



# Nevada 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>

<https://eldercare.acl.gov/Public/Index.aspx>

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.

### **Nevada Aging & Disability Services**

<http://adsd.nv.gov/>

3208 Goni Road, Building 1, Suite 181  
Carson City, NV 89706  
Phone: 775-687-4210

### **Nevada Division for Aging Services in Las Vegas, NV**

<https://www.agingcare.com/local/Nevada-Division-for-Aging-Services-Las-Vegas-Area-Agency-on-Aging-NV>

1860 E. Sahara Ave.  
Las Vegas, NV 89104  
Phone: 775-687-4210

### **National Center on Elder Abuse (NCEA)**

<https://ncea.acl.gov/>

National Center on Elder Abuse  
c/o University of Southern California Keck School of Medicine  
Department of Family Medicine and Geriatrics  
1000 South Fremont Avenue, Unit 22, Building A-6  
Alhambra, CA 91803  
Toll-free: 800-677-1116  
Email: [ncea-info@aoa.hhs.gov](mailto:ncea-info@aoa.hhs.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**

### **Arts for All Nevada**

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

250 Court St.  
Reno, NV 89501  
Phone/TTY: 775-826-6100  
Email: [info@artsforallnevada.org](mailto:info@artsforallnevada.org)

## **Note-Able Music Therapy Services**

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

2590 Orovada Street

Reno, NV 89512

Phone: 775-324-5521

Email: [mail@nmtsreno.org](mailto:mail@nmtsreno.org)

## **Assistive Technology**

## **Pacific ADA Center DBTAC (Regional Office)**

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

Phone: 510-285-5600

Toll-free: 800-949-4232

Email: [adatech@adapacific.org](mailto:adatech@adapacific.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](http://www.ChristopherReeve.org/NRN).

## **DRIVEN NeuroRecovery Center**

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

701 E. Bridger Ave., Suite 150

Las Vegas, NV 89101

Phone: 702-463-4874

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

DRIVEN is a multidisciplinary accessible fitness center where individuals with disabilities can improve their physical, mental, and emotional wellness.

## **Community Health Centers**

## **Nevada Primary Care Association**

<http://nv pca.org/>

755 N. Roop Street, Suite 211

Carson City, NV 89701

Phone: 775-887-0417

Email: [info@nv pca.org](mailto:info@nv pca.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**

#### **Nevada Department of Health and Human Services Victims of Crime Program**

<https://voc.nv.gov/>

Victims of Crime Program (VOCP)

6171 W. Charleston Blvd.

Building 9

Las Vegas, NV 89146

Phone: 702-486-2740 (for Southern Nevada office) or (775) 688-2410 (for Northern Nevada office)

Email: [VOCP@dchfs.nv.gov](mailto:VOCP@dchfs.nv.gov)

#### **National Center for Victims of Crime**

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

Phone: 202-467-8700

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

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

<http://www.safehorizon.org>

Phone: 1-800-621-HOPE

### **Domestic Violence Help**

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

**National Resource Center on Domestic Violence:** 1-800-537-2238

#### **Nevada Coalition to End Domestic and Sexual Violence**

<http://www.ncedsv.org>

250 South Rock Blvd., Suite 116

Reno, NV 89502

Phone: 775-828-1115

The Nevada Coalition to End Domestic and Sexual Violence is a statewide voice advocating for the prevention and elimination of violence by partnering with communities. It is not a shelter nor a crisis line.

### **Safe Embrace**

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

205 S. Rock Blvd. Suite 7

Reno, NV 89502

Phone: 775-322-3466 (24-hour Helpline), 775-324-3766 (Office)

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

Safe Embrace is a 501(c)(3) nonprofit corporation dedicated to educating our community and providing services to survivors of domestic and sexual violence. For over 17 years, they have been committed to ending the cycle of intimate partner violence with innovative intervention and prevention services in Reno, Nevada.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire those certain needs can be met.

## **Easter Seals Offices**

### **Easter Seals**

<http://www.easterseals.com>

141 W Jackson Blvd., 1400A

Chicago, IL 60604

Phone: 312-726-6200 (voice), 800-221-6827 (toll-free)

Email: [info@easterseals.com](mailto:info@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.

## **Government Offices**

### **Nevada State Website**

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

### **Nevada Office of Aging and Disability Services**

<http://adsd.nv.gov/>

3208 Goni Rd., Building I, Suite 181

Carson City, NV 89706

Phone: 775-687-4210, 888-729-0571 (Statewide)

### **Nevada Vocational Rehabilitation**

<https://vrnevada.org/>

Phone: 775-823-8100 (Northern Nevada)

Phone: 702-486-5230 (Southern Nevada)

Phone: 711 (Nevada Relay)

**Nevada SCHIP Program** (State Children’s Health Insurance Program)

<https://dwss.nv.gov/Medical/NCUMAIN/>

1100 E. Williams Street, Suite 118  
Carson City, NV 89701  
Phone: 775-684-3660

**Nevada SHIP Program** (Senior Health Insurance Information Program)

[https://adsd.nv.gov/Programs/Seniors/SHIP/SHIP\\_Prog/](https://adsd.nv.gov/Programs/Seniors/SHIP/SHIP_Prog/)

Department of Health and Human Services  
State of Nevada Aging and Disability Services Division (ADSD)  
3416 Goni Road, Suite D-132  
Carson City, NV 89706  
Phone: 775-687-4210  
Toll Free: 1-800-307-4444  
Email: [adsd@adsd.nv.gov](mailto:adsd@adsd.nv.gov)  
Provides free information to Medicare beneficiaries

**Nevada Division of Insurance**

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

*Carson City Office*  
1818 E. College Parkway, Suite 103  
Carson City NV 89706  
Phone: 775-687-0700  
Toll-free: 888-872-3234

*Las Vegas Office*  
3300 W. Sahara Ave., Suite 275  
Las Vegas, NV 89102  
Phone: 702-486-4009

**Nevada Workers’ Compensation Section**

<http://dir.nv.gov/WCS/home/>

400 West King Street, Suite 400  
Carson City, Nevada 89703  
Phone: 775-684-7270 (Northern Nevada), 702-486-9080 (Southern Nevada)  
Email: [WCSHelp@dir.nv.gov](mailto:WCSHelp@dir.nv.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 LTC Ombudsman**

<http://adsd.nv.gov/Programs/Seniors/LTCOmbudsman/LTCOmbudsProg/>

Nevada Aging and Disability Services Division

3208 Goni Road, Building I, Suite 181

Carson City, NV 89706

Phone: 888-282-1155, 775-687-4210 (Aging & Disability Services Offices)

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**

### **Housing and Urban Development (HUD)**

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

U.S. Department of Housing and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone: 202-708-1112

TTY: 202 708-1455

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)

Email: [211@uww.unitedway.org](mailto:211@uww.unitedway.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)**

#### **Nevada Statewide Independent Living Council**

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

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

P.O. Box 33386

Las Vegas, NV 89133

Email: [nvsilc@adsd.nv.gov](mailto:nvsilc@adsd.nv.gov)

**Independent Living Research Utilization’s** directory of Independent Living Centers

<http://www.ilru.org>

## **National Council on Independent Living (NCIL)**

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

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334

Toll-free: 844-778-7961

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

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

## **Library Services**

### **Nevada Talking Book Services**

<https://nsla.nv.gov/ntbs1>

Nevada State Library, Archives, & Public Records

100 North Stewart Street

Carson City, NV 89701

Phone: 775-684-3354

Phone: 800-922-9334

TDD: 755-684-3313

Email: [nvtalkingbooks@admin.nv.gov](mailto:nvtalkingbooks@admin.nv.gov)

## **Neurorecovery Network (NRN)**

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

## **Peer Support Programs**

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

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

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

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

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis



with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: [www.ChristopherReeve.org/qol](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.

## **Protection And Advocacy**

### **Nevada Disability Advocacy & Law Center, Inc.**

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

#### **Southern Office**

2820 West Charleston Boulevard #11

Las Vegas, NV 89102

Phone: 702-257-8150, 888-349-3843 (Toll-Free), 711 (Nevada Relay)

Email: [lasvegas@ndalc.org](mailto:lasvegas@ndalc.org)

#### **Northern Office**

1875 Plumas St. #1

Reno, NV 89509

Phone: 775-333-7878, 800-992-5715 (Toll-Free), 711 (Nevada Relay)

Email: [reno@ndalc.org](mailto:reno@ndalc.org)

#### **Elko Office**

557 W. Silver St.

Ste. 203

Elko, NV 89801

Phone: 775-777-1590, 800-992-5715 (Toll-Free), 711 (Nevada Relay)

Email: [elko@ndalc.org](mailto:elko@ndalc.org)

## **Sports And Recreation**

### **Nevada Outdoorsmen in Wheelchairs (NOW)**

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

PO Box 908

Elko, NV 89803

Phone: 775-397-3340, 775-293-5524

Email: [Matt@NevadaOutdoorsmen.org](mailto:Matt@NevadaOutdoorsmen.org)

### **City of Las Vegas: Adaptive Recreation**

<https://www.lasvegasnevada.gov/Government/Departments/Parks-Recreation/Adaptive-Recreation>

451 E. Bonanza Road

Las Vegas, NV 89101

Phone: 702-229-PLAY

### **City of Reno: Adaptive and Inclusion Programs**

<http://www.reno.gov/government/departments/parks-recreation-community-services/adaptive-recreation>

Phone: 775-333-7765

Email: [wolfea@reno.gov](mailto:wolfea@reno.gov)

## United Way Offices

### United Way Worldwide Headquarters

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

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Please 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.

### United Way of Southern Nevada

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

5830 West Flamingo Road

Las Vegas, NV 89103

Phone: 702-892-2300

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

### United Way of Northern Nevada and the Sierra

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

639 Isbell Rd., Suite 460

Reno, NV 89509

Phone: 755-322-8668

## Veteran Benefits

### Department of Veterans Affairs VA Hospital Locator

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

Enter your state or zip code to find the VA facilities in Nevada

### Nevada Chapter of Paralyzed Veterans of America Office

<http://www.nevadapva.org>

704 South Jones Blvd.

Las Vegas, NV 89107

Phone: 702-646-0040, 866-638-3837

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

### Paralyzed Veterans of America

<https://pva.org/>

To find your National Service Office or Chapter, click on “National Service Officers” under “Find Support.”

PVA National Service Office

**Las Vegas Paralyzed Veterans of America**

6900 N. Pecos Road North  
Room 1C248  
Las Vegas, NV 89086  
Phone: 702-791-9000 Ext: 14458

**ALS**

**The ALS Association National Office**

[www.alsa.org](http://www.alsa.org)  
1300 Wilson Boulevard, Suite 600  
Arlington, VA 22209  
Phone: 800-782-4747  
Please contact them for state info.

**Brain Injury**

**Brain Injury Association of America**

<http://www.biausa.org>  
3057 Nutley Street #805  
Fairfax, VA 22031-1931  
Phone: 703-761-0750  
Information Center: 800-444-6443  
Email: [braininjuryinfo@biausa.org](mailto:braininjuryinfo@biausa.org)  
Please contact them for state info.

**Cerebral Palsy**

**United Cerebral Palsy of Nevada**

<http://www.ucp.org/>  
<http://ucpnv.org/>  
740 Freeport Blvd.  
Sparks, NV 89431-6161  
Phone: 775-322-6555  
Email: [melsbrock@ucpnv.org](mailto:melsbrock@ucpnv.org)

**Friedreich’s Ataxia**

**National Ataxia Foundation (NAF) National Office**

<http://www.ataxia.org/>  
Physical Address:  
600 Hwy 169 S, Ste 1725  
Minneapolis, MN 55426  
Mailing Address:

PO Box 27986  
Golden Valley, MN 55427  
Phone: 763-553-0020  
Email: [naf@ataxia.org](mailto:naf@ataxia.org)  
Please contact them for local information

## **Guillain-Barré Syndrome / CIDP**

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

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

375 E. Elm St. Suite 101  
Conshohocken, PA 19428  
Phone: 866-224-3301

Please contact them for information in your area.

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society**

[www.nationalmssociety.org/online-community/index.aspx](http://www.nationalmssociety.org/online-community/index.aspx)

800-FIGHT-MS/ 800-344-4867

### **Southern California & Nevada chapter of NMSS**

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

5150 W. Goldleaf Circle, Suite 400  
Los Angeles, CA 90056  
Phone: 310-479-4456  
Toll-free: 800-344-4867

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

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

Western Regional Office (covers NV)  
Seattle, WA  
Phone: 415-260-6420  
Phone: 800-532-7667 (Ext. 155)  
Email: [western@mysaa.org](mailto:western@mysaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association National Office**

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

161 N. Clark, Suite 3550  
Chicago, IL 60601  
Phone: 800-572-1717  
Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

## **Post-Polio Syndrome**

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

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

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

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

<https://post-polio.org/wp-content/uploads/2021/09/PDIR-2021Hsec.pdf>

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

## **Spina Bifida**

### **Spina Bifida Association**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd. Suite 800

Arlington, VA 22209

Toll-free: 800-621-3141

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

Please contact them for info in your area

## **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

### **Click on “In Your Community”**

<http://www.strokeassociation.org>

American Stroke Association: Offices in Nevada

Las Vegas Division

4445 S. Jones Blvd, Suite B1

Las Vegas, NV 89103

Phone: 702-789-4370

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project (ASAP)**

<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)

### **American Syringomyelia & Chiari Alliance Project Online Support Groups**

<https://asap.org/find-support/online-support-groups/>

## 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:

SRNA

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330

Please contact them for info in your area.

## General Disability Resources

### **Yellow Pages for Kids with Disabilities: Nevada**

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

### **Nevada Chapter of the American Occupational Therapy Association**

<https://nota.wildapricot.org/>

NOTA

PO Box 370675

Las Vegas, Nevada 89137

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

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

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

Phone: 406-543-1823

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

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

<http://www.apse.org>

7361 Calhoun Place

Suite 680

Rockville, MD 20855

Phone: 301-279-0060

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

Please call them for local information

**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**

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

United Way Worldwide

701 N. Fairfax Street

Alexandria, VA 22314

Phone: 703 836-7112

Phone: 211

Email: [211@uww.unitedway.org](mailto:211@uww.unitedway.org)

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

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

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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