



Maryland 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.

Maryland Department of Aging

<https://aging.maryland.gov/Pages/default.aspx>

301 West Preston Street, Suite 1007
Baltimore, MD 21201
Phone: 410-767-1100, 800-243-3425

Maryland Area Agencies on Aging

<https://aging.maryland.gov/Pages/area-agencies-on-aging.aspx>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Phone: 855-500-3537 (ELDR)

Email: ncea-info@aoa.hhs.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

ArtStream, Inc.

<http://art-stream.org/>

15800 Crabbs Branch Way, Suite 300
Rockville, MD 20855
Phone: 301-565-4567
Email: info@art-stream.org

ArtStream's mission is to create artistic opportunities for individuals in communities traditionally underserved by the arts.

Assistive Technology

Department of Disabilities: Maryland Technology Assistance Program (MDTAP)

<http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>

2301 Argonne Drive, Rm T-17
Baltimore, MD 21218
Phone: 410-554-9230, 800-832-4827 (Toll-free)
Email: mdtap.general@maryland.gov

Mid-Atlantic ADA Center

<http://www.adainfo.org>

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

Phone: 301-217-0124 (Local), 800-949-4232 (Toll-free)

Email: adainfo@transcen.org

The IMAGE Center

<https://imagemd.org/>

300 East Joppa Rd, Suite 312

Towson, MD 21286

Phone: 410-982-6311

Email: info@imagemd.org

The IMAGE Center for people with disabilities is a center dedicated to new thinking about disability. Those of us with disabilities need an environment in which we can experiment and create – finding new ways and new solutions to what have seemed insurmountable problems. We serve people with all disabilities. We are a nonresidential Center for Independent Living, and our staff are primarily people with disabilities living independent lives and teaching these skills to others.

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd, Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734

Email: info@caregiver.com

Community-Based Fitness Programs

Kennedy Krieger Institute: Community Rehabilitation Program

<http://www.kennedykrieger.org/community/community-programs/community-rehabilitation-program>

Fairmount Campus

1750 East Fairmount Ave

Baltimore, MD 21231

Phone: 443-923-4555, 888-554-2080 (Toll-free), 443-923-9400 (Local)

Email: carney@kennedykrieger.org

The Community Rehabilitation Program is an alternative option for rehabilitation that occurs right in a patient's home or other important community settings. The program offers a wide spectrum of services ranging from intensive, daily therapy for patients with acute needs to the use of one or two professionals to help those with less severe needs return to community activities.

TheraFit Rehab

www.therafitrehab.com

TheraFit Rehab - Westminster

511 Jermor Lane, Suite 102
Westminster, MD 21157
Phone: 410-871-2494

Email: westminster@therafitrehab.com

TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

Therafit Rehab - Baltimore/Cold Spring
1111 E Cold Spring Lane
Baltimore, MD 21239
Phone: 443-961-3071
Email: coldspring@therafitrehab.com

Therafit Rehab - Towson
1220A E Joppa Rd, Ste 109
Towson, MD 21286
Phone: 410-415-1992
Email: towson@therafitrehab.com

Therafit Rehab - Woodlawn
7210 Rutherford Rd, Ste G
Baltimore, MD 21244
Phone: 443-364-8182
Email: woodlawn@therafitrehab.com

Community Health Centers

Mid-Atlantic Association of Community Health Centers

www.machc.com

Phone: 301-577-0097

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 by federal standards. Please call the regional association listed above to find a Community Health Center in your region.

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

Maryland Governor's Office of Crime Prevention, Youth and Victim Services

<https://goccp.maryland.gov/>

100 Community Place, 1st Floor

Crownsville, MD 21032

Phone: 410-697-9338 (Main), 866-634-8463 (Victim Information & Notification)

Email: dlinfo_goccp@maryland.gov

Maryland Victims of Crime Fund

<http://goccp.maryland.gov/grants/programs/mvoc/>

Phone: 410-697-9330

Maryland Crime Victims' Resource Center, Inc.

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

1001 Prince George's Blvd, Suite 750

Upper Marlboro, MD 20774-7427

Phone: 301-952-0063, 877-842-8461

Domestic Violence

National Domestic Violence Hotline

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

Phone: 800-799-7233, 800-787-3224 (TTY)

National Resource Center on Domestic Violence

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

Phone: 800-537-2238

Statewide Hotline

Phone: 800-634-3577

Maryland Network Against Domestic Violence

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

4601 Presidents Drive, Suite 300

Lanham, MD 20706

Phone: 301-429-3601, 800-634-3577 (Helpline)

Email: info@mnadv.org

Easterseals Offices

Maryland Easterseals Offices

http://gwbr.easterseals.com/site/PageServer?pagename=DCMD_homepage

Easterseals DC MD VA Main Office

The Harry and Jeanette Weinberg Inter-Generational Center
1420 Spring Street
Silver Spring, MD 20910
Phone: 301-588-8700

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals 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.

Easterseals DC MD VA Child Development Center (College Park)

The Child Care Center at the National Archives and Records Administration (NARA)
8601 Adelphi Road
College Park, MD 20740
Phone: 301-837-3515

Easterseals DC MD VA Adult Day Services (Hagerstown)

701 East First St
Hagerstown, MD 21740
Phone: 301-745-3828

Government Offices

Maryland State Website

<http://www.maryland.gov>

Maryland Department of Disabilities

<http://mdod.maryland.gov/Pages/Home.aspx>

217 East Redwood Street
Suite 1300

Baltimore, MD 21202

Phone: 410-767-3660, 800-637-4113 (Toll-Free/TTY/Voice)

Email: info.mdod@maryland.gov

State Health Insurance Assistance Plan

<https://aging.maryland.gov/Pages/state-health-insurance-program.aspx>

Maryland Medicare Part D

<https://www.medicarehelp.org/part-d-plans/state/maryland#gsc.tab=0>

Maryland Medicaid

<https://mmcp.health.maryland.gov/Pages/home.aspx>

Maryland Children's Health Program (MCHP)

<https://health.maryland.gov/mmcp/chp/Pages/Home.aspx>

Phone: 855-642-8572

Those eligible for MCHP are uninsured children under age 19, whose household modified adjusted gross income (MAGI) is at or below 211% of the federal poverty level (FPL) for their family size. In 2022, this was about \$4,880/month for a family of four).

Maryland Insurance Administration

<http://www.mdinsurance.state.md.us/>

200 Saint Paul Place, Suite 2700

Baltimore, MD 21202

Phone: 410-468-2000, 800-492-6116 (Toll-free), 800-735-2258 (TTY)

Maryland Workers' Compensation Commission

<http://www.wcc.state.md.us/>

Mailing Address:

10 East Baltimore Street

Baltimore, MD 21202-1641

Phone: 410-864-5100, 800-492-0479 (Toll-free)

Email: info@wcc.state.md.us

State of Maryland Commission on Civil Rights

<http://mccr.maryland.gov/Pages/default.aspx>

William Donald Schaefer Tower

6 Saint Paul Street, Suite 900

Baltimore, MD 21202-1631

Phone: 410-767-8600, 800-637-6247 (Toll-free), 711 (TTY)

Email: mccr@maryland.gov

Protects people from discrimination, including people with disabilities.

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/>

Maryland Long-Term Care (LTC) Ombudsman Program

<https://aging.maryland.gov/Pages/state-long-term-care-ombudsman.aspx>

Maryland Department of Aging

301 West Preston Street, Suite 1007

Baltimore, MD 21201

Phone: 410-767-1100, 800-243-3425

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

Maryland HealthCare Commission: Nursing Home Guide

<https://healthcarequality.mhcc.maryland.gov/>

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

www.hud.gov

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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)

Maryland Statewide Independent Living Council

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

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

Phone: 443-961-4630

Email: silcmaryland@gmail.com

Independent Living Research Utilization's Directory of Centers for Independent Living and Associations

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

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

Maryland State Library for the Blind and Print Disabled

<https://msla.maryland.gov/Pages/LBPD.aspx>

415 Park Ave

Baltimore, MD 21201

Phone: 410-230-2424, 800-964-9209, 410-333-8679 (TTY), 800-934-2541 (TTY)

Email: Reference.desk@maryland.gov

Neurorecovery Network (NRN)

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

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/go for more info on qualifying and applying.

University of Maryland Rehabilitation & Orthopaedic Institute (UM Rehab) Spinal Cord Injury Support Group

<https://www.umms.org/rehab/community/support-groups>

2200 Kernan Drive

Baltimore, Maryland 21207

Phone: 410-448-2500

UM Rehab offers a Spinal Cord Injury (SCI) Support & Resource Group held every 2nd Tuesday of the month from 6 to 7:30 PM. Each meeting features a designated topic of discussion, providing participants with an opportunity to exchange insights and experiences. Additionally, the SCI Peer Mentor Program is partnered with the Christopher & Dana Reeve Foundation Peer & Family Support Program.

Protection And Advocacy

Disability Rights Maryland

<https://disabilityrightsmd.org/>

Mailing Address:

1500 Union Avenue, Suite 2000

Baltimore, MD 21211

Phone: 410-727-6352, Ext.0, 800-233-7201 (Toll-free), 410-235-5387 (TTY)

Email: Feedback@DisabilityRightsMD.org

Service Dogs

Fidos for Freedom, Inc.

<https://fidosforfreedom.org/>

1200 Sandy Spring Rd

Laurel, MD 20707

Phone: 410-880-4178, 301-490-4005

Email: fidos@fidosforfreedom.org

Area served: 75-mile radius from Laurel

Hero Dogs, Inc

<http://www.hero-dogs.org/>

PO Box 64

Brookeville, MD 20833-0064

Phone: 888-570-8653

Email: hero@hero-dogs.org

Trains and places service dogs with veterans.

Shore Service Dogs, Inc

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

PO Box 2251

Salisbury, MD 21802-2251

Email: info@ShoreServiceDogs.com

Warrior Canine Connection

<http://warriorcanineconnection.org/>

14934 Schaeffer Road

Boys, MD 20841

Phone: 301.260.1111

Email: info@warriorcanineconnection.org

WCC has veterans train service dogs for their fellow veterans.

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

Bennett Institute Booster Club

<https://bennettboosters.org/>

3835 Greenspring Avenue

Baltimore, MD 21211

Phone: 443-923-7844

Email: bennett.boosters@gmail.com

The Bennett Institute provides therapeutic sports and recreational programs for children, up to the age of 18 or graduated from high school, with varying degrees of physical abilities.

The League for People with Disabilities, Inc

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

Main Campus

1111 East Cold Spring Lane

Baltimore, MD 21239

Phone: 410-323-0500

Email: info@leagueforpeople.org

Chesapeake Region Accessible Boating (CRAB)

<http://crabsailing.org/>

7040 Bembe Beach Road

Annapolis, MD 21403

Phone: 410-266-5722

Email: info@crabsailing.org

CRAB provides sailing to people with disabilities.

Downtown Sailing Center

www.downtownsailing.org

1425 Key Highway, Suite 110

Baltimore, MD 21230

Phone: 410-727-0722

Email: info@downtownsailing.org

Kennedy Krieger Institute: Physically Challenged Sports and Recreation Program

<https://www.kennedykrieger.org/schools-and-education/physically-challenged-sports-recreation-program>

Kennedy Krieger School: Greenspring Campus

3825 Greenspring Ave
Baltimore, MD 21211
Phone: 443-923-7800

Talisman Therapeutic Riding

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

172 Blue Ribbon Lane
Grasonville, MD 21638
Phone: 443-239-9400

Email: info@TalismanTherapeuticRiding.org

To serve many who can benefit by the talismanic healing nature of horses and the guidance of professional therapists and instructors in a peaceful farm setting.

Team River Runner

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

5007 Stone Road
Rockville, MD 20853

Email: info@teamriverrunner.org

Their mission is to create an environment of healthy adventure, recreation and camaraderie for healing active duty, veteran service members and their families through adaptive kayaking. Team River Runner envisions a national network which creates innovative paddling programs designed to assist with the recovery of those injured while serving our country.

University of Maryland Rehabilitation & Orthopaedic Institute (UM Rehab): Adapted Sports Program

2200 Kernan Drive
Baltimore, MD 21207
Phone: 410-448-6307

Email: mhenley@umm.edu

UM Rehab's Adapted Sports Program supports recreational participation after paralysis, offering activities including wheelchair rugby, adapted golf, wheelchair basketball, wheelchair tennis and an Adapted Sports Festival.

United Way Offices

United Way National Headquarters

<http://unitedway.org>

Mailing Address:

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

U.S Department of Veterans Affairs VA Facility Locator

<https://www.va.gov/directory/guide/home.asp?isflash=1>

Baltimore VA Regional Benefit Office

<https://www.benefits.va.gov/baltimore/>

31 Hopkins Plaza
Baltimore, MD 21201
Phone: 800-827-1000

ALS

ALS Association: DC/MD/VA Chapter

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

30 W Gude Dr, Suite 150
Rockville, MD 20850
Phone: 301-978-9855, 866-348-3257 (Toll Free)
Email: infoDC@als.org

Brain Injury

Brain Injury Association of Maryland

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

2200 Kernan Drive
Baltimore, MD 21207
Phone: 800-221-6443

Cerebral Palsy

United Cerebral Palsy (UCP)

www.ucp.org

8401 Old Courthouse Rd
Vienna, VA 22182
Phone: 800-872-5827, 866-827-1692 (Info and Referral)
Email: informationreferral@ucp.org

Unified Community Connections

<https://unified.org/>

Agency Headquarters
952 Ridgebrook Road
Suite 1000
Sparks, MD 21152
Phone: 410-484-4540, 711 (MD Relay)
Email: info@unified.org

Friedreich's Ataxia

National Ataxia Foundation (NAF)

<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

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

www.gbs-cidp.org

375 East Elm St, Suite 101

Conshohocken, PA 19428

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

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Greater DC-Maryland Chapter

<http://www.nationalmssociety.org/MDM>

Physical Address:

One M Street SE, Suite 510

Washington, DC 20003

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867 (Toll-free)

Multiple Sclerosis Association of America: Northeast Regional Office (DE, CT, ME, MD, MA, NH, NJ, NY, PA, RI, VT, DC)

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

Phone: 800-532-7667, extension 144 (Toll-free)

Email: northeast@mymsaa.org

Call them for local support groups.

Muscular Dystrophy

Muscular Dystrophy Association

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

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)

www.post-polio.org

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.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

Please contact them for info in your area

Kennedy Krieger Institute

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

Philip A. Keelty Center for Spina Bifida and Related Conditions

801 North Broadway

Baltimore, MD 21205

Phone: 443-923-9130

Email: spinabifidacenter@kennedykrieger.org

Spinal Cord Injury

United Spinal Association Metro D.C. Chapter

<https://unitedspinaldc.org/>

Washington, DC

Metro DC Chapter of the United Spinal Association serves the D.C., Maryland, and Northern Virginia areas.

International Center for Spinal Cord Injury (ICSCI)

<http://kennedykrieger.org>

Kennedy Krieger Institute

707 North Broadway

Baltimore, MD 21205

Phone: 866-347-4499, 443-923-9230

Email: info.sci@spinalcordrecovery.org

The International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute was founded on the philosophy that individuals with paralysis can always hope for recovery of

sensation, function, mobility, and independence, months and even years after injury. To maximize on this potential for recovery, ICSCI offers an intense, medically supervised therapy program with a unique focus on Activity-Based Restorative Therapy. ICSCI was one of the first facilities in the world to combine innovative research with a unique therapeutic focus on restoration and rehabilitation for both children and adults with acute and chronic spinal cord injuries and disorders, including individuals who require the use of a ventilator. They offer an inpatient program for individuals under the age of 22, outpatient programs for all ages, and have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Most insurance plans are accepted.

International Center for Spinal Cord Injury (ICSCI): Support Group

<https://www.kennedykrieger.org/patient-care/centers-and-programs/international-center-for-spinal-cord-injury/resources/support-groups-at-the-center-for-spinal-cord-injury>

Spinal Cord Injury Support Group

Lara Collender

Phone: 443-923-7998

Email: Collender@KennedyKrieger.org

Stroke

American Stroke Association

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

National Center

7272 Greenville Ave

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area

Joint Commission-Certified Stroke Centers

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

Johns Hopkins Bayview Medical Center

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

4940 Eastern Avenue

Baltimore, MD 21224

Phone: 410-550-0100

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

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

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079; 800-272-7282

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area

General Disability Resources

Maryland Yellow Pages for Kids with Disabilities

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

Maryland Developmental Disabilities Council

<http://www.md-council.org/>

217 E Redwood Street, Suite 1300

Baltimore, MD 21202

Phone: 410-767-3670 (within MD), 800-305-6441

Email: info@md-council.org

Maryland Occupational Therapy Association, Inc.

<https://mota-members.com/>

PO Box 36401

Towson, MD 21286

Email: all4mota@gmail.com

Maryland Chapter of the American Physical Therapy Association

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

24218 Viento Leaf

San Antonio, TX 78260

Phone: 800-306-5596

Email: aptamd@aptamd.org

Association of People Supporting Employment First (ASPE): Maryland Chapter

www.apse.org

<http://www.apse.org/chapters/maryland-apse>

National Office:

7361 Calhoun Place

Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Email: mdapse@apse.org

The IMAGE Center

<https://imagemd.org/>

300 East Joppa Road, Suite 312

Towson, MD 21286

Phone: 410-982-6311

Email: info@imagemd.org

Offers independent living skills and training to people with disabilities.

The League for People with Disabilities

www.leagueforpeople.org

1111 E Cold Spring Lane

Baltimore, MD 21239

Phone: 410-323-0500

Email: info@leagueforpeople.org

Offers adult medical day care, camping, vocational resources, a wellness center that offers exercise, PT and pool.

Maryland Access Point (MAP)

<https://marylandaccesspoint.211md.org/>

301 West Preston Street, Suite 1007

Baltimore, MD 21201

Phone: 410-767-1100, 800-243-3425 (Toll-free), 844-627-5465

MAP offers info on community services like assisted living, meals, medication management, Medicare, Medicaid, caregiver support, transportation, personal care, healthy living, and dealing with issues like Alzheimer's, dementia, chronic diseases, and brain injury. Their searchable directory can help you find home health, personal care, transportation, housing, home repairs, adult day care providers and lots of other services that can support you in your home.

Healthboards.com

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

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

Community Crisis Services, Inc.

www.communitycrisis.org

PO Box 149

Hyattsville, MD 20781

Phone: 301-864-7095 (Main), 800-273-8255 (24-hour Hotline)

Community Crisis Services, Inc. is a one-stop calling center for information and compassionate assistance for those in crisis. Calling the Hotline is often the first step an individual makes to access the mental health services and social service organizations within the community. CCSI is here 24 hours a day, 365 days a year for anyone facing crisis and personal turmoil.

Determined2Heal

www.Determined2Heal.org

Mailing Address:

PO Box 59916

Potomac, MD 20859

Phone: 703-795-5711

Email: determined2heal@gmail.com

Simplifying the transition to paralysis, promoting beach safety, funding research.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.