



Utah 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.

Utah Department of Human Services, Division of Aging & Adult Services

<http://daas.utah.gov/>
195 North 1950 West
Salt Lake City, Utah 84116
Phone: 801-538-3910
Toll Free: 1-877-424-4640
Email: agingservices@utah.gov

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

Art Access

<https://artaccessutah.org/>
230 South 500 West #110
Salt Lake City, UT 84101
Phone: 801-328-0703
Email: connect@artaccessutah.org

Assistive Technology

Utah Assistive Technology Program

<https://www.usu.edu/uatp/>
Institute for Disability Research Policy, & Practice
6855 Old Main Hill
Logan, UT 84322
Phone: 800-524-5152

Rocky Mountain ADA Center (covers Utah)

<http://www.rockymountainada.org/>
3630 Sinton Road, Suite 103
Colorado Springs, CO 80907
Phone/TTY: 800-949-4232
ASL/Deaf/HoH: 719-358-2460

Community-Based Fitness Programs

Neuroworx

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

90 W. Albion Village Way

Sandy, UT 84070

Phone: 801-619-3670

Email: info@neuroworx.org

Community Health Centers

Association for Utah Community Health

www.auch.org

860 East 4500 South, Suite 206

Salt Lake City, UT 84107

Phone: 801-974-5522

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

Utah Office for Victims of Crime (UOVC)

<http://www.crimevictim.utah.gov/>

350 East 500 South Suite 200

Salt Lake City, Utah 84111

Phone: (801) 238-2360

Toll-free: (800) 621-7444

Email: crimevictims@utah.gov

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: 800-897-5465

Utah Domestic Violence Coalition

<http://www.udvc.org>

124 South 400 East, Suite 430

Salt Lake City, UT 84111-2178

Phone: 801-521-5544

Toll-free: 800-897-5465

Email: admin@udvc.org

CAPSA

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

P.O. Box 3617

Logan, UT 84323-3617

Phone: 435-753-2500

Email: info@capsa.org

CAPSA is a non-profit domestic violence, sexual abuse, and rape recovery center serving Cache County and the Bear Lake area. They provide support services for women, men, and children impacted by abuse. All of their services are FREE and confidential. 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.

Canyon Creek Services *One Accessible Room

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

444 S. Main Street #4A

Cedar City, UT 84720

24 Hour Hotline: 435-233-5732

Phone: 435-867-9411

This organization provides free and strictly confidential services to any victim of domestic violence as well as sexual assault. They offer services to any victim, regardless of age, gender identity, ethnicity, sexual orientation, and so on whether they are in current crisis or seeking other support and guidance. Current services include 24-hour crisis intervention, a 24-hour hotline, sexual assault hospital response, emotional support and advocacy, legal advocacy, medical advocacy, systems advocacy, housing assistance, emergency shelter, support groups, classes, case management, programming, and other life-situation support and advocacy with the goal of helping survivors achieve emotional healing and financial independence.

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

Easter Seals

<https://www.easterseals.com>

Find offices in Utah by clicking on “Connect Locally.” 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

Utah State Website

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

Utah Developmental Disabilities Council

<http://utahddcouncil.org/>

5296 S Commerce Drive Ste. 305
Murray, UT 84107
Phone: 801-245-7350

Utah State Office of Rehabilitation

<http://www.usor.utah.gov/>

1595 W. 500 South
Salt Lake City, UT 84104
Phone: 801-887-9500
Toll Free: 866-454-8397

Utah Department of Human Services

<https://hs.utah.gov/>

195 North 1950 West
Salt Lake City, Utah 84116
Phone: (801) 538-4171
Email: dhsinfo@utah.gov

Utah Medicaid Office

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

Utah Department of Health
Division of Medicaid and Health Financing
P.O. Box 143106
Salt Lake City, UT 84114-3106
Phone: 801-538-6155
Toll-free: 800-662-9651

Utah CHIP Program (Children’s Health Insurance Program)

<http://health.utah.gov/chip/>

Utah Children's Health Insurance Program
Utah Department of Health

P.O. Box 143107
Salt Lake City, UT 84114-3107
Toll-Free: 877-KIDS-NOW
Email: chip@utah.gov

State Health Insurance Information Program (SHIIP)—for seniors

<https://daas.utah.gov/seniors/>
Utah Division of Aging and Adult Services
800-541-7735

Utah Insurance Dept.

<http://www.insurance.utah.gov/>
350 N. State St.
State Office Bldg. Room 3110
Salt Lake City, UT 84114-6901
Phone: 801-538-3800

Utah Workers Compensation

<http://www.laborcommission.utah.gov/>
Utah Labor Commission
160 E. 300 S., 3rd Floor
Salt Lake City, UT 84114
Phone: 801-530-6800
Toll-free: 800-530-5090
Email: laborcom@utah.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://daas.utah.gov/long-term-care-ombudsman/>
Daniel Musto
Department of Human Services
Utah Division of Aging & Adult Services
195 North 1950 West
Salt Lake City, UT 84116
Phone: 801-538-3924
Email: dmusto@utah.gov

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

Housing and Urban Development (HUD)

www.hud.gov

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

211

www.211.org

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

Independent Living

ILRU: State Independent Living Councils (SILCs)

Utah Independent Living Council

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

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

423 W 800 S., Suite A101

Salt Lake City, UT 84101

Phone: 801-463-1592

Independent Living Research Utilization’s directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334

Toll-free: 844-778-7961

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living

Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

Utah State Library for the Blind and Disabled

<http://blindlibrary.utah.gov/>

Regional Library

Utah State Library Division

Program for the Blind and Disabled

250 North 1950 West, Suite A

Salt Lake City, UT 84116-7901

Telephone: 801-715-6789

Toll-free (In-state): 800-662-5540

Toll-free (out of state): 800-453-4293

E-mail: blind@utah.gov

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection and Advocacy

Utah Protection and Advocacy

Disability Law Center

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

205 North 400 West
Salt Lake City, UT 84103
Toll-free: 800-662-9080

Service Dogs

Loving Angel Service Dogs, Inc.

<http://lovingangelservicedogs.com/>

3734 Sugar Leo Rd.
St. George, UT 84790
Phone: 435-632-2482
Email: director@lovingangelservicedogs.com

Sports and Recreation

Kostopulos Dream Foundation Home of Camp Kostopulos

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

4180 E Emigration Canyon Road
Salt Lake City, UT 84108
Phone: 801-582-0700
Email: kdf@campk.org

Camp Kostopulos offers kids, teens, and adults with disabilities or special medical needs a 5-day camping adventure experience.

Common Ground Outdoor Adventures

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

335 N. 100 East
Logan, UT 84321
Phone: 435-713-0288
Email: info@cgadventures.org

Chairbound Sportsman, Utah Chapter

<http://www.chairboundsportsman.org>

Provo, UT
Phone: 801-499-9770
Email: kennethvaughnsr@gmail.com
Offers hunting to people with disabilities.

National Ability Center

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

1000 Ability Way
Park City, UT 84060
Phone: 435-649-3991

SPLORE (Special Populations Learning Outdoor Recreation and Education)

<https://discovernac.org/programs/splore-outdoor-adventures/>

A program offered by the National Ability Center which offers adventurous sports such as rafting, climbing, camping, etc. for those with mobility impairment.

TRAILS (Technology Recreation Access Independence Lifestyle Sports)

<https://www.utrails.us/>

University of Utah Craig H. Neilsen Rehabilitation Hospital

729 Arapeen Drive

Salt Lake City, UT 84108

Phone: 801-581-2526

TRAILS, which is run by the Spinal Cord Injury Rehabilitation Center at the University of Utah, serves roughly 400 people each year. Activities include kayaking, sailing, camping, cross-country skiing, swimming, hand cycling and wheelchair tennis.

USTA Intermountain Utah Wheelchair Tennis

<https://www.utahtennis.com/wheelchair-tennis>

2469 E. Fort Union Blvd Suite 104

Salt Lake City, UT 84121

Phone: 801-944-8782

Email: info@utahtennis.com

United Way Offices

United Way

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

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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. **Enter postal code for a United Way office in your area**

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator, click on UTAH on map

<https://www.va.gov/directory/guide/home.asp>

ALS

The ALS Association National Office

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

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Toll-free: 800-782-4747

Brain Injury

Brain Injury Association of America

www.biausa.org

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750

Email: info@biausa.org

Please contact them for any state info.

Cerebral Palsy

UCP (United Cerebral Palsy)

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

1825 K St. NW Suite 600

Washington DC 20006

Toll-free Phone: 800-872-5827

Phone: 202-776-0406

Email: info@ucp.org

Please contact them for any state info.

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Check their interactive map for support groups in your area.

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome / CIDP Foundation International

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

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Please contact them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Idaho-Nevada-Utah Chapter

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

PO Box 58768
Salt Lake City, UT 84158
Toll-free: 800-344-4867 (800-FIGHT-MS)

Multiple Sclerosis Association of America's Western Regional Office

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

(Arizona, California, Hawaii, Nevada, Oregon, Utah, Alaska, Washington)

Seattle, WA 98101

Phone: 800-532-7607 ext 155, 415-260-6420

Email: western@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your postal code in the "Find your local MDA" section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

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

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

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd., Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

Spinal Cord Injury

Traumatic Spinal Cord and Brain Injury (TSC/BI) Rehabilitation Fund

<https://vippp.health.utah.gov/traumatic-brain-injury/>

Traci Barney
Violence and Injury Prevention Program
Utah Department of Health
288 North 1460 West
PO Box 142106
Salt Lake City, UT 84114-2106
Phone: 801-538-9277
Email: tabarney@utah.gov

The SCI/TBI Rehabilitation Fund provides individuals with spinal cord or traumatic brain injuries with physical, occupational, and speech therapy; and equipment necessary for daily living activities. The SCI/TBI Fund is designed to be a payor of last resort, meaning individuals have no other financial means available to obtain these services.

Stroke

American Stroke Association

<https://www.stroke.org/>
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-478-7653
Call them for the stroke support group in your area

American Heart Association office in Utah:

<https://www.heart.org/en/affiliates/utah/welcome-to-utah>
465 South 400 East, Suite 110
Salt Lake City, UT 84111
Phone: 801-702-4420

University of Utah Hospital and Clinics

50 N. Medical Dr.
Salt Lake City, UT 84132
A Primary Stroke Care Center accredited by the Joint Commission on Accreditation of HealthCare Organizations (JCAHO) www.jointcommission.org

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please contact them for info in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

SRNA

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Utah Yellow Pages for Kids with Disabilities

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

Utah Occupational Therapy Association

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

P.O. Box 1401

Spanish Fork, UT 84660-7401

Utah Chapter of the American Physical Therapy Association

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

Utah Physical Therapy Association

Phone: 801-864-7073

Katie Mansell, Executive Director

Email: katie@aptautah.org

Association of People Supporting EmploymentFirst (APSE)

<http://www.apse.org>

National Office

7361 Calhoun Place Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Email: info@apse.org

Please check with them for local info.

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

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

First Call 2-1-1

<http://www.211.org>

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Hint: Can only be dialed from a land line. If you dial 211 or your state's 211 800 number and you are not connected, this service has not yet been provided to your area.

Ability Found

www.abilityfound.org

2324 S. Constitution Blvd.

West Valley City, UT 84119

Phone: 801-505-0529

Email: info@abilityfound.org

Helps individuals with disabilities (who are in financial need) purchase equipment such as power wheelchairs, power scooters, manual wheelchairs with custom seating, handicapped vans, walkers, gait trainers, standing frames, bath equipment, continence supplies, braces hospital beds and pressure relieving mattresses. Please contact Ability Found for details on qualifying for their assistance.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.