



District of Columbia 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.

DC Health Link

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

Phone: 855-532-5465

TTY: 711

The insurance exchange for the District of Columbia.

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.

Department of Aging and Community Living

<https://dacl.dc.gov/>

500 K Street, NE

Washington, DC 20002

Phone: 202-724-5626, 711 (TTY), 202-541-3950 (Adult Protective Services)

Email: dacl@dc.gov

National Center on Elder Abuse (NCEA)

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

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

Arts and Creativity

St. John's Community Services

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

901 D Street, SW, Suite 800

Washington, DC 20024

Phone: 800-869-3393, 202-237-6500

St. John's Community Services runs ART Options, an arts-infused program designed to support the development of vocational, social and life management skills for people with disabilities ages 16 and older.

Assistive Technology

DC Assistive Technology Program

<https://www.uls-dc.org/programs/dc-assistive-technology-program>

220 I Street, NW, Suite 130

Washington, DC 20002

Phone: 202-547-0198, 202-547-2657 (TTY)

Email: democenter@uls-dc.org

The ATDC is a citywide program that helps District residents with disabilities and seniors to get the assistive technology devices and services to live more independently. People can try out various devices and borrow them for a short term. They also offer a financing loan program, training sessions, and they recycle new and used DME, computers and other equipment.

Mid-Atlantic ADA Center (covers DC)

<http://www.adainfo.org>

TransCen, Inc.

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

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

Email: adainfo@transcen.org

Community Health Centers

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

Crime Victims Compensation Program in DC

<https://www.dccourts.gov/services/crime-victims-compensation-matters>

Court Building A

515 5th Street, NW, Room 109

Washington, DC 20001

Phone: 202-879-4216

Domestic Violence Help

National Domestic Violence Hotline

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

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

National Resource Center on Domestic Violence (NRCDV)

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

1012 14th Street, NW, Suite 209

Washington, DC 20005

Phone: 717-461-3939, option 2 (for technical assistance)

Email: nrcdvTA@nrcdv.org

The NRCDV provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials and projects designed to enhance current domestic violence intervention and prevention strategies.

DC Coalition Against Domestic Violence

<https://dccadv.org/>

1101 14th Street, NW, Suite 300

Washington, DC 20005

Phone: 202-299-1181

E-mail: info@dccadv.org

Safe Horizon: Domestic Violence Resources

<https://www.safehorizon.org/get-help/domestic-violence/#our-programs/>

House of Ruth

<https://houseofruth.org/>

5 Thomas Circle, NW, Fourth Floor

Washington, DC 20005

Phone: 202-667-7001

Email: intake@houseofruth.org (Intake/Seeking Help), houseofruth@houseofruth.org (General Inquiries)

House of Ruth offers comprehensive support for women, children and families. Their continuum of services encompasses enriched housing for families and single women, trauma-informed daycare for children, and free counseling to empower anyone, regardless of gender, who is a survivor of trauma and abuse. Their programs provide individualized support to rebuild safe, independent, and sustainable lives.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Easterseals Offices

Easterseals DC/MD/VA

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

1420 Spring Street

Silver Spring, MD 20910

Phone: 301-588-8700

Harry and Jeanette Weinberg Child Development Center

<https://www.easterseals.com/DCMDVA/programs-and-services/childrens-services/easter-seals-child.html>

2800 13th Street, NW

Washington, DC 20009

Phone: 202-387-4434

Easterseals Project Action

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

141 W Jackson Blvd, Suite 1400A

Chicago, IL 60604

Phone: 844-227-3772 (Toll-free)

Email: projectaction@easterseals.com

Project Action provides affordable, flexible, professional training and consultation on ADA-accessible transportation issues.

Government Offices

District of Columbia Department of Human Services

<http://dhs.dc.gov>

64 New York Avenue, NE, 6th Floor

Washington, DC 20002

Phone: 202-671-4200

Email: dhs@dc.gov

District of Columbia Office of Human Rights

<https://ohr.dc.gov/page/ohrs-hearing-unit-and-dc-commission-human-rights>

441 4th Street NW, Suite 570 North

Washington, DC 20001

Phone: 202-727-4559, 711 (TTY)

Email: ohr@dc.gov

Medicare

<http://www.medicare.gov>

Medicare is a federal program; this site is included for convenience.

District of Columbia: Medicaid

<https://dhs.dc.gov/service/medical-assistance>

<https://www.medicaid.gov/state-overviews/stateprofile.html?state=district-of-columbia>

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

DC Healthy Families

<https://www.dchealthyfamilies.com/en>

DC Healthy Families is a program of the DC Department of Health Care Finance that provides free health insurance for low-income District residents who are adults age 21-64 who do not have dependent children, pregnant women, parents and caretaker relatives, or children under age 21.

District of Columbia Department on Disability Services: Vocational Rehabilitation Services

<http://dds.dc.gov/node/777322>

Department on Disability Services

250 E Street, SW

Washington, DC 20024

Phone: 202-730-1700

Email: dds@dc.gov

The Vocational Rehabilitation (VR) program provides vocational and rehabilitative services to individuals with disabilities to help them prepare for, secure, regain or retain employment.

District of Columbia Independent Living Services

<http://dds.dc.gov/page/independent-living-services>

Department on Disability Services

250 E Street, SW

Washington, DC 20024

Phone: 202-730-1700

Email: dds@dc.gov

The Rehabilitation Services Administration (RSA) Independent Living Services (ILS) program provides services to individuals with disabilities to help them to live as independently as possible in the community.

DC Commission on Persons with Disabilities, Office of Disability Rights

<http://odr.dc.gov/page/dc-commission-persons-disabilities>

441 4th Street., NW, Suite 729 North

Washington, DC 20001

Phone: 202-724-5055, 711 (TTY)

Email: odr@dc.gov

District of Columbia Developmental Disabilities Council (DDC)

<https://ddc.dc.gov/>

One Judiciary Square

441 4th Street, NW, 729 North

Washington, DC 20001

Phone: 202-724-8612, 711 (TTY)

Email: ddc@dc.gov

The DDC is an independent, community-based advisory committee funded by the U.S. Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities, and the Council possesses a membership of fifteen (15) dedicated individuals charged with identifying and addressing the most pressing needs of people with developmental disabilities in the DC community.

District of Columbia Department of Employment Services: Workers' Compensation Program

<https://does.dc.gov/page/workers-compensation-does>

DC Department of Employment Services

Labor Standards Bureau

Office of Workers' Compensation

4058 Minnesota Avenue, NE

Washington, DC 20019

Phone: 202-671-1000

U.S. Department of Transportation: Disability Resource Center

<https://www.transportation.gov/drc/disability-resource-center>

Disability Resource Center

U.S. Department of Transportation

1200 New Jersey Ave, SE

Washington, DC 20590

Phone: 202-493-0625, 711 (telecommunications relay services)

Email: drc@dot.gov

The Department of Transportation's Disability Resource Center (DRC) provides job accommodations and related services to DOT employees and job applicants.

Office of the D.C. Long-Term Care Ombudsman

<https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/dc-long-term-care-ombudsman.html>

Mailing Address:

Legal Counsel for the Elderly

The Office of the D.C. Long-Term Care Ombudsman

601 E St. NW

Washington DC 20049-0001

Phone: 202-434-2190

Email: DCOmbuds@aarp.org

The mission of the 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.

Aging and Disability Resource Center (ADRC)

<https://odr.dc.gov/book/Path/ADRC>

500 K Street, NE

Washington, DC 20002

Phone: 202-724-5622, 202-724-5626, 202-724-8925 (TTY)

Email: dcoa@dc.gov

On-site are a number of resources and staff members to assist clients including: social workers; an options counselor, income maintenance liaison, housing coordinator, and public health advisors.

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/>

Housing

Independent Living Research Utilization: Directory of Centers for Independent Living (CILS) in DC

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/DC>

DC Center for Independent Living (DCCIL)

<https://dccil.org/>

Main Office

2600 12th Street, NE

Washington, DC 20018

Phone: 202-388-0033

SE Satellite Office

840 Chesapeake St SE

Washington, DC 20032

Phone: 202-889-5802

DCCIL provides information and referral, independent living skills training, peer counseling, and individual and systems advocacy

Housing and Urban Development (HUD)

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

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find HUD offices in your state, please click on the “Contact Us” tab in the top bar, then click on “Local Offices” and click on your state. 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

<https://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: Directory of Statewide Independent Living Councils (SILCs)

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

Each state has a SILC.

Independent Living Research Utilization’s Directory of Centers for Independent Living (CILs) and Associations

<http://www.ilru.org>

National Council on Independent Living (NCIL)

<https://ncil.org/>

2013 H St. NW, 6th Floor

Washington, DC 20006
Phone: 202-207-0334
Toll-free: 844-778-7961
Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability grassroots organization, driven by and dedicated to people with disabilities. Since its founding in 1982, NCIL has represented thousands of organizations and individuals, advocating tirelessly for the human and civil rights of people with disabilities across the United States.

Library Services

DC Talking Book and Braille Program (NLS)

<https://www.dclibrary.org/using-the-library/dc-talking-book-and-braille-program-nls>

Center for Accessibility
901 G Street NW
2nd Floor, Room 205
Washington, DC 20001
Phone: 202-727-2142
Email: DCPLaccess@dc.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@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

University Legal Services: Disability Rights DC

<http://www.uls-dc.org/>

220 I Street, NE, Suite 130
Washington, DC 20002
Phone: 202-547-0198, 202-547-2657 (TTY)

Sports And Recreation

K.E.E.N. (Kids Enjoy Exercise Now)

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

1900 K Street, NW

Suite 100

Washington, DC 20006

Phone: 866-903-5336 (Toll-free)

E-mail: info@keenusa.org

KEEN empowers youth with disabilities and impact volunteer coaches through participation in free, non-competitive, one-on-one programs of physical activity and fun, supporting the overall health and well-being of all participants.

Medstar Health: Wheelchair Basketball

<https://www.medstarhealth.org/services/adaptive-sports-fitness-program#q={ }>

Contact: Harsh Thakkar

Phone: 202-877-1859

Email: harsh.v.thakkar@medstar.net

United Way Offices

United Way of the National Capital Area

<https://unitedwaynca.org/>

Washington, DC Office

1015 15th St. NW

Suite 1200

Washington, DC 20005

Virginia Office

8614 Westwood Center Drive

Suite 300

Vienna, VA 22182

Phone: 202-488-2000

Email: contactus@uwnca.org

Veterans Benefits

US Department of Veterans Affairs: DC Benefits offices

<https://www.va.gov/directory/guide/state.asp?STATE=DC&dnum=3>

National Capital Region VA Regional Benefit Office

<https://www.va.gov/national-capital-region-va-regional-benefit-office/>

1722 I St. NW

Washington, DC 20006

Phone: 800-827-1000

Washington VA Medical Center

<https://www.va.gov/washington-dc-health-care/>

50 Irving Street, Northwest

Washington, DC 20422-0001

Phone: 202-745-8000 (Main), 855-679-0250 (VA health connect), 202-745-8000, Extension 58127 (Mental health)

Paralyzed Veterans of America

<https://pva.org/>

National Headquarters

1875 Eye Street NW, Suite 1100

Washington, DC 20006

Phone: 800-424-8200, 800-795-4327 (TTY), 866-734-0857 (Benefits Helpline)

E-mail: info@pva.org

ALS

ALS Association: DC Chapter

<https://www.als.org/support/states/district-columbia>

Phone: 301-978-9855

Email: infoDC@als.org

Cerebral Palsy

UCP/United Cerebral Palsy

<http://ucp.org/>

National Office

8401 Old Courthouse Road

Vienna, VA 22182

Phone: 800-872-5827

Email: info@ucp.org

UCP educates, advocates and provides support services to ensure a life without limits for people with a spectrum of disabilities. UCP works to advance the independence, productivity and full citizenship of people with disabilities through an affiliate network that has helped millions.

Guillain-Barré Syndrome/CIDP

GBS/CIDP Foundation International

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

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Please call them for information in your area.

Multiple Sclerosis

National Multiple Sclerosis Society: Greater DC-Maryland Chapter

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

Physical Address

One M Street S.E., Suite 510

Washington, DC 20003

Mailing Address

P.O. Box 289

Canton, MA 02021
Phone: 800-344-4867 (Toll-Free)

Multiple Sclerosis Association of America

<https://mymsaa.org/>

National Headquarters

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667

E-mail: msquestions@mymsaa.org (for questions about MS), msaa@mymsaa.org (general information)

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

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

National Office

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717 (Toll-free)

Email: resourcecenter@mdausa.org

Click on “Find Care” to locate MDA Care Centers in your area.

Post-Polio Syndrome

Post-Polio Health International

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

50 Crestwood Executive Ctr

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>

200 Duke Street

Suite 300

Alexandria, VA 22314

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area.

Spinal Cord Injury

United Spinal Association of Metro DC

<https://unitedspinal.org/chapter/united-spinal-association-of-metro-dc/>

102 Irving Street NW

Washington, DC 20010
Phone: 202-877-1420
Email: rita.e.penniman@medstar.net
Serves Washington, D.C., Maryland and Virginia.

Medstar National Rehabilitation Hospital

<https://www.medstarhealth.org/locations/medstar-national-rehabilitation-hospital>

102 Irving Street NW
Washington, DC 20010
Phone: 202-877-1000
Offers spinal cord injury rehab services.

Stroke

American Stroke Association (ASA)

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

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-478-7653 (Toll-Free Stroke Family Warmline)

ASA Regional Office

<https://www.heart.org/en/affiliates/washington-dc>

Greater Washington Region
4601 N Fairfax Dr., Suite 700
Arlington, VA 22203
Phone: 703-248-1700
Serves Northern Virginia, DC and Montgomery County and Prince George's County, Maryland.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

<https://asap.org/>

P.O. Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-272-7282 (Toll-free)
E-mail: info@asap.org
Please contact them for resources in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association

<https://wearesrna.org/>

1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Please contact them for info in your area.

General Disability Resources

District of Columbia Yellow Pages for Kids with Disabilities

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

American Physical Therapy Association: District of Columbia Chapter

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

E-mail: info@aptadc.org

District of Columbia Occupational Therapy Association

<https://dcota.wildapricot.org/>

Email: info@mydcota.org

Association of People Supporting Employment First (APSE) DC Chapter

<https://apse.org/chapter/district-of-columbia/>

Phone: 301-279-0060

Email: Christa@apse.org

Reach A Ride

<https://reacharide.org/>

777 North Capitol Street NE

Suite 300

Washington, DC 20002

Phone: 855-732-2427, 202-962-3213 (TTY/TTD)

Reach A Ride provides individuals who require transportation assistance with information about the transportation providers in their area. They serve the National Capital Region.

Wheelchair Accessible Taxis

Yellow Cab Company of DC

<https://dcyellowcab.com/>

Phone: 202-544-1212

Royal Cab Association

<http://dctaxionline.com/>

Phone 202-398-0500

The above two companies are now providing wheelchair accessible taxi service in DC. Service is available 24/7 throughout the city. Please call one or two hours in advance. Note that the taxis can't accommodate an oversized wheelchair or scooter.

ThinkFirst National Injury Prevention Foundation

<http://www.thinkfirst.org>

2206 N. Main Street, #277

Wheaton, IL 60187

Phone: 630-961-1400, Extension 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. Click “Find A Chapter” for information on chapters in the Washington, D.C.area.

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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