



# OHIO 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://aging.ohio.gov/home/>) (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.

### **Ohio Department of Aging**

<http://aging.ohio.gov/home/>

246 N. High St. 1<sup>st</sup> Fl  
Columbus, OH 43215-2406  
Phone: 800-266-4346  
TTY: 614-466-5500

### **Ohio Association of Area Agencies on Aging**

<http://www.ohioaging.org/default.aspx>

88 E Broad St # 870  
Columbus, OH 43215  
Phone: 614-481-3511

### **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 And Creativity**

### **Art Possible Ohio**

<https://artpossibleohio.org/>

The Riffe Center for Government/Arts  
77 South High Street, 2<sup>nd</sup> Floor  
Columbus, OH 43215-6108  
Phone: 614-241-5325  
Email: [info@artpossibleohio.org](mailto:info@artpossibleohio.org)

### **Dancing Wheels Company & School**

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

3030 Euclid Ave, Suite 100  
Cleveland, OH 44115  
Phone: 216-432-0308

## Assistive Technology

### Assistive Technology of Ohio

<https://atohio.engineering.osu.edu/>

Area 200  
1314 Kinnear Road  
Columbus, OH 43212  
Phone: 614-292-2390  
Toll-free: 800-784-3425  
Email: [atohio@osu.edu](mailto:atohio@osu.edu)

### Great Lakes ADA Center (covers Ohio)

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

University of Illinois at Chicago  
Institute on Disability & Human Development (MC 728)  
1640 W. Roosevelt Rd, Room 405  
Chicago, IL 60608  
Phone: 312-413-1407 (V/TTY)  
Toll free: 800-949-4232 (V/TTY)  
Video Phone: 312-767-0377

### Linking Employment, Abilities and Potential (LEAP)

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

2545 Lorain Ave.  
Cleveland, Ohio 44113  
Phone: 216-696-2716  
LEAP's mission is to advance a society of equal opportunity for all persons, regardless of disability.

## Community-Based Fitness Programs

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

## Community Health Centers

### Ohio Association of Community Health Centers

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

2109 Stella Court  
Columbus, OH 43215  
Phone: 614-884-3101  
Toll-free: 888-884-3101  
Email: [info@ohiochc.org](mailto:info@ohiochc.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.

### **Getting Back Up**

<http://www.gettingbackup.org/donate/>

2720 Horseshoe Blvd  
Westlake, OH 44145

We provide qualified and selected individuals with funding for participation in EXERCISE-BASED RECOVERY PROGRAMS and the purchase of ADAPTABLE PRODUCTS. These programs and products have been proven to greatly improve the physical and emotional well-being of the injured individual.

### **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**

### **Ohio Crime Victim Compensation**

<http://www.ohioattorneygeneral.gov/Individuals-and-Families/Victims>

Victim Compensation

Phone: 614-466-4986 or 1-800-282-0515 (Toll-free)

### **Office for Victims of Crime's Directory of Crime Victim Services**

<http://ovc.ncjrs.gov/findvictimservices/search.asp>

Choose Your State and the Type of Assistance you are looking for

### **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

**Statewide Hotline:** 1-800-934-9840

**The Ohio Domestic Violence Network**

<http://www.odvn.org/>  
1855 E. Dublin-Granville  
Columbus, OH 43229  
Phone: 800-934-9840  
Email: [info@odvn.org](mailto:info@odvn.org)

**Center For Independent Living Options**

<http://www.cilo.net/>  
2031 Auburn Ave  
Cincinnati, OH 45219  
Phone: 513-241-2600  
Email: [cilo@cilo.net](mailto:cilo@cilo.net)

**Open Arms Domestic Violence and Rape Crisis Services**

<https://openarmsfindlay.com/>  
401 West Sandusky St.  
Findlay, OH 45840  
Phone: 419-422-4766

Serving individuals affected by domestic violence and sexual assault through crisis intervention, emergency shelter, outreach, advocacy, prevention, and education. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

**My Sister's Place**

<https://www.mspathens.org/>  
PO Box 1158  
Athens, OH 45701  
Phone: 1-800-443-3402 (Hotline), 740-593-7122 (Administrative office)  
Email: [info@mspathens.org](mailto:info@mspathens.org)

MSP believes that all persons have a right to a violence-free life. MSP is committed to advocating for those policies and practices that promote safety and self-determination for persons who are battered and/or abused. Recognizing the link between domestic violence and other forms of oppression, MSP remains committed to collectively working toward equality and justice.

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

**Easter Seals Offices**

**Ohio Easter Seals Offices**

<http://www.easterseals.com/centralohio/>  
Go to search by state box

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**

### **Ohio State Website**

<http://ohio.gov/>

### **Opportunities for Ohioans with Disabilities (OOD)**

[www.ood.ohio.gov](http://www.ood.ohio.gov)

150 E. Campus View Blvd.  
Columbus, OH 43235-4604  
Toll-free: 800-282-4536  
Phone/TTY: 614-438-1200

OOD is the state agency that serves Ohioans with disabilities to achieve quality employment, independence and Social Security disability determination outcomes through its Bureau of Vocational Rehabilitation (BVR), Bureau of Services for the Visually Impaired (BSVI) and Bureau of Disability Determination (BDD).

### **Division of Disability Determination**

<https://ood.ohio.gov/wps/portal/gov/ood/individuals-with-disabilities/services/disability-determination>

150 E. Campus View Blvd.  
Columbus, OH 43235  
Phone: 1-800-282-2695; 614-438-1200

### **Ohio Medicare Premium Assistance Program**

<http://medicaid.ohio.gov/FOROHIOANS/Programs/MPAP.aspx>

### **Ohio Medicaid Office**

<http://medicaid.ohio.gov/>

Department of Job and Family Services of Ohio - Ohio Health Plans  
50 West Town St., Suite 400  
Columbus, OH 43215  
Phone: 800-324-8680

### **State Children's Health Insurance Program (SCHIP)**

<http://medicaid.ohio.gov/RESOURCES/ReportsandResearch/SCHIP.aspx>

Healthy Start Healthy Families  
50 West Town St., Suite 400  
Columbus, OH 43215  
Phone: 800-324-8680

### **Ohio Senior Health Insurance Information Program (OSHIIP)**

<https://insurance.ohio.gov/consumers/medicare/01-oshiip>

Ohio Department of Insurance

50 W. Town St., Suite 300  
Columbus, OH 43215  
Phone: 1-800-686-1578 (OSHIP hotline) or 614-644-2658

### **Ohio Dept. of Insurance**

<https://insurance.ohio.gov/wps/portal/gov/odi/consumers>

50 W. Town Street  
Third Floor - Suite 300  
Columbus, Ohio 43215  
Phone: 614-644-2658; 800-686-1526

### **Ohio Bureau of Worker's Compensation**

<https://bwc.ohio.gov>

30 W. Spring Street, 1<sup>st</sup> Floor  
Columbus, OH 43215-2256  
Phone: 800-335-0996  
Email: [ombudsperson@bwc.state.oh.us](mailto:ombudsperson@bwc.state.oh.us)

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://www.aging.ohio.gov/home/>

246 N. High St. 1st Fl.  
Columbus, Ohio 43215-2406  
Phone: 800-266-4346  
TTY: 614-466-5500

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)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your

state, then click on “contact my local office”. If you want info on public housing, click here: [https://www.hud.gov/program\\_offices/public\\_indian\\_housing/pha/contacts](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

## **211**

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

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

## **Independent Living**

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

#### **Ohio Independent Living Council**

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

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

670 Morrison Road, Suite 200

Gahanna, OH 43230

Phone: 614-892-0390

TTY: 614-892-0390

### **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, 6<sup>th</sup> Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

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.

### **Access Center for Independent Living**

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

907 W. Fifth Street Suite 100

Dayton, OH 45402

Phone: 937- 341-5202

Email: [info@acils.com](mailto:info@acils.com)



Independent living is about having the right to make choices, to make one's own mistakes, and to learn from them in the same way that people without disabilities can. People with disabilities must be empowered to take control over their own lives.

### **Independent Living Services of Ashtabula County**

<http://www.guidestar.org/profile/34-1578825>

2715 Carso Ave

Ashtabula, OH 44004

Phone: 440- 992-8740

### **Southeastern Ohio Center for Independent Living**

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

418 South Broad Street

Lancaster, Ohio 43130

Phone: 740- 689-1494

SOCIL believes that people with disabilities have the right to choices and opportunities in society that support and maximize their empowerment, inclusion, leadership, independence and full participation in community life.

## **Library Services**

### **Ohio Library for the Blind and Physically Disabled**

<http://cpl.org/thelibrary/ohio-library-for-the-blind-physically-disabled/>

Cleveland Public Library

17121 Lake Shore Blvd.

Cleveland, OH 44110-4006

Phone: 216-623-2911

Toll-free: 800-362-1262

Email: [olbpd@cpl.org](mailto:olbpd@cpl.org)

## **NeuroRecovery Network (NRN)**

### **Ohio State University Medical Center**

Columbus, OH

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. For more info on qualifying for the program, 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)**

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/gol](http://www.ChristopherReeve.org/gol) for more info on qualifying and applying.

## **Protection and Advocacy**

### **Disability Rights Ohio**

<http://disabilityrightsohio.org>

200 Civic Center Drive, Suite 300

50 W. Broad St, Suite 1400

Columbus, OH 43215-5923

Toll-free: 800-282-9181

Phone: 614-466-7264

TTY: 614-728-2553

Disability Rights Ohio is a non-profit corporation with a mission to advocate for the human, civil, and legal rights of people with disabilities in Ohio.

## **Service Dogs**

### **Canine Companions**

<https://canine.org/>

North Central Training Center

7480 New Albany-Condit Rd

New Albany, OH 43054

Phone: 614-699-5900

Toll-free: 800-572-2275

### **Happy Canine Helpers, Inc.**

16277 Montgomery Road

Johnstown, OH 43031

Phone: 740-965-2204

### **Assistance Dogs of America, Inc./The Ability Center**

<https://www.abilitycenter.org/we-can-help/programs/assistance-dogs-achieving-independence-adai/>

5605 Monroe St

Sylvania, OH 43560

Phone: 419-885-5733 (V/TTY)

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

**4 Paws for Ability, Inc.**

<http://4pawsforability.org>

253 Dayton Ave.

Xenia, OH 45385

Phone: 937-374-0385

Email: [info@4pawsForAbility.org](mailto:info@4pawsForAbility.org)

**Circle Tail, Inc.**

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

8834 Carey Lane

Pleasant Plain, OH 45162

Phone: 513-877-3325

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

**Sports and Recreation****Adaptive Sports Connection**

<https://adaptivesportsconnection.org/>

6000 Harriot Rd

Powell, OH 43065

Phone: 614-389-3921

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

Provides adaptive sailing, paddling, cycling, alpine skiing

**Adaptive Sports Program of Ohio**

<http://adaptivesportsohio.org/>

2148 Eagle Pass, Suite C

Wooster, Ohio 44691

Phone: 330-262-1200

The Adaptive Sports Program of Ohio (ASPO) is an organization established to promote the health and wellness of individuals with physical disabilities by providing competitive and recreational adaptive sport opportunities throughout the State of Ohio.

**Cincinnati Recreation Commission****Division of Therapeutic Recreation**

<http://www.cincinnati-oh.gov/recreation/programs/therapeutic-recreation/>

Phone: (513)-352-4945

Email: [alayne.kazin@cincinnati-oh.gov](mailto:alayne.kazin@cincinnati-oh.gov)

**Columbus Recreation and Parks Department: Therapeutic Recreation**

<https://www.columbus.gov/recreationandparks/programs/Therapeutic-Recreation/>

1111 E. Broad St

Columbus, OH 43205

Phone: 614-645-3300

**Ohio State Parks & Watercraft: Accessible Ohio State Park Facilities**

<http://parks.ohiodnr.gov/accessiblefacilities>

### **Recreation Unlimited**

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

7700 Piper Rd.

Ashley, OH 43003

Phone: 740-548-7006

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

### **Three Trackers of Ohio**

<http://www.3trackers.org>

6909 Engle Rd, Suite 19

Middleburg Heights, OH 44130

Phone: 440-476-9905

Email: [md1053@aol.com](mailto:md1053@aol.com)

A chapter of Disabled Sports USA. 3 Trackers offers adaptive cycling, kayaking, water skiing and snow skiing.

## **United Way Offices**

### **United Way (National Headquarters)**

<http://www.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: Locator**

<http://www.va.gov/directory/guide/home.asp?isflash=1>

### **Cleveland Regional Office**

A.J. Celebrezze Federal Building

1240 East 9<sup>th</sup> Street

Cleveland, OH 44199

Phone: 1-800-827-1000

### **VISN 10: VA Healthcare System of Ohio**

<http://www.visn10.va.gov/>

11500 Northlake Drive, Suite 200

Cincinnati, OH 45249

Phone: 513-247-4610

### **Chillicothe VA Medical Center**

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

17273 State Route 104  
Chillicothe, OH 45601  
Phone: 740-773-1141  
Toll-free: 800-358-8262

**Cincinnati VA Medical Center**

<http://www.cincinnati.va.gov/>  
3200 Vine Street  
Cincinnati, OH 45220  
Phone: 513-861-3100

**Wade Park Campus**

<http://www.cleveland.va.gov/>  
10701 East Boulevard  
Cleveland, OH 44106  
Phone: 216-791-3800; 877-838-8262 (Toll-free)

**Dayton VA Medical Center**

<http://www.dayton.va.gov/>  
4100 W. 3rd Street  
Dayton, OH 45428  
Phone: 937-268-6511; 800-368-8262

**Veterans Affairs Spinal Cord Injury Centers: Ohio**

VA Medical Center  
10701 East Blvd.  
Cleveland, OH 44106  
Phone: 216-791-3800 ext.5219

**Paralyzed Veterans of America (PVA): Ohio Buckeye Chapter**

[www.buckeyepva.org](http://www.buckeyepva.org)  
26250 Euclid Ave., Suite 115  
Euclid, OH 44132  
Phone: 216-731-1017  
Toll-free: 800-248-2548  
Email: [info@buckeyepva.org](mailto:info@buckeyepva.org)

**ALS**

**The ALS Association Northern Ohio Chapter**

<http://webnoh.alsa.org/>  
6133 Rockside Road, Suite 301  
Independence, OH 44131  
Phone: 216-592-2572 or 888-592-2572 (toll-free)

**The ALS Association Central and Southern Ohio Chapter**

<http://webcsoh.alsa.org/>  
1170 Old Henderson Road, Suite 221

Columbus, OH 43220  
Phone: 866-273-2572

### **Muscular Dystrophy Association's ALS Research Center**

MDA/ALS Center at Ohio State University  
Columbus, OH  
Phone: 614-293-4969  
E-mail: [neurology@osumc.edu](mailto:neurology@osumc.edu)

## **Brain Injury**

### **Brain Injury Association of Ohio**

<http://www.biaoh.org>  
PO Box 21325  
Columbus, OH 43221  
Phone: 614-481-7100  
Toll-Free: 800-444-6443  
Email: [help@biaoh.org](mailto:help@biaoh.org)

### **Ohio Regional TBI Model System**

[www.ohiovalley.org](http://www.ohiovalley.org)  
Ohio Valley Center for Brain Injury Prevention and Rehabilitation  
Dept. of Physical Medicine and Rehabilitation  
Ohio State University, 2118 Dodd Hall  
480 Medical Center Drive  
Columbus, OH 43210  
Phone: 614-293-3802  
TTY: dial 711

Ohio Valley Center for Brain Injury Prevention and Rehabilitation, part of The Ohio State University Wexner Medical Center's Neurological Institute, conducts research, provides education and develops programs to improve the quality of life of persons who experience traumatic brain injury (TBI). The center serves individuals, families and professionals throughout North America, both as a TBI Model System and as the designated lead agency for the Ohio Brain Injury Program and the Star Behavioral Health Providers program.

## **Cerebral Palsy**

### **United Cerebral Palsy (UCP)**

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

### **UCP of Greater Cincinnati/Stepping Stones**

<https://steppingstonesohio.org/>  
5650 Given Rd.  
Cincinnati, OH 45243  
Phone: 513-831-4660

### **UCP of Greater Cleveland**

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

10011 Euclid Avenue  
Cleveland, OH 44106-4701  
Phone: 216-791-8363  
Email: [info@ucpcleveland.org](mailto:info@ucpcleveland.org)

## **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  
Email: [naf@ataxia.org](mailto:naf@ataxia.org)

NAF Ambassadors:  
Carmen Pieragastini  
Willowick, OH 44095  
Phone: 216-272-5588  
Email: [willowpier@roadrunner.com](mailto:willowpier@roadrunner.com)

### **Ohio Friedreich's Ataxia Support Groups**

Greater Cincinnati Area Ataxia Support Group  
Jennifer Mueller  
Phone: 513-284-2865  
Email: [jenmu@yahoo.com](mailto:jenmu@yahoo.com)  
Co-Leader: Julia Soriano  
Phone: 513-899-1195  
Email: [Julia@epivision.com](mailto:Julia@epivision.com)

## **Guillain-Barré Syndrome / CIDP**

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

<http://gbs-cidp.org/>  
375 E. Elm St.  
Conshohocken, PA 19428  
Phone: 610-667-0131 or 866-224-3301  
Please contact them for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society (NMSS)**

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

### **National Multiple Sclerosis Society: Ohio Buckeye Chapter**

<http://www.nationalmssociety.org/Chapters/OHA>  
6155 Rockside Rd, Suite 202

Independence, OH 44131  
Phone: 800-344-4867  
Email: [ohawebmaster@nmss.org](mailto:ohawebmaster@nmss.org)

**National Multiple Sclerosis Society: Ohio Valley Chapter**

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

4665 Cornell Rd., Suite 170  
Cincinnati, OH 45241  
Phone: 513-769-4400  
Email: [OHGinfo@nmss.org](mailto:OHGinfo@nmss.org)

**Multiple Sclerosis Association of America Midwest Regional Office**

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

Marie LeGrand, Regional Director  
Phone: 800-532-7667 ext. 150  
Email: [Midwest@mymsaa.org](mailto:Midwest@mymsaa.org)

## **Muscular Dystrophy**

**Muscular Dystrophy Association**

<http://www.mdausa.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](mailto:info@post-polio.org)

<http://www.post-polio.org/net/poldir.pdf>

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

**Ohio Post-Polio Clinics**

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

Cleveland Clinic Foundation  
Phone: 740-374-0538

## **Spina Bifida**

**Spina Bifida Association of America (National Headquarters)**

<http://www.spinabifidaassociation.org>



1600 Wilson Blvd, Suite 800  
Arlington, VA 22209  
Phone: 202-944-3285; 800-621-3141  
Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)  
Please contact them for info in your area

### **Spina Bifida Association of Northwest Ohio**

[www.spinabifida.net/spina-bifida-Ohio](http://www.spinabifida.net/spina-bifida-Ohio)

2211 River Rd  
Maumee, OH 43537  
Phone: 419-794-0561  
Email: [spinabifida.net@gmail.com](mailto:spinabifida.net@gmail.com)

### **Spina Bifida Coalition of Cincinnati**

<http://www.sbccincy.org>

644 Linn St., Suite 635  
Cincinnati, OH 45203  
Phone: 513-923-1378

### **SBAA Ohio Clinics**

[www.spinabifidaassociation.org/clinics](http://www.spinabifidaassociation.org/clinics)

## **Spinal Cord Injury**

### **New Perspective Foundation**

<https://newperspective.org/>

12850 Highway 9  
Suite 600-239  
Alpharetta, GA 30004  
Email: [support@newperspective.org](mailto:support@newperspective.org)

New Perspective Foundation is a registered 501(c)(3) non-profit organization that helps individuals in Florida, Georgia, or Ohio who are currently hospitalized due to a spinal cord injury. They accomplish this by assisting family and friends with airfare, gasoline, and or lodging expenses, so they can travel to support the hospitalized individual in his or her time of need.

### **Northeast Ohio Regional Spinal Cord Injury System**

<https://msktc.org/researchcenter/detail/NEOhioSCI>

### **Dodd SCI Peer Support Group**

<https://unitedspinal.org/group/dodd-sci-peer-support-group/>

Dodd Rehabilitation Hospital  
480 Medical Center Drive  
Blue Room  
Columbus, OH 43210  
Phone: 614-408-0085 (Peter Nowell)  
Email: [pnowell264@gmail.com](mailto:pnowell264@gmail.com)

The Dodd SCI Peer Support Group meets on the first Thursday of every month at 4:00 PM.

### **Unites Spinal Association's Northeast Ohio Chapter**

<https://unitedspinal.org/chapter/northeast-ohio-chapter-of-united-spinal-association/>

Lakewood, OH

Phone: 330-464-9852

Email: [Hammond.megl@gmail.com](mailto:Hammond.megl@gmail.com)

### **United Spinal Association Northwest Ohio Chapter**

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

2301 Detroit Ave

Maumee, OH 43537

Phone: 419-306-3446; 419-277-0875

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

They sustain a supportive community that offers opportunities for individuals with spinal cord injuries and related neurological diseases. They provide emotional support and educational opportunities for individuals with spinal cord injuries and related neurological diseases. They also promote awareness within the medical community about how spinal cord injuries affect patients.

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Please contact them for the stroke support group in your area

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project**

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

PO Box 1586

Longview, TX 75606-1586

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

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

## **Transverse Myelitis**

### **Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**

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

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

**Search their support group map**

<https://wearesrna.org/living-with-myelitis/resources/support-group-network/#toggle-id-17>

## General Disability Resources

### **The Ability Center of Greater Toledo**

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

5605 Monroe Street

Sylvania, OH 43560

Phone: 419-885-5733 (V/TTY)

The Ability Center provides resources for living with disabilities and a variety of programs for assistance such as assistance dogs, housing resources, as well as outreach and education.

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

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

### **Ohio Developmental Disabilities Council**

<http://ddc.ohio.gov/>

899 East Broad St, Suite 203

Columbus, OH 43205

Phone: 614-466-5205

Toll Free: 800-766-7426

Email: [ddcinfo@dodd.ohio.gov](mailto:ddcinfo@dodd.ohio.gov)

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

<http://www.oota.org>

PO Box 693

Canal Winchester, OH 43110-0693

Phone: 614-920-9445 or 888-231-7319 (toll-free)

Email: [webmaster@oota.org](mailto:webmaster@oota.org)

### **Ohio Physical Therapy Association**

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

128 County Line Rd W., Suite C

Westerville, OH 43082-7222

Phone: 614-855-4109

Email: [opt@ohiopt.org](mailto:opt@ohiopt.org)

### **Ohio Association for Persons in Supported Employment**

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

<http://www.apse.org/chapters/ohio>

Chapter President: Debi Beeman Tyree

Phone: 419-381-5213

Email: [Dtyree@lucasdd.org](mailto:Dtyree@lucasdd.org)

**Healthboards.com** – message boards on health related topics. Topics include SCI, CP, Stroke, and more.

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

**Sara's Garden**

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

620 West Leggett St.

P.O. Box 150

Wauseon, OH 43567

Phone: 419-335-7272

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

Provides Hyperbaric Oxygenation Therapy

**First Call 2-1-1: Ohio**

<http://www.211ohio.net/>

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](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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