

Nebraska 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 www.eldercare.acl.gov

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.

Nebraska Department of Aging

http://dhhs.ne.gov/Pages/aging.aspx

P.O. Box 95026

Lincoln, Nebraska 68509 Phone: 402-471-2307

Email: DHHS.Aging@nebraska.gov

National Center on Elder Abuse (NCEA)

https://ncea.acl.gov/

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

Great Plains ADA Center (covers Nebraska)

www.gpadacenter.org

ADA Project of Missouri/ Columbia 100 Corporate Lake Drive Columbia, MO65203 Phone/TTY: 573-882-3600

Toll free: 800-949-4232

Email: adacenter@missouri.edu

Nebraska Assistive Technology Partnership

http://www.atp.ne.gov/ 3901 N. 27th St., Suite 5 Lincoln, NE 68521

Phone/TTY: 402-471-0734 Toll-free: 877-713-4002 Email: <u>atp@nebraska.gov</u>

Nebraska Alternate Financing Loan Program Easter Seals Nebraska

http://ne.easterseals.com/site/PageServer?pagename=NEDR_loan

12565 West Center Rd., Suite 100 Omaha, NE 68144

Phone: 402-462-3031; 800-471-6425

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

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.christopherReeve.org/NRN.

Community Health Centers

Health Center Association of Nebraska

http://hcanebraska.org

3929 S. 147th Street, Suite 100 A

Omaha, NE 68144 Phone: 402-932-3389

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

Nebraska Crime Victim Compensation and Assistance

https://ncc.nebraska.gov/crime-victim-reparations

Nebraska Crime Commission 301 Centennial Mall South PO Box 94946

Lincoln, NE 68509 Phone: 402-471-2828

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)

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

Nebraska Coalition to End Sexual and Domestic Violence

https://www.nebraskacoalition.org/

245 South 84th St., Suite 200

Lincoln, NE 68510 Phone: 402-476-6256

Easter Seals Offices

Easter Seals Nebraska Offices:

http://www.ne.easterseals.com

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.

Easter Seals Nebraska

Corporate Office 12565 West Center Road / Suite 100 Omaha, NE 68144-3810 (402) 462-3031 phone (800) 471-6425 toll free

Easter Seals Nebraska

Lincoln Office 211 N. 14 Street Lincoln, NE 68508 Phone: 402-462-3031

Easter Seals Nebraska

Petersburg Office 212 West Main Street P.O. Box 25

Petersburg, NE 68652

Phone: 800-471-6425 or 402-462-3031 (local)

Easter Seals Nebraska

Geneva Office PO Box 106, 1320 G St. Geneva, NE 68361 Phone: 402-462-3031

Government Offices

Nebraska State Website

www.state.ne.us

Nebraska Division of Medicaid and Long-Term Care

http://dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx

Department of Health and Human Services System

PO Box 95026

Lincoln, NE68509-5044

Phone: 402-471-3121 (Local)

Nebraska Department of Health and Human Services

http://dhhs.ne.gov/

301 Centennial Mall South

Lincoln, NE 68509

Phone: 402-471-3121

Nebraska CHIP Program (Children's Health Insurance Program)

https://www.insurekidsnow.gov/coverage/ne/index.html

301 Centennial Mall South Lincoln, Nebraska 68509 Phone: 1-855-632-7633

Nebraska SHIP Program (Senior Health Insurance Information Program)

http://www.doi.nebraska.gov/shiip/

Nebraska Department of Insurance Terminal Building

PO Box 82089

Lincoln, NE 68501-2089 Phone: 402-471-2841

Vocational Rehabilitation Nebraska Department of Education

http://www.vr.nebraska.gov/

P.O. Box 94987 Lincoln, NE68509 Phone: 402-471-3644 Toll-free: 877-637-3422

Nebraska Department of Insurance

http://www.doi.ne.gov/

PO Box 95087

Lincoln, NE 68509-5087 Phone: 402-471-2201 Toll-free: 877-564-7323

Workers Compensation Office

http://www.wcc.ne.gov/
Nebraska Workers' Compensation Court
1221 N St., Suite 402
Lincoln, NE 68508

Mail to:

PO Box 98908

Lincoln, NE68509-8908 Phone: 402-471-6468

Toll-free phone: 800-599-5155

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 LTC Ombudsman Program

http://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx

Department of Health & Human Services

P.O. Box 95026 Lincoln. NE 68509

Phone: 402-471-2307, 800-942-7830 (Nebraska only)

Email: DHHS.LTCOmbudsman@nebraska.gov

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

HUD is the government office

www.hud.gov

HUD 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 office". info public housing, local lf vou want on click 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) Nebraska Independent Living Council

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

215 Centennial Mall South, Suite 519

Lincoln, NE 68508 Phone: 402-438-7979 Email: info@nesilc.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/

Email: ncil@ncil.org

2013 H St. NW, 6th Floor Washington, DC 20006 Phone: 202-207-0334 Toll-free: 844-778-7961

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

Nebraska Library Commission

http://nlc.nebraska.gov/tbbs/contacttbbs.aspx

Talking Book and Braille Service 1200 N Street, Suite 120 Lincoln. NE 68508-2023

Phone/TDD: 800-742-7691, 402-471-4038

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 Nebraska

www.disabilityrightsnebraska.org 134 South 13th Street, Suite 600 Lincoln, NE68508

Phone/TDD: 402-474-3183 Phone: 800-422-6691

Email: info@disabilityrightsnebraska.org

Sports And Recreation

CHI Health: Junior Wheelchair Sports Camp

https://www.chihealth.com/en/services/rehabilitation-care/outpatient-rehabilitation/wheelchair-sports-camp.html

Please contact Jena Munson at 402-572-2276 for info

Email: Jena.Munson@alegent.org

Heartland Equine Therapeutic Riding Academy

http://hetra.org/

10130 S. 222nd Street Gretna, Nebraska 68028 Phone: (402) 359-8830

Horseback riding for people with disabilities, also has a Horses for Heroes programs for

disabled veterans.

Nebraska Adaptive Sports: Youth Wheelchair Sports Camp

https://nebraskaadaptivesports.org/youth-wheelchair-sports-camp/

Please contact Jena Munson at 402-572-2276 for info

Email: Jena.Munson@alegent.org

United Way Offices

United Way National Headquarters

http://unitedway.org

701 North Fairfax Street Alexandria, VA22314 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/directory/guide/home.asp

Nebraska Paralyzed Veterans of America (PVA) Service Offices

https://www.pva.org/find-a-national-service-office-or-chapter

Great Plains Chapter of PVA

www.greatplainspva.org Phone: 402-398-1422

ALS

Mid-America Chapter of the ALS Association

www.alsa-midwest.org Nebraska Branch Office 900 S. 74 PLZ, Suite 106 Omaha, NE 68114 Phone: 531-202-8760

Brain Injury

Brain Injury Association of America: State chapters

http://www.biausa.org

Brain Injury Alliance Nebraska

http://www.biane.org/

PO Box 22147 Lincoln, NE 68542

Phone: 402-423-2463 Email: <u>info@biane.org</u>

Cerebral Palsy

United Cerebral Palsy of Nebraska

http://www.ucp.org http://www.ucpnebraska.org/

11930 Arbor Street, Suite 202

Omaha, NE, 68114 Phone: 402-502-3572

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 info in your state

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

http://gbs-cidp.org/

375 East Elm St.

Conshohocken, PA 19428 Phone: 866-224-3301

Please call them for information in your area

Multiple Sclerosis

Mid America Chapter of National Multiple Sclerosis Society

http://www.nationalmssociety.org/Chapters/KSG

2020 W 89th Street

Suite 100

Leawood, KS 66206 Phone: 913-432-3926 Toll Free: 1-800-344-4867

Multiple Sclerosis Association of America Headquarters

http://www.mymsaa.org/ 375 Kings Hwy North Cherry Hill, NJ 08034 Phone: 800-532-7667

MSAA Midwest Regional Office (covers Nebraska)

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

Phone: 800-532-7667 extension 150

E-mail:midwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

https://www.mda.org/ National Headquarters 161 N. Clark, Suite 3550 Chicago, IL 60601 Phone: 800-572-1717

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

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

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

Spina Bifida

Spina Bifida Association of America

http://www.spinabifidaassociation.org

1600 Wilson Blvd., Suite 800 P.O. Box 17427

Arlington, VA 22216 Phone: 202-944-3285 Toll-free: 800-621-3141 Email: sbaa@sbaa.org

Please contact them for info in your area

SBAA clinics in Nebraska:

MHCP Mid-line Clinic (pediatric and adult)

412 S. Saddlecreek Rd.

Omaha, NE68509 Phone: 402-559-6418

Complex Care Clinic (pediatric only)

https://www.childrensomaha.org/department/complex-care-clinic/

Children's Hospital and Medical Center

8200 Dodge Street

Omaha, NE 68114-4113 Phone: 402-955-4160

Spinal Cord Injury

BrainandSpinalCord.org: Nebraska support groups listing

http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/nebraska.html

Madonna Rehabilitation Hospital

5401 South St. Lincoln, NE 68506

Contact: Diane Ulmer at 402-486-8296 or dulmer@madonna.org

Quality Living Inc. (QLI)

www.gliomaha.com or www.teamgli.com

6404 N. 70th Plaza Omaha, NE 68104 Phone: 402-573-3700

Email: qli@qliomaha.com

QLI is a specialized post-acute rehabilitation center for individuals with spinal cord injuries and brain injuries. Their program recognizes that great rehabilitation is more than just the science of physical recovery - it is the art of rebuilding a life. They offer the clinical expertise, state-of-the-art technology and research-supported therapies. They manage medical needs but also provide therapies in a real-world, non-hospital setting to go beyond the traditional therapy room to a truly functional approach.

Stroke

American Stroke Association

http://www.strokeassociation.org

7272 Greenville Avenue

Dallas, TX75231

Phone: 1-800-242-8721

Please contact them for the stroke support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX75606-1586

Phone: 903-236-7079, 800-ASAP-282

Email: info@ASAP.org

Please contact them for info in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

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

Please contact them for info in your area.

General Disability Resources

Nebraska Yellow Pages for Kids with Disabilities

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

Nebraska chapter of the American Occupational Therapy Association

http://www.notaonline.org

PO Box 540881 Omaha, NE 68154

Nebraska Chapter of the American Physical Therapy Association

www.npta.org

PO Box 24133

Omaha, NE68154-0427 Phone: 402-491-3660

Email: info@aptanebraska.org

Nebraska chapter of Association of People Supporting Employment First (APSE)

www.apse.org

http://www.apse.org/chapter/nebraska/

Cheryl Montgomery, Secretary

Email: neapse@apse.org

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

Stroke, and more.

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

First Call 2-1-1

http://www.ne211.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.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F Naperville, IL 60563

Phone: 630-961-1400

Email: 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.

Quality Living, Inc.

http://www.qliomaha.com/

6404 N 70th Plaza Omaha, NE 68104 Phone: 402- 573-3700

Good rehabilitation services improve function. Great rehabilitation services rebuild lives. QLI has become one of the nation's premier post-hospital centers for brain and spinal cord injury rehabilitation by embracing the concept that great rehabilitation is more than just the science of physical recovery – it is the art of rebuilding a life.

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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