink Statewide Hotline: 1-877-785-2020; TTY: 1-877-521-2601

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

## Easter Seals Offices

### Easterseals Massachusetts

<http://www.eastersealsma.org>

Technology and Training Center

89 South Street

Boston, MA 02111

Phone: 508-757-2756

Easterseals Massachusetts' mission is to provide services to ensure children and adults with disabilities have equal opportunities to live, learn, work and play. With an individualized approach to all services, they focus on the power of unlocking every person's full potential. Easterseals Massachusetts serves all regions of Massachusetts creating a thriving network for the Disability and Veteran communities. Their therapists and specialists are experts in their field providing the most exceptional services in a wide range of settings.

### Easter Seals State Headquarters

<http://www.eastersealsma.org>

484 Main Street

Worcester, MA 01608-1817

Phone: 800-244-2756

## Government Offices

### Massachusetts State Website

<http://www.mass.gov>

### Massachusetts SHINE Program

<https://www.mass.gov/health-insurance-counseling>

Phone: 800-243-4636 SHINE- Counselor, 800-439-2370- TTY/ASCII, 718-453-8036- Main Directory

Email: [SHINE@state.ma.us](mailto:SHINE@state.ma.us)

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

### Massachusetts Office on Disability

<http://www.mass.gov/mod/>

1 Ashburton Place

Room 1305

Boston, MA 02108  
Phone: 617-727-7440, 800-322-2020

**Massachusetts Medicare Part D**

<http://www.medicare-partd.com/PartD-Medicare-PartD-PDP-Massachusetts.php?st=MA&prodid=240>

**Massachusetts Office of Health and Human Services**

<https://www.mass.gov/orgs/executive-office-of-health-and-human-services>

One Ashburton Place  
Boston, MA 02108  
Phone: 617-573-1600

**The Massachusetts Rehabilitation Commission**

<http://www.mass.gov/eohhs/gov/departments/mrc/>

Administrative Offices  
Fort Point Place  
600 Washington Street  
Boston, MA 02210-1616  
Phone: 617 204-3600, 800-245-6543

**MassHealth: Massachusetts' Medicaid and Children's Health Insurance Program (CHIP)**

<https://www.mass.gov/orgs/masshealth>

100 Hancock St., 6th Floor  
Quincy, MA 02171  
Phone: (800) 841-2900  
TTY: (800) 497-4648

**Mayor's Commission for Persons with Disabilities (City of Boston)**

[www.boston.gov/disability](http://www.boston.gov/disability)

1 City Hall Square  
Room 967  
Boston, MA 02201-2041  
Phone: 617-635-3682  
TTY: 617-635-2541

Email: [disability@boston.gov](mailto:disability@boston.gov)

The Commission works to increase opportunities for people with disabilities in the city of Boston. This includes reducing architectural, procedural, and communication barriers as well as promoting accessibility in the areas of pedestrian access, housing, education, employment, transportation, civic activities, and the built environment.

**Massachusetts Insurance Commissioner**

<http://www.mass.gov/doi>

1000 Washington Street, Suite 810  
Boston MA 02118-6200  
Phone: (617) 521-7794

Toll-free: 877-563-4467

### **Massachusetts Worker's Compensation**

<http://www.mass.gov/dia/>

Boston Office  
Department of Industrial Accidents  
Lafayette City Center  
2 Avenue de Lafayette  
Boston, MA 02111-1750  
Phone: 617-727-4900, 800-323-3249  
Email: [Info2@mass.gov](mailto:Info2@mass.gov)

Lawrence Office  
Department of Industrial Accidents  
354 Merrimack St., Entrance C, Suite 230  
Lawrence, MA 01843  
Phone: 978-683-6420

Springfield Office  
Department of Industrial Accidents  
436 Dwight Street  
Room 105  
Springfield, MA 01103  
Phone: 413-784-1133

Worcester Office  
Department of Industrial Accidents  
100 Front St., Suite 310  
Worcester, MA 01608  
Phone: 508-753-2072

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

### **State Long-Term Care (LTC) Ombudsman**

<https://www.mass.gov/service-details/ombudsman-programs>

Massachusetts Executive Office of Elder Affairs  
1 Ashburton Place, 5th Floor



Boston, Massachusetts 02108

Phone: 617-727-7750

MassRelay/TTY: 711

The long-term care Ombudsman is an advocate working to resolve problems related to the health, welfare and rights of individuals living in nursing, rest homes, and assisted living residences.

## Housing

### **Fannie Mae offices:**

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

### **Northeastern Regional Office**

1700 Market St., Suite 3100

Philadelphia, PA 19103

Phone: 800-232-6643

### **Massachusetts Partnership Office**

265 Franklin Street

10<sup>th</sup> Floor

Boston, MA 02110

Phone: 800-232-6643

### **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.

### **Home Modification Loan Program**

<https://www.mass.gov/home-modification-loan-program-hmlp>

A Collaboration of the Massachusetts Rehabilitation Commission (MRC) and Community Economic Development Assistance Corporation (CEDAC)

18 Tremont Street, Suite 500

Boston, MA 02108

Phone: 1-866-500-5599, 617-727-5944

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

The Home Modification Loan Program provides no interest loans to modify the homes of adults and children with disabilities.

**Mass Access: The Accessible Housing Registry**

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

A free program that helps people with disabilities find rental housing in Massachusetts, primarily accessible and barrier-free housing.

**Independent Living**

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

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

**Massachusetts Independent Living Council**

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

280 Irving Street

Framingham, MA 01702

Phone/TTY: 508-620-7452

Email: [sadie@masilc.org](mailto:sadie@masilc.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: 1-844-778-7961

TTY: 202-207-0340

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.

**AdLib Center for Independent Living**

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

215 North St.

Pittsfield, MA 01201

Phone: 413-442-7047

An independent living center serving the Berkshire region of Mass.

**The Boston Home**

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

2049 Dorchester Ave.

Boston, MA 02124-4799

Phone: 617-825-3905

The Boston Home serves adults with advanced Multiple Sclerosis and other progressive neurological diseases through exceptional clinical care, compassion, and innovative programs.

### **Boston Center for Independent Living, Inc.**

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

60 Temple Place, 5<sup>th</sup> Floor

Boston, MA 02111-1324

Phone: 617-338-6665

TTY: 617-338-6662

Toll-free: 866-338-8085

The Boston Center for Independent Living is a frontline civil rights organization led by people with disabilities that advocates to eliminate discrimination, isolation and segregation by providing advocacy, information and referral, peer support, skills training, and PCA services in order to enhance the independence of people with disabilities.

## **Library Services**

### **Massachusetts Braille and Talking Book Libraries**

#### **Regional Library:**

<http://www.perkinslibrary.org>

#### **Perkins Library**

Perkins School for the Blind

175 North Beacon Street

Watertown, MA 02472-2790

Telephone: (617) 972-7240

Toll-free (In-state): (800) 852-3133

E-mail: [Info@Perkins.org](mailto:Info@Perkins.org)

Hours of Operation: 8:30-5:00 M-W-F, 8:30-7:00 T-Th

#### **Subregional Library:**

#### **Worcester Talking Book Library**

<http://talkingbook.mywpl.org>

Worcester Public Library

3 Salem Square

Worcester, MA 01608-2074

Telephone: (508) 799-1730

Toll-free (In-state): (800) 762-0085

TDD: (508) 799-1724

E-mail: [talkbook@mywpl.org](mailto:talkbook@mywpl.org)

## **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

### Disability Law Center, Inc. (DLC)

<http://www.dlc-ma.org>

Boston (Main) Office

11 Beacon Street, Suite 925

Boston, MA 02108

Phone: 617-723-8455, 800-872-9992

TTY: 617-892-4404 VP

Email: [mail@dlc-ma.org](mailto:mail@dlc-ma.org)

DLC is the federally mandated Protection and Advocacy (P&A) agency for Massachusetts. The P&A system is a national network of disability rights agencies investigating abuse and neglect and providing legal representation and other advocacy services to people with disabilities.

### Northampton Massachusetts Office

32 Industrial Drive East

Northampton, MA 01060

Phone: 413-584-6337, 800-222-5619

### Massachusetts Client Assistance Program (CAP)

<https://www.mass.gov/service-details/about-the-client-assistance-program>

Massachusetts Office on Disability

One Ashburton Place  
Room 1305  
Boston, MA 02108  
Phone: 617-727-7440, 800-322-2020;  
TTY: 711, 800-439-0183

### **Greater Boston Legal Services**

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

197 Friend Street  
Boston, MA 02114  
Phone: 617-371-1234, 800-323-3205

### **Cambridge Location:**

60 Gore Street, Suite 203  
Cambridge, MA 02141  
Phone: 617-603-2700

### **Disabled Persons Protection Commission**

<http://www.mass.gov/dppc/>  
300 Granite Street, Suite 404  
Braintree, MA 02184  
Phone: 617-727-6465

## **Service Dogs**

### **National Education for Assistance Dog Services (NEADS)**

<http://www.neads.org>

P.O Box 1100  
Princeton, MA 01541  
National HQ  
305 Redemption Rock Trail South  
Princeton, MA 01541  
Phone/TTY: 978-422-9064

## **Sports and Recreation**

### **Access Recreation Boston**

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

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

Access Recreation Boston is a coalition of organizations and individuals dedicated to increasing and enhancing recreation opportunities for people with disabilities in the greater Boston area.

### **AccessSportAmerica**

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

119 High Street  
Acton, MA 01720  
Phone: 978-393-1143

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

### **Adaptive Sports New England**

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-982-2763

Email: [joe.walsh@adaptivesportsne.org](mailto:joe.walsh@adaptivesportsne.org)

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

### **Community Rowing**

<http://communityrowing.org/>

Harry Parker Boathouse

20 Nonantum Road

Brighton, MA 02135

Phone: 617-779-8267

Email: [friendlyperson@communityrowing.org](mailto:friendlyperson@communityrowing.org)

Community Rowing, Inc. (CRI) changes lives and communities by providing access to the sport of rowing and its profound social benefits.

### **Golf for All**

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

P.O. Box 81246

Wellesley Hills, MA 02481

Phone: 617-600-4673 (HOPE)

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

Golf for All is dedicated to providing free, accessible golf programs for wounded warriors – US military veterans – children and adults with autism and autism-spectrum disorders, and others facing physical, emotional, and cognitive challenges.

### **Kartwheels in Motion, Inc.**

526 North Avenue

Weston, MA 02493

Phone: 781-893-6516

Email: [Jewatt@aol.com](mailto:Jewatt@aol.com)

### **Kids in Disability Sports**

<https://www.kidsinc.us>

P.O. Box 1397

Lowell, MA 01853

Phone: 866-712-7799

Dial: 1 for General Info, 2 for Registration Info, 3 for Sports Info, 4 for Volunteer Info

Email: [info@kidsinc.us](mailto:info@kidsinc.us)

### **Mass Parks**

## **Department of Conservation and Recreation: Universal Access Program**

<http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/>

PO Box 484

Amherst, MA 01004

Phone: 413-545-5760

Email: [env.internet@state.ma.us](mailto:env.internet@state.ma.us)

## **New England Blazers**

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

Wheelchair Sports

4 Hickory Lane

Saugus, MA 01906

Phone: 617-448-3709

A wheelchair basketball team.

## **Piers Park Sailing Center**

<http://piersparksailing.org/>

95 Marginal St.

East Boston, MA 02128

Phone: 617-561-6677

Piers Park Sailing Center (PPSC) is a community sailing center dedicated to providing affordable year-round recreational, educational and personal growth opportunities for people of all ages and abilities through sailing and other activities in Boston Harbor.

## **STRIDE (Sports and Therapeutic Recreation Instruction/Developmental Education)**

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

4482 NY Highway 150

West Sand Lake, NY 12196

Phone: 518-598-1279

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

Some of their winter programs are in Massachusetts

## **United Way**

### **United Way National Headquarters**

<http://unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter postal code for a United Way office in your area

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

## Veteran Benefits

### US Department of Veterans Affairs VA Hospital Locator

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

### VA Boston Healthcare System - West Roxbury Division

1400 VFW Parkway  
West Roxbury, MA 02132  
Phone: 617-323-7700

### New England PVA Chapter

<https://www.newenglandpva.org/>  
1208 VFW Parkway, Suite 301  
West Roxbury, MA 02132  
Phone: 800-660-1181, 617-942-8678

## ALS

### The ALS Association's Massachusetts Chapter

<http://www.als-ma.org>  
685 Canton Street, Suite 103  
Norwood, MA 02062  
Phone: 781-255-8884, 888-CURE-ALS  
Email: [info@als-ma.org](mailto:info@als-ma.org)

### Compassionate Care ALS

[www.ccals.org](http://www.ccals.org)  
PO Box 1052  
West Falmouth, MA 02574  
Phone: 508-444-6775  
Email: [info@ccals.org](mailto:info@ccals.org)

CCALS is a nonprofit organization that offers individualized support to those currently living with ALS, their families and caregivers.

### ALS Family Charitable Foundation

<http://alsfamily.org/>  
One Trowbridge Rd., Suite 322  
Bourne, MA 02532  
Phone: 508-759-9696  
Email: [ALSFamily@aol.com](mailto:ALSFamily@aol.com)

The ALS Family Charitable Foundation is dedicated to raising funds to provide patient services for those living with ALS and to support cutting edge research to cure ALS in the future. They help ALS patients and their families with in-house grants. Their services are open to **New England** area families and include support for respite, college scholarships, summer camp, back to school shopping, utility bills, vacations and so much more.



## Brain Injury

### Brain Injury Association of Massachusetts

<http://www.biama.org>

30 Lyman Street, Suite 10

Westborough, MA 01581

Phone: 508-475-0032, 800-242-0030

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

### Spaulding-Harvard TBI Model System

<https://spauldingrehab.org/research/programs-labs/traumatic-brain-injury>

Spaulding Rehabilitation Hospital

300 First Avenue

Charlestown, MA 02129

Phone: 617-952-6310

Email: [mjbergin@partners.org](mailto:mjbergin@partners.org)

## Cerebral Palsy

### UCP of Western Massachusetts

<https://ucpwma.org>

208 West Street

Pittsfield, MA 01201

Phone: 413-442-1562

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

### UCP of MetroBoston

<http://www.ucpboston.org>

71 Arsenal Street

Watertown, MA 02472

Phone: 617-926-5480

Email: [ucpboston@ucpboston.org](mailto:ucpboston@ucpboston.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

New England Support Group

Donna and Richard Gorzela

45 Juliette St.

Andover, MA 01810

Phone: 978-490-9552

Email: [donna.gorzela@gmail.com](mailto:donna.gorzela@gmail.com)

Massachusetts Support Groups

*Boston Support Group*  
Contact: Doug Place  
Phone: 781-307-0800  
Email: [ataxiadoug@gmail.com](mailto:ataxiadoug@gmail.com)

## **Guillain-Barré Syndrome / CIDP**

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

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

375 E Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Please call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society**

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

Greater New England Chapter

465 Waverly Oaks Rd.

Ste. 202

Waltham, MA 02452

Phone: 800-344-4867

### **Multiple Sclerosis Association of America Northeast Regional Office**

<http://mymsaa.org>

375 Kings Highway North

Cherry Hill, NJ 08034

Phone: 800-532-7667 ext. 106

Email: [msaa@mymsaa.org](mailto:msaa@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

Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

## **Post-Polio Syndrome**

### **Post-Polio Health International (PHI)**

<http://www.post-polio.org>

50 Crestwood Executive Center #440

Saint Louis, MO 63126-1916

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

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

*Directory lists Health Professionals, Clinics, and Support Groups.*

### **International Rehabilitation Center for Polio (IRCP) at Spaulding Rehab Network**

<http://spauldingrehab.org/conditions-and-treatments/post-polio>

Phone: 617-952-5000

## **Spina Bifida**

### **Spina Bifida Association of America**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd., Suite 800

Arlington, VA 22209

Phone: 800-621-3141

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

Please contact them for info in your area

### **SBA of Greater New England (Formerly SBA of Massachusetts)**

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

219 East Main St., Suite 100B

Milford, MA 01757\Toll Free: 888-479-1900

Email: [jbertschmann@sbagreaterne.org](mailto:jbertschmann@sbagreaterne.org)

### **Massachusetts Spina Bifida Clinics:**

Children's Hospital

Myelodysplasia Clinic

300 Longwood Avenue

Fegan 3

Boston, MA 02115

Phone: 617-355-7704

### **Massachusetts General Hospital**

Myelo Clinic Gray

55 Fruit Street

Boston, MA 02114

Phone: 617-726-2937

### **Pappas Rehabilitation Hospital for Children (PRHC)**

<https://www.mass.gov/locations/pappas-rehabilitation-hospital-for-children>

3 Randolph Street

Canton, MA 02021

Phone: 781-828-2440

### **Shriner's Hospital for Children**

Myelodysplasia Clinic

516 Carew Street  
Springfield, MA 01104  
Phone: 413-787-2088

## Spinal Cord Injury

### Greater Boston Chapter of United Spinal Association

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

Two Rehabilitation Way  
Woburn, MA 01801  
Phone: 617-952-5643  
Email: [info@sciboston.org](mailto:info@sciboston.org)

### Massachusetts Walks Again

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

A collaborative of researchers and consumers working toward a cure for SCI.

### New England Regional Spinal Cord Injury Center

<http://www.bu.edu/nerscic/>

Boston University Medical Campus  
Talbot Building, T5W  
715 Albany Street  
Boston, MA 02118  
Phone: 617-638-7314  
Toll-free: 855-607-1804  
Email: [SCIctr@bu.edu](mailto:SCIctr@bu.edu)  
A model spinal cord injury facility.  
Boston University Medical Center  
88 East Newton Street, F-511  
Boston, MA 02118  
Phone: 617-638-7300

### Mercy Medical Center Support Group Meeting

299 Carew St., Suite 200  
Springfield, MA 01104  
Phone: Sharon Abdalla - 413-748-6892  
Mercy Medical Center - the last Tuesday of the month from 6 to 8 p.m. in the Deliso Conference Center (lower level)

## Stroke

### American Stroke Association

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

National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
Phone: 1-888-478-7653  
Please call them for the stroke support group in your area

## **Massachusetts American Heart Association offices**

<https://www.heart.org/en/affiliates/massachusetts/welcome-to-massachusetts>

300 5<sup>th</sup> Ave., Suite 6  
Waltham, MA 02451-8750  
Phone: 781-373-4500

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project**

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

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

## **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 info in your area.

## **General Disability Resources**

### **DisabilityInfo.org: An INDEX website**

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

INDEX helps people with disabilities find the information they need. They collect and keep info on programs, providers and services in Massachusetts that have something to offer to people with disabilities. INDEX is a project of the Eunice Kennedy Shriver Center at the University of Massachusetts Medical School.

### **Empower Spinal Cord Injury**

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

PO Box 582  
Warren, RI 02885  
Phone: 315-427-2504  
Email: [ccallahan@empowersci.org](mailto:ccallahan@empowersci.org)

Empower SCI is a non-profit corporation established to enable individuals with spinal cord injuries to lead happier, more meaningful and more independent lives. Empower SCI seeks to fill the gap in the rehabilitation industry that has been created by a decrease in

length of stays at rehabilitation hospitals and outpatient services during the recovery from a spinal cord injury.

**Federation for Children with Special Needs (FCSN)**

<http://fcsn.org/>

529 Main Street, Suite 1M3

Boston, MA 02129

Phone: (617) 236-7210, (800) 331-0688 (in MA)

Email: [fcsninfo@fcsn.org](mailto:fcsninfo@fcsn.org)

FCSN provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. They are committed to listening to and learning from families and encouraging full participation in community life by all people, especially those with disabilities.

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

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

**Massachusetts Yellow Pages for Kids with Disabilities**

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

**Massachusetts Association for Occupational Therapy**

<http://www.maot.org>

57 Madison Road

Waltham, MA 02453-6718

Phone: 781-647-5556

Fax: 781-642-9742

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

**Massachusetts Chapter of the American Physical Therapy Association**

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

Liberty Square Group

4 Liberty Sq., #500

Boston, MA 02109

Telephone: 857-702-9915

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

**Massachusetts chapter of the Association of People Supporting EmploymentFirst (APSE)**

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

**Massachusetts' Catastrophic Illness in Children Relief Fund**

[https://www.mass.gov/catastrophic-illness-in-children-relief-fund-cicrf?\\_ga=2.142290098.124172641.1585695099-546962957.1585695099](https://www.mass.gov/catastrophic-illness-in-children-relief-fund-cicrf?_ga=2.142290098.124172641.1585695099-546962957.1585695099)

Massachusetts Department of Public Health

250 Washington St. 5<sup>th</sup> floor

Boston, MA 02108

1-800-882-1435, 617-624-6000

TTY: 617-624-6001

The Catastrophic Illness in Children Relief Fund (CICRF) provides financial assistance to qualified families caring for children with special health needs and disabilities. The CICRF can help families with certain medical and related expenses that are not covered by insurance, public benefits or other financial source.

Book:

Jackins, Barbara D. **Legal Planning for Special Needs in Massachusetts**. Brookline, Mass.: DisabilitiesBooks, Inc., 2006.

### **SMILE Mass**

<https://smilemass.org>

66 Dudley Road

Sudbury, MA 01776

Phone: 617-967-7755

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

SMILE Mass's mission is to create a day trip or a vacation opportunity without barriers, with their first project on Cape Cod, Massachusetts. SMILE Mass will work with surrounding recreational facilities to provide accessible equipment and opportunities for anyone with mobility issues.

### **Triangle, Inc**

<https://triangle-inc.org/about/>

450 Broadway

Malden, MA 02148

Phone: 781-322-0400

Through support, challenge, and opportunity, Triangle empowers people with disabilities and their families to enjoy rich, fulfilling lives. We are committed to helping the world realize that we are all people with ability.

### **Paralysis Center**

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

Massachusetts General Hospital

The Paralysis Center

1575 Cambridge St.

Cambridge, MA 02138

Phone: 844-930-1001

Email: [Contact@ParalysisCenter.org](mailto:Contact@ParalysisCenter.org)

The Paralysis Center is a comprehensive paralysis treatment center serving various forms of paralysis including brachial plexus injury, spinal cord injury, stroke, spasticity, foot drop, and acute flaccid myelitis. It is jointly run by Massachusetts General Hospital and Spaulding Rehabilitation Hospital.

### **Partners for Youth with Disabilities**

<http://www.pyd.org>

5 Middlesex Avenue, Suite 307

Somerville, MA 02145

Phone: 617-556-4075

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

Offers a mentoring program as well as counseling on health care needs.

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

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

1801 N. Mill Street, 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. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

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

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