



# Oregon 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.

**Oregon Department of Aging  
Oregon Department of Human Services**

<http://www.oregon.gov/dhs/spwspd/pages/index.aspx>

Seniors and People with Disabilities

500 Summer St. NE E12

Salem, OR 97301

Phone: 503-945-5944

TTY: 800-282-6214

Email: [spd.web@state.or.us](mailto:spd.web@state.or.us)

**Oregon Association of Area Agencies on Aging**

[www.o4ad.org/](http://www.o4ad.org/)

3410 Cherry Ave NE

Salem, OR 97303

Phone: 503-463-8692

**Area Agencies on Aging by County**

<http://www.oregon.gov/dhs/spwspd/pages/offices.aspx>

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

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

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

**Assistive Technology**

**Oregon Technology Access for Life Needs Project (TALN)**

<http://www.accesstechnologiesinc.org>

Access Technologies, Inc.

2225 Lancaster Dr., NE

Salem, OR 97305

Phone/TTY: 503-361-1201; 800-677-7512

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

**Northwest ADA Center (covers Oregon)**

<http://nwadacenter.org/>

Center for Continuing Education in Rehabilitation  
University of Washington  
6912 220th St S.W., Suite 105  
Mountlake Terrace, WA 98043  
Phone: 800-949-4232  
TTY: 425-248-2480

## 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](mailto:info@caregiver.com)

### Well Spouse Association

<http://www.wellspouse.org>

Please contact them for local info and support groups

## Community-Based Fitness Programs

### ADAPT Training

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

9923 SW Arctic Drive  
Beaverton, OR 97005  
Phone: 503-646-8482  
Email: [info@adapttraining.com](mailto:info@adapttraining.com)

The ADAPT Advanced training system is offered to people with spinal cord injuries and other neurological disorders.

## Community Health Centers

### Oregon Primary Care Association

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

333 SW 5<sup>th</sup> Ave., Suite 250  
Portland, OR 97204  
Phone: 503-228-8852  
Email: [info@orpca.gov](mailto:info@orpca.gov)

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**

#### **Oregon Crime Victim and Survivor's Services**

#### **Crime Victims' Compensation Program/Crime Victims' Rights Program**

<https://www.doj.state.or.us/crime-victims/>

Oregon Department of Justice

1162 Court St. NE

Salem, Oregon 97301-4096

Phone: (503) 378-5348

TDD (503) 378-5938

Email: [cvsd.email@doj.state.or.us](mailto:cvsd.email@doj.state.or.us)

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

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

### **Domestic Violence Help**

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

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

**Statewide Hotline:** 888-235-5333

#### **Oregon Coalition Against Domestic & Sexual Violence**

<http://ocadsv.com/>

9320 SW Barbur Blvd.

Suite #250

Portland, OR 97219

Phone: 503-230-1951

**Statewide Crisis Line:** 1-888-235-5333

### **Easter Seals Offices**

#### **Easter Seals Oregon**

<http://www.easterseals.com/oregon/>

7300 SW Hunziker St.

Portland, OR 97223

Phone: 503-228-5108

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Easter Seals Rogue Valley Homeless Veterans Reintegration Program

119 N. Oakdale Ave.

Medford, OR 97501

Phone: 541-776-6060

### **Salem Job Training and Employment Center**

1313 Mill St. SE, Suite 300

Salem, OR 97301

Phone: 503-362-1572

## **Government Offices**

### **Oregon State Website**

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

### **Oregon: Aging and People with Disabilities**

<http://www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx>

Oregon Department of Human Services: Seniors and People with Disabilities

500 Summer St. NE

Salem, OR 97301

Phone: 503-945-5880; 877-277-0513 (Toll-free)

### **Oregon Vocational Rehabilitation Office**

<http://www.oregon.gov/DHS/vr/pages/index.aspx>

For contact information see Office of Human Services above

### **Oregon Medicaid Office**

<http://www.medicaidoffice.net/oregon-medicaid-office-mo38>

500 Summer Street, NE, 3<sup>rd</sup> Floor

Salem, OR 94310

Phone: 503-945-5772; 800-527-5772

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

[http://www.oregon.gov/oha/healthplan/Pages/about\\_US.aspx](http://www.oregon.gov/oha/healthplan/Pages/about_US.aspx)

Oregon Healthy Kids

500 Summer Street NE, 3<sup>rd</sup> Floor

Salem, OR 97031-1079

Phone: 503-945-5772

Toll-free: 800-527-5772

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

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

SHIBA (Senior Health Insurance Benefits Assistance)

350 Winter Street NE

P.O. Box 14480

Salem, OR 97309-0405

Phone: 800-722-4134 (Toll-free)

Email: [shiba.oregon@state.or.us](mailto:shiba.oregon@state.or.us)

**Oregon Insurance Commissioner**

<http://dfr.oregon.gov/Pages/index.aspx>

Oregon Insurance Division

350 Winter St. NE, Room 410

Salem, OR 97309

Phone: 503-378-4140; 866-814-9710 (Toll-free)

**Oregon Workers Compensation Division**

<http://wcd.oregon.gov/Pages/index.aspx>

350 Winter Street NE

PO Box 14480

Salem, OR 97309-0405

Phone: 503-947-7810; 503-847-7885

Email: [workcomp.questions@oregon.gov](mailto:workcomp.questions@oregon.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://www.oregon.gov/LTCO/>

Mary Jaeger

Office of the LTC Ombudsman

3855 Wolverine NE, Suite 6

Salem, OR 97305

Phone: 503-378-6533; 800-522-2602 (Toll-free)

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.

### Oregon Housing and Community Services

<https://www.oregon.gov/OHCS/pages/index.aspx>

Rental Housing Assistance Program

North Mall Office Building

725 Summer Street NE, Suite B

Salem, OR 97301-1266

Phone: 503-986-2000

TTY: 503-986-2200

Email: [housinginfo@oregon.gov](mailto:housinginfo@oregon.gov)

## Independent Living

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

#### Oregon Independent Living Council

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

<http://www.oregon.gov/DHS/silc/pages/index.aspx>

500 Summer Street, NE, Suite E-87

Salem, OR 97301

Phone: 503-945-6204

Email: [Oregon.silc@state.or.us](mailto:Oregon.silc@state.or.us)

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

<http://www.ilru.org>

### Quad Inc. (Quadriplegics United Against Dependency)

<http://www.quadinc.org>

6645 NE 78<sup>th</sup> Court, C-7  
Portland, OR 97218  
Phone: 503-287-4260

A non-profit that sponsors independent living centers in the Portland area.

### **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.

## **Library Services**

### **Talking Book and Braille Services**

<https://www.oregon.gov/library/print-disabilities/pages/using-talking-books.aspx>

Oregon State Library  
250 Winter Street Northeast  
Salem, OR 97301

Phone: 503-378-5389

Toll-free: 800-452-0292

Email: [talkingbooks.info@state.or.us](mailto:talkingbooks.info@state.or.us)

## **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**

### **Disability Rights Oregon**

<https://droregon.org/>

511 SW 10<sup>th</sup> Ave., Suite 200

Portland, OR 97205

Phone: 503-243-2081

Toll-free: 800-452-1694

Oregon Protection and Advocacy/Client Assistance Program

## **Service Dogs**

### **Kings Valley Collies**

<http://www.kingsvalleycollies.com>

Eva & Leslie Pappaport

39968 Ward Road

Kings Valley, OR 97361

Phone: 541-760-6564

Email: [leslie@kingsvalleycollies.com](mailto:leslie@kingsvalleycollies.com)

## **Sports and Recreation**

### **Adaptive Sports Northwest**

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

4840 SW Western Ave., Suite 500

Beaverton, OR 97005

Phone: 503-241-0850

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

Adaptive Sports Northwest seeks to empower people with physical disabilities through sport and fitness.

### **Adventures Without Limits**

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

1341 Pacific Avenue

Forest Grove, OR 97116

Phone: 503-359-2568

### **Oregon Adaptive Sports**

<http://oregonadaptivesports.org>

63025 O.B. Riley Road, Suite 12

Bend, OR 97703

Phone: 541-848-9390; 541-306-4774

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

### **Horses of Hope Oregon**

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

2895 Cloverdale Drive SE

Turner, OR 97392

Phone: 503-743-3890

Adaptive Riding Institute provides equine assisted therapy services, personal development, therapeutic riding, and related services for people of all abilities.

### **Oregon Department of Fish and Wildlife**

<http://www.dfw.state.or.us/>

4034 Fairview Industrial Dr. SE

Salem, OR 97303

Phone: 503-947-6000; 800-720-6339

Email: [odfw.info@state.or.us](mailto:odfw.info@state.or.us)

## **United Way Offices**

### **United Way (National Office)**

<https://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: Facility Locator**

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

### **Portland VA Medical Center**

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

### **Oregon Chapter Paralyzed Veterans of America Office**

<http://www.oregonpva.org>

3700 Silverton Road NE

Salem, OR 97305  
Phone: 503-362-7998  
Toll-free: 800-333-0782  
Email: [oregonpva@oregonpva.org](mailto:oregonpva@oregonpva.org)

## ALS

**ALS Association (ALSA)** (National Headquarters)  
[www.alsa.org](http://www.alsa.org)

**Oregon and SW Washington Chapter of the ALS Association**  
[http://webor.alsa.org/site/PageServer?pagename=OR\\_homepage&\\_ga=1.180265260.980832177.1468868827](http://webor.alsa.org/site/PageServer?pagename=OR_homepage&_ga=1.180265260.980832177.1468868827)  
825 NE Multnomah St. #940  
Portland, OR 97232  
Phone: 503-238-5559  
Toll-free: 800-681-9851  
Email: [info@alsa-or.org](mailto:info@alsa-or.org)

## Brain Injury

**Brain Injury Association of Oregon**  
<http://biaoregon.org/>  
PO Box 549  
Molalla, OR 97038  
Phone: 800-544-5243  
Email: [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

## Cerebral Palsy

**United Cerebral Palsy (UCP)** National Office  
<http://www.ucp.org>  
They may have regional offices.

## 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's Willamette Valley Ataxia Support Group**  
Jason Wolfer  
PO Box 544  
Gervais, OR 97026  
Phone: 503-502-2633

Email: [wolfer.jason@gmail.com](mailto:wolfer.jason@gmail.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

Toll-free: 866-224-3301

Please contact them for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society**

<http://nationalmssociety.org/chapters/ORC/index.aspx>

Oregon State Chapter

5331 SW Macadam Avenue, Suite 290

Portland, OR 97239

Phone: 503-223-9511, 800-344-4867

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

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

<http://www.mymsaa.com>

375 Kings Highway N.

Cherry Hill, NJ 08034

Phone: 800-532-7667

### **MSAA Western Regional Office**

1700 7<sup>th</sup> Ave., #116201

Seattle, Washington, 98101

Phone: 415-260-6420, 800-532-7667 ext.155

Email: [western@mymsaa.org](mailto:western@mymsaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association – USA**

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

National Office

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

Enter your state in the “MDA Care Centers” section of the website for MDA Care Centers 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)

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

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

Oregon Post-Polio Support Groups

### PDX Polio Support Group (Portland Metro)

Portland, OR 97035

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

## Spina Bifida

### Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

P.O. Box 17427

Arlington, VA 22209

Phone: 800-621-3141 (Toll-free)

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

Please contact them for info in your area

SBAA Oregon Clinics

### Child Development & Rehabilitation Center

Oregon Health & Science University

Spina Bifida Program

901 East 18<sup>th</sup> Avenue

Eugene, OR 97403

Phone: 541-346-2606

### Deombecher Children's Hospital

Child Development & Rehabilitation Center

Spina Bifida Clinic

707 SW Gaines

Portland, OR 97201

Phone: 503-494-8085

### Shriners Hospital-Portland (pediatric only)

Myelodysplasia Clinic

3101 SW Sam Jackson Park Road

Portland, OR 97206

Phone: 503-944-1169

### **SBAA Support Group**

2344 Banyonwood Ave NW  
Salem, OR 97304  
Phone: 503-362-8062  
Email: [sbaoforegon@yahoo.com](mailto:sbaoforegon@yahoo.com)

## **Spinal Cord Injury**

### **Oregon Spinal Cord Injury Connection**

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

Oregon Chapter of United Spinal Association  
Portland, OR  
Email: [contact@oregonsci.org](mailto:contact@oregonsci.org)

### **St. Charles Medical Center SCI Support Group**

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/oregon.html>

Meeting Place:

St. Charles Medical Center  
2500 NE Neff Rd.  
Bend, Oregon 97701

Contact: Amy King at (541) 382-4921, Ext. 2682

This group meets on the third Tuesday of the month from 6:00 pm to 7:30 pm. It is led by a Recreational Therapist.

## **Stroke**

### **American Stroke Association**

<https://www.stroke.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.

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia Alliance Project**

<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  
Please contact them for info in your area.

## General Disability Resources

### Oregon Yellow Pages for Kids with Disabilities

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

### Oregon chapter of the American Occupational Therapy Association Oregon OTAO

<http://www.otao.com>  
Phone: 503-235-2981  
Email: [info@otao.com](mailto:info@otao.com)

### APTA Oregon, a Chapter of the American Physical Therapy Association

<https://www.aptaoregon.org/>  
9600 SW Oak Street, Suite 565  
Tigard, OR 97223  
Phone: 503-262-9247  
Toll-free: 877-452-4919  
Email: [info@aptaoregon.org](mailto:info@aptaoregon.org)

### Association of People Supporting Employment First (ASPE)

<http://www.apse.org/>  
Phone: 301-279-0060  
Email: [apse@apse.org](mailto:apse@apse.org)  
Please contact them for local info.

### First Call 2-1-1

[www.211.org](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.

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

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

### Incight

<http://incight.org/>

111 SW Columbia St #1170  
Portland, OR 97201  
Phone: 971- 244-0305

Email: [chris@incight.org](mailto:chris@incight.org)

They aim to unlock the potential of people with disabilities by providing employment and education services.

### **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, 800-844-6556 (Toll-free)

E-mail: [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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