



# PENNSYLVANIA 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.

### **Pennsylvania Department of Aging**

<http://www.aging.pa.gov>

555 Walnut Street, 5<sup>th</sup> Floor

Harrisburg, PA 17101-1919

Email: [aging@pa.gov](mailto:aging@pa.gov)

Phone: 717-783-1550

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

[www.p4a.org](http://www.p4a.org)

525 S 29<sup>th</sup> Street

Harrisburg, PA 17104

Phone: 717-541-4214

### **Area Agencies on Aging by County**

<http://www.aging.pa.gov/local-resources/Pages/AAA.aspx>

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

<http://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**

### **American DanceWheels Foundation**

<http://americandancewheels.org>

PO Box 88

Bala Cynwyd, PA 19004

Phone: 215-588-6671

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

Provides the social, rehabilitative, and competitive activity of Wheelchair Ballroom and Latin Dance to partnerships comprised of one seated and one standing dancer, training individuals with disabilities, able-bodied partners, dance teachers, and adaptive sports professionals and therapists.

### **CultureWorks Greater Philadelphia**

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

1315 Walnut Street, Suite 320

Philadelphia, PA 19107

Phone: 267-597-3804

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

CultureWorks provides affordable shared management resources to the arts, heritages, and creative communities of Greater Philadelphia.

## **Assistive Technology**

### **Pennsylvania's Initiative on Assistive Technology (PIAT)**

<http://disabilities.temple.edu>

Institute on Disabilities

1755 North 13<sup>th</sup> St.

Student Center, Room 411S

Temple University

Philadelphia, PA 19122

Phone: 215.204.1356

TTY: 215-204-1805

Email: [iod@temple.com](mailto:iod@temple.com)

### **Mid-Atlantic ADA Center (covers Pennsylvania)**

<http://www.adainfo.org>

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

Phone/TTY: 301-217-0124

Toll Free: 800-949-4232

### **Pennsylvania Assistive Technology Foundation**

<http://www.patf.us>

1004 West Ninth Avenue, #130

King of Prussia, PA19406

Phone: 484-674-0506, 888-744-1938 (National)

Email: [patf@patf.us](mailto:patf@patf.us)

## **Caregivers Info**

### **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 Support Groups**

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

**Main Line/Valley Forge Well Spouse Group**

King-of-Prussia  
Dave Goldenberg  
Phone: 215-200-6443

**Northeast Philadelphia/Abington Support Group**

Abington  
Jeanne Riman  
Phone: (215) 478-1689

**Lehigh Support Group**

Allentown  
Rodney Schall  
Phone: (610) 776-3213

**Pittsburgh Well Spouse Support Group**

Pittsburgh  
Edie Brozanski  
Phone: (724) 733-0034

**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).

**Magee Rehabilitation at Riverfront: Gaining Ground program**

<https://mageerehab.jeffersonhealth.org/>

1500 S. Columbus Blvd.  
Philadelphia PA 19147  
Phone: 215-218-3900

Offers an activity-based program that helps individuals regain strength and function, improve endurance and enhance well-being.

**Community Health Centers****Pennsylvania Association of Community Health Centers**

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

1035 Mumma Road, Suite 1  
Wormleysburg, PA 17043  
Phone: 717-761-6443

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.

### **Allied Services Foundation**

<http://www.allied-services.org/>

100 Abington Executive Park  
Clarks Summit, PA 18411  
Phone: 1-888-REHAB-PA

As a comprehensive, integrated health system, at Allied Services we can provide the services patients require and ensure smooth and seamless transitions between levels of care.

## **Crime Victim Assistance**

### **Victim Compensation/Victim Assistance**

[http://www.pccd.state.pa.us/portal/server.pt/community/victims\\_of\\_crime/5255](http://www.pccd.state.pa.us/portal/server.pt/community/victims_of_crime/5255)

3101 North Front Street  
Harrisburg, PA 17110  
Phone for Services: 717-783-0888  
Phone for Compensation: 800-233-2339  
Toll-free: 800-692-7292

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

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

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

Pennsylvania Domestic Violence Crisis and Support Resources

**Statewide Hotline:** 800-932-4632

## **Pennsylvania Coalition Against Domestic Violence**

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

3605 Vartan Way, Suite 101

Harrisburg, PA 17110

Toll-free: 800-553-2508

Phone: 717-545-6400; 800-932-4632 (toll-free)

## **Alle Kiski Area HOPE Center Inc.**

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

P.O. Box 67

Tarentum, PA 15084

Phone: 888-299-4673

Email: [hopecenter@akhopecenter.org](mailto:hopecenter@akhopecenter.org)

The Alle-Kiski area HOPE Center, Inc. is an organization of social change whose mission is the safe elimination of domestic violence through intervention, prevention, and collaboration. 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.

## **SafeNet**

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

P.O. Box 1436

Erie, PA 16512

Phone: 814-455-1774

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

SafeNet is Erie's only accredited domestic violence agency. SafeNet has been providing services to victims of domestic violence for 40 years and provides these comprehensive services free of charge. SafeNet is committed to ending domestic violence through our programs, training and educational initiatives. We believe every individual has the right to be respected and to live a life free from abuse.

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.

## **Domestic Abuse Project of Delaware County Inc.**

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

14 West Second Street

Media, PA 19063

Phone: 610-565-4590

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

The Domestic Abuse Project of Delaware County works to prevent domestic violence and empower victims to move towards self-sufficiency.

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

### Easter Seals National Office

<http://www.easterseals.com>

141 W. Jackson Blvd., Suite 1400A

Chicago, IL 60604

Phone: 312-726-6200, 800-221-6827

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

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

### Pennsylvania Easter Seals Offices

<http://www.easterseals.com/connect-locally/?state=PA>

## Government Offices for Pennsylvania

### Commonwealth of Pennsylvania Website

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

### Pennsylvania Department of Human Services

<http://www.dhs.pa.gov/>

Office of Social Programs

PO Box 2675

Harrisburg, PA 17105-2675

### Pennsylvania Department of Health: Nursing Home Care

<http://medicaidoffice.net/pennsylvania-medicaid-office-mo39>

Nursing Home locator <https://sais.health.pa.gov/commonpoc/nhlocator.asp>

## Pennsylvania Medicaid Office

<https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx>

Department of Human Services of Pennsylvania

Health and Welfare Building, Room 515

PO Box 2675

Harrisburg, PA17105

Phone: 800-692-7462

### Pennsylvania SCHIP Office

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

Pennsylvania's Children's Health Insurance Program

1142 Strawberry Square

Harrisburg, PA17120

Phone: (800) 986-5437; 717-705-0009

### SHIIP (Senior Health Insurance Information Program) for seniors

<http://www.aging.pa.gov/Pages/default.aspx>

Commonwealth of Pennsylvania

Department of Aging

555 Walnut Street, 5<sup>th</sup> Floor

Harrisburg, PA 17101-1919

Phone: 717-783-1550

Email: [aging@pa.gov](mailto:aging@pa.gov)

### **Pennsylvania Insurance Department/ State Insurance Commissioner**

<http://www.insurance.pa.gov/Pages/default.aspx>

1326 Strawberry Square

Harrisburg, PA 17120

Toll-free: 877-881-6388

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.pa.gov/Pages/default.aspx>

<http://www.aging.pa.gov/organization/advocacy-and-protection/Pages/ombudsman.aspx>

Wilmarie Gonzalez

Pennsylvania Department of Aging

555 Walnut Street, 5th Floor

Harrisburg, Pennsylvania 17101-1919

Phone: 717-783-8975

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.

### **Pennsylvania Housing Finance Agency**

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

Home Modification & Assistive Tech Program

211 N. Front St.

Harrisburg, PA 17101

Phone: 717-780-3800

Toll-free: 800-654-5984

### **Inglis Foundation**

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

2600 Belmont Avenue

Philadelphia, PA 19131

Phone: 215-878-5600

TDD/TTY: 215-878-5337

Inglis House is a specialty nursing care facility providing long-term, residential care for 297 adults with physical disabilities, including multiple sclerosis, cerebral palsy, spinal cord injury and stroke, among others. Residents receive rehabilitative medical and nursing care; occupational and speech therapies; and a selection of more than 20 social enrichment and therapeutic recreation programs every day.

## **Independent Living**

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

#### **Pennsylvania Independent Living Councils**

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

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

205 Grandview Avenue Suite 405

Camp Hill, PA 17011

Phone (Local): 717-364-1732

Toll-Free: 800-670-7307

TTY: 717-236-5733

Email: [susant318@yahoo.com](mailto:susant318@yahoo.com)

### **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.

## Library Services

### Commonwealth of Pennsylvania libraries

<http://www.statelibrary.pa.gov/Pages/default.aspx>

### Special Format Library

<http://freelibrary.org/lbph/>

Library for the Blind and Physically Handicapped

Free Library of Philadelphia

1500 Spring Garden St., Suite 230

Philadelphia, PA 19130

Phone: 215-683-3213; 800-222-1754 (toll-free)

E-mail: [flpblind@library.phila.gov](mailto:flpblind@library.phila.gov)

## NeuroRecovery Network (NRN)

### Magee Rehabilitation Hospital

Philadelphia, PA

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)

[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.

### **Magee Rehabilitation Hospital**

<https://mageerehab.jeffersonhealth.org/>

1513 Race St.

Philadelphia PA 19102

Magee's Peer Mentor program offers specially trained volunteers who live with a spinal cord injury, brain injury, stroke or amputation. They are matched with newly diagnosed patients to share tips and resources that have helped them along the way.

### **Penn State Health Department of Physical Medicine and Rehabilitation**

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

500 University Dr., PO Box 850

Hershey, PA 17033

Phone: 717-531-0003 ext 282538

Email: [nlokey@pennstatehealth.psu.edu](mailto:nlokey@pennstatehealth.psu.edu)

Virtual SCI support group every other Thursday from 6-7 pm for those with SCI as well as families, friends and caregivers. SCI peer mentoring program for mentors and mentees. Contact Nancy Lokey RN, CRRN, CBIS for details and questions.

## **Protection And Advocacy**

### **Center for Disability Law & Policy (Client Assistance Program)**

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

101 Greenwood Ave.

Suite 470

Jenkintown, PA 19046

Phone: 215-557-7112

Toll-free: 888-745-2357

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

### **Center for Disability Law & Policy**

207 House Ave., Suite 107A

Camp Hill, PA 17011

Phone: 717-731-1077 (V/TTY)

Toll-free: 800-323-66060 ext 240

### **Disability Rights Pennsylvania**

<http://disabilityrightspa.org/>

Harrisburg Office

301 Chestnut St., Suite 300

Harrisburg, PA 17101

Phone: 800-692-7443; 717-236-8110

TDD-877-375-7139

Email: [drnpa-hbg@drnpa.org](mailto:drnpa-hbg@drnpa.org)

There are also offices in Philadelphia and Pittsburgh

### **The Legal Clinic for the Disabled**

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

1513 Race Street

Philadelphia, PA 19102

Phone: 215-587-3350

Email: [legalinfo@lcdphila.org](mailto:legalinfo@lcdphila.org)

The Legal Clinic for the Disabled (LCD) provides free high quality legal services to low-income people with physical disabilities and to the deaf and hard of hearing in Philadelphia, Bucks, Chester, Delaware and Montgomery Counties.

### **Service Dogs**

#### **Amazing Tails, LLC**

<http://amazingservicedogs.com>

651 Scroggy Rd.

Oxford, PA 19363

Phone: 717-288-7190

Email: [emailsupport@amazingservicedogs.com](mailto:emailsupport@amazingservicedogs.com)

#### **Canine Partners for Life**

[www.k94life.org](http://www.k94life.org)

Darlene Sullivan

PO Box 170

334 Faggs Manor Rd.

Cochranville, PA19330

Phone: 610-869-4902

Email: [info@k9life.org](mailto:info@k9life.org)

#### **C&M Care-9s, Inc.**

Carole and Michael Artim

Merger Mountain

51 Hausman Rd.

Lenhartsville, PA19354

Phone: 610-756 -6211

Email: [care9s@fsi.net](mailto:care9s@fsi.net)

#### **Paws Healing Heroes**

<https://pawshealingheroes.org>

P.O. Box 414

Glassboro, NJ 08028

A non-profit organization that provides service dogs to veterans in need.

## **Susquehanna Service Dogs, Keystone Human Services**

<https://www.khs.org/what-we-do/assistance-dogs/>

1078 Gravel Hill Rd.  
Grantville, PA 17028  
Phone: 717-599-5920  
Email: [ssd@khs.org](mailto:ssd@khs.org)

## **Sports and Recreation**

### **All Riders Up**

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

265 Mattson Road  
Garnet Valley, PA 19060-1410  
Phone: 610-459-0879  
Email: [allridersup@comcast.net](mailto:allridersup@comcast.net)

All Riders Up is a non-profit charitable organization that has been established to provide area residents with special needs a way to exercise, improve balance and coordination, strengthen core muscles, and develop self-confidence by learning to ride beautiful horses.

### **American DanceWheels Foundation, Inc.**

<http://www.americandancewheels.org>

PO Box 88  
Bala-Cynwyd, PA19004  
Phone: 215-588-6671  
E-mail: [info@americandancewheels.org](mailto:info@americandancewheels.org)

### **Camp Victory**

<http://campvictory.org/>

58 Camp Victory Rd  
Millville, PA 17846  
Phone: 570-458-6530

At Camp Victory, partner groups with specialized knowledge and training operate camps for children who live with chronic health disadvantages. The children receive the greatest possible care, support and personal growth, have fun and make many friends.

### **Disabled Sports USA-- pick Chapters, pick state**

<http://www.disabledsportsusa.org>

451 Hungerford Drive, Suite 100  
Rockville, MD 20850  
Phone: 301-217-0960  
Email: [info@dsusa.org](mailto:info@dsusa.org)

### **Ivy Hill Therapeutic Equestrian Center**

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

1811 Mill Rd  
Perkasie, PA 18944  
Phone: 215-822-2515

Ivy Hills Therapeutic Equestrian Center offers therapeutic riding, also known as Equine-Assisted Therapy, Equine-Facilitated Therapy, or Riding for the Disabled, to achieve a variety of goals that are cognitive, physical, social, educational and behavioral.

### **Magee Rehabilitation Hospital**

<https://mageerehab.jeffersonhealth.org/community/community-programs/>

1513 Race St.

Philadelphia PA 19102

Phone: 215-587-3412

Their adaptive sports program offers wheelchair racing, basketball, rugby and tennis.

### **Magee Rehabilitation Hospital's Recreation Resource Guide to Pennsylvania for the Disabled**

<https://mageerehab.jeffersonhealth.org/community/community-resource-guide/>

For information on any program contact Meg Rider at 215-587-3186

### **Mighty Penguins Sled Hockey**

<http://penguinssledhockey.org/>

8000 Cranberry Springs Drive

Cranberry Township, PA 16066

Phone: 724-766-9333

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

Mighty Penguins Sled Hockey is a fun, therapeutic and competitive program for physically disabled children and adults. We aim to develop character, sportsmanship and physical fitness – while promoting and encouraging both educational and cultural experiences.

### **Pennsylvania Center for Adaptive Sports**

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

#4 Boathouse Row, Kelly Drive

Philadelphia, PA19130

Phone: 215-765-5118

Email: [pcas@centeronline.com](mailto:pcas@centeronline.com)

### **Steelwheelers**

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

Phone: 412-445-1060

The Steelwheelers, Inc. is a non-profit organization [501(C)(3)], founded in 1977 as one of the first of its kind, which provides programs for physically challenged athletes from Western Pennsylvania, Eastern Ohio and Northern West Virginia who desire to participate in competitive sports such as Quad Rugby, Wheelchair Basketball and Hand Cycling. It provides an opportunity for persons with disabilities to achieve the sense of wellbeing and fulfillment that the players once enjoyed prior to their injuries.

### **Three Rivers Adaptive Sports (TRAS)**

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

PO Box 38235

Pittsburgh, PA 15238

Phone: 412-848-8896

### **United Spinal: Sport & Recreation**

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

Philadelphia Regional Office

5000 Wissahickon Avenue

Philadelphia, PA 19101

Phone: 215-381-3037

### **Upper Main Line YMCA**

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

Adaptive Swim Lessons

1416 Berwyn-Paoli Road

Berwyn, PA19312

Phone: 610-647-9622

Mainstream swim lessons and drown proofing techniques for youth and adults with special needs.

## **United Way Offices**

### **United Way of America**

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

National Headquarters

701 North Fairfax Street

Alexandria, VA22314

Phone: 703-836-7112

Enter your postal code for a United Way 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.

## **Veterans**

### **US Dept of Veterans Affairs VA Hospital Locator**

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

Click on PA for VA facilities in your area

### **Keystone Paralyzed Veterans of America**

<http://www.kpva.org>

1113 Main St.

Pittsburgh, PA15215-2407

412.781.2474 / 800.775.9323

Email: [keystonepva@comcast.net](mailto:keystonepva@comcast.net)

### **Victory Therapeutic Horsemanship**

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

PO Box 413

Bellwood PA 16617

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

Victory Therapeutic Horsemanship is one of the few therapeutic riding organizations that serve veterans exclusively. We offer a completely different perspective compared to other programs due to VTH being founded and ran by a combat veteran that has experienced firsthand the benefits of healing with horses

## ALS

Chapters of the ALS Association ([www.alsa.org](http://www.alsa.org)):

### **Greater Philadelphia Chapter**

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

321 Norristown Rd.

Suite 260

Ambler, PA 19002

Phone: 215-643-5434; 877-434-7441 (toll-free)

Email: [alsassoc@alsphiladelphia.org](mailto:alsassoc@alsphiladelphia.org)

Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.

[http://webwpawv.alsa.org/site/PageServer?pagename=WPAWV\\_homepage](http://webwpawv.alsa.org/site/PageServer?pagename=WPAWV_homepage)

### **Western Pennsylvania Chapter**

416 Lincoln Ave.

Pittsburgh, PA 15209

Toll-free: 800-967-9296

Phone: 412-821-3254

Email: [info@cure4als.org](mailto:info@cure4als.org)

ALS Support Groups:

### **Harrisburg Resource Group**

Hershey Medical Center, Neuroscience Bldg.

30 Hope Dr.

Hershey, PA 17033

Phone: 215-643-5434

### **Lancaster Resource Group**

Lancaster General Health Suburban Outpatient Pavilion

2100 Harrisburg Pike

Lancaster, PA 17601

Phone: 717-557-5357

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

### **Lehigh Valley Resource Group**

Lehigh Valley Hospital-Cedar Crest

Kaysch Family Pavilion- ECC #10



S. Cedar Crest Blvd & I-78  
Allentown, PA 18103  
Wendy Barnes  
Phone: 610-797-2102

**Williamsport Support Group**

Williamsport YWCA  
815 West Fourth Street  
Williamsport, PA 17701  
Phone: 570-323-4637

Ambler Area Support Group, For Women Only - Women with ALS Support Group  
Greater Philadelphia Chapter Office, Springhouse Corporate Center  
321 Norristown Road, Ste-260  
Ambler, PA 19002  
Phone: 215-664-4177  
Email: [anne@alsphiladelphia.org](mailto:anne@alsphiladelphia.org)

**Greater Harrisburg Caregiver Support Group**

Joni Fulkerson, LCSW  
Phone: 717-385-2758  
Email: [wherehopehappens@gmail.com](mailto:wherehopehappens@gmail.com)

ALS Clinics

**Allegheny Neurological Associates**

420 E. North Ave  
Suite 206  
Pittsburgh, PA 15212  
Medical Director - Sandeep Rana, MD  
Phone: 412-359-8867

**John P. Murtha Neuroscience and Pain Institute**

Conemaugh Memorial Medical Center  
1450 Scalp Avenue, Suite 003A  
Johnstown, PA 15904  
Medical Director – Dr. Nicholas Lanciano  
Phone: 814-269-5061  
Email: [ipenatze@conemaugh.org](mailto:ipenatze@conemaugh.org)

**ALS Clinic at Geisinger Medical Center, Danville**

Dept of Neurology  
100 North Academy Ave  
Danville, PA 17822-1405  
Medical Director - Scott M. Friedenber, MD  
Phone 1: 570-271-6472  
Phone 2: 570-271-6590

### **University of Pittsburgh ALS Clinic**

Department of Neurology  
Suite 810, Kaufmann Building  
3471 Fifth Ave.  
Pittsburgh, PA 15213  
Medical Director - David Lacomis MD  
Phone: 412-692-4920

### **Neuromuscular and ALS Center for Comprehensive Care at Lehigh Valley Hospital**

Lehigh Neurology  
1210 S. Cedar Crest Blvd.  
Allentown, PA 18103  
Medical Director - Glenn Mackin, MD  
Phone: 610-402-8420

Muscular Dystrophy Association's ALS Research Centers:

### **MDA/ALS Center of Hope at Drexel University College of Medicine**

Philadelphia  
Phone: 267-507-2585  
E-mail: [heiman@drexel.edu](mailto:heiman@drexel.edu)

### **MDA/ALS Center at the University Of Pittsburgh Medical Center**

Phone: 412-647-1706  
E-mail: [lacomisd@upmc.edu](mailto:lacomisd@upmc.edu)

### **ALS Hope Foundation**

<http://www.alshf.org/>  
P.O. Box 40777  
Philadelphia, PA 19107  
Phone: 215-568-2426  
Email: [info@alshopefoundation.org](mailto:info@alshopefoundation.org)

ALS is a degenerative neurological disease that leads to progressive weakness. ALS does not discriminate on the basis of race, religion, gender, nationality, or economic status. The cause of ALS is still unknown, and there is no cure... However, there is hope.

## **Brain Injury**

### **Brain Injury Association of Pennsylvania, Inc.**

[www.biapa.org](http://www.biapa.org)  
947 Wayne Avenue, No. 110  
Chambersburg, PA 17201  
Phone: 833-242-7248  
Email: [info@biapa.org](mailto:info@biapa.org)

### **Moss TBI Model System**

<http://www.tbindsc.org>

<http://www.tbindsc.org/CentersDetail.aspx?Id=7>

Moss Rehab

50 Township Line Road

Elkins Park, PA 19027

Phone: 215-663-6153

### **Magee Rehabilitation Hospital**

<https://mageerehab.jeffersonhealth.org/>

1513 Race St.

Philadelphia PA 19102

Offers brain injury rehabilitation services

## **Cerebral Palsy**

### **United Cerebral Palsy**

<http://www.ucp.org>

1825 K St., NW, Suite 600

Washington, DC 20006

Phone: 800-872-5827 or 202-776-0406

TTY: (202) 973-7197

E-mail: [national@ucp.org](mailto:national@ucp.org)

Please contact National Office for a Chapter in your area

Margaret E. Moul Home

**(York County Cerebral Palsy Home, Inc.)**

<http://www.margaretemoul.org>

2050 Barley Road

York, PA17408-1577

Phone: 717-767-6463

Email: [dkramer@margaretmoul.org](mailto:dkramer@margaretmoul.org)

## **Friedreich's Ataxia**

### **National Ataxia Foundation (NAF)**

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

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

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

NAF Support Groups:

### **Central Pennsylvania Ataxia support group**

Dowington, PA

Phone: 610-996-5814

Email: [michaelcammer62@hotmail.com](mailto:michaelcammer62@hotmail.com) (Michael Cammer)

## **Western Pennsylvania Support Group**

Ed Schwartz

Venetia, PA

Phone: 724-941-2210

Email: [eas@ataxia.org](mailto:eas@ataxia.org)

## **Guillain-Barré Syndrome/CIDP**

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

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

375 E. Elm St., Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Please call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society**

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

#### **NMSS-- Greater DelawareValley**

[www.nationalmssociety.org/pae/](http://www.nationalmssociety.org/pae/)

30 South 17<sup>th</sup> St., Suite 800

Philadelphia, PA19103

Phone: 215-271-1500

Email: [pae@nmss.org](mailto:pae@nmss.org)

#### **National MS Society-- Western Pennsylvania**

[www.nationalmssociety.org/chapters/PAX/](http://www.nationalmssociety.org/chapters/PAX/)

1501 Reedsdal St., Suite 105

Pittsburgh, PA 15233

Phone: 412-261-6347, 800-344-4867 (toll-free)

Email: [nyw@nmss.org](mailto:nyw@nmss.org)

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

<https://mymsaa.org/>

#### **MSAA Northeast Regional Office**

375 Kings Hwy North

Cherry Hill, NJ 08034

800-532-7667, ext. 144

Phone: (856) 488-4500

E-mail: [northeast@mymsaa.com](mailto:northeast@mymsaa.com)

## **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](mailto:ResourceCenter@mdausa.org)

Enter a state or region in the “MDA Care Center Network” section to find clinics that treat MD in your area.

## Post-Polio Syndrome

### Post-Polio Health International (PHI)

50 Crestwood Executive Center #440

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

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.

Clinics

### Conemaugh Health System

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

Conemaugh East Hills

1086 Franklin St.

Johnstown, PA 15904

Phone: 814-269-5061

## Spina Bifida

### Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

P.O. Box 17427

Arlington, VA 22209

Phone: 800-621-3141

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

Please contact them for info in your area

### SBA of the Delaware Valley

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

PO Box 1235

Havertown, PA 19083-5835

Phone: 610-446-1066

Email: [execdir@sbadv.org](mailto:execdir@sbadv.org)

Clinics:

### Geisinger Medical Center (pediatric only)

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

Spina Bifida Clinic  
100 N. Academy Ave.  
Danville, PA 17822  
Phone: (570) 271-8055

**Shriners Hospital for Children-Erie**

<https://www.shrinershospitalsforchildren.org/erie>

Spina Bifida Clinic (**pediatric to age 21**)  
1645 W. 8th St.  
Erie, PA 16435  
Phone: 814-875-8700

**Penn State Hershey Medical Center**

<https://hmc.pennstatehealth.org/>

Spina Bifida Services (pediatric and adult)  
500 University Dr.  
Hershey, PA 17033  
Phone: (800) 243-1455

**Children's Hospital of Philadelphia**

<https://www.chop.edu/centers-programs/spina-bifida-program>

Spina Bifida Program (pediatric and adult)  
3401 Civic Center Blvd.  
Philadelphia, PA 19104  
Phone: (215)-590-1760

**Moss Rehabilitation Center for Adults**

<https://www.mossrehab.com/locations/elkins-park>

Adult Spina Bifida Clinic (**adult only**)  
60 Township Line Rd.  
Elkins Park, PA 19027  
Phone: (215) 663-6677

**Shriners Hospital for Children**

3551 N. Broad St., 4th Floor (**pediatric only**)  
Philadelphia, PA 19140  
Phone: (215) 430-4028

**St. Christopher's Hospital for Children**

<https://www.stchristophershospital.com/SitePages/Home.aspx>

Spina Bifida Clinic (**pediatric only**)  
Erie Ave. and Front St.  
Philadelphia, PA 19134-1095  
Phone: (215) 427-5531

### **Children's Hospital of Pittsburgh of UPMC**

<https://www.chp.edu/>

Spina Bifida Department (**pediatric to age 22**)

1 Children's Hospital Dr.

4401 Penn Ave.

Pittsburgh, PA 15224

Phone: (412) 692-5096

### **University of Pittsburgh Medical Center**

<http://www.upmc.com/Pages/default.aspx>

UPMC Mercy PM&R Office

Adult Spina Bifida Clinic-Adult SB and PM&R (**adult only**)

1400 Locust St., Building D, Ste. G103

Pittsburgh, PA 15219

Phone: (412) 232-8903, (877) 647-3438

## **Spinal Cord Injury**

### **Magee Rehabilitation Hospital SCI Resource & Support Group**

<https://mageerehab.jeffersonhealth.org/community/support-groups/spinal-cord-injury-support/>

1513 Race Street

Philadelphia, PA19102

Phone: 215-587-3174

Meetings are held at Magee Rehabilitation at 6:00 PM twice a month. Individual family matches can also be arranged. SCI Family PEER group meets two Wednesdays each month at 6:00 PM in room 571. For more information, call 215-587-3030 or email at [rblack@mageerehab.org](mailto:rblack@mageerehab.org).

### **Ryan Shazier Fund for Spinal Rehabilitation**

<https://ryanshazierfund.org>

Pittsburgh PA area

Phone: 412-356-2057

Shazier was a Pittsburgh Steeler who was injured during a game in 2017. This foundation gives those with spinal cord injuries and their caregivers, support, resources and funding they need to live independent and meaningful lives. It helps those injured in sports-related or vehicular accidents in western Pennsylvania.

## **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 & Chiari Alliance Project**

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

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-2727-282

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

Please contact them for local and online support groups

### **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 any local support groups.

### **General Disability Resources**

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

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

#### **The Wanna Play Program**

8701A West Chester Pike

Upper Darby, PA19082

Phone: 610-853-2898

Email: [mail@wannaplayprogram.com](mailto:mail@wannaplayprogram.com)

#### **APTA Pennsylvania, A Chapter of the American Physical Therapy Association**

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

2400 Ardmore Boulevard, Suite 302

Pittsburgh, PA 15221

Phone: 412-871-3406

Email: [office@aptpa.org](mailto:office@aptpa.org)

#### **Pennsylvania Occupational Therapy Association**

<http://pota.site-ym.com/>

600 West Germantown Pike, Suite 400

Plymouth Meeting, PA 19462

Email: [office@pota.org](mailto:office@pota.org)

#### **Association of People Supporting EmploymentFirst (APSE)**

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

<https://apse.org/chapter/pennsylvania/>



Pennsylvania Chapter

**Abilities in Motion (AIM)**

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

210 North Fifth St.

Reading PA 19601

Phone: 610-376-0010

TTY: 610-288-2301

AIM is a center for independent living that provides help with advocacy, independent living skills, and peer counseling.

**Fighting Back Scholarship Program**

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

400 East King St.

Malvern, PA 19355

Phone: 610-688-8868

Email: [scott@fitnesstrainersinc.com](mailto:scott@fitnesstrainersinc.com)

Provides scholarships for people to continue their rehabilitation. Please contact them for eligibility requirements.

**Parent Education & Advocacy Center (PEAL)**

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

2325 East Carson St.

Suite 100-A

Pittsburgh, PA 15203-2109

Phone: 412-281-4404

Toll-free: 866-950-1040

A family led organization that provides assistance to parents of children from birth to age 26. They advise parents of children who receive early intervention services.

**Reagan's Journey**

<https://www.reagansjourney.org>

Lending Closet Address:

405 Freeport Rd.

Freeport, PA 16229 (Blue modular with ramp)

Phone: 724-826-0778

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

Reagan's Journey was established to address financial, informational, and networking needs for families of children with special needs. In addition, they strive to support and encourage families as they struggle to endure, adjust and cope with the demands of these special and sometimes fatal needs. Reagan's Journey also offers a lending closet of children's equipment.

**ThinkFirst National Injury Prevention Foundation**

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

1801 N. Mill St., 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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