



Idaho 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>

www.eldercare.acl.gov

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.

Idaho Commission on Aging

<http://www.aging.idaho.gov/>

Physical Address:

6305 W. Overland Rd. #110

Boise, ID 83709

Mailing Address:

P.O. Box 83720

Boise, Idaho 83720

Phone: 208-334-3833, 877-471-2777 (Toll Free)

Email: ICOA@aging.idaho.gov

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

Idaho Parents Unlimited, Inc.

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

4619 W Emerald St, Ste. E

Boise, ID 83706

Phone: 208-342-5884

E-mail: parents@ipulidaho.org

Idaho Parents Unlimited is an affiliate of VSA, the arts organization for people with disabilities.

Assistive Technology

Idaho Assistive Technology Project

<https://idahoat.org/>

Center on Disabilities and Human Development

University of Idaho

1187 Alturas Dr.

Moscow, ID 83843

Phone: 800-432-8324 (Toll-free)

Email: idahoat@uidaho.edu

Northwest ADA Center (covers Idaho)

<http://nwadacenter.org/>

Center for Continuing Education in Rehabilitation

University of Washington

6912 220th St S.W., Suite 105

Mountlake Terrace, WA 98043

Phone: 425-248-2480

Toll-free: 800-949-4232

Video Phone: 425-233-8913

Relay: 7-1-1

Email: nwadactr@uw.edu

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

Idaho Primary Care Association

www.idahopca.org

1087 W River Street, Suite 160

Boise, ID 83702

Phone: 208-345-2335

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

Idaho Crime Victims Compensation Program

<http://www.crimevictimcomp.idaho.gov/>

Mailing Address:

Idaho Industrial Commission
Crime Victims Compensation Program
P.O. Box 83720

Boise, Idaho 83720-0041

Physical Address:

11321 W. Chinden Blvd.

Building #2

Boise, Idaho 83714

Phone: 208-334-6080, 800-950-2110

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

<http://www.safehorizon.org>

Phone: 800-621-4673

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

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

Statewide Hotline: 888-293-6118

Idaho Coalition Against Sexual & Domestic Violence

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

Linen Building

1402 W. Grove St.

Boise, ID 83702

Phone: 208-384-0419

Email: info@engagingvoices.org

Easter Seals Offices

Go to Search by State drop down box and click on Idaho

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

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.

Easter Seals-Goodwill Northern Rocky Mountain

www.esgw-nrm.easterseals.com

425 1st Ave No

Great Falls, MT 59401

Phone: 406-761-3680

Government Offices

Idaho State Website

<http://www.state.id.us/>

Idaho Division of Vocational Rehabilitation

<http://www.vr.idaho.gov/>

Central Office

650 W. State St., Room 150

Boise, ID 83720

Phone: 208-334-3390, 844-324-3983 (Toll Free)

Idaho Human Rights Commission

<http://humanrights.idaho.gov/>

Physical Address:

317 West Main Street

Second Floor

Boise, ID 83735-0660

Mailing Address:

317 West Main Street

Boise, ID 83735-0660

Phone: 208-334-2873

Toll-free: 888-249-7025

Email: inquiry@ihrc.idaho.gov

The Idaho Human Rights Commission (IHRC) is an independent agency established by the Idaho legislature to help protect persons within the state from illegal discrimination.

Idaho Dept. of Health and Welfare

<http://www.healthandwelfare.idaho.gov/>

P.O. Box 83720

Boise, ID 83720-0036

Phone: 208-334-5500

Email: Questions@dhw.idaho.gov

Idaho Medicaid Office

<http://healthandwelfare.idaho.gov/Medical/Medicaid/tabid/123/default.aspx>

Phone: 877-456-1233

Email: MyBenefits@dhw.idaho.gov

Children & Families

<http://www.healthandwelfare.idaho.gov/Children/tabid/57/Default.aspx>

Idaho Dept. of Health and Welfare

Idaho Children's Health Insurance Program (CHIP)

<https://healthandwelfare.idaho.gov/services-programs/medicaid-health/childrens-health-insurance-program-chip>

Phone: 877-456-1233

The Children's Health Insurance Program (CHIP) is a low-cost health coverage program for children under age 19 whose family income is too high to qualify for Medicaid. There may be a small monthly premium (\$10 or \$15, depending on income) for each child enrolled in CHIP.

Idaho Senior Health Insurance Benefits Advisors (SHIBA)

<https://doi.idaho.gov/shiba/>

Idaho Department of Insurance
700 West State Street, 3rd Floor
P.O. Box 83720
Boise, ID 83720-0043
Phone: 800-247-4422

SHIBA is Idaho's State Health Insurance Assistance Programs (SHIP), a program that helps states enhance and support a network of local staff and volunteers to assist people with Medicare.

Individual Health Insurance Availability Act

<https://doi.idaho.gov/consumers/health-insurance/individual-health/>

Idaho Department of Insurance
700 West State Street 3rd Floor
P.O. Box 83720
Boise, ID 83720-0043
Phone: 208-334-4250, 208-334-4319 (Consumer Affairs Team)

Idaho High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

Idaho Insurance Commissioner

<http://www.doi.idaho.gov/>

Idaho Industrial Commission

<https://iic.idaho.gov/find-the-current-workers-compensation-rate/>

Workers Compensation
PO Box 83720
Boise, ID 83720-0041
Phone: 208-334-6000
Toll Free: 800-950-2110

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/>

Idaho Long-Term Care Ombudsman

<https://aging.idaho.gov/stay-safe/ombudsman/>

Amanda Scott

6305 W. Overland Rd.

Boise, Idaho 83709

Phone: 208-577-2855

Email: amanda.scott@aging.idaho.gov

Housing

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

<https://www.hud.gov/states/idaho>

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)

Idaho State Independent Living Council

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

<http://www.silc.idaho.gov/>

Physical Address:

120 S. Cole Rd.

Boise, ID 83709

Mailing Address:

P.O. Box 83720

Boise, ID 83720-9601

Phone: 208-334-3800 (V/TDD)

Toll-free: 800-487-4866

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: 844-778-7961

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

Idaho Commission for Libraries: Talking Book Service

<http://libraries.idaho.gov/landing/talking-book-service>

325 W. State Street

Boise, ID 83702

Phone: 208-334-2150, 800-458-3271 (Toll Free)

Neurorecovery Network (Nrn)

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

Peer Support Programs

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

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

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

of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

DisAbility Rights Idaho

<https://disabilityrightsidaho.org/>

9542 W. Bethel Ct

Boise, Idaho 83709

Phone: 208-336-5353, 800-632-5125 (Toll-Free), 800-262-3462 (Statewide Toll-Free)

DisAbility Rights Idaho is Idaho's designated Protection and Advocacy System for people with disabilities. DisAbility Rights Idaho assists people with disabilities to protect, promote and advance their legal and human rights, through quality legal, individual, and system advocacy.

Service Dogs

Canine Companions

<https://canine.org/>

National Headquarters

P.O. Box 446

Santa Rosa, CA 95402-0446

Phone: 866-224-3647

Toll-free: 800-572-BARK (2275)

Canine Companions' Northwest Regional Center serves people in several states, including Idaho.

Genesis Service Dogs

<http://www.genesis servicedogs.com/>

Meridian, ID

Phone: 208-761-4884

Email: info@genesisservicedogs.com

Sports And Recreation

Cooperative Wilderness Handicapped Outdoor Group

<https://www.isu.edu/outdoor/cw-hog/>

Idaho State University

921 South 8th Ave.

Pocatello, ID 83209

Phone: 208-282-8912

Email: outdoor@isu.edu

City of Boise, Adapted Recreation

<https://parks.cityofboise.org/activities,-classes-and-sports/adaptive-recreation/>

Phone: 208-608-7680

Higher Ground

<https://highergroundusa.org/>

Physical Address:

120 Second Ave. Unit 206

Ketchum, Idaho 83340

Mailing Address:

PO Box 6791

Ketchum, ID 83340

Phone: 208-726-9298

Email: info@HigherGroundUSA.org

Higher Ground is a veteran rehabilitation program that combines sports, family and coping therapies to restore and rehabilitate servicemen and women who have been severely wounded in Iraq and Afghanistan.

Specialized Needs Recreation

<http://www.snridaho.org>

Physical Address:

3700 N. Government Way, Suite J

Coeur d'Alene, Idaho 83815

Mailing Address:

PO Box 2451

Coeur d'Alene, ID 83816

Phone: 208-755-6781 or 208-769-2317 (Pre-recorded Events Hotline)

Specialized Needs Recreation offers various recreation programs for youth and adults who have challenges participating in other programs because of a learning disability, sensory impairment, mental, emotional or physical handicap.

Adaptive Wilderness Sports of McCall (AWeSOMe!)

<https://sites.google.com/awesomemccall.org/home/home>

P.O. Box 2151

McCall, ID 83638

Phone: 208-315-4275

Email: info@awesomemccall.org

Adaptive Wilderness Sports of McCall (AWeSOMe!) is a non-profit organization whose mission is to empower people of all abilities through high quality outdoor experiences.

United Way Offices

United Way

<http://unitedway.org>

United Way Worldwide

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/home.asp>

Paralyzed Veterans of America's Northwest Chapter Office (Services AK, ID, WA)

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

616 SW 152nd Street Suite B

Burien, WA 98166

Phone: 800-336-9782

ALS

The ALS Association National Office

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

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

ALS Association's Evergreen Chapter

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

19717 62nd Ave S., D101

Kent, WA 98032

Phone: 866-786-7257 (Toll Free)

425-656-1650

Email: info@alsa-ec.org

Brain Injury

Brain Injury Alliance of Idaho

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

P.O. Box 9804

Boise, ID 83707

Phone: 208-385-3013

Toll-free: 800-444-6443

Email: info@biaid.org

Cerebral Palsy

United Cerebral Palsy

www.ucp.org

8401 Old Courthouse Rd.

Vienna, VA 22182

Phone: (800) 872-5827 or (202) 776-0406

Email: info@ucp.org

Please contact them for local info.

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Please call them for information in your area

Guillain-Barré Syndrome / Cidp

Guillain-Barré Syndrome / CIDP Foundation International

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

375 E. Elm St., Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131; 866-224-3301 (Toll-Free North America)

Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society, Greater Northwest Chapter (covers Northern Idaho)

<http://www.nationalmssociety.org/Chapters?chapters=6549,6553>

192 Nickerson St., Ste. 100

Seattle, WA 98109

Phone: 206-284-4236

800-344-4867 (Toll Free)

National Multiple Sclerosis Society, Idaho-Nevada-Utah Chapter

PO Box 58768

Salt Lake City, UT 84158

Phone: 800-344-4867 (Toll Free)

Multiple Sclerosis Association of America Northwest Regional Office (ID, MT, WY)

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667 ext.137 (Toll free)

E-mail: northwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office

1016 W Jackson Blvd #1073

Chicago, IL 60607

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

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

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

Their Post-Polio Directory lists health professionals, clinics, and support groups:

<https://post-polio.org/wp-content/uploads/2021/06/PDIR-2021C.pdf>

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBAA Idaho Clinics

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

St. Luke’s Children’s Spina Bifida Clinic

100 E Idaho Street, Suite 200

Boise, ID 83712

Phone: 208-381-7122

Spinal Cord Injury

SpinalCord.com: Idaho SCI support groups

<https://www.spinalcord.com/sci-support-groups/idaho>

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<http://www.asap.org/>
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282 (Toll Free)
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

Idaho Yellow Pages for Kids with Disabilities

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

Idaho State Council on Developmental Disabilities

<http://www.icdd.idaho.gov/>

Idaho Occupational Therapy Association

<https://id-ota.org/>
PO Box 7335
Boise, ID 83707
Email: info@id-ota.org

Idaho Chapter of the American Physical Therapy Association

www.ptidaho.org
208 Rogers St NW
Olympia, WA 98501
Phone: 800-554-5569, ext. 113 (Toll-Free)

Email: nicole@aptaidaho.org

Disability Action Center – NW

<http://dacnw.org/contact/moscow-id/>

505 N. Main St

Moscow, ID 83843

Phone: 208-883-0523

Toll-free: 800-475-0070

DAC prides itself on having an extremely diverse and adaptable board of directors, staff and volunteers. These people, many of whom have a disability, form the partnership to work to promote the independence and equality of all individuals with disabilities in all aspects of society.

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

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

First Call 2-1-1

www.211.org

www.211.idaho.gov

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.

Please note: 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.

Idaho Careline (211)

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

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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