



North Carolina 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.

North Carolina Department of Aging

<http://www.ncdhhs.gov/divisions/daas>

2101 Mail Service Center
Raleigh, NC 27699-2001
Phone: 919-855-4800

North Carolina Area Agencies on Aging

<http://www.ncdhhs.gov/assistance/senior-services/area-agencies-on-aging>

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 & Creativity

ComMotion – Community in Motion

<http://commotionnc.org>

Raleigh NC

Phone: 919-526-0195

ComMotion – Community in Motion’s mission is to enable everyone to get a chance to experience the many benefits of dance, regardless of their age, ability, or circumstances. Dance promotes strength, flexibility & coordination while also reducing pain, depression, and stress. Founded by a cancer survivor and disabled veteran who found health and happiness through dance and wanted to share it with others, they have taught more than 10,000 students of all ages and abilities, including veterans, cancer survivors, seniors, and kids. Their programs are completely portable and adaptable to any space and size of group, so they can bring our classes directly to the people they serve, eliminating logistical challenges of traveling to a dance studio as well as the fear and uncertainty of a new space and group of people. They have taught online and in hundreds of different locations including hospitals, community centers, VFW halls, memory care and Alzheimer’s units, schools, churches, and parks.

Assistive Technology

North Carolina Assistive Technology Program

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program>

NC Dept. of Health and Human Services
2001 Mail Service Ctr.
Raleigh, NC 27699-2000
Customer Service Center: 1-800-662-7030

Southeast ADA Center (covers NC)

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

Burton Blatt Institute Lexington
1525 Bull Lea Road, Suite 160
Lexington, KY 40511
Phone: 800-949-4232 (voice/TTY); 404-541-9001
Email: adasoutheast@law.syr.edu

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

Well Spouse Association

Chapel Hill/Research Triangle Park Support Group
Russell Wiener
109 TW Alexander D.
Durham, NC 27709
Phone: 919-358-6453

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

North Carolina Community Health Center Association

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

4917 Waters Edge Drive, Suite 165
Raleigh, NC 27606
Phone: 919-469-5701

Email: web@ncchca.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

North Carolina Crime Victim Compensation

<https://www.ncdps.gov/DPS-Services/Victim-Services/Crime-Victim-Compensation>

Phone: 919-733-7974

Toll-free: 800-826-6200

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

North Carolina Coalition Against Domestic Violence

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

3710 University Dr., Suite 140

Durham, NC 27707

Phone: 919-956-9124

Easter Seals Offices

Easter Seals UCP North Carolina- State Office

www.nc.eastersealsucp.com

5171 Glenwood Ave., Suite 400

Raleigh, NC 27612

Phone: 800-862-7119

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

North Carolina State Website

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

North Carolina Council on Developmental Disabilities

<http://www.nccdd.org>

3109 Poplarwood Ct., Suite 105

Raleigh, NC 27604

Phone/TDD: 919-527-6500; 800-357-6916

TTY: 800-357-6916

North Carolina Medicaid Office

<https://medicaid.ncdhhs.gov/>

North Carolina Department of Health and Human Services

1918 Umstead Drive

Kirby Building

Raleigh, NC 27603-2001

Phone: 919-857-4011; 800-662-7030

Email: care.line@ncmail.net

North Carolina SHIP Program (Seniors' Health Insurance Information Program)

<https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip>

Phone: 855-408-1212 (Toll-Free)

Email: ncdoi.ncshiip@ncdoi.gov

SHIP Counselors are available to help citizens with a variety of senior insurance issues including Medicare, Medicare supplements and long-term care insurance.

North Carolina Department of Insurance

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

Albemarle Building

325 N. Salisbury Street

Raleigh, NC 27603-5926

Phone: 855-408-1212

North Carolina Industrial Commission—Workers Compensation

<http://www.ic.nc.gov/>

Mailing address:

1240 Mail Service Center

Raleigh, NC 27699-1240

Email: infospec@ic.nc.gov

Street address:

Dobbs Building, 6th Floor
430 North Salisbury Street
Raleigh, NC 27603
Phone: 919-807-2500; 800-688-8349 (toll-free)

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

<https://www.ncdohhs.gov/assistance/adult-services/long-term-care-ombudsman>

NC Division of Aging & Adult Services
2001 Mail Service Center
Room 307
Raleigh, North Carolina 27699-2001
Phone: 919-855-4800

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

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Multiple Sclerosis Association of America (MSAA) owns and operates five barrier-free apartment complexes in North Carolina.

MSAA Suites at Jacksonville

1711 Hargett St.
Jacksonville, NC 28540
Phone: 910-938-3632

Independent Living

ILRU: State Independent Living Councils (SILCs)

North Carolina Independent Living Council

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

<http://ncsilc.org/>

505 Oberlin Road, Suite 206

Raleigh, NC 27605

Phone: 919-835-3636

Email: kboate@ncsilc.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, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 844-778-7961

Email: ncil@ncil.org

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

Library Services

North Carolina Library for the Blind and Physically Handicapped

<http://statelibrary.ncdcr.gov/lbph>

State Library of North Carolina

Department of Cultural Resources

1841 Capital Boulevard

Raleigh, NC 27635

Phone: 919-733-4376, 888-388-2460

Email: ncilbph@ncdcr.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.

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 North Carolina

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

3724 National Dr., Suite 100

Raleigh, NC, 27612

Phone: 919- 856-2195

Toll-free: 877-235-4210

TTY: 888-268-5535

Email: info@disabilityrightsncc.org

North Carolina Client Assistance Program (CAP)

<http://cap.state.nc.us/>

North Carolina Department of Health and Human Services

2806 Mail Service Center

Raleigh, NC 27699-2806

Phone: 919-855-3600, 800-215-7227

Email: NCCAP@dhhs.nc.gov

Service Dogs

Carolina Canines For Services

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

PO Box 12643

Wilmington, NC 28405

Phone: 910-362-8181

Toll-free: 866-910-3647

Email: information@caninesforservice.org

Sports and Recreation

Move United

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

451 Hungerford Drive

Suite 608

Rockville, MD 20850

Phone: 301-217-0960

Email: info@moveunitedsport.org

Please check with them for any NC programs.

Bridge II Sports

www.bridge2sports.org

3729 Murphey School Rd.

Durham, NC 27705

Phone: 866-880-2742

Email: admin@bridge2sports.org

Carolina Crash Quad Rugby

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

The Carolina Crash is a wheelchair/quad rugby team that competes throughout the United States and is based in Charlotte. The Carolina Crash was founded in 1995 as part of an overall vision of Carolinas Rehabilitation (<http://www.carolinashealthcare.org/carolinas-rehab>) to serve the sport and recreational needs of its patients through the Adaptive Sports and Adventure Program, ASAP (<http://www.carolinashealthcare.org/carolinas-rehab-asap>). Additional founding program partners include the hospital and its Foundation as well as several veteran players. The Carolina Crash incorporated as its own non-profit in 2007. The team remains closely linked to the hospital, which still provides funding as well as recreational therapeutic staff for practices, competitive travel and equipment transportation.

Duke Outdoor Adventures

<https://recreation.duke.edu/outdoor-adventures>

Duke University- Wilson Recreation Center

Phone: 919-613-7489

Email: recreation@duke.edu

Provides adaptive climbing.

Prancing Horse Inc.

<http://www.prancing-horse.org/>

PO Box 327

Southern Pines, NC 28388

Phone: 910-246-3202

Email: Prancinghorseinfo@yahoo.com

Prancing Horse works to enhance the lives of individuals with special needs by providing a safe environment for therapeutic horsemanship.

HORSEPOWER, Inc.

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

4537 Walpole Rd.

High Point, NC 27265

Phone: 336 -931-1424

HORSEPOWER's mission is to promote and enhance the welfare of individuals with disabilities by providing a program of therapeutic, educational and recreational value, and further, to empower individuals who are intellectually, physically, emotionally and/or socially challenged through the use of horses, while providing therapeutic benefits in a safe and controlled atmosphere.

Triangle Special Hockey Association

<http://trianglespecialhockey.org/>

107 Silverwood Lane

Cary, NC 27518

Email: tsha.info@gmail.com

TSH is open to all individuals with developmental or physical disabilities who want to participate in ice hockey. We create a supportive, encouraging environment adapted to the level of ability of the participants. Hockey is a great way to develop coordination and concentration, and being on a team gives us all opportunities to learn how to work well with others

Wings of Eagles Ranch

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

4800 Faith Trails

Concord, NC 28025

Phone: 704-784-3147

Email: wingsofeaglesranch@gmail.com

Wings of Eagles Ranch is a non-profit organization that offers therapeutic horseback riding sessions for children and adults with special needs. The sessions provide numerous benefits to the riders including increased flexibility and balance, increased confidence and self-esteem, normalization of high or low muscle tone, enhanced socialization skills and more.

Neumotion Rehab

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

736 Brawley School Road Suite G

Morseville, NC 28117

Phone: 704-660-0096

Email: info@neumotionrehab.com

Neumotion Rehab is an outpatient facility that specializes in rehabilitation and post rehabilitation exercise for individuals with neuromuscular conditions affecting their function and fitness. They offer exercise programs and an adaptive gym for individuals with neuromuscular conditions like spinal cord injury, stroke, traumatic brain injury, cerebral palsy, multiple sclerosis and etc.

United Way Offices

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

Veterans Administration: Facility Locator

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

VA Benefits Administration - Winston-Salem Regional Office

<http://www.benefits.va.gov/winstonsalem/>

Federal Building, 251 N. Main Street

Winston-Salem, NC 27155

Phone: 800-827-1000

Southeastern Chapter PVA Offices (covers NC which has no separate chapter)

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

4010 Deans Bridge RD.

Hephzibah, GA 30815

Phone: 706-796-6301, 800-292-9335

PVA Winston-Salem National-Regional Office

251 North Main Street, Rm 424

Winston-Salem, NC 27155

Phone: 336-251-0836

Toll-free: 800-795-3622

ALS

ALS Association- North Carolina Chapter

http://webnc.alsa.org/site/PageServer?pagename=NC_homepage

4 N. Blount St., Suite 200

Raleigh, NC 27601

Phone: 919-755-9001; 877-568-4347 (toll-free)

Email: info@alsnc.org

Muscular Dystrophy Association's ALS Research Centers:

MDA/ALS Center at Carolinas Medical Center

1010 Edgehill Rd N.

Charlotte, NC 28207

Phone: 704-446-6254

MDA/ALS Center at Duke University

932 Monreene Rd

Durham, NC 27705

Phone: 919-668-2875

Brain Injury

Brain Injury Association of North Carolina

www.bianc.net

3733 National Drive

Suite 115

Raleigh, NC 27612

Phone: 919-833-9634, 800-377-1464

Email: bianc@bianc.net

Atrium HealthCare System

<https://atriumhealth.org/medical-services/specialty-care/rehabilitation/brain-injury>

Rehabilitation from Brain Injury

401 Medical Park Drive

Concord, NC 28025

Phone for Inpatient Services: 704-355-3558

Phone for Outpatient Therapy: 980-402-1970

Atrium Health's nationally recognized Carolinas Rehabilitation offers some of the highest intensive therapy hours during inpatient rehabilitation of any facility in the nation (up to four and a half hours per day). Our goal is to help get patients back to living as independently and fully as possible.

Carolinas Rehabilitation is proud to be a TBI Model System follow-up site. TBI Model System's Project plays a pivotal role in building national capacity for high-quality treatment and research serving persons with TBI, their families and the communities in which they reside.

Cerebral Palsy

Easter Seals UCP North Carolina

<http://www.nc.eastersealsucp.com>

5171 Glenwood Ave., Suite 400

Raleigh, NC 27612

Phone: 800-662-7119

Email: info@nceastersealsucp.com

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

Tarheel Ataxia Support Group

Ron & Donna Smith

Garnet, NC

Phone: 919-779-0414

Email: dsmith@sa-pr.com

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

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

375 E. Elm St., Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131; 866-224-3301 (toll-free)

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Greater Carolinas Chapter

<http://www.nationalmssociety.org/Chapters/NCT>

3101 Industrial Drive, Suite 210

Raleigh, NC 27609

Phone: 919-834-0678; 800-344-4867 (toll-free)

Email: nct@nmss.org

Multiple Sclerosis Association of America's Southeast Regional Office

www.mymsaa.org

Florida, Georgia, North Carolina, South Carolina, Virginia, Alabama, Tennessee, Mississippi

Phone: 800-532-7667 x160

Email: southeast@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 Ctr.
Suite 440
St. Louis, MO 63126
Phone: 314-534-0475

Email: info@post-polio.org

<http://www.post-polio.org/net/poldir.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., Suite 800
Arlington, VA 22209
Phone: 202-944-3285
Toll-free: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

North Carolina Spina Bifida Association of America Chapter

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

Phone: 800-621-3141 x20

Email: mnethercutt@sbaa.org

SBAA North Carolina Clinics:

Olson Huff Center

11 Vanderbilt Park Dr.
Asheville, NC 28803
Phone: 828-213-1780

UNC School of Medicine

Spina Bifida Clinic

Campus Box 7220
Chapel Hill, NC 27599-7200
Phone: 919-966-8813

Terry Des Reivines
Levine Children's Specialty Center
Medical Center Plaza (Pediatric only)
1001 Blythe Boulevard
Charlotte, NC 28203
Phone: 704-381-8855

Duke University Medical Center
Myelodysplasia Clinic
3000 Erwin Road
Durham, NC 27710
Phone: 919-681-5456

East Carolina University—Spina Bifida Clinic
ECU-SOM Dept. Phys Med Rehab
600 Moye Blvd
Greenville, NC 27858
Phone: 252-847-6606

Spinal Cord Injury

North Carolina Spinal Cord Injury Association
<http://www.ncscia.org/>
7980 Chapel Hill Rd, Suite 101
Cary, NC 27513
Phone: 919-234-4171
Email: support@ncscia.org

Stroke

American Stroke Association
<https://www.stroke.org/>
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653; 888-4-STROKE
Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project
<http://www.asap.org>
PO Box 1586
Longview, TX 75606-1586

Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please call them for any support group 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

Duke Wheelchair and Seating Clinic

<https://sites.duke.edu/ptot/outpatient-services/wheelchair-evaluation-and-seating-clinic/>

Duke University Health System
Dept of Physical Therapy and Occupational Therapy
Lenox Baker Children's Hospital
3000 Erwin Rd.
Durham, NC 27707
Phone: 919-684-2445 (for appointments)

North Carolina Yellow Pages for Kids with Disabilities

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

North Carolina Baptist Aging Ministry

www.ncbam.org

<https://ncbam.org//programs-and-services/#rampin>

201-A Idol St.

Thomasville, NC 27360

Phone: 877-506-2226

They have a Rampin Up program which provides ramps to individuals.

North Carolina chapter of the American Occupational Therapy Association (NCOTA)

<http://www.ncota.org/home>

PO Box 20432

Raleigh, NC 27619

Phone: 919-785-9700

Email: office@ncota.org

North Carolina Chapter of the American Physical Therapy Association

www.ncpt.org

Phone: 919-882-7119

Email: info@aptanc.org

North Carolina chapter of Association of People Supporting EmploymentFirst

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

SET/UCP Bridget Hassan- Executive Board President

134 Wind Chime Court

Raleigh, NC 27615

Phone: 919-368-1463

Email: bridget.hassan@eastersealsucp.com

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.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.

Available in Forsyth, Guilford, Randolph, Rockingham, Davie and Davidson Counties.

The Servant Center

www.theservantcenter.org

1417 Glenwood Ave

Greensboro, NC 27403

Phone: 336-275-8585

Their mission is to empower the homeless and disabled, particularly veterans, to become independent, contributing members of the community through housing, healthcare, and restorative services.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

Email: 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.