



# North Carolina 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.

### **North Carolina Division of Aging**

<http://www.ncdhhs.gov/divisions/daas>

Mailing Address:

2101 Mail Service Center

Raleigh, NC 27699-2101

Phone: 919-855-3400

### **North Carolina Area Agencies on Aging**

<https://www.ncdhhs.gov/divisions/aging/adult-day-services/daas-area-agencies-aging>

### **National Center on Elder Abuse (NCEA)**

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

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537

Email: [ncea-info@acl.hhs.gov](mailto:ncea-info@acl.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 & Creativity**

### **ComMotion: Community in Motion**

<http://commotionnc.org>

Phone: 919-526-0195

ComMotion – Community in Motion’s mission is to enable everyone to get a chance to experience the many benefits of dance, regardless of their age, ability, or circumstances. Dance promotes strength, flexibility & coordination while also reducing pain, depression, and stress. Founded by a cancer survivor and disabled veteran who found health and happiness through dance and wanted to share it with others, they have taught more than 10,000 students of all ages and abilities, including veterans, cancer survivors, seniors, and kids. Their programs are completely portable and adaptable to any space and size of group, so they can bring our classes directly to the people they serve, eliminating logistical challenges of traveling to a dance studio as well as the fear and uncertainty of

a new space and group of people. They have taught online and in hundreds of different locations including hospitals, community centers, VFW halls, memory care and Alzheimer's units, schools, churches, and parks.

## **Assistive Technology**

### **North Carolina Assistive Technology Program**

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program>

2801 Mail Service Center

Raleigh, NC 27699-2801

Phone: 919-855-3500, 800-662-7030 (Customer Service Center)

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

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

Burton Blatt Institute Lexington

2355 Huguenard Drive, Suite 200

Lexington, KY 40503

Phone: 800-949-4232 (Toll-free); 404-541-9001

Email: [adasoutheast@syr.edu](mailto:adasoutheast@syr.edu)

## **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](mailto:info@caregiver.com)

### **Well Spouse Association**

<https://wellspouse.org/our-support/support-groups/support-groups.html>

Research Triangle/Chapel Hill WS Group

Russell Wiener

Seymour Center 2551

Homestead Rd

Chapel Hill, NC 27516

Durham, NC 27709

Phone: 336-213-4573

## **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](http://www.ChristopherReeve.org/NRN).

## Community Health Centers

### North Carolina Community Health Center Association

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

PO Box 879

Knightdale, NC 27545-0879

Phone: 919-469-5701

Email: [web@ncchca.org](mailto:web@ncchca.org)

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

### Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

## Crime Victim Assistance

### North Carolina Crime Victim Compensation

<https://www.ncdps.gov/DPS-Services/Victim-Services/Crime-Victim-Compensation>

4232 Mail Service Center

Raleigh, NC 27699-4232

Phone: 919-733-7974, 800-826-6200

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

<http://www.safehorizon.org>

Phone: 800-621-4673 (24 Hour Hotline)

## Domestic Violence Help

### 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

Email: [NRCDV@nrcdv.org](mailto:NRCDV@nrcdv.org)

### **North Carolina Coalition Against Domestic Violence**

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

3710 University Dr, Suite 300

Durham, NC 27707

Phone: 919-956-9124

### **Easterseals Offices**

#### **Easterseals UCP North Carolina & Virginia**

<https://eastersealsucp.com/>

5171 Glenwood Ave, Suite 211

Raleigh, NC 27612

Phone: 800-662-7119

Email: [info@eastersealsucp.com](mailto:info@eastersealsucp.com)

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.

### **Government Offices**

#### **North Carolina State Website**

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

#### **North Carolina Council on Developmental Disabilities**

<http://www.nccdd.org>

Physical Address:

3109 Poplarwood Ct, Suite 105

Raleigh, NC 27604

Mailing Address:

2010 Mail Service Center

Raleigh, NC 27699

Phone: 984-920-8200 (Office/TTY); 800-357-6916 (Toll-free)

Email: [Info@nccdd.org](mailto:Info@nccdd.org)

#### **North Carolina Medicaid**

<https://medicaid.ncdhhs.gov/>

Mailing Address:

2501 Mail Service Center

Raleigh, NC 27699-2501

Phone: 888-245-0179

#### **North Carolina Medicare & Seniors' Health Insurance Information Program (SHIP)**

<https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip>

Phone: 855-408-1212 (Toll-free)

Email: [ncdoi.ncshiip@ncdoi.gov](mailto:ncdoi.ncshiip@ncdoi.gov)

SHIIP Counselors are available to help citizens with a variety of senior insurance issues including Medicare, Medicare supplements and long-term care insurance.

### **North Carolina Department of Insurance**

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

Physical Address:

3200 Beechleaf Court

Raleigh, NC 27604

Mailing Address:

1201 Mail Service Center

Raleigh, NC 27699-1201

Phone: 855-408-1212 (Toll-free)

### **North Carolina Industrial Commission: Workers' Compensation**

<http://www.ic.nc.gov/>

Physical Address:

430 North Salisbury Street

Raleigh, NC 27603

Mailing address:

1240 Mail Service Center

Raleigh, NC 27699-1240

Phone: 919-807-2501, 800-688-8349 (Toll-free)

Email: [infospec@ic.nc.gov](mailto:infospec@ic.nc.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/>

### **North Carolina State LTC Ombudsman**

<https://www.ncdhhs.gov/divisions/aging/long-term-care-ombudsman>

Division of Aging

2101 Mail Service Center

Raleigh, NC 27699-2101

Phone: 919-855-3400

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

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

[www.hud.gov](http://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](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.

### **MSAA Suites at Jacksonville**

1711 Hargett St.

Jacksonville, NC 28540

Phone: 910-938-3632

Multiple Sclerosis Association of America (MSAA) owns and operates five barrier-free apartment complexes in North Carolina.

## Independent Living

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

#### **North Carolina State Independent Living Council**

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

<http://ncsilc.org/>

Mailing Address:

3600 S College Road, Suite E #397

Wilmington, NC 28412

Phone: 984-480-6328

### **Independent Living Research Utilization’s Directory of Independent Living Centers**

<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](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

### North Carolina Accessible Books and Library Services

<https://statelibrary.ncdcr.gov/about-us/accessible-books-and-library-services>

State Library of North Carolina

Physical Address:

1841 Capital Boulevard

Raleigh, NC 27604

Mailing Address:

1841 Capital Boulevard

Raleigh, NC 27635

Phone: 984-236-1100 (Raleigh area residents), 888-388-2460 (Toll-free)

Email: [ncabls@dncr.nc.gov](mailto:ncabls@dncr.nc.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](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/go/](http://www.ChristopherReeve.org/go/) for more info on qualifying and applying.

## Protection And Advocacy

### Disability Rights North Carolina

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

801 Corporate Center Drive, Suite 118

Raleigh, NC, 27607

Phone: 919-856-2195, 877-235-4210 (Toll-free), 800-735-2962 (TTY)

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

### North Carolina Client Assistance Program (CAP)

<http://cap.state.nc.us/>

Mailing Address:

2806 Mail Service Center

Raleigh, NC 27699-2806

Phone: 919-855-3600, 800-215-7227 (Toll-free)

Email: [NCCAP@dhhs.nc.gov](mailto:NCCAP@dhhs.nc.gov)

## Service Dogs

### Canines For Service

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

Phone: 910-362-8181

Email: [information@caninesforservice.org](mailto:information@caninesforservice.org)

## 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)

Please check with them for any NC programs.

### Bridge II Sports

[www.bridge2sports.org](http://www.bridge2sports.org)

3729 Murphy School Rd

Durham, NC 27705

Phone: 866-880-2742

Email: [admin@bridge2sports.org](mailto:admin@bridge2sports.org)

### Carolina Crash Quad Rugby

<https://www.crashquadrugby.com/>

Email: [ASAP@ATRIUMHEALTH.ORG](mailto:ASAP@ATRIUMHEALTH.ORG)

The Carolina Crash is a wheelchair/quad rugby team that competes throughout the United States and is based in Charlotte. The Carolina Crash was founded in 1995 as part of an overall vision of Carolinas Rehabilitation (<http://www.carolinashealthcare.org/carolinas-rehab>) to serve the sport and recreational needs of its patients through the Adaptive Sports and Adventures Program, ASAP (<https://www.atriumhealthfoundation.org/asap/>). Additional founding program partners include the hospital and its Foundation as well as several veteran players. The Carolina Crash incorporated as its own non-profit in 2007. The team remains closely linked to the hospital, which still provides funding as well as recreational therapeutic staff for practices, competitive travel and equipment transportation.

### **Duke Outdoor Adventures**

<https://recreation.duke.edu/>

Mailing Address:

Box 90548, 117 Wilson Center

Durham, NC 27708

Phone: 919-613-7489 (Wilson Recreation Center)

Email: [outdooradventures@duke.edu](mailto:outdooradventures@duke.edu)

Provides adaptive climbing.

### **Prancing Horse Inc.**

<http://www.prancing-horse.org/>

Mailing Address:

PO Box 327

Southern Pines, NC 28388

Phone: 910-281-3223

Email: [ed@prancing-horse.org](mailto:ed@prancing-horse.org)

Prancing Horse works to enhance the lives of individuals with special needs by providing a safe environment for therapeutic horsemanship.

### **HORSEPOWER Therapeutic Learning Center**

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

4537 Walpole Rd.

High Point, NC 27265

Phone: 336-931-1424

HORSEPOWER's mission is to promote and enhance the welfare of individuals with disabilities by providing a program of therapeutic, educational and recreational value, and further, to empower individuals who are intellectually, physically, emotionally and/or socially challenged through the use of horses, while providing therapeutic benefits in a safe and controlled atmosphere.

### **Triangle Special Hockey Association**

<http://trianglespecialhockey.org/>

PO Box 80451

Raleigh, NC 27623

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

TSHA is open to all individuals with developmental or physical disabilities who want to participate in ice hockey. We create a supportive, encouraging environment adapted to the level of ability of the participants. Hockey is a great way to develop coordination and concentration, and being on a team gives us all opportunities to learn how to work well with others

### **Wings of Eagles Ranch**

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

4800 Faith Trails

Concord, NC 28025

Phone: 704-784-3147

Email: [wingsofeaglesranch@gmail.com](mailto:wingsofeaglesranch@gmail.com)

Wings of Eagles Ranch is a non-profit organization that offers therapeutic horseback riding sessions for children and adults with special needs. The sessions provide numerous benefits to the riders including increased flexibility and balance, increased confidence and self-esteem, normalization of high or low muscle tone, enhanced socialization skills and more.

## **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 Dept. of Veterans Affairs: Facility Locator**

<https://www.va.gov/directory/guide/home.asp>

### **VA Benefits Administration: Winston-Salem Regional Office**

<http://www.benefits.va.gov/winstonsalem/>

Federal Building, 251 N Main Street

Winston-Salem, NC 27155

Phone: 800-827-1000

### **PVA Southeastern Chapter (covers NC)**

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

4010 Deans Bridge Rd

Hephzibah, GA 30815

Phone: 706-796-6301

**Winston-Salem PVA**

Winston-Salem VARO  
251 North Main Street, Rm 430  
Winston-Salem, NC 27155  
Phone: 336-251-0836

**ALS**

**ALS United North Carolina**

<https://alsnc.org/>  
4 N Blount St, Suite 200  
Raleigh, NC 27601  
Phone: 919-755-9001, 877-568-4347 (Toll-free)  
Email: [info@alsnc.org](mailto:info@alsnc.org)

**Muscular Dystrophy Association's ALS Research Centers**

<https://www.als.org/support/certified-centers-clinics>  
Atrium Health ALS Center: Neurosciences Institute  
1010 Edgehill Rd  
Charlotte, NC 28207  
Phone: 704-446-6254

**Duke University ALS Center**

<https://alsclinic.duke.edu/>  
932 Morreene Rd  
Durham, NC 27705  
Phone: 919-668-2839  
Email: [alsclinic@dm.duke.edu](mailto:alsclinic@dm.duke.edu)

**Brain Injury**

**Brain Injury Association of North Carolina**

[www.bianc.net](http://www.bianc.net)  
3733 National Drive  
Suite 115  
Raleigh, NC 27612  
Phone: 919-833-9634, 800-377-1464  
Email: [bianc@bianc.net](mailto:bianc@bianc.net)

**Atrium Health**

<https://atriumhealth.org/medical-services/specialty-care/rehabilitation/brain-injury>  
Brain Injury Rehabilitation  
1100 Blythe Blvd  
Charlotte, NC 28203  
Phone: 877-734-2251 (Inpatient referrals), 704-355-4300, 704-355-4459 (Appts)

Atrium Health's nationally recognized Carolinas Rehabilitation offers some of the highest intensive therapy hours during inpatient rehabilitation of any facility in the nation (up to four and a half hours per day). Our goal is to help get patients back to living as independently and fully as possible.

Carolinas Rehabilitation is proud to be a TBI Model System follow-up site. TBI Model System's Project plays a pivotal role in building national capacity for high-quality treatment and research serving persons with TBI, their families and the communities in which they reside.

## **Cerebral Palsy**

### **Easterseals UCP North Carolina & Virginia**

<https://eastersealsucp.com/>

5171 Glenwood Ave, Suite 211

Raleigh, NC 27612

Phone: 800-662-7119

Email: [info@eastersealsucp.com](mailto:info@eastersealsucp.com)

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

## **Guillain-Barré Syndrome/CIDP**

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

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

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

Please call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society: Greater Carolinas Chapter**

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

Physical Address:

2610 Wycliff Road, Suite 101

Raleigh, NC 27607

Mailing Address:  
PO Box 289  
Canton, MA 02021  
Phone: 800-344-4867 (Toll-free)

### **Multiple Sclerosis Association of America: Southeast Regional Office**

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

375 Kings Highway North, Suite B  
Cherry Hill, NJ 08034

Phone: 800-532-7667, Ext 160

Email: [southeast@mymsaa.org](mailto:southeast@mymsaa.org)

Covers Florida, Georgia, North Carolina, South Carolina, Virginia, Alabama, Tennessee, Mississippi.

## **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](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)**

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

50 Crestwood Executive Ctr.

Suite 440

St. 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](mailto:sbaa@sbaa.org)

Please contact them for info in your area

### **Spina Bifida Association of the Carolinas**

<https://www.spinabifidaassociation.org/chapter/sbancsc/about/>

Phone: 202-900-8878  
Email: [gabell@sbaa.org](mailto:gabell@sbaa.org)

SBAA North Carolina Clinics:

### **UNC Hospitals Rehabilitation Therapies**

<https://www.uncmedicalcenter.org/uncmc/care-treatment/rehabilitation-therapies/>

1807 Fordham Blvd  
Chapel Hill, NC 27514  
Phone: 984-974-9700

### **Levine Children's Specialty Care**

<https://atriumhealth.org/medical-services/childrens-services/childrens-specialty-care>

Medical Center Plaza (Pediatric only)  
1001 Blythe Boulevard, Suite 200 E  
Charlotte, NC 28203  
Phone: 704-381-8840

### **Lenox Baker Children's Hospital**

<https://www.dukehealth.org/locations/lenox-baker-childrens-hospital>

3000 Erwin Road  
Durham, NC 27705-4599  
Phone: 919-684-6669

## **Spinal Cord Injury**

### **North Carolina Spinal Cord Injury Association**

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

7980 Chapel Hill Rd, Suite 101  
Cary, NC 27513  
Phone: 919-234-4171  
Email: [support@ncscia.org](mailto:support@ncscia.org)

## **Stroke**

### **American Stroke Association**

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

National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
Phone: 888-478-7653  
Please 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, 800-272-7282 (Toll-free)  
Email: [info@ASAP.org](mailto:info@ASAP.org)  
Please call them for any support group in your area

### **Transverse Myelitis**

#### **Siegel Rare Neuroimmune Association**

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

#### **Duke Health Wheelchair and Seating Clinic**

<https://sites.duke.edu/ptot/outpatient-services/wheelchair-evaluation-and-seating-clinic/>

Duke Physical Therapy and Occupational Therapy

501 Douglas St

Durham, NC 27705-3888

Phone: 919-684-2445 (Appointments), 919-684-1997 (Office)

#### **North Carolina Yellow Pages for Kids with Disabilities**

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

#### **North Carolina Baptist Aging Ministry**

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

<https://ncbam.org//programs-and-services/#rampin>

201-A Idol St.

Thomasville, NC 27360

Phone: 877-506-2226

They have a Rampin Up program which provides ramps to individuals.

#### **North Carolina Occupational Therapy Association (NCOTA)**

<http://www.ncota.org/home>

PO Box 20432

Raleigh, NC 27619

Phone: 919-785-9700

Email: [office@ncota.org](mailto:office@ncota.org)

#### **North Carolina Chapter of the American Physical Therapy Association**

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

110 Horizon Dr, #210

Raleigh, North Carolina 27615  
Phone: 919-885-0095  
Email: [info@aptanc.org](mailto:info@aptanc.org)

### **North Carolina Chapter of Association of People Supporting Employment First**

<http://www.ncapse.org/>  
Email: [ncapse@ncapse.org](mailto:ncapse@ncapse.org)

### **Healthboards.com**

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

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

### **211**

<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.

Available in Forsyth, Guilford, Randolph, Rockingham, Davie and Davidson Counties.

### **The Servant Center**

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

1417 Glenwood Ave

Greensboro, NC 27403

Phone: 336-275-8585, Ext. 401

Their mission is to empower the homeless and disabled, particularly veterans, to become independent, contributing members of the community through housing, healthcare, and restorative services.

### **ThinkFirst National Injury Prevention Foundation**

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

Phone: 630-961-1400

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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