



# Washington 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=washington](https://www.healthcare.gov/what-is-the-marketplace-in-my-state/-state=washington)

## 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.

### **Washington Aging and Long Term Support**

<https://www.dshs.wa.gov/altsa>

4450 10<sup>th</sup> Ave SE  
PO Box 45600  
Blake West  
Lacey WA 98503  
Phone: 360-725-2300

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

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

Olympia, WA 98502  
Phone: 360-485-9761

### **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**

### **Sixth Day Dance**

<http://www.sixthdaydance.org/contact/>

Seattle area  
Phone: 425-409-9504

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

Sixth Day Dance is a non-profit dance company that uses professional dance works for the purpose of impacting people of all cultures in a positive and uplifting way. They are devoted to bridging the gap through dance between typically abled and people with disabilities

## **Assistive Technology**

### **Washington Assistive Technology Act Program (WATAP)**

<http://watap.org/>

University of Washington  
Center for Technology and Disability Studies  
P.O Box 354237  
Seattle, WA 98195-7920  
Phone: 800-214-8731 (in state only)  
Toll-free: 866-866-0162  
TTY: 866-866-0162  
Email: [watap@uw.edu](mailto:watap@uw.edu)

### **Northwest ADA Center**

<http://www.dbtacnorthwest.org/>  
Center for Continuing Education in Rehabilitation  
University of Washington  
6912 220th St S.W., Suite 105  
Mountlake Terrace, WA 98043  
Phone/TTY: 425-248-2480  
Toll-free: 800-949-4232  
Email: [nwadactr@uw.edu](mailto:nwadactr@uw.edu)

### **Washington Access Fund aka Northwest Access Fund**

[www.washingtonaccessfund.org](http://www.washingtonaccessfund.org) or [www.nwaccessfund.org](http://www.nwaccessfund.org)  
1437 S. Jackson St., Suite 302  
Seattle, WA 98104  
Phone: 206-328-5116; 877-428-5116 (toll-free)  
TTY: 888-494-4775  
Email: [info@washingtonaccessfund.org](mailto:info@washingtonaccessfund.org)

### **Mobility Builders**

<http://www.mobilitybuilders.org/index.html>

P.O. Box 20482  
Seattle, WA 98113

Phone: 206-328-7835

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

Mobility Builders create customized and cost-effective wheelchairs for people with disabilities in developing countries.

### **Bridge Ministries**

<http://bridgemin.org/medical-equipment/>

12340 Northup Way

Bellevue, WA 98005

Phone: 425- 885-1006

Email: [bridge@bridgemin.org](mailto:bridge@bridgemin.org)

Their Meyer Medical Equipment Center helps people with a wide range of medical needs, while helping caregivers at the same time. Meyer Medical Equipment Center accepts new and gently used equipment, cleans and repairs it, and then makes it available to those in the community who would not otherwise be able to obtain it.

## Caregivers Information

### Well Spouse Association

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

Vancouver Well Spouse Support Group

Donita Parker

Phone: 360-892-1031

## 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).

## Community Health Centers

### Washington Association for Community Health

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

101 Capitol Way N, Suite 201

Olympia, WA 98501

Phone: 360-786-9722

Email: [staff@wacommunityhealth.org](mailto:staff@wacommunityhealth.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

### Washington Crime Victims Compensation Program

<https://lni.wa.gov/claims/crime-victim-claims/apply-for-crime-victim-benefits/>

Victim Compensation  
Phone: 800-762-3716

**Safe Horizon's Links for General Crime Victim Resources/Issues**  
[www.safehorizon.org](http://www.safehorizon.org)

### **Domestic Violence Help**

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

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

**Statewide Hotline:** 800-562-6025

### **Washington Coalition of Sexual Assault Programs**

[www.wcsap.org](http://www.wcsap.org)  
4317 6<sup>th</sup> Ave. SE, Suite 102  
Olympia, WA 98503  
Phone: 360-754-7583  
TTY: 360-709-0305  
Email: [info@wcsap.org](mailto:info@wcsap.org)

### **Washington State Coalition Against Domestic Violence**

<http://www.wscadv.org>  
1511 Third Ave., Suite 433  
Seattle, WA 98101  
Phone: 206-389-2515

#### **Second office:**

711 Capitol Way, Suite 702  
Olympia, WA 98501  
Phone: 360-586-1022

### **Domestic Violence Services of Snohomish County**

<https://dvs-snoco.org/>

PO Box 7  
Everett, WA 98206  
Phone: 425-252-2873  
Email: [info@dvs-snoco.org](mailto:info@dvs-snoco.org)

Domestic Violence Services is a non-profit organization serving Snohomish County since 1976. We are the only program in Snohomish County providing emergency shelter and comprehensive, confidential services to all victims of domestic abuse. Domestic Violence Services provides individual and community awareness programs.

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 those certain needs can be met.

## Easter Seals Offices

**Easter Seals.** Go to Search by State, choose Washington in dropdown box  
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.

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

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

### **Bremerton**

4414 Perry Ave., NE  
Bremerton, WA 98310  
Phone: 360-377-9810

### **Renton**

1602 Raymond Avenue SW  
Renton, WA 98055  
Phone: 425-917-0717

### **Seattle**

Growing Years Child Development Center  
4735 East Marginal Way South  
Seattle, WA 98134  
Phone: 206-764-3492

### **SeaTac**

Angel Lake Child Development Center  
4040 S. 188<sup>th</sup> St.  
Seatac, WA 98188  
Phone: 206-816-3255

### **Silverdale**

3100 Bucklin Hill Rd NW, Ste 215  
Silverdale, WA 98383  
Phone: 360-337-2222

### **State Office**

200 W. Mercer St. Suite E210  
Seattle, WA 98119  
Phone: 206-281-5700

### **Vaughn**

17809 S. Vaughn Road KPN  
Vaughn, WA 98394  
Phone: 253-884-2722

### **Yakima**

Jane's House Child Development Center  
1101 S. 13<sup>th</sup> Ave.  
Yakima, WA 98902  
Phone: 509-574-4762

## Government Offices

### Washington State Website

<http://access.wa.gov/>

### Washington State Human Rights Commission

<http://www.hum.wa.gov/>

711 S. Capitol Way, Suite 402  
Olympia, WA 98504  
Phone: 800-233-3247 (toll-free) (English or Spanish)  
TTY: 800-300-7525

### Washington SCHIP Program (State Children's Health Insurance Program)

<http://www.hca.wa.gov/medicaid/Pages/index.aspx>

Apple Health for Kids  
Phone: 800-562-3022  
Email: [askmedicaid@hca.wa.gov](mailto:askmedicaid@hca.wa.gov)

### Washington SHIP Program (State Health Insurance Information Program - for Seniors)

<http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/>

SHIBA (Statewide Health Insurance Benefits Advisors)  
PO Box 40255  
Olympia, WA 98504-0255  
Phone: 800-562-6900 (toll-free)  
TDD: 360-586-0241

### Washington State Health Insurance Pool

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

P.O. Box 1090  
Great Bend, KS 67530  
Phone: 800-877-5187  
Washington High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

### Washington Insurance Commissioner

<http://www.insurance.wa.gov/>

### Washington State Worker's Compensation

<https://www.lni.wa.gov/claims/for-workers/injured-what-you-need-to-know/>

Phone: 800-547-8367

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/>

### **LTC Ombudsman for Washington state**

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

PO Box 23699,

Federal Way, WA 98093-0699

Info & Intake line: 1-800-562-6028

TTY: 800-737-7931

Email: [ltcop@mschelps.org](mailto:ltcop@mschelps.org)

The Long-Term Care Ombudsman assists people who are in nursing homes or other long-term care facilities. Abuses can be reported to them.

## **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.

### **King County Housing Authority Housing Search**

<http://www.socialserve.com/tenant/WA/index.html?ch=KCHA>

A free resource to help find affordable housing or apartments for rent in King County in Washington.

## **Independent Living**

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

#### **Washington Independent Living Council**

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



<http://www.wasilc.org/>  
PO Box 45343  
Olympia, WA 98504  
Phone: 1-800-624-4105  
Email: [velaem@dshs.wa.gov](mailto:velaem@dshs.wa.gov)

**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: 844-778-7961  
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**

#### **Washington Talking Book & Braille Library**

<http://www.wtbbl.org/>  
Administered by Seattle Public Library  
2021 9th Avenue  
Seattle, WA 98121  
Phone: 206-615-0400; 800-542-0866  
Email: [wtbbl@sos.wa.gov](mailto:wtbbl@sos.wa.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](http://www.ChristopherReeve.org/NRN).

### **Peer Support Programs**

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

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)  
636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@ChristopherReeve.org](mailto:Peer@ChristopherReeve.org)

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

## Protection and Advocacy

### Client Assistance Program (CAP)

<http://www.washingtoncap.org>

2531 Rainier Avenue South

Seattle, WA 98144

Phone: 206-721-5999

Toll-free: 800-544-2121

TTY: 888-721-6072; 206-721-6072

E-Mail: [capjerryj@gmail.com](mailto:capjerryj@gmail.com)

### Disability Rights Washington

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

315 5th Avenue South, Suite 850

Seattle, WA 98104

Phone: 206-324-1521

Toll-free: 800-562-2702 (nationwide)

E-Mail: [info@dr-wa.org](mailto:info@dr-wa.org)

## Service Dogs

### Paws Abilities (predominately an obedience school)

914 Industry Drive #22

Tukwila, WA 98188

Phone: 206-277-3794

### Summit Assistance Dogs

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

PO Box 699

Anacortes, WA 98221

Phone: 360-293-5609

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

**Cedarwoods Canine School**

<http://www.cedarwoods-k9.com/>

5602 Guide Meridian Rd.

Bellingham, WA 98226

Phone: 360-384-6955

Email: [cedarwoodsk9school@gmail.com](mailto:cedarwoodsk9school@gmail.com)

**Prison Pet Partnership Program**

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

9601 Bujacich Rd

Gig Harbor, WA 98332

Phone: 253-858-4240

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

**Sports and Recreation****C.A.S.T. for Kids Foundation**

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

Bernadette Darby, Operations Manager

Northwestern Regional Director

2755 Commercial St. SE, Suite 101

Salem, WA 97302

Phone: 541-992-0441

Email: [bernadette@castforkids.org](mailto:bernadette@castforkids.org)

**Outdoors for All Foundation**

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

6344 NE 74<sup>th</sup> St., Suite 102

Seattle, WA 98115

Phone: 206-838-6030 ext. 200

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

**Washington Trails Association: Accessible Trails**

<http://www.wta.org/trail-news/signpost/accessible-trails>

**Washington State Accessible Outdoor Recreation Guide****Washington State Parks**

<http://www.parks.state.wa.us/156/ADA-Recreation>

**BlazeSports Spokane****Team St. Luke's**

<http://www.st-lukes.org/sub.aspx?id=436&terms=sports>

711 S. Cowley St.

Spokane, WA 99210-0469

Phone: 509-473-6058

**Greater Metro Parks Foundation**

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

4702 South 19<sup>th</sup> Street  
Tacoma, WA 98405  
Phone: 253-305-1066

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

Has an Adaptive Recreation program (along with other services) that provides fun and active opportunities for people with physical disabilities.

## United Way Offices

### National United Way National Headquarters

<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

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

Lists all VA facilities in Washington state

### Washington Chapter Paralyzed Veterans of America Offices

<http://www.pva.org>

616 SW 152<sup>nd</sup> Street, Suite B  
Burien, WA 98166  
Phone: 206-241-1843, 800-336-9782  
Email: [pvachnw@mindspring.com](mailto:pvachnw@mindspring.com)

## ALS

### The ALS Association (ALSA) National Office

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

1300 Wilson Blvd., Suite 600  
Arlington, VA 22209  
Phone: 202- 407-8580  
Call for info in your area

### Evergreen Chapter of ALSA

[http://webwa.alsa.org/site/PageServer?pagename=WA\\_homepage](http://webwa.alsa.org/site/PageServer?pagename=WA_homepage)

19226 66<sup>th</sup> Ave S, #L105  
Kent, WA 98032

Phone: 866-786-7257  
Email: [info@alsa-ec.org](mailto:info@alsa-ec.org)

**Oregon and SW Washington Chapter of ALSA**

[http://webor.alsa.org/site/PageServer?pagename=OR\\_homepage](http://webor.alsa.org/site/PageServer?pagename=OR_homepage)

825 NE Multnomah Street, # 940

Portland, OR 97232

Phone: 503-238-5559, 800-681-9851

Email: [info@alsa-or.org](mailto:info@alsa-or.org)

**Washington ALSA Support Groups listed here**

[https://www.als.org/local-support/support-groups?f%5B0%5D=support\\_group\\_state%3AWashington](https://www.als.org/local-support/support-groups?f%5B0%5D=support_group_state%3AWashington)

**Muscular Dystrophy Association's ALS Research Center:  
MDA/ALS Center at the University of Washington Medical Center**

<http://www.mda.org/clinic/university-washington-medical-center>

Michael Weiss, M.D., Director

Department of Neurology/Electromyography

1959 NE Pacific

Seattle, WA 98195

Phone: 206-598-0058

**Brain Injury**

**Brain Injury Alliance of Washington**

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

BIAWA

P.O. Box 3044

Seattle, WA 98114

Phone: 206-467-4800

Toll Free: 877-982-4292

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

The Brain Injury Alliance's mission is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

**Washington TBI Model System**

<http://tbi.washington.edu/>

University of Washington

UW Department of Rehabilitation Medicine

Box 356490

Seattle, WA 98195

Phone: 206-543-0219

Toll-free: 800-246-6968

Email: [uwtbi@uw.edu](mailto:uwtbi@uw.edu)

## Cerebral Palsy

### United Cerebral Palsy Oregon & SW Washington Office

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

305 NE 102<sup>nd</sup> Ave., Suite 100

Portland, OR 97220

Phone: 503-777-4166

Email: [ucpa@ucpaorwa.org](mailto:ucpa@ucpaorwa.org)

## Friedreich's Ataxia

### National Ataxia Foundation (NAF) National Office

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

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Please contact them for local chapters or support groups in Washington

Western Washington Support Group

Contact: Sherry McLaughlin

Phone: 360-344-2445

Email: [cherilyn546@gmail.com](mailto:cherilyn546@gmail.com)

## 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

Call for information in your area

## Multiple Sclerosis

### National Multiple Sclerosis Society's Washington Chapter

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

192 Nickerson Street

Suite 100

Seattle, WA 98109

Phone: 800 FIGHT MS (344-4867)

Email: [greaterwainfo@nmsswas.org](mailto:greaterwainfo@nmsswas.org)

### Multiple Sclerosis Association of America Western Regional Office

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

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

Seattle, WA

Phone: 415-260-6420

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

## Muscular Dystrophy

### Muscular Dystrophy Association

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

National Headquarters

161 N. Clark, Suite 3550

Chicago, Illinois 60606

Phone: 800-572-1717

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](mailto:info@post-polio.org)

<http://www.post-polio.org/net/poldir.pdf>

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

## Spina Bifida

### Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd., Suite 800

Arlington, VA 22209

Phone: 800-621-3141

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

Please contact them for info in your area

### SBAA Washington Clinics:

<http://www.spinabifidaassociation.org/clinics/#U-Z>

### Children's Hospital and Regional Medical Center

4800 Sandpoint Way NE

Seattle, WA 98105

Phone: 206-987-2210

### Shriner's Hospital for Children

Myelodysplasia Clinic

911 W 5th Ave.

Spokane, WA 99201

Phone: 509-623-0443

## Spinal Cord Injury

### Here and Now Project

<http://hereandnowproject.org/>

PO Box 1572

Sumner, WA 98390

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

The Here and Now Project is breaking through the isolation paralysis can create by connecting people whose lives have been affected by paralysis. Between their rotating **calendar** of support meetings and **larger annual meet ups**, they are building a fellowship where the interchange of experience, strength and hope empowers people living with paralysis as they strive for an enhanced, more accessible life.

### Northwest Regional Spinal Cord Injury System—Model SCI facility

<http://sci.washington.edu/>

University of Washington

Department of Rehabilitation Medicine

Box 356490

Seattle, WA 98195

Phone: 206-616-2183, 800-366-5643

Email: [nwrscis@u.washington.edu](mailto:nwrscis@u.washington.edu)

### Northwest Spinal Cord Injury Network

<https://unitedspinal.org/group/northwest-spinal-injury-network-bellingham-wa/>

2901 Squalicum Parkway

St. Joseph Hospital

Bellingham WA

Phone: 360-296-5336

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

An SCI peer support group.

### Pushing Boundaries

<http://www.pushing-boundaries.org/>

4162 148<sup>th</sup> Ave NE, Bldg. 1

Redmond, WA 98052

Phone: 425-869-9506

Email: [info@pushing-boundaries.org](mailto:info@pushing-boundaries.org)

SCI rehab and exercise facility. They are offering FES biking, exercise and gait training.

## Stroke

### American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-800-242-8721



Call them for the stroke support group in your area

**Primary Stroke Centers accredited by the Joint Commission on Accreditation of Healthcare Organizations:**

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

**Harborview Medical Center**

<http://www.uwmedicine.org>

325 Ninth Avenue

Seattle, WA 98104-2499

Phone: 206-744-3000

TTY: 206-744-2800

**Providence Sacred Heart Medical Center**

<http://washington.providence.org/hospitals/sacred-heart-medical-center-and-childrens-hospital/>

101 W. 8th Avenue

Spokane, WA 99204

Phone: 509-474-3131

**Peace Health Southwest Washington Medical Center**

<https://www.peacehealth.org/southwest-medical-center>

400 Mother Joseph Place

Vancouver, WA 98664

Phone: 360-514-2000

**Swedish Health Services, Stroke Program**

<http://www.swedish.org>

747 Broadway

Seattle, WA 98122-4307

Phone: 206-386-6000

**Virginia Mason Medical Center**

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

1100 Ninth Avenue

Seattle, WA 98101

Phone: 206-223-6881; 888-862-2737

**Syringomyelia/Chiari Malformation**

**American Syringomyelia & Chiari Alliance Project**

<http://www.asap.org>

PO Box 1586

Longview, TX 75606-1586

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

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

Please contact them for local support groups in your area.

## Transverse Myelitis

### **Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**

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

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

## General Disability Resources

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

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

### **Northwest Regional Spinal Cord Injury System's Community Mobility: Getting Where You Want to Go** online video

[http://sci.washington.edu/info/forums/reports/transportation\\_2011.asp](http://sci.washington.edu/info/forums/reports/transportation_2011.asp)

A taped forum on transportation options for people with disabilities in the greater Seattle area.

### **Northwest Women Wheelers Network**

<https://www.facebook.com/NorthwestWomenWheelersNetwork/about>

<https://nwwwn.org/>

Seattle, WA area

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

A social and support group whose members are primarily from the greater Seattle/Tacoma area but also from Oregon and California.

### **DO-IT: Disabilities, Opportunities, Internetworking and Technology**

<http://www.washington.edu/doi/>

University of Washington

Box 354842

Seattle, WA 98195-4842

Phone: 206-685-DOIT (3648) (v/tty), 888-972-DOIT (3648) (toll-free v/tty), 509-328-9331 (voice/TTY)

Email: [doi@uw.edu](mailto:doi@uw.edu)

Newsletter available online at [www.washington.edu/doi/Newsletters](http://www.washington.edu/doi/Newsletters)

Promotes educational opportunities for people with disabilities.

### **Washington Chapter of the American Occupational Therapy Association**

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

Washington Occupational Therapy Association

1402 Auburn Way W., #236

Auburn, WA 98002

Phone: 206-209-5288

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

### **Washington Chapter of the American Physical Therapy Association**

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

Physical Therapy Association of Washington  
208 Rogers Street, NW  
Olympia, WA 98502  
Phone: 360-352-7290  
Toll-free: 800-554-5569  
Email: [info@ptwa.org](mailto:info@ptwa.org)

### **Washington First Call 2-1-1**

<https://wa211.org/>

Phone: 211; 877-211-WASH (9274)

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.

### **Provail**

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

12550 Aurora Ave North  
Seattle, WA, 98133  
Phone: 206-363-7303

Provides services for adults and children with disabilities such as assistive technology, employment training, dental clinic, etc.

### **ThinkFirst National Injury Prevention Foundation**

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

1801 N. Mill Street, Suite F  
Naperville, IL 60563  
Phone: 630-961-1400, 800-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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