



North Dakota 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 Dakota Adult and Aging Services

<https://www.hhs.nd.gov/adults-and-aging>

North Dakota Department of Health and Human Services

1237 W. Divide Ave., Suite 6

Bismarck, ND 58501

Phone: 855-462-5465 (Toll free), 711 (TTY)

Email: carechoice@nd.gov

Human Service Zones by County

<https://www.hhs.nd.gov/human-service/zones>

National Center on Elder Abuse (NCEA)

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

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

Phone: 855-500-3537

Email: 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.

Assistive Technology

North Dakota Assistive Technology

<https://ndassistive.org/>

Fargo Office

3240-15th St. South, Suite B

Fargo, ND 58104

Phone: 701-365-4728, 800-895-4728 (Toll-free)

Bismarck Office

4501 Coleman St., Suite 107

Bismarck, ND 58503

Phone: 701-258-4728, 800-895-4728 (Toll-free)

Rocky Mountain ADA Center (covers North Dakota)

<http://www.adainformation.org>

Mailing Address:

University of Northern Colorado

Gunter Hall 1170, Campus Box 155

Greeley, CO 80639

Phone: 800-949-4232 (Voice/TTY), 719-358-2460 (ASL/Deaf/HoH)

North Dakota Association for the Disabled

<http://www.ndad.org>

2660 South Columbia Road

Grand Forks, ND 58201

Phone: 701-775-5577, 800-532-6323

Email: grandforks@ndad.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.

Community Health Centers

North Dakota Office, Community HealthCare Association of the Dakotas

www.communityhealthcare.net

216 N 2nd Street, Suite 104

Bismarck, ND 58501

Phone: 701-221-9824

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

Crime Victims Compensation Program

<https://www.docr.nd.gov/crime-victims-compensation>

ND Department of Corrections & Rehabilitation

PO Box 1898

Bismarck, ND 58502-1898

Phone: 701-328-6195, 800-445-2322, 800-366-6888 (ND Relay TDD)

Email: DOCRcompensation@nd.gov

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

www.safehorizon.org

Domestic Violence Help

National Domestic Violence Hotline

www.thehotline.org

Phone: 1-800-799-SAFE (7233), 800-787-3224 (TTY)

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

Easter Seals Offices

Easter Seals Goodwill of North Dakota

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

301 1st St. NE

Mandan, ND 58554

Phone: 701-663-6828

Email: info@esgwnd.org

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 For North Dakota

North Dakota State Website

www.nd.gov

North Dakota Department of Labor and Human Rights

<http://www.nd.gov/labor/human-rights/>

606 East Boulevard Ave, Dept. 406

Bismarck, ND 58505-0340

Phone: 701-328-2660, 800-582-8032 (In-state toll-free), 800-366-6888 (TTY Relay ND), 800-366-6889 (TTY Relay ND)

Email: labor@nd.gov

The Human Rights Division's responsibilities include investigating complaints alleging discriminatory practices, educating the public about human rights laws, and studying the nature and extent of discrimination in North Dakota.

North Dakota Department of Health and Human Services: Services to Individuals with Disabilities

<https://www.hhs.nd.gov/individuals-disabilities>

1237 W Divide Ave, Suite 1A

Bismarck, ND 58501-1208

Phone: 701-328-8930, 800-755-8529 (Toll-free), 800-366-6888(ND Relay TTY)

North Dakota Vocational Rehabilitation

<https://www.hhs.nd.gov/vr>

1000 E. Divide Ave

Bismarck, ND 58501

Phone: 701-328-8950, 800-755-2745 (Toll-free), 711(TTY)

Email: dhsvr@nd.gov

North Dakota Insurance Department

<https://www.insurance.nd.gov/>

600 East Boulevard Avenue

Bismarck, ND 58505-0320

Phone: 701-328-2440

Email: insurance@nd.gov

North Dakota Medicaid

<https://www.hhs.nd.gov/healthcare/medicaid>

North Dakota Health and Human Services

Medical Services Division

600 E. Boulevard Ave, Dept. 325

Bismarck, ND 58505-0250

Phone: 701-328-7068, 800-755-2604 (Toll-free), or 711 (TTY)

E-mail: dhsmed@nd.gov

North Dakota CHIP Program (Children's Health Insurance Program)

<https://www.hhs.nd.gov/healthcare/CHIP>

North Dakota Department of Health and Human Services

Medical Services Division

600 E. Boulevard Avenue, Dept. 325

Bismarck, ND 58505-0250

Phone: 844-854-4825 (Toll free), 711 (TTY)

Email: medicaidcc@nd.gov

North Dakota SHIP (State Health Insurance Assistance Program)

<http://nd.gov/ndins/shic/>

Phone: 888-575-6611 (Hotline)

Email: NDSHIC@nd.gov

Comprehensive Health Association of North Dakota (CHAND)

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

CHAND

4510 13th Ave South

Fargo, ND 58121

Phone: 844-363-8457 (Toll-free)

North Dakota High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

North Dakota Medicaid Home and Community-Based Services Waiver (HCBS)

<https://www.hhs.nd.gov/sites/www/files/documents/draft-nd-techn-dependent-waiver-termination.pdf>

North Dakota Workforce Safety & Insurance (worker's compensation)

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

Physical Address:

1600 East Century Avenue, Suite 1

Bismarck, ND 58503

Mailing Address:

PO Box 5585

Bismarck, ND 58506-5585

Phone: 800-777-5033

Email: ndwsi@nd.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://www.hhs.nd.gov/adults-and-aging/human-services/adults-and-aging/long-term-care-ombudsman-program>

Phone: 701-328-4617, 855-462-5465 option 3 (Toll-free)

Email: dhsagingombud@nd.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

Fannie Mae

www.fanniemae.com

Phone: 800-232-6643

Fannie Mae is a leader in providing housing finance for homebuyers and renters in the United States.

North Dakota Housing and Urban Development (HUD) Office

http://portal.hud.gov/hudportal/HUD?src=/states/north_dakota

Fargo Field Office

Department of Housing and Urban Development

657 Second Ave North

Third Floor, Room 366

Fargo, ND 58102

Mailing Address:

PO Box 2483

Fargo, ND 58108-2483

Phone: 701-239-5136

TTY: 800-877-8339, 711

U.S. Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, S.W.

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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.

Independent Living

ILRU: Statewide Independent Living Councils (SILCs)

North Dakota Statewide Independent Living Council

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

108 1st Street NE, P.O. Box 254

Crosby, ND 58730-0254

Phone: 701-328-8957

Email: rcusack@midco.net

Independent Living Research Utilization's Directory of Independent Living Centers
<http://www.ilru.org>

Dakota Center for Independent Living

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

Bismarck Office

3111 East Broadway Avenue

Bismarck, ND 58501

Phone: 701-222-3636, 800-489-5013(TTY)

Dickinson Office

26 1st Street E. Ste 103

Dickinson, ND 58601

Phone: 701-483-4363

The Dakota Center for Independent Living believes in empowering people with disabilities by minimizing barriers, advocating for inclusion and promoting consumer choice. We help our consumers with Information and Referrals, Peer Support, Individual and Systems Advocacy, Independent Living Skills, and assist with Transitional Services out of any type of institution so that they can live on their own.

National Council on Independent Living (NCIL)

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

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

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 Dakota State Library Talking Book

<http://library.nd.gov/talkingbooks.html>

Mailing Address:

604 East Boulevard Avenue., Dept. 250

Bismarck, ND 58505-0800

Phone: 701-328-1408, 800-843-9948 (Request Line)

Email: tbooks@nd.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/go for more info on qualifying and applying.

United Spinal Association's Peer Support Groups

<https://unitedspinal.org/peer-support-groups/>

120-34 Queens Blvd. #320

Kew Gardens, NY 11415

Phone: 800-962-9629 (Resource Center), 718-803-3782

Email: askus@unitedspinal.org

Protection And Advocacy

The North Dakota Protection & Advocacy Project

<http://www.ndpanda.org>

Wells Fargo Bank Building

400 E. Broadway, Suite 409

Bismarck, ND 58501-4071

Phone: 701-328-2950, 800-472-2670 (Toll-free)

North Dakota Client Assistance Program (CAP)

<http://www.ndpanda.org/cap/>

Phone: 701-328-2950, 800-472-2670 (Toll-free), 711 (TDD Relay)

Email: panda_intake@nd.gov

Service Dogs

Service Dogs for America

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

920 Short Street

PO Box 513

Jud, ND 58454

Phone: 701-685-2242

Email: info@servicedogsforamerica.org

Sports And Recreation

Annie's House

<https://annecarlsen.org/recreation/annies/>

1 Winter Park Rd

PO Box 168

Bottineau, ND 58318

Phone: 701-263-4556, 800-568-5175

Email: rachael.buss@annecenter.org

Adaptive skiing

Dakota Boys and Girls Ranch

www.dakotaranch.org

6301 19th Ave. NW

PO Box 5007

Minot, ND 58702-5007

Phone: 800-344-0957 (foundation), 800-593-3098 (main)

Email: info@dakotaranch.org

Therapeutic riding for the disabled.

United Way Offices

United Way (National Headquarters)

<http://www.unitedway.org>

Mailing Address:

United Way Worldwide

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

North Dakota VA Clinics

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

Fargo VA Medical Center

<http://www.fargo.va.gov/>

2101 Elm Street North

Fargo, ND 58102-2417

Phone: 701-239-3700

Bemidji VA Clinic

1217 Anne Street NW

Bemidji, MN 56601-5113

Phone: 218-755-6360

Bismarck VA Clinic

2700 State Street, Gateway Mall, Suite F

Bismarck, ND 58503-0669

Phone: 701-221-9152

Devils Lake VA Clinic

1031 7th Street Northeast

Devils Lake, ND 58301-2719

Phone: 701-662-5801

Dickinson VA Clinic

766 Elks Drive, Suite 6H

Dickinson, ND 58601-2916

Phone: 701-483-1850

Fergus Falls VA Clinic

1839 North Park Street

Fergus Falls, MN 56537-1247

Phone: 218-739-1400

Grafton VA Clinic

1319 West 11th Street

Grafton, ND 58237-2141

Phone: 701-352-4059

Grand Forks VA Clinic

3221 32nd Avenue South, Suite 700

Grand Forks, ND 58201-6075

Phone: 701-335-4380

Jamestown VA Clinic

2430 20th Street Southwest, Suite 8

Jamestown, ND 58401-6201
Phone: 701-952-4787

Minot VA Clinic

3400 South Broadway Street
Minot, ND 58701-1700
Phone: 701-418-2600

North Fargo VA Clinic

721 1st Avenue North, Community Resource and Referral Center
Fargo, ND 58102-4903
Phone: 701-461-7330

Williston VA Clinic

1542 16th Street West, Suite 300
Williston, ND 58801-3852
Phone: 701-572-2470

ALS

The ALS Association (National Office)

<http://www.alsa.org/>
1300 Wilson Blvd, Suite 600
Arlington, VA 22209
Phone: 800-782-4747
Email: alsinfo@als.org

Minnesota/North Dakota/South Dakota Chapter of ALS Association

http://webmn.alsa.org/site/PageServer?pagename=MN_homepage
1919 University Ave W, Suite 175
St. Paul, MN 55104
Phone: 612-672-0484, 888-672-0484
Email: info@alsmn.org

Brain Injury

Brain Injury Association of America

www.biausa.org
3057 Nutley Street #805
Fairfax, VA 22031-1931
Phone: 703-761-0750, 800-444-6443 (Toll-free)
Email: info@biausa.org
Please contact them for info in North Dakota

North Dakota Brain Injury Network

<https://www.ndbin.org/>
School of Medicine & Health Sciences, Suite E231
1301 N. Columbia Road, Stop 9037

Grand Forks, ND 58202-9037
Phone: 855-866-1884
Email: info@ndbin.org

Cerebral Palsy

United Cerebral Palsy (National Office)

<http://www.ucp.org>
8401 Old Courthouse Rd
Vienna, VA 22182
Phone: 202-776-0406, 800-872-5827
Email: info@ucp.org
Please contact them for info in North Dakota

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
Please contact them for local info.

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome / CIDP Foundation International

<http://gbs-cidp.org/>
375 East 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 (NMSS)

<http://www.nationalmssociety.org/index.aspx>
Phone: 800-344-4867

Upper Midwest Chapter of NMSS

<http://www.nationalmssociety.org/chapters/MNM/index.aspx>
2829 University Ave SE, Suite 900
Minneapolis, MN 55414
Phone: 800-344-4867 (Toll-free)

Multiple Sclerosis Association of America (Midwest Regional Office)

<https://mymsaa.org/publications/improving-lives/offices/>

(Nebraska, North Dakota, South Dakota, Ohio, Illinois, Indiana, Kentucky, Michigan, Minnesota, West Virginia, Iowa, Wisconsin)

Phone: 800-532-7667, ext.150 (Toll-free)

E-mail: midwest@mysaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: 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 Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

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

Directory lists Health Professionals, Clinics, and Support Groups

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBA North Dakota Clinics

<http://spinabifidaassociation.org/clinics>

Stroke

American Stroke Association

<http://www.strokeassociation.org>

National Center

7272 Greenville Avenue

Dallas, TX 75231
Phone: 888-478-7653 (Stroke Family Warmline)
Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll-free)

Email: info@ASAP.org

Has online support groups

Transverse Myelitis

Siegel Rare Neuroimmune Association (SRNA)

<https://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 (EST)

Please contact them for info in your area.

General Disability Resources

North Dakota Yellow Pages for Kids with Disabilities

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

North Dakota State Council on Developmental Disabilities

<https://www.nd.gov/scdd/>

600 E Boulevard Ave

Bismarck, ND 58505

Phone: 701-328-4847

North Dakota Occupational Therapy Association (NDOTA)

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

P.O. Box 10263

Fargo, ND 58106

Email: admin@ndota.info

North Dakota Chapter of the American Physical Therapy Association

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

1301 North Columbia Rd, Stop Box 9037

Grand Forks, North Dakota 58202

Phone: 701-777-3873

Email: info@aptand.com

North Dakota Association of People Supporting Employment First

www.apse.org

<http://www.apse.org/chapter/north-dakota>

North Dakota Association for the Disabled

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

2660 S Columbia Rd.

Grand Forks, ND 58201

Phone: 701-775-5577, 800-532-6323 (Toll-free)

Email: grandforks@ndad.org

Offices in Minot, Fargo, Grand Forks, and Williston.

Farm Rescue

www.farmrescue.org

PO Box 28

Horace, ND 58047

Phone: 701-252-2017

Email: 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.

Healthboards

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

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

First Call 2-1-1

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.

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.

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