



# West Virginia 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.usaging.org/adrcs>

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door>

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 (<https://acl.gov/>) (including AoA (<https://acl.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<https://www.cms.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.

### **West Virginia Bureau of Senior Services**

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

Physical Address:

Town Center Mall, 3rd level

Charleston, WV

Mailing Address:

1900 Kanawha Blvd East

Charleston, WV 25305

Phone: 304-558-3317, 877-987-3646 (Toll-free)

### **Area Agencies on Aging**

<http://www.wvseniorservices.gov/GettingAnswers/OverviewofAgingProgramsInWestVirginia/AreaAgenciesonAging/tabid/97/Default.aspx>

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

<https://ncea.acl.gov/home#gsc.tab=0>

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.

### **Heart 2 Heart Volunteers, Inc.**

<https://www.heart2heart-livingfree.com/>

220 Bethany Pike

Wheeling, WV 26003

Phone: 304-281-0474

Heart 2 Heart is a non-profit Christian faith based organization whose volunteers are dedicated to the mission of visiting the sick, disabled and elderly. We provide them with what they need spiritually, physically and emotionally to the best that we can. We are advocates for them and raise an awareness for what we believe is becoming a forgotten

sector of society. Our volunteers are Christians from various denominations with a desire to fulfill the call of our Lord Jesus to visit the sick, disabled, and elderly, bringing the churches and community together for this purpose.

## **Arts and Creativity**

### **Stepping Stones**

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

Mailing Address:

PO Box 539

Lavalette, WV 25535

Phone: 304-429-2297

Email: [B4kids@steppingstonesinc.org](mailto:B4kids@steppingstonesinc.org)

## **Assistive Technology**

### **West Virginia Assistive Technology System (WVATS)**

<https://wvats.cedwvu.org>

West Virginia University Center for Excellence in Disabilities

959 Hartman Run Road

Morgantown, WV 26508

Phone: 800-841-8436, 304-293-4692

Email: [wvats@hsc.wvu.edu](mailto:wvats@hsc.wvu.edu)

### **Mid-Atlantic ADA Center (Covers West Virginia)**

<http://www.adainfo.org>

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

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

Email: [adainfo@transcen.org](mailto:adainfo@transcen.org)

## **Community Health Centers**

### **West Virginia Primary Care Association**

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

1700 MacCorkle Ave, SE

Charleston, WV 25314-1518

Phone: 304-346-0032

Email: [info@wvpca.org](mailto:info@wvpca.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**

### **West Virginia Victim Assistance and Compensation Programs**

<https://ovc.ojp.gov/states/west-virginia?state=wy>

### **West Virginia Legislature's Crime Victims Compensation Fund**

<https://www.wvlegislature.gov/Joint/victims.cfm>

Mailing Address:

1900 Kanawha Blvd, E, Rm W-334

Charleston, WV 25305-0610

Phone: 304-347-4850, 877-562-6878 (Toll-free)

Email: [cvictims@wvlegislature.gov](mailto:cvictims@wvlegislature.gov)

### **Victim Assistance Program**

<https://www.vwapwv.com/index.html>

Monongalia County Victim Assistance Program

First Floor Justice Center

75 High Street

Morgantown, WV 26505

Phone: 304-291-7286

### **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)

### **West Virginia Coalition against Domestic Violence**

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

400 Patterson Lane  
Charleston, WV 25311  
Phone: 304-965-3552

## **Easterseals Offices**

### **Easterseals West Virginia**

<https://www.easterseals.com/wv/>

1305 National Road  
Wheeling, WV 26003  
Phone: 304-242-1390

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. For information on local offices, please go to <https://www.easterseals.com/wv/connect-locally/>

## **Government Offices**

### **West Virginia State Website**

<https://www.wv.gov/Pages/default.aspx>

### **West Virginia Departments. of Health, Health Facilities and Human Services**

<http://www.dhhr.wv.gov/Pages/default.aspx>

Office of the Secretary  
One Davis Square, Suite 100 East  
Charleston, WV 25301  
Phone: 304-558-0684, 800-642-8589 (Client Services Hotline)  
Email: [osaclientservices@wv.gov](mailto:osaclientservices@wv.gov)

### **West Virginia Human Rights Commission**

<http://www.hrc.wv.gov/Pages/default.aspx>

1321 Plaza East, Room 108-A  
Charleston, WV 25301  
Phone: 304-558-2616, 888-676-5546 (Toll-free)  
Email: [wvhc@wvdhhr.org](mailto:wvhc@wvdhhr.org)

The West Virginia Human Rights Commission is a state government agency that investigates and adjudicates discrimination complaints in the areas of employment, housing and places of public accommodation.

### **West Virginia Division of Rehabilitation Services**

<http://www.wvdrs.org>

State Capitol  
PO Box 50890  
Charleston, WV 25305-0890  
Phone: 800-642-8207 (Toll-free), 304-356-2060  
Email: [DRSQuestions@wv.gov](mailto:DRSQuestions@wv.gov)

**West Virginia Bureau for Medical Services**

<https://dhhr.wv.gov/bms/Pages/default.aspx>

350 Capitol St  
Room 251  
Charleston, WV 25301  
Phone: 304-558-1700

**West Virginia CHIP Program (State Children's Health Insurance Program)**

<http://www.chip.wv.gov/Pages/default.aspx>

Physical Address:  
350 Capitol Street, RM 251  
Charleston, WV 25301  
Mailing Address:  
PO Box 40237  
Charleston, WV 25364-0237  
Phone: 304-558-2732, 877-982-2447 (Helpline)  
Email: [wvchip@wv.gov](mailto:wvchip@wv.gov)

**West Virginia SHIP Program (State Health Insurance Assistance Program)**

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

Physical Address:  
Town Center Mall, 3rd level  
Charleston, WV  
Mailing Address:  
1900 Kanawha Blvd East  
Charleston, WV 25305  
Phone: 304-558-3317, 877-987-4463 (Toll-free)

**Home and Community Based Services Waiver (HCBS)**

<http://www.dhhr.wv.gov/bms/programs/waiverprograms/pages/default.aspx>

**West Virginia Offices of the Insurance Commissioner**

<https://www.wvinsurance.gov/>

Physical Address:  
900 Pennsylvania Ave  
Charleston, WV 25302  
Mailing Address:  
PO Box 50540  
Charleston, WV 25305-0540  
Phone: 304-558-3386; 888-879-9842 (Toll-free)  
Email: [oiconsumerservices@wv.gov](mailto:oiconsumerservices@wv.gov)

**West Virginia Workers' Compensation**

<https://www.wvinsurance.gov/Workers-Compensation>

West Virginia Offices of the Insurance Commissioner  
Physical Address:  
900 Pennsylvania Ave

Charleston, WV 25302  
Mailing Address:  
PO Box 50540  
Charleston, WV 25305-0540  
Phone: 888-879-9842, 304-558-3386

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.

<https://www.house.gov/representatives/find-your-representative>  
<http://whoismyrepresentative.com/>

### **State LTC Ombudsman Program**

<http://www.wvseniorservices.gov/StayingSafe/LongTermCareOmbudsmanProgram/tabid/81/Default.aspx>

West Virginia Bureau of Senior Services

Mailing Address:

1900 Kanawha Blvd East

Charleston, WV 25305

Phone: 304-558-3317, 877-987-3646 (Toll-free), 800-834-0598 (Toll-free)

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.

## **Independent Living**

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

#### **West Virginia State Independent Living Council**

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

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

6908 Maccorkle Avenue

Saint Albans, WV 25177

Phone: 304-766-4624

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

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

<http://www.ilru.org>

### **National Council on Independent Living (NCIL)**

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

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**

### **West Virginia Library Commission: Library for the Blind and Print Disabled**

<http://www.librarycommission.wv.gov/Pages/default.aspx>

1900 Kanawha Boulevard East

Culture Center, Bldg 9

Charleston, WV 25305

Phone: 304-558-2041, 800-642-9021 (Toll-free), 800-642-8674 (Toll-free)

Email: [talkbks@wvlc.lib.wv.us](mailto:talkbks@wvlc.lib.wv.us)

## **Peer Support Programs**

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

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309



Email: [Peer@Reeve.org](mailto:Peer@Reeve.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: <https://www.christopherreeve.org/todays-care/get-support/grants-for-non-profits/> for more info on qualifying and applying.

## **Protection and Advocacy**

### **Disability Rights West Virginia**

<https://www.drofww.org>

5088 Washington Street W

Suite 300

Charleston, WV 25313

Phone: 304-346-0847; 800-950-5250 (Toll-free), 304-346-0847 (TTY)

Email: [contact@drofww.org](mailto:contact@drofww.org)

## **Sports and Recreation**

### **Move United**

<https://moveunitedsport.org/>

451 Hungerford Drive

Suite 608

Rockville, MD 20850

Phone: 301-217-0960

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

### **Challenged Athletes of West Virginia In The Valley**

<https://www.cawvinthevalley.org>

Davis Rd

Davis, WV 26260

Phone: 304-866-7406

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

### **West Virginia Division of Natural Resources**

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

<https://wvdnr.gov/hunting/class-q-hunting/>

<https://wvdnr.gov/fishing/class-q-fishing/>

324 Fourth Ave

South Charleston, WV 25303

Phone: 304-558-6200

Email: [wvdnrcustomerservice@wv.gov](mailto:wvdnrcustomerservice@wv.gov)

## United Way Offices

### United Way

<http://www.unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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. For information on local United Ways, please go to <https://www.unitedway.org/local/united-states>.

## Veteran Benefits

### U.S. Department of Veterans Affairs: Facility Locator

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

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

### Paralyzed Veterans of America: West Virginia VA Regional Office

640 4th Ave., Room 137

Huntington, WV 25701

Phone: 304-399-9393

### West Virginia Chapter of Paralyzed Veterans of America

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

336 Campbells Creek Drive

Charleston, WV 25306

Phone: 304-925-9352, 800-540-9352 (Toll-free)

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

## ALS

### The ALS Association: West Virginia Chapter

<https://www.als.org/support/states/west-virginia>

Phone: 301-978-9855

Email: [infoWV@als.org](mailto:infoWV@als.org)

## Brain Injury

### West Virginia Brain Injury Association

<https://wvbraininjury.org>

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

## Cerebral Palsy

### United Cerebral Palsy (UCP)

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

National Office  
8401 Old Courthouse Road  
Vienna, VA 22182  
Phone: 800-872-5827  
Email: [info@ucp.org](mailto:info@ucp.org)  
Please contact them for local info

### **Friedreich's Ataxia**

#### **National Ataxia Foundation (NAF)**

<http://www.ataxia.org/>  
Physical Address:  
600 Hwy 169 S, Ste 1725  
Minneapolis, MN 55426  
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)  
Email: [info@gbs-cidp.org](mailto:info@gbs-cidp.org)  
Call for information in your area

### **Multiple Sclerosis**

#### **National Multiple Sclerosis Society's Virginia-West Virginia Chapter**

<http://www.nationalmssociety.org>  
<https://www.nationalmssociety.org/resources/get-connected/in-your-area/var>  
Physical Address:  
4200 Innslake Drive, Suite 301  
Glen Allen, VA 23060  
Mailing Address:  
PO Box 289  
Canton, MA 02021  
Phone: 800-344-4867 (Toll-free)

#### **Multiple Sclerosis Association of America (MSAA): Midwest Regional Office**

<https://mymsaa.org/publications/improving-lives/offices/>  
Phone: 800-532-7667, ext. 150  
Email: [midwest@mymsaa.org](mailto:midwest@mymsaa.org)  
Serves West Virginia

## **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](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 Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

<https://post-polio.org/wp-content/uploads/2024/08/PDIR-2024.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

### **SBA West Virginia Clinics:**

#### **West Virginia University Medicine Children's**

<https://childrens.wvumedicine.org/>

Physician Office Center Specialty Clinic (pediatric and adult)

1 Medical Center Drive

Morgantown, WV 26506

Phone: 304-598-1111, 855-988-2273

## **Spinal Cord Injury**

### **West Virginia's Traumatic Brain & Spinal Cord Injury Rehabilitation Fund Board**

<http://tbi.cedwvu.org/traumatic-brainspinal-cord-injury-rehabilitation-fund-board/>

West Virginia University

Center for Excellence in Disabilities

959 Hartman Run Road

Morgantown, WV 26505  
Phone: 304-293-4692, 877-724-8244 (Toll-free)  
Email: [TBI@hsc.wvu.edu](mailto:TBI@hsc.wvu.edu)

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please contact them for the stroke support group in your area

### **Joint Commission-Certified Stroke Centers**

<https://www.jointcommission.org/who-we-are/who-we-work-with/find-accredited-organizations#numberOfResults=25>

## **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, 800-272-7282 (Toll-free)

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

## **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**

### **Schoolhouse Hotel**

<https://theschoolhousehotelwv.com/accessibility/>

White Sulphur Springs, WV

Phone: 304-536-0999

Per the hotel's website: "Our hotel is the world's first fully accessible property, in which every room and public space exceeds ADA standards and showcases first-of-its-kind design choices to provide comfort and access for all."

### **West Virginia Yellow Pages for Kids with Disabilities**

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

### **West Virginia Developmental Disabilities Council**

<http://www.ddc.wv.gov/Pages/default.aspx>

110 Stockton Street

Charleston, WV 25387

Phone: 304-558-0416, 304-558-2376 (TDD)

Email: [dhhrwvddc@wv.gov](mailto:dhhrwvddc@wv.gov)

### **West Virginia Occupational Therapy Association**

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

364 Patteson Drive, #524

Morgantown, WV 26505

### **West Virginia Chapter of the American Physical Therapy Association**

<https://aptawv.org/>

Physical Address:

1412 Kanawha Blvd

East Charleston, WV 25301

Mailing Address:

PO Box 1115

Charleston, WV 25339

Phone: 800-346-5127

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

### **Healthboards.com**

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

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

### **West Virginia 211**

<http://www.wv211.org/>

Phone: 211, 833-848-9905 (Toll-free)

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.

### **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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