



Vermont 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.

Vermont Department of Disabilities, Aging and Independent Living

<http://dail.vermont.gov/>

HC 2 South, 280 State Dr.
Waterbury, VT 05671-2020
Phone: 802-241-2401

Area Agencies on Aging

<https://dcf.vermont.gov/partners/aaa>

Phone: 1-800-642-5119

National Center on Elder Abuse (NCEA)

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

National Center on Elder Abuse
c/o University of Southern California Keck School of Medicine
Department of Family Medicine and Geriatrics
1000 South Fremont Avenue, Unit 22, Building A-6
Alhambra, CA 91803
Phone: 1-855-500-3537

Email: ncea-info@aoa.hhs.gov

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

Arts and Creativity

Inclusive Arts Vermont

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

PO Box 419
Saint Albans, VT 05478
Phone: 802-404-1597
Email: info@inclusiveartsvermont.org

Main Street Arts

<http://mainstreetarts.org/>

35 Main St.
PO Box 100

Saxtons River, VT 05154

Phone: 802-869-2960

Email: info@mainstreetarts.org

Main Street Arts is a non-profit arts center that encourages creative expression through a wide range of artistic experiences. *Moving Forward, Moving Up* is MSA's project to revitalize the center by making it accessible to meet the creative needs of all community members.

Assistive Technology

Vermont Assistive Technology Program

<https://dail.vermont.gov/divisions/atp>

HC 2 South, 280 State Drive

Waterbury, VT 05671-2020

Phone: 1-800-750-6355

Email: dail.atinfo@vermont.gov

New England ADA Center (covers Vermont)

<http://www.newenglandada.org>

180-200 Portland St., Suite 1

Boston, MA 02114

Phone: 617-695-0085

Toll Free: 800-949-4232

Email: ADAinfo@IHCDesign.org

Vermont Independence Fund: Loans for Assistive Technology

www.atp.vermont.gov/resources/funding

<https://www.oppsvt.org/independence-fund/>

Opportunities Credit Union

92 North Ave.

Burlington, VT 05401

Phone: 802-654-4540

Toll-free: 800-865-8328

The Independence Fund offers affordable financing with flexible repayment terms for all types of assistive technology, equipment, vehicles, and home modifications.

Community-Based Fitness Programs

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

Community Health Centers

Vermont Office, Bi-State Primary Care Association

www.bistatepca.org

61 Elm Street
Montpelier, VT 05602
Phone: 802-229-0002

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

Vermont Center for Crime Victim Services

<http://www.ccvv.state.vt.us/>

58 South Main St., Suite 1
Waterbury, VT 05676
Toll-free: 800-750-1213 (in state)
Phone: 802-241-1250

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

www.safehorizon.org

Phone: 1-800-621-HOPE

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: 800-228-7395

Sexual Violence Statewide Hotline: 800-489-7273

Vermont Network Against Domestic and Sexual Violence

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

P.O. Box 405

Montpelier, VT 05601
Phone: 802-223-1302
Email: info@vtnetwork.org

Easter Seals Offices

Vermont Easter Seals Office

www.easterseals.com/vt

14 North Main St., Suite 3004

Barre, VT 05641

Phone: 802-622-3230

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

Vermont State Website

<http://vermont.gov/>

Vermont Division of Vocational Rehabilitation

<http://vocrehab.vermont.gov>

HC2 South, 280 State Dr.

Waterbury, VT 05671-2040

Phone: 866-879-6757

Vermont Agency of Human Services

<http://humanservices.vermont.gov/>

280 State Dr., Center Bldg.

Waterbury, VT

Phone: 802-241-0440

Vermont Human Rights Commission

<http://hrc.vermont.gov/>

12 Baldwin Street,

Montpelier, VT 05633

Phone: 802-828-2480

Email: human.rights@vermont.gov

The mission of the Vermont Human Rights Commission is to promote full civil and human rights in Vermont.

Vermont CHIP Program (Children's Health Insurance Program)

<https://www.insurekidsnow.gov/coverage/vt/index.html>

Phone: 800-250-8427

Vermont Dept. of Disabilities, Aging and Independent Living

<http://dail.vermont.gov/>

Department of Disabilities, Aging and Independent Living
HC2 South, 280 State Drive
Waterbury VT 05671-2020
Phone: 802-241-2401

Vermont Insurance Department

<https://dfr.vermont.gov/industry/insurance>

89 Main Street
Montpelier, VT 05620-3101
Phone: 802-828-3301
Toll Free: 833-DFR-HOTLINE
Email: dfr.insuranceinfo@vermont.gov

Vermont Workers Compensation

<https://labor.vermont.gov/workers'-compensation>

Vermont Department of Labor
5 Green Mountain Drive
PO Box 488
Montpelier, VT 05601-0488
Phone: 802-828-4000

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/>

Vermont Governor's Committee on Employment of People with Disabilities

<https://hireus.vermont.gov/>

Email: rose.lucenti@vermont.gov

State LTC Ombudsman

<http://www.vtlegalaid.org/our-projects/vermont-long-term-care-ombudsman/>

Vermont Legal Aid, Inc.
264 N. Winooski Avenue
Burlington, Vermont 05401
Phone: (802) 863-5620

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

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

www.hud.gov

451 7th Street, S.W.

Washington, DC 20410

Phone: 202-708-1112

TTY: 202-708-1455

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

Email: 211@uww.unitedway.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)

Vermont Statewide Independent Living Council

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

<https://vermontsilc.org><http://www.vtsilc.org/>

PO Box 158

Worcester, VT 05682

Phone: 802-560-8091

Email: vtsilcdir@gmail.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/>

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334

Toll-free: 1-844-778-7961

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

Vermont Department of Libraries

https://libraries.vermont.gov/able_library

ABLE Library

60 Washington St., Suite 2

Barre VT 05641

Phone: 802-636-0022

Toll-free: 800-479-1711

Email: LIB.AbleLibrary@vermont.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

Disability Rights Vermont

<https://disabilityrightsvt.org/>

141 Main St., Suite 7

Montpelier, VT 05602
Phone: 802-229-1355
Toll-free: 800-834-7890
Email: info@disabilityrightsvt.org

Service Dogs

Service Dog Central: Vermont Info on Service Dog Laws
<https://theservicedogs.com/service-dog-laws-vermont/>

Sports And Recreation

Adaptive Martial Arts Association

<http://adaptivemartialarts.org/>
PO Box 225
Pittsford, VT 05763
Phone: 802-747-8184
E-mail: contact@adaptivemartialarts.org

Adaptive Sports at Mount Snow

<http://adaptiveatsnow.org/>
PO Box 1092
West Dover, VT 05356
Email: info@adaptiveatsnow.org
Their mission is to provide year-round life enhancing adaptive sports and recreational and educational experiences to individuals with disabilities and their families in the Mount Snow community.

Adaptive Sports New England

<http://adaptivesportsne.org/>
89 South St, Suite 603
Boston, MA 02111
Phone: 617-690-9103
Email: joe.walsh@adaptivesportsne.org
Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

Vermont Adaptive Ski and Sports

<http://www.vermontadaptive.org/>
77 Alpine Dr., Pico Mountain
PO Box 139
Killington, VT 05751
Phone: 802-786-4991
Email: south@vermontadaptive.org
Programs Offered: Adaptive Skiing, horseback riding, canoeing, sailing, rock climbing and others.

United Way Offices

United Way

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

United Way Worldwide
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

Enter your postal code in the upper right corner 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

<http://www.va.gov/directory/guide/state.asp?STATE=VT&dnum=ALL>

US Department of Veterans Affairs VA Hospital

<http://www.benefits.va.gov/whiteriverjunction>

Physical Address:
163 Veterans Dr
White River Junction, VT 05009
Mailing Address:
215 North Main Street
White River Junction, VT 05009
Phone: 802-827-1000

New England Paralyzed Veterans of America

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

1208 VFW Parkway, Ste. 301
West Roxbury, MA 02132
Phone: 617-942-8678
Toll Free: 800-660-1181

ALS

Northern New England Chapter of the ALS Association

http://webnne.alsa.org/site/PageServer?pagename=NNE_homepage

The ALS Association Northern New England Chapter
PO Box 207
Concord, NH 03302-0207
Phone: 603-226-8855
Toll-free: 866-257-6663

Brain Injury

Brain Injury Association of Vermont

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

1 Derby Lane, Suite 2
Waterbury, VT 05676
Phone: 802-244-6850
Email: support@biavt.org

LoveYourBrain Foundation

www.loveyourbrain.com

PO Box 247
Norwich VT 05055
Email: info@loveyourbrain.com

Together with his brother Adam, champion snowboarder Kevin Pearce created the LoveYourBrain Foundation, a non-profit organization that is working to connect, educate and empower people to live a brain healthy lifestyle. Through yoga, meditation and mindfulness programs, LoveYourBrain is improving lives, creating community and optimizing health for everyone they reach.

Cerebral Palsy

United Cerebral Palsy (National Office)

<http://www.ucp.org>
1825 K Street NW Suite 600
Washington, DC 20006
Phone: 202-776-0406, 800-USA-5-UCP
Email: info@ucp.org
Please call for local 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
Please contact them for info 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 call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society—Greater New England Chapter

<https://www.nationalmssociety.org/Chapters/MAM>

101A First Ave.
Waltham, MA 02451
Toll-free: 800-344-4867

Multiple Sclerosis Association of America Northeast Regional Office

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

(New Jersey, Delaware, New York, Pennsylvania, Connecticut, Vermont, Rhode Island, Massachusetts, Maine, Maryland, Washington DC, New Hampshire)

Phone: 800-532-7667 ext. 144

Email: northeast@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

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

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center, #440
St. 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

SBAA Vermont Clinics:

<http://spinabifidaassociation.org/clinics/>

Children's Specialty Center, 4th Fl. E. Pavilion

111 Colchester Ave.

Burlington, VT 05401

Phone: 802-847-8840

Spinal Cord Injury

The Kelly Brush Foundation

www.kellybrushfoundation.org

3 Main St., Suite 105

Burlington, VT 05401

Phone: 802-846-5298

E-mail: info@kellybrushfoundation.org

The Kelly Brush Foundation is a private 501(c)3 non-profit organization dedicated to assisting individuals with spinal cord injuries and increasing ski racing safety. The Foundation offers two types of grants, individual <http://www.kellybrushfoundation.org/grants-programs/individual-grant-program/> (for adaptive athletic equipment) and club (for ski racing safety improvements).

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

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

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

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

Vermont Yellow Pages for Kids with Disabilities

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

Vermont Occupational Therapy Association

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

VOTA
PO Box 925
Richmond VT 05477
Email: informationvota@gmail.com

APTA Vermont Chapter of the American Physical Therapy Association

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

Phone: 802-332-3878

Association of People Supporting EmploymentFirst—Vermont Chapter

www.apse.org

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

Burlington, VT 05405-1757
Email: vtapse@apse.org

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.vermont211.org/>

Dial 2-1-1 (anywhere in Vermont) for personal assistance

Vermont 211

P.O. Box 111

Essex Junction, Vermont 05453

Phone: 211

Toll Free: 866-652-4636

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.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

Email: thinkfirst@thinkfirst.org

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

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

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