



New Hampshire 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.aoa.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.

New Hampshire Department of Health and Human Services: Bureau of Elderly and Adult Services

<https://www.dhhs.nh.gov/programs-services/adult-aging-care>

Main Building

105 Pleasant Street

Concord, NH 03301

Phone: 603-271-9203, 800-351-1888

Email: BEAS@dhhs.nh.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.

Assistive Technology

Assistive Technology in New Hampshire

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

Institute on Disability/UAP

10 West Edge Dr., Suite 101

Durham, NH 03824

Phone: 603-862-4320

Toll-free: 800-735-2964

New England ADA Center (covers New Hampshire)

<http://www.newenglandada.org>

560 Harrison Avenue, Unit 401

Boston, MA 02118

Phone: 617-695-0085

Toll Free: 800-949-4232

Email: adainfo@newenglandada.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

New Hampshire Office, Bi-State Primary Care Association

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

525 Clinton Street

Bow, NH 03304

Phone: 603-228-2830

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

New Hampshire Department of Justice: Office of the Attorney General

<https://www.doj.nh.gov/crime-victims/index.htm>

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)

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

New Hampshire Coalition Against Domestic and Sexual Violence

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

PO Box 353

Concord, NH 03302-0353
Phone: 603-224-8893
TTY: 800-735-2964
Domestic Violence Hotline: 866-644-3574
Sexual Assault Hotline: 800-277-5570

Emily's Place, REACH at YWCA New Hampshire's Crisis Service Program

<https://www.ywcanh.org/emilys-place>

New Hampshire

Phone: 603-668-2299

Emily's Place is an emergency shelter program where individuals and their children can experience supportive community living while rebuilding their lives after domestic and/or sexual violence.

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

New Hampshire Easter Seals Offices

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

555 Auburn Street

Manchester, NH 03103

(603) 623-8863 (voice/TTY)

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

New Hampshire State Website

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

New Hampshire Medicaid Office

<http://www.dhhs.nh.gov/ombp/medicaid/>

129 Pleasant Street

Concord, NH 03301-3852

Phone: 603-271-4344 (Local)

New Hampshire Department of Health and Human Services

<https://www.dhhs.nh.gov/>

129 Pleasant Street

Concord, NH 03301

For phone numbers, see <https://www.dhhs.nh.gov/main-contact-directory>

New Hampshire Commission for Human Rights

<https://www.nh.gov/hrc/>

57 Regional Drive, Suite 8

Concord, NH 03301

Phone: 603-271-2767

Email: humanrights@nh.gov

The New Hampshire Commission for Human Rights is a state agency established by RSA 354-A for the purpose of eliminating discrimination in employment, public accommodations and the sale or rental of housing or commercial property, because of age, sex, sexual orientation, race, creed, color, marital status, familial status, physical or mental disability or national origin.

New Hampshire Department of Education: Bureau of Vocational Rehabilitation (VR New Hampshire)

<https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation>

Phone: 603-271-3471

New Hampshire Children's Health Insurance Program (CHIP)

<https://www.benefits.gov/benefit/1608>

New Hampshire Insurance Department

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

21 South Fruit St., Ste 14

Concord, NH 03301

Phone: 603-271-2261

TTY/TDD: 800-852-3416

New Hampshire Department of Labor: Workers' Compensation Division

<http://www.nh.gov/labor/workers-comp/index.htm>

95 Pleasant Street

Concord, NH 03301

Phone: 603-271-3176

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/>

New Hampshire Governor's Committee on Employment of People with Disabilities

<http://www.nh.gov/disability/>

54 Regional Drive, Suite 5

Concord, NH 03301
Phone/TTY: 603-271-2773
Toll-free Phone: 800 852-3405
Email: Disability@nh.gov

State Long-Term Care Ombudsman

<https://www.dhhs.nh.gov/about-dhhs/long-term-care-ombudsman>

Brown Building
129 Pleasant Street
Concord, New Hampshire 03301
Phone: 603-271-4375, 800-442-5640
Email: OLTCO@dhhs.nh.gov

The mission of the state long-term care ombudsman is to represent the interests and concerns of elders residing in New Hampshire's long term care facilities and advocate on the behalf to ensure full realization of their rights to receive quality care and services and to experience an optimal quality of life.

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)

New Hampshire Independent Living Council

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

<http://www.nh.gov/disability/silc/>

21 Chenell Drive
Concord, NH 03301
Phone (Local): 603-228-9680
Toll-Free: 800-852-3405
Email: disability@gcd.nh.gov

Independent Living Research Utilization's directory of Independent Living Centers
<http://www.ilru.org>

Granite State Independent Living (GSIL)

www.gsil.org

21 Chenell Dr.

Concord, NH 03301

Phone: 603-228-9680

Toll-free: 800-826-3700

Email: info@gsil.com

Granite State Independent Living offers PCA/PCS services and peer support as well as I&R services and is the only IL center in New Hampshire. Granite State is also the hub for the New Hampshire chapter of the United Spinal Association.

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

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

New Hampshire State Library

http://www.nh.gov/nhsl/talking_books/

Library Service to Persons with Disabilities

20 Park St.

Concord, NH 03301

Phone: 603-271-3429

TDD: 800-735-2964

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

Client Assistance Program

<https://www.nh.gov/disability/>

Governor's Commission on Disability

54 Regional Drive, Suite 5

Concord, NH 03301

Phone: 603-271-2773

Toll-free: 800-852-3405

Email: disability@gcd.nh.gov

Disabilities Rights Center

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

64 North Main, Suite 2, 3rd Floor

Concord, NH 03301-4913

Phone: 603-228-0432

Phone/TDD 800-834-1721

Email: advocacy@drcnh.org

Service Dogs

Assistance Canine Training Services

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

PO Box 52

N. Conway, NH 03860

Phone: 603-383-2073

Dog Guide Users of NH

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

Sports And Recreation

Ability Plus, Inc

www.abilityplus.org

PO Box 1447

Glen, NH 03838

Phone: 603-374-2688

Email: info@abilityplus.org

Adaptive Sports New England

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-982-2763

Email: info@adaptivesportsne.org

Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

Bretton Woods Adaptive

<http://www.brettonwoods.com/Activities/Adaptive/overview>

Offers adaptive winter and summer sports.

New England Disabled Sports Program

<https://nedisabledsports.org/>

39 Loon Mountain Road

Lincoln, NH 03251

Phone: 603-745-9333 (Loon Mountain location)

Phone: 603-278-3398 (Bretton Woods location)

Email: info@nedisabledsports.org

New England Handicapped Sports Association

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

Mt. Sunapee, NH

PO Box 2135

180 Mount Sunapee Rd

Newbury, NH 03255-2135

Phone: 603-763-9158

Email: info@nesha.org

Northeast Passage

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

121 Technology Dr., Suite 161

Durham, NH 03824

Phone: 603-862-0070

TTY: 800-735-2964

Email: northeast.passage@unh.edu

Offers 12 different adaptive sports and also offers rentals of adaptive sport equipment.

Sunset Hill Educational Institute

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

P.O. Box 435

South Sutton, NH 03273

Phone: 603-938-2562

SHEI is a non-profit organization that offers a Wheelchair Health in Motion (WHIM) program. WHIM is a free, peer-driven program that provides the tools for increasing quality of life and promoting wellness in individuals living with physical disability or low mobility through innovative upper-body aerobic exercise and positive peer support within their own community. WHIM also offers various social events such as a day at a beach and has 4 locations in New Hampshire.

Touchstone Farm

<http://www.touchstone-farm.org/>

233 Old Temple Road

Lyndeborough, NH 03082

Phone: 603-654-6308

Touchstone Farm is a non-profit educational and therapeutic organization which fosters a community of belonging for people of all ages, abilities and backgrounds who enter the farm gates. Grounded in a sense of place, mutual respect and well-being, it is a sanctuary which nurtures connections, cooperation, self-confidence and personal growth.

Turtle Ridge Foundation

www.turtleridgefoundation.org

461 Main Street, Suite 6A

PO Box 10

Franconia, NH 03580

Phone: 603-616-5030

The Turtle Ridge Foundation was founded by Bode Miller and seeks to provide a philanthropic platform in the community, support youth & adaptive sports programs and to offer the opportunity for the disabled community and young people to participate in a variety of sports and recreational activities that would not be available to them without help. The Turtle Ridge Foundation is proud to offer grants, scholarships, general funding and our new exclusive TRF MonoSki to the adaptive and youth sports world.

Yoga Caps Inc.

<https://yogacaps.org/>

Email: info@yogacaps.org

Yoga Caps is an all-volunteer nonprofit organization that brings yoga to people with disabilities with a specialization in seated therapeutic yoga experiences.

United Way Offices

United Way National Headquarters

<http://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

New Hampshire Department of Veterans Affairs VA Facility Locator

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

New England Chapter Paralyzed Veterans of America

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

1208 VFW Parkway, Suite 301

West Roxbury, MA 02132

Phone: 617-942-8678

Toll-free: 800-660-1181

Email: info@newenglandpva.org

Serves the following states: Connecticut, Rhode Island, Massachusetts, Vermont, New Hampshire and Maine.

ALS

The ALS Association's Northern New England Chapter

http://webnne.alsa.org/site/PageServer?pagenname=NNE_homepage

PO Box 207

Concord, NH 03302-0207

Phone: 603-226-8855

Toll-free: 866-257-6663

Brain Injury

Brain Injury Association of New Hampshire

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

52 Pleasant Street

Concord, NH 03301

Phone: 603-225-8400

Phone: 800-773-8400 (Toll-Free In-state)

Email: mail@bianh.org

Cerebral Palsy

United Cerebral Palsy (UCP)

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

8401 Old Courthouse Rd.

Vienna, VA 22182

Toll-free: 800-872-5827

Phone: 202-776-0406

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 contact them for local info.

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

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

375 E. Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Toll-free: 866-224-3301

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society's Greater New England Chapter

www.nationalmssociety.org

<https://www.nationalmssociety.org/Chapters/MAM>

465 Waverley Oaks Rd. Ste. 202

Waltham, MA 02452

Phone: 800-344-4867

Multiple Sclerosis Association of America Headquarters

www.mymsaa.org

375 Kings Highway North

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: MSquestions@mymsaa.org

Please contact them for local info.

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

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 (PHI)

<https://post-polio.org/>

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

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

<https://post-polio.org/wp-content/uploads/2021/09/PDIR-2021Hsec.pdf>

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 202-944-3285

Toll-free: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBA of Greater New England (Formerly SBA of Massachusetts)

<http://sbagreaterne.org/>

P.O. Box 681

Natick MA 01760

Phone: 888-479-1900

Email: jbertschmann@SBAgreaterNE.org

SBA New Hampshire Clinics:

Dartmouth Hitchcock Medical Center

Spina Bifida Clinic

One Medical Center Drive, Clinic 6L

Lebanon, NH 03756-0001

Phone: 603-653-9623

Spinal Cord Injury

New Hampshire Chapter, NSCIA

www.spinalcord.org

GSIL 21 Chenell Dr.

Concord, NH 03307

Phone: 603-228-9680

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Please contact them for the stroke support group in your area

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

Please contact them for local info

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

New Hampshire Yellow Pages for Kids with Disabilities

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

New Hampshire Chapter of the American Occupational Therapy Association

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

17 Depot Street, Suite 3

Concord, NH 03301

Phone: 603-868-7475

Email: nhota@lexian.com

New Hampshire Chapter of the American Physical Therapy Association

www.nhapta.org

PO Box 459

Tolland, CT 06084

Phone: 857-702-9915

Email: nhapta@libertysquaregroup.com

Association of People Supporting EmploymentFirst (ASPE)

www.apse.org

No NH chapter currently

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

<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.

Betty's Dream: A Foundation for the Physically Handicapped, Inc.

www.bettysdream.org

75 Longmeadow Lane

Portsmouth, NH 03801

Phone 603-436-9357

Special needs living complex.

Harry Allen Gregg Foundation

<https://harrygreggfoundation.org/>

Sandra Beliveau George, Grants Administrator

186 Granite Street, Suite 3C

Phone: 603-831-8232

Email: hgf@crotchedmountain.org

The Harry Allen Gregg Foundation was established to provide support grants to help the people of New Hampshire with disabilities and their families cover the cost of needed products and services.

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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