



# Montana 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.

### **Montana Department of Aging**

<http://dphhs.mt.gov/SLTC>

1100 North Last Chance Gulch, 4th Floor  
Helena MT 59601  
Phone: 406-444-4077

### **Montana Area Agencies on Aging**

<https://dphhs.mt.gov/SLTC/aging/AreaAgenciesonAging>

### **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**

### **MonTECH Program**

<http://montech.ruralinstitute.umt.edu>

Rural Institute - MonTECH Program  
The University of Montana Rural Institute  
29 McGill Hall  
Missoula, MT 59812  
Phone: 1-877-243-5511 (toll free in state only)  
Phone: 406-243-5751  
Email: [montech@ruralinstitute.umt.edu](mailto:montech@ruralinstitute.umt.edu)

### **Rocky Mountain ADA Center (covers Montana)**

<http://www.adainformation.org>

3630 Sinton Road, Suite 103  
Colorado Springs, CO 80907  
Phone/TTY: 800-949-4232

## **Caregivers Information**

### **Caregiver.com**

<https://caregiver.com/>

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

### **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](http://www.ChristopherReeve.org/NRN).

### **Community Health Centers**

#### **Montana Primary Care Association**

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

1805 Euclid Avenue  
Helena, MT 59601  
Phone: 406-442-2750

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**

#### **Montana Crime Victim Compensation Program**

<https://doj.mt.gov/victims/crime-victim-compensation/>

P.O. Box 201410  
Helena, MT 59620-1410  
Toll Free Number: 1-800-498-6455

Phone: 406-444-3653

**Safe Horizon's Links for General Crime Victim Resources/Issues**

<http://www.safehorizon.org>

**Domestic Violence Help**

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233); TTY: 800-787-3224

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

**Montana Coalition Against Domestic and Sexual Violence**

<http://mcadsv.com/>

P.O. Box 818

Helena, MT 59624

Phone: 406-443-7794

Toll-free: 888-404-7794

Email: [mtcoalition@mcadsv.com](mailto:mtcoalition@mcadsv.com)

**Easter Seals Offices**

**Easterseals-Goodwill – Montana Headquarters**

<http://www.esgw-nrm.easterseals.com>

425 1st Ave. North

Great Falls, MT 59401

Phone: 406-761-3680

For other locations in Montana, see: [http://esgw-nrm.easterseals.com/site/PageServer?pagename=NRMM\\_montanaservicelocations](http://esgw-nrm.easterseals.com/site/PageServer?pagename=NRMM_montanaservicelocations)

Easterseals-Goodwill changes people's lives across our four-state region through job skills training, disability, health care and children's services. Every day, we create opportunities for individuals with diverse needs and backgrounds to live as independently as possible.

**Government Offices**

**Montana State Website**

<http://mt.gov/>

**Montana Developmental Services Division**

<https://dphhs.mt.gov/dsd/>

111 Sanders

PO Box 4210

Helena, MT 59604

Phone: 406-444-2995

Phone: 877-296-1197 (Toll-Free)

Voice/Hearing and Speech Impaired: 406-444-2590

**Montana Vocational Rehabilitation**

<http://www.dphhs.mt.gov/detd/vocrehab/>

111 North Last Chance Gulch, Suite 4C  
PO Box 4210  
Helena, MT 59604-4210  
Toll-free: 877-296-1197  
Phone/TTY: 406-444-2590  
Email: [vrinfo@mt.gov](mailto:vrinfo@mt.gov)

### **Montana Department of Labor & Industry: Human Rights Commission**

<http://erd.dli.mt.gov/human-rights/human-rights-commission>

Mailing Address:

PO Box 8011

Helena, MT 59604

Physical Address:

1805 Prospect Avenue

Helena, MT 59604

Phone: 406-444-6543

The purpose of the Human Rights Commission is to sit in independent judgment of complaints of alleged discrimination.

### **Montana Public Health and Human Services**

<http://www.dphhs.mt.gov/>

111 North Sanders Street

Helena, MT 59601-4520

Phone: 406-444-3136

### **Montana Children's Health Insurance Program (CHIP)**

#### **Healthy Montana Kids**

<http://www.chip.mt.gov/>

1400 Broadway (Cogswell Building)

Helena, MT 59601

Phone: 406-444-6971, 877- 543-7669

### **Montana State Health Insurance Assistance Program (SHIP)**

<https://dphhs.mt.gov/sltc/aging/ship>

Senior And Long-Term Care Division

1100 N Last Chance Gulch, 4th Floor

Helena, MT 59601

Phone: 800-551-3191

### **Montana Insurance Commissioner**

<http://csi.mt.gov/>

840 Helena Avenue

Helena, MT 59601

Toll-free Phone: 800-332-6148

TDD: 406-444-3426

Phone: 406-444-2040

## **Montana Workers' Compensation Court**

<http://wcc.dli.mt.gov/>

Physical Address:

1625 11<sup>th</sup> Ave

Helena, MT 59601

Mailing Address:

PO Box 537

Helena, MT 59624

Phone: 406-444-7794

Email: [japoole@mt.gov](mailto:japoole@mt.gov)

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

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

<http://whoismyrepresentative.com/>

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

<https://dphhs.mt.gov/sltc/aging/longtermcareombudsman>

Senior & Long-Term Care

Department of Public Health and Human Services

P.O. Box 4210

Helena, MT 59604

Phone: 800-332-2272

Ombudsman help residents in long term care living facilities and their families and friends understand and exercise the rights they are guaranteed by law.

## **Housing**

### **Fannie Mae**

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

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.

## Independent Living

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

#### **Montana Independent Living Council**

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

<https://dphhs.mt.gov/detd/independentliving/silc/index>

Montana Statewide Independent Living Council

111 North Last Chance Gulch, Suite 4C

PO Box 4210

Helena, MT 59604

Phone: 1-877-296-1197 (Toll-free consumer line)

Voice/TTY: 406-444-2590

Email: [mtsilc@mt.gov](mailto:mtsilc@mt.gov)

### **Independent Living Research Utilization's** directory of Independent Living Centers

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

### **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: 202-207-0334

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.

## Library Services

### **Montana Talking Book Library**

<http://tbl.msl.mt.gov/>

1515 East 6th Ave.

P.O. Box 201800

Helena, MT 59620-1800

Phone: 406-444-3115

Toll-free: 800-338-5087

TTY: 406-444-4799

## **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 Rights Montana**

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

1022 Chestnut St.

Helena, MT 59601-8602

Phone/TDD: 1-406-449-2344

Phone: 1-800-245-4743 (Toll-Free)

Email: [advocate@disabilityrightsmt.org](mailto:advocate@disabilityrightsmt.org)

## **Service Dogs**

### **Service Dog Training Directory**

<https://usaservicedogregistration.com/service-dog-training/>

### **Service Canines of Montana**

PO Box 1214

Laurel, MT 59044



Phone: 406-669-3149  
Email: [sercom@ttc-cmc.net](mailto:sercom@ttc-cmc.net)

### **Canine Logistics**

2020 Townsend Ave.  
Helena, Mt. 59601  
Phone: 406-439-5323  
Email: [prodigalservicedogs@bresnan.net](mailto:prodigalservicedogs@bresnan.net)

### **PawsAbilities**

3735 Big Flat Rd.  
Missoula, MT 59804  
Phone: 650-898-9117

### **Karosei Service Dogs**

4805 Deschamps Ln.  
Missoula, MT 59808  
Phone: 406-543-7672  
Email: [shirlee@bigsky.net](mailto:shirlee@bigsky.net)

## **Sports And Recreation**

### **DREAM Adaptive Recreation, Inc.**

<http://www.dreamadaptive.org/>  
PO Box 4084  
Whitefish, MT 59937  
Phone: 406-862-1817  
Email: [info@DreamAdaptive.org](mailto:info@DreamAdaptive.org)

The mission of Dream Adaptive Recreation, Inc. is to enhance the quality of life of individuals with disabilities by providing year round outdoor adaptive recreational opportunities.

### **Eagle Mount – Bozeman**

<http://www.eaglemount.org/>  
6901 Goldenstein Lane  
Bozeman, MT 59715  
Phone: 406-586-1781  
General Email: [eaglemount@eaglemount.org](mailto:eaglemount@eaglemount.org)  
Big Sky Kids Email: [bigskykids@eaglemount.org](mailto:bigskykids@eaglemount.org)

Since 1982, Eagle Mount has been transforming the lives of people with disabilities and children with cancer. With the help and support of a generous community, Eagle Mount opens up a world of adventures-skiing, horseback riding, swimming, camping, rock climbing, kayaking, cycling, fishing, and more.

### **Warriors and Quiet Waters Foundation Inc. (WQW)**

<https://warriorsandquietwaters.org/>  
351 Evergreen Drive, Suite A

Bozeman, MT 59715  
Phone: 406-585-9793  
Email: [info@wqwf.org](mailto:info@wqwf.org)

Through the experience of fly fishing in Montana, WQW is a catalyst for positive change in the lives of post 9-11 warriors and Combat and wounded service members/veterans from Iraq and Afghanistan.

## 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

### Department of Veterans Affairs Facility Locator: Montana

<https://www.va.gov/directory/guide/state.asp?STATE=MT&dnum=ALL>

*For office near you click on your county.*

## ALS

### The ALS Association National Office

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

1300 Wilson Boulevard, Suite 600  
Arlington, VA 22209  
Phone: 800-782-4747

Please contact them for local info. in your area.

## Brain Injury

### Brain Injury Alliance of Montana

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

3535 West Broadway #6

Missoula, MT 59808

Phone: 406-541-6442

Phone: 800-241-6442 (In-State Help Line)

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

## Cerebral Palsy

### United Cerebral Palsy National Office

<http://www.ucp.org>

1825 K St. NW

Suite 600

Washington, DC 20006

Phone: 202-776-0406, 800-USA-5-UCP

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

Please contact them for information in your area.

### **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

Please contact them for local information.

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

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

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

375 East Elm Street, Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131

Toll-free: 866-224-3301

Please call them for information in your area

### **Multiple Sclerosis**

#### **National Multiple Sclerosis Society Headquarters**

<http://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Others-on-MSconnection-org>

Phone: 800-FIGHT-MS

NMSS offers an online community.

#### **Multiple Sclerosis Association of America (MSAA) Headquarters**

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

375 Kings Highway North

Cherry Hill, New Jersey 08034

Toll-free: 800-532-7667

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

#### **MSAA Northwest Regional Office (Idaho, Montana, Wyoming)**

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

(800) 532-7667 extension 137

E-mail: [northwest@mymsaa.org](mailto:northwest@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 (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)

<https://post-polio.org/wp-content/uploads/2020/12/PDIR-2020.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

## Spina Bifida

### Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd.  
Arlington, VA 22209  
Phone: 800-621-3141  
Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

Please contact them for info in your area

## Spinal Cord Injury

### Brain and Spinal Cord.org

Lists support groups in Montana:

### Bozeman Spinal Cord Injury Group

This group meets on the second Tuesday of each month from 5 p.m. - 6:30 p.m. and provides support to the spinal cord injury community and their families in and around Bozeman in any way possible and works to bring about awareness in the community.

Meeting place:

Eagle Mount

6901 Goldenstein Lane

Bozeman, MT, 59715

Contact: Linda Chatriand at 406-284-6023 or [lchariand@yahoo.com](mailto:lchariand@yahoo.com)

## Stroke

### **American Stroke Association**

<http://www.strokeassociation.org>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-800-242-8721

Please call them for the stroke support group in your area

## **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)

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

## **General Disability Resources**

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

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

### **Montana Chapter of the American Physical Therapy Association**

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

PO Box 8575

Missoula, MT 59807

Phone: 406-543-1823

Email: [mapta@mapta.com](mailto:mapta@mapta.com)

### **Montana chapter of the American Occupational Therapy Association**

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

2590 Holman Ave. Ste. A

Billings, MT 59102

Phone: 406-208-7338

Email: [mota.board.president@gmail.com](mailto:mota.board.president@gmail.com)

### **Association of People Supporting Employment First (APSE)**

No Montana chapter listed currently.

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

### **First Call 2-1-1**

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

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

### **Cutting Fences Foundation**

<https://www.cuttingfencesfoundation.net/>

Montana

Phone: 406-217-1166

Email: [cuttingfencesfoundation@gmail.com](mailto:cuttingfencesfoundation@gmail.com)

A non-profit organization that helps farmers and agricultural workers in Montana. They offer a loan closet of adaptive equipment that would be useful to farmers, rancher, etc.

### **Farm Rescue**

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

P.O. Box 28

Horace, ND 58047

Phone: 701-252-2017

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

Farm Rescue is a nonprofit organization that provides planting and harvesting assistance free of charge to farm families who have experienced a major illness, injury or natural disaster. It helps farm families in North Dakota, South Dakota, Montana, Minnesota, and Iowa. Please see their website for application info.

### **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. 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.

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.