



Connecticut 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-programno-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.

Connecticut Department of Aging and Disability Services

<https://portal.ct.gov/aginganddisability>

55 Farmington Avenue, 12th floor
Hartford, Connecticut 06105
Phone: 860-424-5055

National Center on Elder Abuse (NCEA)

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

Funded by the Administration for Community Living, the NCEA provides professionals, policymakers, and the public information and resources on elder abuse prevention and response to help ensure that older adults age with dignity and respect, free from maltreatment.

Arts and Creativity

Doreen's Dance Center: Adapted Dance Classes

<https://www.doreensdancecenter.net/adapted-dance>

711 Middletown Rd (Route 16)
Suite 4
Colchester, CT 06415
Phone: 860-267-7756
Email: info@doreensdancecenter.net

Assistive Technology

Connecticut Tech Act Project

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

Department of Aging and Disability Services
Has an AT loan program.

New England ADA Center (Covers Connecticut)

<http://www.newenglandada.org>

Institute for Human Centered Design
Phone: 617-695-0085, 800-949-4232 (Toll-free)
Email: ADAinfo@IHCDesign.org

New England Assistive Technology (NEAT) Center at Oak Hill

<https://assistivetechology.oakhillct.org/>

120 Holcomb St

Hartford, CT 06112

Phone: 860-242-2274, 860-286-3113 (TTY)

Email: CentersConnect@OakHillCT.org

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd.

POB 101147

Oakland Park, FL 33310

Community-Based Fitness Programs

Moving With HOPE

<http://movingwithhope.org>

1870 Hartford Turnpike

North Haven, CT 06473

Phone: 203-623-4198

Email: founders@movingwithhope.org

Moving With HOPE is a non-profit physical therapy and wellness center offering specialized, year-round, and affordable rehabilitation services for individuals with physical disabilities. With a sliding scale fee structure, Moving With HOPE ensures that everyone has access to the transformative care they deserve, regardless of financial circumstances.

Community Health Centers

Community Health Center Association of Connecticut

www.chcact.org

1484 Highland Avenue, Suite 2

Cheshire, CT 06410

Phone: 860-667-7820

Email: ask@chcact.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

Victim Compensation/Assistance

<https://jud.ct.gov/crimevictim/index.html>

Office of Victim Services
225 Spring Street, 4th Floor
Wethersfield, CT 06109
Phone: 800-822-8428
Email: OVS@jud.ct.gov

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

www.safehorizon.org

Phone: 800-621-4673 (24/7 Hotline)

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233, 855-812-1001 (Video phone for people who are Deaf or hard of hearing)

National Resource Center on Domestic Violence

<https://nrcdv.org/>

Statewide Hotline: 888-774-2900 (English), 844-831-9200 (Spanish) (24 hour, Toll Free)

Connecticut Coalition Against Domestic Violence

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

655 Winding Brook Drive, Ste. 4050
Glastonbury, CT 06033
Phone: 860-282-7899, 888-774-2900 (24/7 Help)

Easterseals Offices

Easterseals National Office

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

141 W. Jackson Blvd, Suite 1400A
Chicago, IL 60604
Phone: 800-221-6827 (Toll-free)

Easterseals provides essential services to children and adults with disabilities, older adults, veterans, and their families. The programs Easterseals offers include employment, health, education, and community supports and resources. Services may vary by location.

Connecticut Easterseals Offices

<http://www.easterseals.com/connect-locally/?state=CT>

Government Offices For Connecticut

Connecticut State Website

<https://portal.ct.gov>

Connecticut Department of Social Services

https://portal.ct.gov/dss?language=en_US

55 Farmington Ave.

Hartford, CT 06105

Phone: 855-626-6632, 800-842-4524 (TTD/TTY)

Commission on Human Rights and Opportunities

<https://portal.ct.gov/chro>

450 Columbus Blvd, Suite 2

Hartford, CT 06103-1835

Phone: 860-541-3400 (Voice/TDD), 800-477-5737 (Connecticut Toll-free)

Connecticut Bureau of Rehabilitation Services

https://portal.ct.gov/rehabilitationservices/?language=en_US

55 Farmington Ave, 12th Floor

Hartford, CT 06105

Phone: 860-424-4840, 860-247-0775 (TTY)

Connecticut State Council on Developmental Disabilities

<https://portal.ct.gov/ctcdd>

460 Capitol Avenue

Hartford, CT 06106

Phone: 800-653-1134 (Toll-free), 860-418-6172 (TTY)

Connecticut Department of Motor Vehicles

https://portal.ct.gov/dmv?language=en_US

Compliance Unit

60 State Street

Wethersfield, CT 06161-4020

Motor vehicles are subject to a local property tax under Connecticut state law. This applies whether or not the vehicle is registered. The local property tax is computed and issued by your local tax collector. There may be exemptions for people with disabilities or veterans. For further information about these exemptions, please contact the Assessor in your municipality.

Connecticut Insurance Department

https://portal.ct.gov/cid/?language=en_US

Physical Address:

153 Market St, 7th Floor

Hartford, CT 06103

Mailing Address:

PO Box 816

Hartford, CT 06142-0816

Phone: 860-297-3800, 800-203-3447 (Toll-Free)

Connecticut Workers' Compensation Commission

<https://portal.ct.gov/wcc>

Phone: 860-493-1500, 800-223-9675 (Toll-free in Connecticut)

Find Your Elected Officials

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/>

Connecticut Long Term Care Ombudsman Program

<https://portal.ct.gov/LTCOP>

Phone: 860-424-5200, 866-388-1888

Email: ltcop@ct.gov

The mission of the Connecticut Long Term Care Ombudsman Program is to protect the health, safety, welfare and rights of long term care residents.

Housing

Housing and Urban Development Office

<https://www.hud.gov/states/connecticut>

www.hud.gov

Hartford Field Office

20 Church Street, 10th Floor

Hartford, CT 06103

Phone: 860-240-4800, 800-877-8339 (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 "your 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: Statewide Independent Living Councils (SILCs)

Connecticut State Independent Living Council

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

151 New Park Avenue

Hartford, CT 06106

Phone: 860-681-7599 x1522

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

<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

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.

New Horizons, Inc

<https://newhorizonsinc.org/>

37 Bliss Memorial Road

Unionville, CT 06085

Phone: 860-675-4711

This non-profit provides care that includes housing and support services for people with disabilities, rehabilitation, and long-term skilled nursing. New Horizons Inc manages three facilities in Connecticut which include reliable wheelchair and ambulatory transportation.

Library Services

Connecticut Library for Accessible Books

https://portal.ct.gov/csl/home/departments/ct-lab?language=en_US

Middletown Library Service Center
786 South Main Street
Middletown, CT 06457
Phone: 860-704-2220, 800-842-4516 (Toll-free)
Email: csl.AccessibleBooks@ct.gov

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@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: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

Disability Rights Connecticut

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

75 Charter Oak Ave, Ste 1-101
Hartford, CT 06106
Phone: 860-422-4220 (Voice), 860-509-4992 (Videophone)
Email: info@disrightsct.org

Connecticut Parent Advocacy Center

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

5 Shaws Cove, Suite 102
New London, CT 06320
Phone: 860-739-3089
Email: cpac@cpacinc.org

Center for Disability Rights

<http://cdr-ct.org/>

369 Highland St.
West Haven, CT 06516
Phone: 203-934-7077
Email: info@cdr-ct.org

Service Dogs

Educated Canines Assisting with Disabilities

www.ecad1.org

PO Box 831

Torrington, CT 06790

Phone: 860-489-6550

Email: info@ecad1.org

Canine Companions

<https://canine.org/>

Northeast Training Center

Miller Family Campus

286 Middle Island Road

Medford, NY 11763

Phone: 631-561-0200 (Voice), 800-572-2275 (Toll-free)

The Northeast Training Center serves several states, including Connecticut.

Sports And Recreation

Adaptive Sports New England

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-690-9103

Email: joe.walsh@adaptivesportsne.org

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

Gaylord Sports Association

<https://sportsassociation.gaylord.org/>

50 Gaylord Farm Road

Wallingford, CT 06492

Phone: 203-284-2772

Email: sports@gaylord.org

Hospital for Special Care's Adaptive Sports Program

<https://hfsc.org/sports-and-fitness/adaptive-sports-program/>

2150 Corbin Ave.

New Britain, CT 06053

Phone: 860-832-6220

LOF Adaptive Skiers

<http://lofadaptiveskiers.org/>

351 River Rd

Southbury, CT 06488

Phone: 203-426-0666

Email: lofskiers@gmail.com

Offers training in recreational and competitive water and snow skiing to children, adults and veterans with disabilities.

New England Science & Sailing

www.nessf.org

72 Water St

Stonington, CT 06378

Phone: 860-535-9362

Email: adventure@nessf.org

In 2017, with the help of Sail to Prevail, the New England Science & Sailing Foundation (NESS) launched its adaptive sailing program. NESS's adaptive sailing program brings the fun and therapeutic qualities of sailing to individuals with diverse needs. NESS's Independence 20 sailboat is a super stable boat and is outfitted with two bucket seats that can pivot from one side of the boat to the other. These seats are equipped with 5-point harnesses so when sailors are steering the boat or handling lines, they can feel secure out on the water.

United Way Offices

United Way Worldwide

<http://www.unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Find 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>

Click on state of Connecticut.

Paralyzed Veterans of America New England Chapter

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

1208 VFW Parkway, Suite 301

West Roxbury, MA 02132

Phone: 617-942-8678 (Local), 800-660-1181 (Toll-free)

ALS

ALS Association

www.alsa.org

National Office
1300 Wilson Blvd, Suite 600
Arlington, VA 22209
Phone: 800-782-4747

ALS United Connecticut

<https://alsunitedct.org/>

4 Oxford Road

Suite E4

Milford, CT 06460

Phone: 203-874-5050

Email: info@alsunitedct.org

For information on ALS Clinics and Treatment Centers, please go to
<https://alsunitedct.org/living-with-als/als-clinics-and-centers/>.

Brain Injury

Brain Injury Alliance of Connecticut

<https://biact.org>

200 Day Hill Rd, Suite 250

Windsor, CT 06095

Phone: 860-219-0291

Cerebral Palsy

United Cerebral Palsy of Eastern Connecticut

www.ucpect.org

42 Norwich Road

Quaker Hill, CT 06375

Phone: 860-443-3800

Email: info@ucpect.org

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

600 Highway 169 South, 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

<https://www.gbs-cidp.org/>

Mailing Address:

375 East Elm St, Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131 (Office), 866-224-3301 (Toll-Free North America)

Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society, Connecticut-Rhode Island Chapter

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/ctn>

Physical Address:

1111 Cromwell Ave

Suite 302C

Rocky Hill, CT 06067

Mailing Address:

PO Box 289

Canton, MA 02021

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

Multiple Sclerosis Association of America Northeast Regional Office

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

Phone: 800-532-7667, extension 144

Email: northeast@mymsaa.org

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

For information on MDA Care Centers in your area, go to <https://www.mda.org/care/mda-care-centers>.

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

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

The Post-Polio Directory lists health professionals, clinics, and support groups.

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.

Spinal Cord Injury

Spinal Cord Injury Association of Connecticut

<http://www.sciact.org>

PO Box 5334

Milford, CT 06460

Phone: 203-284-2910

Email: nsciact@gmail.com

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653 (Stroke Family Warmline)

Call them for the stroke support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<https://asap.org/>

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll-free)

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

<https://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)
Contact them for local info.

General Disability Resources

Center for Medicare Advocacy, National Office

<https://medicareadvocacy.org/>

PO Box 350

Willimantic, CT 06226

Phone: 860-456-7790

Connecticut Yellow Pages for Kids with Disabilities

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

Connecticut Birth to Three System

<http://www.birth23.org/>

Office of Early Childhood

450 Columbus Blvd, Suite 205

Hartford, CT 06103-1835

Phone: 860-500-4400

Email: CTBirth23@ct.gov

Connecticut Occupational Therapy Association (ConnOTA)

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

Email: info@connOTA.org

American Physical Therapy Association Connecticut

<https://aptact.org/>

Liberty Square Group

PO Box 459

Tolland, CT 06084

Phone: 857-702-9915

Email: ctapta@libertysquaregroup.com

Connecticut Association of People Supporting Employment First (APSE)

<https://apse.org/>

<https://apse.org/chapter/connecticut/>

National Office

One Research Place

Suite 450

Rockville, MD 20850

Phone: 301-279-0060

Email: ctapse@apse.org (Connecticut APSE)

Access Independence

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

300 Long Beach Blvd, Suite #1

Stratford, CT 06615

Phone: 203-378-6977

St. Vincent's Special Needs Services

<https://hartfordhealthcare.org/services/special-needs-services>

95 Merritt Blvd

Trumbull, CT 06611

Phone: 203-375-6400

Healthboards.com

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

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

2-1-1 of Connecticut

<https://www.211ct.org/>

Phone: 211 (In-State), 800-203-1234 (Out-of-State), 711 (TTY/Relay)

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

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

2206 N. Main Street, #277

Wheaton, IL 60187

Phone: 630-961-1400, Ext. 1

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 for your area, please go to their website and click on the "Find A Chapter" 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.