



Virginia 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. <https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=virginia>

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.

Office for Aging Services

<http://www.vda.virginia.gov/>

1610 Forest Avenue, Suite 100

Henrico, VA 23229

Phone (local): 804-662-9333

Toll Free: 800-552-3402 (Nationwide)

Email: Aginginfo@dars.virginia.gov

Virginia Area Association of Area Agencies on Aging

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

24 E. Cary St.

Suite 100

Richmond, VA 23219

Phone: 804-545-1644

Email: info@vaaaa.org

National Center on Elder Abuse (NCEA)

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

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

Arts And Creativity

VSA Arts of Virginia

<http://vsava.blogspot.com/>

0 East 4th St., Studio 50

Richmond, VA 23224

Phone: 804-230-0246 (V/TTY)

Email: [ehickey @ vsava.org](mailto:ehickey@vsava.org)

Assistive Technology

Virginia Assistive Technology System (VATS)

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

Department of Aging and Rehabilitative Services (DARS)
Commonwealth of Virginia
2001 Maywill St., Suite 202
Richmond, VA 23230
Phone: 804-662-9990
Toll Free: 800-552-5019
TTY Toll Free: 800-464-9950

Mid-Atlantic ADA Center (covers Virginia)

<http://www.adainfo.org>

12300 Twinbrook Pkwy, Suite 350
Rockville, MD 20852
Phone: 301-217-0124 (V/TTY)
Toll Free: 800-949-4232 (V/TTY)
Email: adainfo@transcen.org

Foundation for Rehabilitation Equipment & Endowment (FREE)

www.free-foundation.org

1489 East Main Street
Salem, VA 24153
Phone: 540-777-4929
Phone: Roanoke@free-foundation.org

A not-for-profit organization that provides rehab equipment such as canes, crutches, power wheelchairs, shower chairs, etc. They refurbish, store and distribute recycled equipment to eligible individuals with a medical need. They also provide new equipment when funding is available.

Virginia Assistive Technology Loan Fund Authority (ATLFA)

<http://www.atlfa.org>

1602 Rolling Hills Drive
Suite 107
Richmond, VA 23229
Phone: 804-662-9000
Toll Free: 866-835-5976
Email: atlfa@atlfa.org

The DisAbility Resource Center of the Rappahannock Area Inc.-Equipment Connection

www.cildrc.org/equipment-connection

1503 Princess Anne St.
Fredericksburg, VA 22401
Phone: 540-373-2559 ext. 10
TTY: 540-373-5890
Email: drc@cildrc.org

Offers free adaptive medical equipment to people with disabilities. The Equipment Connection accepts donations of gently used or new durable medical equipment to be disbursed to those in need at no cost.

Children’s Assistive Technology Service (CATS)

<https://hr.atdevicesforkids.org/>

12801 Moneta Road

Moneta VA 24121

Phone: 540-493-2285

Email: info@atdevicesforkids.org

CATS provides for the re-use of pediatric rehabilitation equipment and devices in Virginia. CATS serves as a no-cost resource to children with disabilities who need adaptive equipment and whose families have limited resources. CATS has two other locations:

CATS

2545 Gayton Centre Dr.

Richmond, VA 23238

Phone: 540-420-0554

Email: info@atdevicesforkids.org

CATS

565 Radio Hill Rd.

Marion, VA 24354

Phone: 276-944-7238

Email: info@atdevicesforkids.org

CATS

Hampton Roads

Phone: 757-763-8905

Email: info@atdevicesforkids.org

Caregivers Information

Well Spouse Association support groups:

www.wellspouse.org

Well Spouse Association Office

63 West Main Street, Suite H

Freehold, NJ 07728

Phone: 732-577-8899

Email: info@wellspouse.org

Virginia—Arlington Well Spouse Support Group

Richard

Phone: 703-861-0749

Email: (Richard) rfaircloth@aacc.edu (Terri) tcorcoran53@verizon.net

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.

Ability Fitness Center

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

585 Catoctin Circle NE

Leesburg, VA 20176

Phone: 703-965-2900

Email: freddiehetzel@hotmail.com

Ability Fitness Center is a therapeutic fitness and wellness center with expert clinicians and specialized equipment providing access to innovative, customized, and activity-based interventions that increase functional ability for individuals with SCI, TBI, MS, CP and other balance disorders and neurological conditions. Their intensive recovery interventions are aimed at generating the greatest level of independence and recovery possible.

DPI Adaptive Fitness

www.dpiadaptivefitness.com

3545 Chain Bridge Rd., Suite 101

Fairfax, VA 22030

Phone: 877-264-5836

Email: DPIAdaptiveFitness@gmail.com

Community Health Centers

Virginia Community Healthcare Association

www.vacommunityhealth.org

3831 Westerre Parkway, Suite 2

Henrico, VA 23233

Phone: 804-237-7677

Email: info@VaCommunityHealth.org

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

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

Virginia Department of Corrections Victim Services

<https://vadoc.virginia.gov/victim-services/victim-compensation/>

Virginia Department of Corrections

Victim Services

P. O. Box: 26963

Richmond, VA 23261

Phone: 804-674-3243

Toll-free: 800-560-4292

Victim Assistance

<http://www.dcjs.virginia.gov/victims-services/>

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

www.safehorizon.org

Domestic Violence Hotline: 1-800-621-4673

Domestic Violence Help

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

www.thehotline.org

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

www.nrcdv.org

Statewide Hotline: 800-838-VADV (838-8238)

Virginia Sexual and Domestic Violence Action Alliance

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

1118 W. Main St.

Richmond, VA 23220

Toll Free Phone: 1-800-838-8238

The Laurel Center

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

PO Box 14

Winchester, VA 22604

Phone: 540-667-6160

Hotline Phone: 540-667-6466

Email: tlc.info@thelaurelcenter.org

Working together in our community to stop the cycle of domestic and sexual violence. Providing services to domestic and sexual violence survivors in the City of Winchester, Frederick County and Clarke County and to sexual violence survivors in Warren County, we are committed to "being there" when people need us most.

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

CHOICES of Page County

<https://choicesofpagecounty.org/>

216 West Main Street

Luray, VA 22835

Phone: 540-743-4414

Email: supportline@choicesofpagecounty.org

To prevent both domestic and sexual violence through public awareness, education, and to serve as a resource and safe haven to those affected.

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.

Empowerhouse

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

Physical Address:

150 Olde Greenwich Drive, Suite 101

Fredericksburg, VA 22408

Mailing Address:

P.O. Box 1007

Fredericksburg, VA 22402

Phone: 540-373-9372

Email: office@empowerhouseva.org

Empowerhouse empowers survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. We give victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits.

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.

Loudoun Abused Women's Shelter (LAWS)

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

105 East Market Street

Leesburg, VA 20176

Hotline Phone: 703-777-6552

Phone: 703-771-3398

The mission of Loudoun Citizens for Social Justice/ Loudoun Abused Women's Shelter (LAWS) is to provide victims of domestic violence, sexual assault and child abuse with safety, hope and empowerment services to live as survivors free from the effects of violence. LAWS' vision statement is as follows: We envision a community that is free of domestic violence, sexual assault, and child 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.

Shelter for Help in Emergency

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

P.O. Box 1013

Charlottesville, VA 22902

Hotline Number: 434-293-8509

Phone: 434-963-4676

Email: info@shelterforhelpinemergency.org

The Shelter for Help in Emergency works to support and empower victims of domestic violence through a combination of residential, community-based and outreach services. The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential, and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources as well as the skills needed to make informed decisions for themselves and their families.

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 go to search by state, drop down to Virginia

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.

www.easterseals.com

Virginia Easter Seals Office (Greater Washington – Baltimore Region) serving MD/DC/VA

<http://easterseals.com/DCMDVA/>

1420 Spring St.

Silver Spring, MD 20910

Phone: 301-588-8700

Easter Seals/UCP: North Carolina & Virginia

<http://www.easterseals.com/NCVA/who-we-are/locations/>

5171 Glenwood Ave., Suite 211

Raleigh, NC 27612

Phone: (800) 662-7119

Government Offices

Virginia State Website

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

Office of Civil Rights

<https://www.oag.state.va.us/programs-initiatives/civil-rights>

Office of Civil Rights

Office of the Attorney General of Virginia

202 North Ninth Street

Richmond, VA 23219

Phone: 804-225-2292

Phone: 804-786-2071

Email: CivilRights@oag.state.va.us

The Division of Human Rights ("DHR") receives and investigates complaints alleging unlawful discrimination that violates state and federal civil rights laws.

Virginia Board For People with Disabilities

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

1100 Bank St., 7th Floor

Richmond VA 23219

Phone: 804-786-0016

serves as Virginia's Developmental Disabilities Planning Council

Virginia Dept. for Aging and Rehabilitative Services

<https://vadars.org/>

Department for Aging and Rehabilitative Services

8004 Franklin Farms Drive

Henrico, VA 23229-5019

Phone: 804-662-7000

Toll Free: 800-552-5019

Email: dars@dars.virginia.gov

Virginia Department of Social Services

<http://www.dss.virginia.gov/index.html>

Virginia Department of Social Services (VDSS)

801 E. Main Street

Richmond, Virginia, 23219-2901

Phone: 804-726-7000 (Richmond), 800-552-3431 (toll-free)

Email: citizen.services@dss.virginia.gov

Virginia Department of Social Services (listed by County)

<http://www.dss.virginia.gov/localagency/>

Virginia Department of Social Services—Search for Assisted Living Facilities in Virginia

<https://www.dss.virginia.gov/facility/search/alf.cgi>

Database lets one find private nursing homes

Virginia Medicaid Office

<https://www.dmas.virginia.gov/>

Department of Medical Assistance Services

600 East Broad Street

Richmond, VA 23219

Virginia Insurance Commissioner, Bureau of Insurance

www.scc.virginia.gov/boi/

BOI Main Mailing Address:

P.O. Box 1157

Richmond, VA 23218

BOI Street Address:

1300 East Main Street

Richmond, VA 23219

Phone: 804-371-9741

Toll-free: 1-877-310-6560

Email: BureauofInsurance@scc.virginia.gov

Virginia Workers' Compensation Commission

<https://workcomp.virginia.gov/>

333 E. Franklin St.

Richmond, VA 23219

Phone: 877-664-2566

Email: questions@workcomp.virginia.gov

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

State LTC Ombudsman

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

Virginia Office of State Long-term Care Ombudsman

Department for Aging and Rehabilitation Services

8004 Franklin Farms Drive

Henrico, Virginia 23229-5019

Phone: 804-565-1600

Toll-free: 800-552-3402

Additional Toll Free: 800-552-5019

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. Find your ombudsman by clicking on your city in the directory.

Housing

Housing and Urban Development (HUD)

www.hud.gov

U.S. Department of Housing and Urban Development

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

United Way Worldwide

701 N. Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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.

Virginia Dept. of Social Services' Assisted Living Facility Locator

<http://www.dss.virginia.gov/facility/search/alf.cgi>

Access VA: Virginia's Accessible Housing Resource

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

PO Box 35305

Charlotte, NC 28235

Phone: 704-334-8722

Toll Free: 1-877-428-8844

Email: info@socialserve.com

Housing Partnerships Inc.

<https://housingpartnerships.org/>

115 Palace Ln

Williamsburg, VA 23185

Phone: 757-221-0225

Email: office@housingpartnerships.org

A non-profit organization that provides housing repair services to low-income, sick or individuals with disabilities and their families.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Virginia Independent Living Council

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

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

Phone: 804-663-7817

Email: lauren.roche@dars.virginia.gov, kmichalski@brilc.org

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.

Disability Resource Center (DRC) of the Rappahannock Area Inc.

www.cildrc.org

409 Progress St.

Fredericksburg, VA 22401

Phone: 540-373-2559

TTY: 540-373-5890

Video Phone: 540-645-5378

Email: drc@cildrc.org

The dRC is one of 16 centers for independent living in Virginia. They offer information and referral, advocacy, peer counseling, and independent living skills training. They also maintain a registry of available personal assistants, provide ADA leadership training and provide assistance to those seeking employment.

Library Services

Virginia Library and Resource Center

http://www.vdbvi.org/library_resourcecenter.htm

Virginia Department for the Blind and Vision Impaired

397 Azalea Avenue

Richmond, VA 23227

Phone: 804-371-3661

Toll Free: 800-552-7015

Provides materials for the physically disabled and those with impaired vision or blindness.

Alexandra Library

Talking Book Service

<https://alexlibraryva.org/talking-book>

5005 Duke Street (2nd Floor)

Alexandria, VA 22304

Phone: 703-746-1760

Fairfax County Public Library

Talking Book Program

<https://research.fairfaxcounty.gov/aging-and-disability/talking-book-program>

12000 Government Center Parkway, Suite 324

Fairfax, VA 22035

Phone: 703-324-8380

TTY: 703-324-8365

Roanoke Public Library

<http://www.roanokeva.gov/1162/Talking-Book-Service>

Talking Book Services

706 S. Jefferson St. SW

Roanoke, VA 24016-5104

Phone: 540-853-5861

E-mail: talkingbooks@roanokeva.gov

Bayside and Special Services Library, Department of Public Libraries

www.vbgov.com/libraries

<http://www.vbgov.com/government/departments/libraries/using-the-Library/Pages/Disability-Services.aspx>

936 Independence Boulevard

Virginia Beach, VA 23455

Phone: 757-385-2684

Email: libssbh@vbgov.com

Talking Book Center

<http://www.staunton.va.us/talkingbooks>

Staunton Public Library

1 Churchville Avenue

Staunton, VA 24401
Phone: 540-885-6215
Email: talkingbooks@ci.staunton.va.us

Fredericksburg Area Subregional Library

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

Access Services

Central Rappahannock Regional Library

125 Olde Greenwich Drive, Suite 155

Fredericksburg, VA. 22408

Phone: 540-372-1144 ext. 7054

Toll-free: 1-800-628-4807

Email: talking-books@crrl.org

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

The disAbility Law Center of Virginia (dLCV)- Protection and Advocacy Organization of Virginia

<http://www.dlcva.org>

1512 Willow Lawn Drive, Suite 100
Richmond, VA 23230
Phone: 804-225-2042
Toll Free: 800-522-3962
Email: info@dlcv.org

Service Dogs

Saint Francis Service Dogs

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

PO Box 19538
Roanoke, VA 24019
8232 Enon Drive
Roanoke, VA 24019
Phone: 540-342-3647
Email: info@saintfrancisdogs.org

Canine Companions for Independence

<https://canine.org/location/northeast/>

Northeast Training Center
Miller Family Campus
286 Middle Island Road
Medford, NY 11763
Phone: 631-561-0200
Toll Free: 800-572-BARK (2275)
Types of dogs trained: Service, Social/Therapy
Areas served: VA

Sports and Recreation

Move United

<https://moveunitedsport.org/>

Headquarters:
451 Hungerford Dr., Suite 608
Rockville, Maryland 20850
Phone: 1-301-217-0960
Email: info@moveunitedsport.org

REACHcycles

www.REACHcycles.org

Phone: 540-597-3186
Email: reachcycles@gmail.com

This non-profit organization provides adapted cycles to children with disabilities.

Sportable

<http://sportable.org/>

1365 Overbrook Rd. Suite 2

Richmond, VA 23220

Phone: 804-340-2991

Email: info@sportable.org

Sportable is part of the US Paralympics Network of Paralympic Sport Clubs leading the adaptive sports movement—officially referred to as Paralympic Sport Richmond. They provide adaptive recreation, sport, and healthy lifestyle programs in the greater Richmond area. Participants must have a physical or visual disability and be at least 5 years old to become a member. Annual Individual membership is \$50 and lasts a lifetime.

Wintergreen Adaptive Sports

<http://wintergreenadaptivesports.org/>

P.O. Box 4334

Charlottesville, VA 22905

13 Grassy Ridge Drive

Roseland, VA 22967

Phone: 434-277-3408

Email: info@skiwas.org

Offers adaptive skiing and snowboarding and a Wounded Warriors program.

Virginia Power Soccer Association

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

Virginia Power Soccer Association is a non-profit organization with the mission to develop, support, encourage, and foster the participation of Virginia's power wheelchair athletes in the competitive sport of power soccer at the local, regional, national, and international levels.

The House Inc. Student Leadership Center

<http://www.thehouse-inc.com/>

14000 Crown Court Suite 105

Woodbridge, VA 22193

Phone: 703-909-5459

Email: info@thehouse-inc.com

The House, Inc. is designed to encourage learning and development outside of the typical school day.

Rainbow Therapeutic Riding Center

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

16198 Silver Lake Rd.

Haymarket, VA 20169

P.O. Box 479

Haymarket, VA 20168

Phone: 703-794-5308

Email: rainbow@rainbowriding.org

Rainbow Therapeutic Riding Center is a place where individuals with special challenges come together, and where victories — some dramatic, some modest, but all significant — are joyously celebrated.

United Way Offices

United Way Worldwide

<http://www.unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter postal code for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator

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

Paralyzed Veterans of America Mid-Atlantic Chapter

<http://www.pvamidatlantic.org>

11620 Busy Street

North Chesterfield, VA 23236

Phone: 804-378-0017

Email: vapva.ivan@gmail.com

Granting Freedom: Virginia's Military Home Modification Grant Program

<https://www.virginiahousing.com/homeowners/granting-freedom-accessibility-grant>

Sue Armstrong

Strategic Housing Officer

Phone: 804-343-5550

Toll Free: 877-843-2123 (Virginia Housing)

Virginia Housing is making grants for home modifications available to Virginia veterans and service members who sustained a line-of-duty injury resulting in a service-connected disability.

ALS

The ALS Association DC/MD/VA Chapter

http://webdc.alsa.org/site/PageServer?pagename=DC_homepage

(Serving Maryland, Washington, DC and Virginia)

30 W. Gude Dr., Suite 150

Rockville, MD 20850

Phone: 301-978-9855

Email: info@alsinfo.org

Under Choose Services box, click on Support Groups

There you will find support groups for patients and caregivers in various parts of VA

Brain Injury

Brain Injury Association of Virginia

<http://www.biav.net/>

2810 N. Parham Road, Suite 260

Richmond, VA 23294

Phone: 804-355-5748 (Virginia Local)

Toll-free: 800-444-6443

Email: info@biav.net

The Virginia Commonwealth University Traumatic Brain Injury Model System

<https://tbims.vcu.edu/>

Virginia Commonwealth University

1200 East Broad St., Rm. 3-109

Box 980542

Richmond, VA 23298-0542

Phone: 804-828-2377;

Phone: 804-828-3703

Toll Free: 1-800-762-6161

Email: laura.albert@vcuhealth.org

Holds SCI education classes for patients and families on many topics.

United States Brain Injury Alliance (USBIA)

<https://usbia.org/>

PO Box 1804

Alexandria, VA 22313

Phone: 703-960-6500

Email: info@usbia.org

The 17 state members of USBIA are the first point of contact for people who have sustained a brain injury. The state can provide resources and services for rehabilitation, support and other community-based services.

Cerebral Palsy

United Cerebral Palsy

<https://ucp.org/>

825 K Street NW Suite 600

Washington, DC 20006

Phone: 202-776-0406

Toll Free: 1-800-872-5827

Email: info@ucp.org

Friedreich's Ataxia

National Ataxia Foundation

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

600 Highway 169 South

Suite 1725

Minneapolis, MN 55426
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020
Email: naf@ataxia.org

Chesapeake Chapter

Vienna, VA
Phone: 703-759-2008
Email: ccnafpres@gmail.com

Hampton Roads Chapter

Chesapeake, VA
Phone: 757-435-0290
Email: susanharrisvt@gmail.com

Richmond Area Chapter

Mechanicville, VA
Phone: 804-543-8707
Email: klruss@comcast.net

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 them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society (NMSS)

<http://www.nationalmssociety.org>
Click on Find a Chapter

NMSS Virginia - West Virginia Chapter

<http://www.nationalmssociety.org/Chapters/VAR>
4200 Innslake Drive, Suite 301
Glen Allen, VA 23060
Toll-free: 800-344-4867

NMSS Greater DC- Maryland Chapter, DC Office

<http://www.nationalmssociety.org/Chapters/MDM>
One M Street S.E., Ste. 510
Washington, DC 20003
Toll-free: 800-344-4867

Multiple Sclerosis Association of America

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

MSAA Southeast Regional Office

Florida, Georgia, North Carolina, South Carolina, Virginia, Alabama, Tennessee, Mississippi

Atlanta, GA

Phone: 800-532-7667, ext. 160

E-mail: southeast@mymsaa.org

Multiple Sclerosis Alliance of Virginia (MSAV)

<https://msallianceofva.org/>

431 Apperson Dr.

Salem, VA 24153

Phone: 540-404-2243

Email: msav4hope@gmail.com

MSAV is a non-profit organization which provides programs, events, activities and services for people living with MS in Southwest Virginia and the surrounding areas, including veterans. They encourage and support the creation of MS support groups.

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
Toll-free: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area
Click on Find Clinic
Virginia Clinics:

University of Virginia Health System
Child Development and Rehabilitation Center
1204 W. Main Street, Fourth Floor
Charlottesville, VA 22903
Phone: 434-924-8184
Ages served: Information not available at this time

Children's Hospital of The King's Daughters Spina Bifida Clinic
601 Children's Lane
Norfolk, VA 23507
Phone: 757-668-9021
Ages served: 0-21, 0-Transition

Children's Hospital of Richmond at VCU Children's Pavilion / Spina Bifida Clinic
1000 East Broad Street
Richmond, VA 23219
Phone: 1-800-762-6161
Toll Free: 804-828-CHOR (2467)
Ages served: 0-18

VCU Health Geriatric and Continuum Services
Ambulatory Care Center
417 N 11th Street
Richmond, VA 23298
Toll Free: 1-800-762-6161
Ages served: Adults

Spinal Cord Injury

National Spinal Cord Injury Association

www.spinalcord.org

Lists state chapters

Spinal Cord Injury Association of Virginia

www.unitedspinalva.org

800 E. Leigh St.

Richmond, VA 23219

Phone: 804-803-3696

Email: info@unitedspinalva.org

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Please contact them for the stroke support group in your area or click on “Local Info” at website

American Heart Association Virginia offices:

Greater Richmond Area

4217 Park Place Court

Glen Allen, VA 23060

Phone: 804-747-8334

Greater Washington Area

4601 North Fairfax Dr., Suite 700

Arlington, VA 22203

Phone: 703-248-1700

Hampton Roads Area

Mailing Address:

4217 Park Place Court

Glen Allen, VA 23060

Phone: 757-628-2610

Western Virginia

Mailing Address:

4217 Park Place Court

Glen Allen, VA 23060

Phone: 540-989-2810

Primary Stroke Centers accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO)

www.jointcommission.org

http://www.jointcommission.org/certification/primary_stroke_centers.aspx

Click on “Certification”, then under “Certification Top Spots” click on “Find Certified Organizations”, Enter State you are looking up and Primary Stroke Centers

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

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

Virginia Yellow Pages for Kids with Disabilities

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

Virginia Chapter of the American Occupational Therapy Association

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

Virginia Occupational Therapy Association

5101 Monument Avenue

Richmond, VA 23230

Phone: 804-523-2911

Email: office@vaota.org

Virginia Chapter of the American Physical Therapy Association

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

Virginia Physical Therapy Association

5810 Kingstowne Center Drive Ste 120-779

Alexandria, VA 22315

Phone: 866-364-VPTA (8782)

Email: vpta@vpta.org

Virginia Association of People Supporting EmploymentFirst

www.apse.org

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

7361 Calhoun Place Suite 680

Rockville, MD 20855

Phone: 301-279-0060

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

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

First Call 2-1-1

<https://www.211virginia.org/consumer/index.php>

Phone: 211

Deaf and hard of hearing: 7-1-1

Virginia Relay: 1-800-230-6977

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.

Accessible Virginia: Virginia Travel Guide for People with Disabilities

<http://www.virginia.org/AccessibleTravel>

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

The Opening Door, Inc.

8049 Ormseby Lane

Woodford, VA 22580

Phone: 804-633-6752

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., 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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