



# Kentucky 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.

### **Kansas Department of Aging and Independent Living**

<https://chfs.ky.gov/agencies/dail/Pages/default.aspx>

Cabinet for Health and Family Services

275 E. Main St.

Frankfort, KY 40621

Phone: 502-564-5497, 800-372-2973 (Toll Free)

TTY (for hearing impaired) 800-627-4702

Email: [CHFS.Listens@ky.gov](mailto:CHFS.Listens@ky.gov)

### **Kentucky Area Agencies on Aging and Independent Living**

<https://chfs.ky.gov/agencies/dail/Pages/aaail.aspx>

### **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**

### **Arts for All Kentucky**

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

Physical Address:

907 Arcadia Circle

Murray, KY 42071

Mailing Address:

P.O. Box 1504

Murray, KY 42071

Phone: 270-792-0023

## **Assistive Technology**

### **Kentucky Assistance Technology Services (KATS) Network**

<http://www.katsnet.org>

KATS Network Coordinating Center

Charles W. McDowell Center

8020 Veterans Memorial Drive, Suite 100

Florence, KY 41042  
Phone: 800-327-5287  
Email: [info@katsnet.org](mailto:info@katsnet.org)

### **Southeast ADA Center (covers Kentucky)**

<http://www.adasoutheast.org/>  
Burton Blatt Institute Lexington  
1525 Bull Lea Road, Suite 160  
Lexington, KY 40511  
Phone: 404-541-9001  
Email: [adasoutheast@syr.edu](mailto:adasoutheast@syr.edu)

### **Kentucky Assistive Technology Loan Corporation**

<https://katlc.ky.gov/Pages/default.aspx>  
Mayo-Underwood Building  
500 Mero Street  
4<sup>th</sup> Floor, NE  
Frankfort, KY 40601  
Phone: 877-675-0195  
Email: [edu.katlc@ky.gov](mailto:edu.katlc@ky.gov)

## **Caregivers Information**

### **Caregiver.com**

<https://caregiver.com/>  
3920 Riverland Road  
Fort Lauderdale, FL 33312  
Tel: (954) 893-0550  
1-800-829-2734  
Email: [info@caregiver.com](mailto:info@caregiver.com)

### **Barren Heights Community Center**

<https://barrenheights.org/community-center/>

11420 Watterson Court #800  
Louisville, KY 40299  
Phone: 502-327-9495

A non-profit organization that provides weekend retreats for family caregivers of a physically disabled child at no cost to the family. This is a Christian charity that focuses on strengthening family identity and Christian community.

### **Well Spouse Association**

[www.wellspouse.org](http://www.wellspouse.org)  
63 West Main Street, Suite H  
Freehold, NJ 07728  
Phone: 732-577-8899  
Email: [info@wellspouse.org](mailto:info@wellspouse.org)

## Community-Based Fitness Programs

### UofL Health Frazier Rehabilitation Institute

<https://www.uoflhealthnetwork.org/frazier-rehab-institute>

200 Abraham Flexner Way

Louisville, KY 40202

Phone: 502-587-4011

A Reeve Foundation NRN center.

## Community Health Centers

### Kentucky Primary Care Association

<https://kpca.net/>

651 Comanche Trail

Frankfort, KY 40601

Phone: 502-227-4379

Email: [astanley@kypca.net](mailto:astanley@kypca.net)

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

### Office of Claims and Appeals

<https://kycc.ky.gov/>

500 Mero Street 2SC1,

Frankfort, Kentucky 40601

Phone: 502-782-8255

Victim Services

<https://justice.ky.gov/Boards-Commissions/paroleboard/Pages/victimservices.aspx>

Toll-free Victim Line: 800-221-5991

## Domestic Violence Help

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

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

### **Kentucky Domestic Violence Association**

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

111 Darby Shire Circle, Frankfort, KY 40601

Phone: 502-209-KDVA (5382)

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

### **Cumberland Valley Domestic Violence Services Inc.**

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

Phone: 800-755-5348, 606-843-2022

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

Cumberland Valley Domestic Violence Services, Inc. seeks to decrease the number of domestic violence and abuse incidents by empowering victims through advocacy and education, and to raise awareness by involving the community in solutions to ending 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.

## Easter Seals Offices

### **Easter Seals**

[www.easterseals.com](http://www.easterseals.com)

Go to “Connect Locally” tab and enter Kentucky in state

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

### **Kentucky State Website**

[www.kentucky.gov](http://www.kentucky.gov)

### **Kentucky Cabinet for Health and Family Services**

<https://www.chfs.ky.gov/Pages/index.aspx>

275 East Main Street

Frankfort, KY 40621

Phone: 1-800-372-2973, 502-564-5497

Email: [CHFS.Listens@ky.gov](mailto:CHFS.Listens@ky.gov)

### **Kentucky Office of Vocational Rehabilitation**

<https://kcc.ky.gov/Vocational-Rehabilitation/Pages/Kentucky-Office-of-Vocational-Rehabilitation.aspx>

Central Office  
Mayo-Underwood Building  
500 Mero Street 4th Floor NE  
Frankfort, KY 40601  
Phone: 502-564-4440  
TTY: 800-372-7172

**Kentucky Department for Medicaid Services (DMS)**

<https://chfs.ky.gov/agencies/dms/Pages/default.aspx>

275 E. Main St. 6W-A  
Frankfort, KY 40621  
Phone/TTY: 502-564-4321  
TTY: 800-627-4702  
Email: [dmsweb@ky.gov](mailto:dmsweb@ky.gov)

**Kentucky CHIP Program** (State Children’s Health Insurance Program)

<https://kidshealth.ky.gov/Pages/index.aspx>

Phone: 877-KCHIP-18 or 877-524-4718 (Toll Free)  
TTY: 877-KCHIP-19 or 877-524-4719 (Toll Free)  
Hispanic Interpreter: 800-662-5397

**Kentucky SHIP Program** (State Health Insurance Program- for Seniors)

<https://chfs.ky.gov/agencies/dail/Pages/ship.aspx>

Office for Aging and Independent Living  
Kentucky Cabinet for Health and Family Services  
275 E. Main St. 3E-E  
Frankfort, KY 40621  
Phone: 877-293-7447 (Option #2)  
502- 564-6930 (to speak to a SHIP Counselor)  
Email: [chfs.listens@ky.gov](mailto:chfs.listens@ky.gov)

The Kentucky State Health Insurance Assistance Program (SHIP) provides information, counseling and assistance to seniors and disabled individuals, their families and caregivers. This service is provided at no charge by local, well-trained counselors.

**Kentucky Commission on Human Rights**

<https://kchr.ky.gov/Pages/index.aspx>

312 W. Broadway, Suite 1400  
Louisville, Kentucky 40202  
Phone: 502-595-4024  
Email: [kchr.mail@ky.gov](mailto:kchr.mail@ky.gov)

The agency receives, initiates, investigates, conciliates and rules upon jurisdictional complaints alleging violations of the Kentucky Civil Rights Act.

**Kentucky Department of Insurance**

<http://insurance.ky.gov/>

500 Mero Street 2 SE 11  
Frankfort, KY 40601

Phone: 502-564-3630  
Toll-free: 1-800-595-6053  
Email: [DOI.AdministrativeServicesMail@ky.gov](mailto:DOI.AdministrativeServicesMail@ky.gov)

### **Kentucky Office of ADA Coordinator**

<http://ada.ky.gov/>

501 High Street  
Frankfort, KY 40601

Phone: 502-564-8000 (for questions related to state government employment or services), 502-564-9818 (for other inquiries)

Email: [Singer.Buchanan@ky.gov](mailto:Singer.Buchanan@ky.gov) (for questions related to state government employment or services), [Nila.Meeks@ky.gov](mailto:Nila.Meeks@ky.gov) (for other inquiries)

### **Kentucky Commonwealth Council on Developmental Disabilities**

<https://ccdd.ky.gov/Pages/index.aspx>

1024 Capital Center Drive  
Frankfort, KY 40601

Phone: 502-564-7841

Email: [ccdd@ky.gov](mailto:ccdd@ky.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**

<https://chfs.ky.gov/agencies/dail/Pages/ltcomb.aspx>

3138 Custer Dr. Suite 110

Lexington, KY 40517

Phone: 859-277-9215

Toll-free: 800-372-2991 or 800-372-2973

TTY: 800-627-4702

Email: [sherryculp@ombuddy.org](mailto:sherryculp@ombuddy.org)

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](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.

### **Independent Living**

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

**Kentucky Statewide Independent Living Council**

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

<https://silc.ky.gov/Pages/default.aspx>

Dept. for Aging and Independent Living

275 E. Main Street 3E-E

Frankfort, KY 40621

**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

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**

**The Kentucky Talking Book Library**

<http://kdla.ky.gov/librarians/talkingbook/Pages/default.aspx>

Mailing Address:

PO Box 537



Frankfort, KY 40602  
Physical Address:  
300 Coffee Tree Road  
Frankfort, KY 40601  
Phone: 502-564-5791, 502-564-8300  
Toll-free: 800-372-2968  
Email: [KTBL.Mail@ky.gov](mailto:KTBL.Mail@ky.gov)

### **Neurorecovery Network (NRN)**

#### **UofL Health - Frazier Rehabilitation Institute**

<https://www.uoflhealthnetwork.org/frazier-rehab-institute>

Mailing Address:

220 Abraham Flexner Way  
Louisville, KY 40202  
Phone: 502-582-7400

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. For more info on qualifying for the program, 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**

#### **Kentucky Protection and Advocacy**

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

5 Mill Creek Park  
Frankfort, KY 40601

Phone: 502-564-2967  
TDD: 1-800-372-2988  
Email: [KYPandAinquiry@gmail.com](mailto:KYPandAinquiry@gmail.com)

## Service Dogs

### Canine Companions

<http://www.cci.org>

North Central Training Center

7480 New Albany-Condit Rd

New Albany, OH 43054

Phone: 614-699-5900

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

Canine Companion's North Central Training Center serves several states, including Kentucky.

## Sports And Recreation

### Move United

<https://www.moveunitedsport.org>

451 Hungerford Drive

Suite 608

Rockville, MD 20850

Phone: 301-217-0960

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

No Kentucky chapter listed

### Central Kentucky Riding for Hope

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

PO Box 13155

Lexington, KY 40583

Phone: 859-231-7066

CKRH is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities with horses.

## United Way

### United Way

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

National Headquarters

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>

VA Medical Centers:

#### **Lexington VA Medical Center**

[www.lexington.va.gov](http://www.lexington.va.gov)

1101 Veterans Drive  
Lexington, KY 40502-2236  
Phone: 859-233-4511

#### **Louisville VA Medical Center**

800 Zorn Avenue  
Louisville, KY 40206-1433  
Phone: 502-287-4000

#### **Kentucky-Indiana Chapter Paralyzed Veterans of America (PVA) Regional Service Office**

<http://kipva.org>

2835 Holmans Lane  
Jeffersonville, IN 47130  
Phone: 502-635-6539

## **ALS**

#### **Kentucky Chapter of ALS Association**

[http://webky.alsa.org/site/PageServer?pagename=KY\\_homepage](http://webky.alsa.org/site/PageServer?pagename=KY_homepage)

9449 Priority Way West Dr. Suite 130  
Indianapolis, IN 46240  
Phone: 502-495-3672

## **Brain Injury**

#### **Brain Injury Alliance of Kentucky**

[www.biak.us](http://www.biak.us)

7321 New LaGrange Road, Suite 100  
Louisville, Kentucky 40222  
Phone: 502-493-0609  
Email: [info@biak.us](mailto:info@biak.us)

## **Cerebral Palsy**

#### **Stepping Stones**

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

5650 Given Road

Cincinnati, OH 45243  
Phone: 513-831-4660

### **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](mailto:naf@ataxia.org)

### **Guillain-Barré Syndrome**

#### **Guillain-Barré Syndrome/CIDP Foundation International**

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

375 East Elm St., Suite 101

Conshohocken PA 19428

Phone: 610-667-0131

Toll-free: 866-224-3301

Call for information in your area

### **Multiple Sclerosis**

#### **National Multiple Sclerosis Society (NMSS)**

<http://www.nationalmssociety.org>

800-FIGHT-MS

#### **Indiana, Kentucky and Tennessee Chapter of NMSS**

<http://www.nationalmssociety.org/Chapters/INI>

214 Overlook Circle Ste. 153

Brentwood, TN 37027

Phone: 800-344-4867

The Indiana State Chapter works to improve the quality of life for people affected by MS in Indiana and northwestern Kentucky and raise funds for critical MS research.

#### **Multiple Sclerosis Association of America**

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

MSAA National Headquarters

375 Kings Highway North

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: [msaa@mysaa.org](mailto:msaa@mysaa.org)

#### **Multiple Sclerosis Association of America (MSAA)**

<http://www.mymsaa.org>  
[MSAA Midwest Regional Office](#)

Chicago, IL

Phone: 800-532-7667 ext. 150

E-mail: [midwest@mysaa.org](mailto:midwest@mysaa.org)

The Midwest office covers Ohio, Illinois, Indiana, **Kentucky**, Michigan, Minnesota, West Virginia, Wisconsin, Iowa, North Dakota, South Dakota, and Nebraska.

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

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

National Headquarters

1016 W Jackson Blvd #1073

Chicago, Illinois 60607

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto: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)**

[www.post-polio.org](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)

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

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

## **Spina Bifida**

### **Spina Bifida Association**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

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

Please contact them for info in your area

### **Spina Bifida Association of Kentucky**

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

Kosair Charities Centre

982 Eastern Parkway, Box 18

Louisville, KY 40217

Phone: 502-637-7363

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

**SBAA Kentucky Clinics:**

<http://www.spinabifidaassociation.org/site/Clinics/#K-O>

**Frazier Rehab Institute Adult Spina Bifida Clinic**

220 Abraham Flexner Way

Louisville, KY 40202

Phone: 502-587-4011

**Norton Children's Hospital**

<https://nortonchildrens.com/services/neurosciences/neurosurgery/conditions/spina-bifida/>

Phone: 502-629-KIDS (5437)

## Spinal Cord Injury

**Kentucky Spinal Cord Injury Research Center**

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

University of Louisville

511 South Floyd St., Room 616

Louisville, KY 40202

Phone: 502-852-8060

**The Spinal Cord Medicine Program at UofL Health – Frazier Rehab Institute**

<https://www.uoflhealthnetwork.org/spinal-cord-medicine-program>

220 Abraham Flexner Way

Louisville, KY 40202

Phone: 502-582-7400

**Kentucky Appalachian Rural Rehabilitation Network (KARRN)**

<https://ruralhealth.med.uky.edu/kentucky-appalachian-rural-rehabilitation-network>

KARRN is a community centered collaborative team formed in 2008 who investigate neurological conditions (e.g. spinal cord injury, stroke, brain injury) and identify, develop and disseminate information and strategies, and maximize resources to improve outcomes and quality of life.

Director: Patrick Kitzman, PhD, MSPT

Phone: 859-218-0580

Email: [phkitz1@uky.edu](mailto:phkitz1@uky.edu)

**Kentucky Congress on Spinal Cord Injury**

<https://independenceplaceky.org/ky-congress-on-spinal-cord-injury/>

2358 Nicholasville Rd, Suite 180

Lexington, KY 40503

Phone: 859-266-2807

Email: [kcsci@ipky.org](mailto:kcsci@ipky.org)

Advocacy group for Kentuckians with SCI.

## 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

### **Primary Stroke Care Centers accredited by Joint Commission on Accreditation of Healthcare Organizations (JCAHO):**

[http://www.jointcommission.org/certification/primary\\_stroke\\_centers.aspx](http://www.jointcommission.org/certification/primary_stroke_centers.aspx)

Jewish Hospital

200 Abraham Flexner Way

Louisville, KY 40202

Phone: 502-587-4011

### **University of Kentucky Hospital**

800 Rose Street, Room C 101

Lexington, KY 40536-0293

Phone: 859-257-1000

## Syringomyelia/Chiari Malformation

### **American Syringomyelia & Chiari Alliance Project**

[www.asap.org](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)

### **Bobby Jones Chiari & Syringomyelia Foundation**

<https://bobbyjonescsf.org/>

29 Crest Loop

Staten Island, NY 10312

Phone: 718-966-2593

Email: [dpoppe@bobbyjonescsf.org](mailto:dpoppe@bobbyjonescsf.org)

## Transverse Myelitis

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

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

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

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

### **Kentucky Occupational Therapy Association**

<http://www.kotaweb.org>

P.O. Box 5531  
Louisville, KY 40255  
Phone: 502-873-5333  
Email: [kotaweb@kotaweb.org](mailto:kotaweb@kotaweb.org)

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

<https://aptaky.org/>

1024 Capital Center Drive, Suite 205  
Frankfort, KY 40601  
Phone: 859-977-7451  
Email: [info@aptaky.org](mailto:info@aptaky.org)

### **Kentucky chapter of the Association of People Supporting Employment First (ASPE)**

<http://www.apse.org/chapter/kentucky/>

Katie Wolf-Whaley, President  
Email: [kyapse@apse.org](mailto:kyapse@apse.org)

### **Kentucky AgrAbility**

<https://agrability.ca.uky.edu/>

University of Kentucky  
242 Scovell Hall  
Lexington KY 40506-0064  
Phone: 859-257-1845  
Toll-free phone: 800-333-2814  
Email: [mikelewis@uky.edu](mailto:mikelewis@uky.edu)

Provides technical assistance with modifying tools, equipment or machinery, provides information and professional training to farmers with disabilities.

**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](http://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](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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