



Wyoming 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.

Wyoming Department of Health

<https://health.wyo.gov/aging/>

Aging Division

2300 Capitol Ave., 4th Floor

Cheyenne, WY 82002

Phone: 307-777-7995

Toll Free: 800-442-2766

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.

Assistive Technology

Wyoming Institute for Disabilities (WIND)

<http://www.uwyo.edu/wind/watr/>

WIND Assistive Technology Resources (WATR)

University of Wyoming

1000 E University Ave.

Laramie, WY 82071

Phone: 307-766-6187

WATR, along with Wyoming Institute for Disabilities (WIND), offers statewide technology-related assistance and information about AT devices and services to maximize individuals' participation in life activities.

Rocky Mountain ADA Center (covers Wyoming)

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

3630 Sinton Road, Suite 103

Colorado Springs, CO 80907

Phone/TTY: 719-444-0268

Toll-free: 800-949-4232

Email: email@rockmountainada.org

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

Wyoming Primary Care Association

www.wypca.org

1816 Central Ave

Cheyenne, WY 82001

Phone: 307-632-5743

Email: wypca@wypca.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

Wyoming Office of the Attorney General

<https://dvs.wyo.gov/home>

Division of Victim Services

320 West 25th St, 2nd Floor

Cheyenne, WY 82002

Phone: 307-777-7200

Email: ag-victimservices@wyo.gov

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

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

Choose Your State and the Type of Assistance you are looking for

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

<http://www.safehorizon.org>

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233); 800-787-3224 (TTY)

National Resource Center on Domestic Violence: 800-537-2238; 800-553-2508 (TTY)

Statewide Hotline: 800-990-3877

Wyoming Office of the Attorney General

<https://dvs.wyo.gov/home>

Division of Victim Services

320 West 25th St, 2nd Floor

Cheyenne, WY 82002

Phone: 307-777-7200

Email: ag-victimservices@wyo.gov

Wyoming Dept. of Health: Injury and Violence Prevention Program: Domestic Violence

<https://health.wyo.gov/publichealth/prevention/wivpp/>

Wyoming Coalition Against Domestic Violence and Sexual Assault

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

PO Box 236

710 Garfield St., Suite 218

Laramie WY 82073

Phone: 307-755-5481

Toll-free: 844-264-8080

Email: info@wyomingdvsa.org

Domestic Shelters.org: Wyoming Domestic Violence Help, Shelters and Statistics

<https://www.domesticshelters.org/help/wy>

Easter Seals Offices

Easter Seals

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

go to "Find Easter Seals Near You" section

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

Wyoming State Website

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

Wyoming Vocational Rehabilitation

<http://wyomingworkforce.org/workers/vr>

Vocational Rehabilitation Central Office

1510 East Pershing Blvd.

Cheyenne, WY 82002

Phone: 307-777-7364

Toll-free: 866-804-3678

There are many offices, the one listed above is the central office.

Wyoming Department of Health

<https://health.wyo.gov>

401 Hathaway Bldg.

Cheyenne, WY 82002

Phone: 307-777-7656; 866-571-0944 (Toll-free)

Wyoming Medicaid

<https://health.wyo.gov/healthcarefin/medicaid/>

122 W 25th St., 4th Floor West

Cheyenne, WY 82001

Phone: 307-777-7531

Wyoming Kid Care CHIP (Children's Health Insurance Program)

<https://health.wyo.gov/healthcarefin/chip/>

Herschler Building

122 West 25th Street, 4 West

Cheyenne, WY 82002

Phone: 855-294-2127

Wyoming Senior Health Insurance Information Program (SHIIP)

<http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program>

Wyoming State Health Insurance Information Program (WSHIIP) is a federally mandated program. It was set up to help seniors and others on Medicare understand their rights and answer their questions. They have over eighty volunteers in almost every county who will counsel beneficiaries and help solve problems, confidentiality, and it is free of charge. Trained counselors promote consumer understanding of Medicare, Medicaid, Medicare supplement and long-term care insurance. Call 1-800-856-4398.

Wyoming Insurance Dept.

<http://doi.wyo.gov/>

106 E. 6th Ave.

Cheyenne, WY 82001

Phone: 307 777-7401
Toll-free: 800-438-5768

Wyoming Dept of Workforce Services: Workers Compensation

<http://www.wyomingworkforce.org/businesses/workerscomp/>

1510 East Pershing Blvd
South Door 1st Floor
Cheyenne, WY 82002
Phone: 307-777-7441

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.wyomingseniors.com/services/long-term-care-ombudsman>

Patty Hall
State of Wyoming
Long Term Care Ombudsman
Hathaway Bldg., 4th Floor
Cheyenne, WY 82002
Primary: 307-777-2885
Email: patricia.hall1@wyo.gov

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

Housing

Housing and Urban Development (HUD)

www.hud.gov

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

211

www.211.org

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

Independent Living

ILRU: State Independent Living Councils (SILCs)

Wyoming Independent Living Council

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

305 West 1st Street

Casper, WY 82601

Phone: 307-777-7191

Email: cgodley@wyoming.com

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

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

Wyoming/Utah Regional Library

Utah State Library Division

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

Program for the Blind and Disabled

250 North 1950 West, Suite A

Salt Lake City, UT 84116-7901

Phone: 801-715-6789, 800-453-4293 (Out of state), 800-662-5540 (In-state)

Email: blind@utah.gov

Eligible readers in Wyoming receive services from Utah State Library.

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

Wyoming Protection and Advocacy System Inc.

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

7344 Stockman Street

Cheyenne, WY 82009

Phone: 307-632-3496

Email: wypanda@wypanda.com

Service Dogs

Canine Companions for Independence

<http://www.cci.org>

Northwest Regional Center

P.O. Box 446

Santa Rosa, CA 95402-0446

Phone: 866-224-3647

Toll Free: 800-572-BARK (2275)

CCI's Northwest Regional Training Facility serves several states, including Wyoming.

Sports and Recreation

Chairbound Hunters

<http://chairboundhunters.com/>

P.O. Box 771

Wheatland, WY82201

Phone: 307-331-1143

Email: info@chairboundhunters.com

Teton Adaptive Sports

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

7342 Granite Loop Rd.

Teton Village, WY 83025

Phone: 307-203-2223

Email: <mailto:info@adaptivesports.com> info@tetonadaptivesports.com

Wyoming Disabled Hunters Organization

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

PO Box 2232

Cody, WY 82414

Phone: 307-899-0790

Email: cmleather20@gmail.com

The Wyoming Disabled Hunters Organization provides affordable hunting for hunters who are disabled.

United Way Offices

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 Locator

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

Cheyenne VA Medical / Regional Office Center

2360 E. Pershing Blvd.

Cheyenne, WY 82001

Phone: 307-778-7550; 888-483-9127 (Toll-free)

Sheridan VA Medical Center

1898 Fort Road
Sheridan, WY 82801
Phone: 307-672-3473
Toll-free: 866-822-6714

ALS

The ALS Association National Office

<http://www.alsa.org/>
1300 Wilson Blvd., Suite 600
Arlington, VA 22209
Phone: 202-407-8580
Patient and Caregiver Information: 800-782-4747

Rocky Mountain Chapter of the ALS Association

www.alscolorado.org
10855 Dover St., Suite 500
Westminster, CO 80021
Phone: 303- 832-2322
Email: info@alsaco.org

Brain Injury

Brain Injury Association of America does not currently have a Wyoming chapter.

<http://www.biausa.org/state-affiliates/wyoming>
Info Line at National office in Virginia: 800-444-6443

Cerebral Palsy

United Cerebral Palsy National Office

<http://www.ucp.org/>
1825 K St. NW, Suite 600
Washington, DC 20006
Phone: 202-776-0406
Toll-free: 800-872-5827
Email: national@ucp.org
Please contact them for local info.

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 call them for information in your area

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

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

375 East Elm St.

Conshohocken, PA 19428

Phone: 866-224-3301; 610-667-0131 (Toll-free)

Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Colorado-Wyoming chapter

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

<http://www.nationalmssociety.org/chapters/coc/programs-services/local-offices/index.aspx>

There are offices in Casper and Cheyenne.

Cheyenne office phone: 307-433-8664

Denver office phone: 303-698-7421

Multiple Sclerosis Association of America's Regional Office for WY

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

14902 Preston Rd., Suite 404-345

Dallas, TX 75254

Phone: 800-532-7667 ext 137

E-mail: northwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

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 63126-1916

Phone: 314-534-0475

Email: 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: 202-944-3285; 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

Spinal Cord Injury

Spinal Cord Injury Support Groups in WY

<https://www.brainandspinalcord.org/support-groups-spinal-cord-injury-wyoming/>

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX75231

Phone: 1-888-478-7653; 888-474-8483

Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

www.asap.org

PO Box 1586

Longview, TX75606-1586

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

Email: info@ASAP.org

Please contact them for info in your area

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Wyoming Yellow Pages for Kids with Disabilities

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

Community Entry Services

<http://www.ces-usa.com>

2441 Peck Ave.

Riverton, WY 82501

Phone: 307-856-5576

for those with TBI or developmental disabilities

Wyoming Chapter of the American Occupational Therapy Association

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

2011 E 21st Street

Casper, WY 82601

Phone: 307-251-0884

Email: wyotainfo@gmail.com

Wyoming Chapter of the American Physical Therapy Association

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

Phone: 307-235-3910

Association of People Supporting EmploymentFirst (ASPE)

<http://www.apse.org>

No listing for a WY chapter

WIND—Wyoming Institute for Disabilities

<http://www.uwyo.edu/wind/>

University of Wyoming

Department 4298

1000 E. University Ave.

Laramie, WY 82071

Phone: 307-766-2761; 888-989-9463 (Toll-free)

Email: wind.uw@uwyo.edu

Focuses more on developmental disabilities and cerebral palsy

Wyoming AgrAbility Project

<http://www.uwyo.edu/agrability/default.asp>

1000 E. University Ave. Dept. 3354

Laramie, WY 82071

Toll free: (866) 395-4986

Email: AgriAbility@uwyo.edu

Wyoming AgrAbility is part of a national program administered through the United States Department of Agriculture, focused on promoting independence for members of the agricultural community who have disabilities resulting from injury, illness, aging, or other causes.

First Call 2-1-1

www.211.org

Phone: 211

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

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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