



Massachusetts 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.

Massachusetts Executive Office of Elder Affairs

<https://www.mass.gov/orgs/executive-office-of-elder-affairs>

One Ashburton Place, 3rd Floor

Boston, MA 02108

Phone: 800-243-4636 (MassOptions)

Email: information.resources@mass.gov

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

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

Open Door Arts

<https://opendoorartsma.org/>

Cultural Equity Incubator

15 Channel Center Street, Suite 103

Boston, MA 02210

Phone: 617-329-9748

Email: Admin@OpenDoorArtsMA.org

Coastal Connections, Inc

<http://coastalconnections.org/>

4 Noel Street

Amesbury, MA 01913

Phone: 978-388-1119

Email: coastal@coastalconnections.org

Coastal Connections Inc. supports people with disabilities to achieve their full potential by creating personalized programs that promote living, working and playing in the community.

Assistive Technology

MassMATCH

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

Massachusetts Rehabilitation Commission

600 Washington St

Boston, MA 02111

Phone: 617-204-3851, 877-508-3974 (Toll-free), 617-204-3815 (TTY)

Email: info@massmatch.org

Massachusetts' Initiative to Maximize Assistive Technology in Consumer's Hands

REquipment

<https://requipmentma.org/>

Phone: 508-713-9690, 800-261-9841 (Toll-free)

Email: info@requipmentma.org

REquipment is a great way to obtain free, gently used, durable medical equipment (DME) for use by individuals and families in Greater Boston and Central Massachusetts. If you wish to donate, items should be no older than 5 to 6 years old.

New England ADA Center

<http://www.newenglandada.org>

560 Harrison Avenue, Unit 401

Boston, MA 02118

Phone: 617-695-0085, 800-949-4232 (Toll-free)

Email: ADAinfo@IHCDesign.org

Easterseals Massachusetts: Assistive Technology Alternative Finance Program

<https://www.easterseals.com/ma/programs-and-services/assistive-technology/>

18 Chestnut Street, Suite 200

Worcester, MA 01608

Phone: 800-244-2756

Email: info@eastersealsma.org

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd

POB 101147

Oakland Park, FL 33310

Well Spouse Association Support Groups:

www.wellspouse.org

North Boston WS Support Group

2014 Washington St
Newton, MA 02462
Contact: Jerry
Phone: 508-641-3508
Email: gbish815@yahoo.com

Community-Based Fitness Programs

Advocates

<http://www.advocates.org/>
1881 Worcester Road
Framingham, MA 01701
Phone: 508-628-6300, 800-640-5432 (24-Hour Crisis Support)
Advocates, Inc. provides a broad range of services for people facing life challenges such as addiction, aging, autism, brain injury, intellectual disabilities, and mental health challenges.

Journey Forward

<http://www.journey-forward.org/>
5 Shawmut Road
Canton, MA 02021
Phone: 781-828-3233
Email: info@journey-forward.org
Journey Forward is an exercise-based program designed to assist those with spinal cord injuries so they too can achieve some of these most basic lifelong functions and benefits.

Seven Hills Foundation

<http://www.sevenhills.org/>
81 Hope Avenue
Worcester, MA 01603
Phone: 508-755-2340, 508-890-5584 (TTY)
Seven Hills promotes and encourages the empowerment of children and adults with significant challenges so that each may pursue their highest possible degree of personal well-being and independence.

Spaulding Exercise for Persons with Disabilities (ExPD)

1575 Cambridge St.
Cambridge, MA 02138
Phone: 617-758-5511
Email: expd@partners.org
ExPD offers a range of cardiovascular and muscle building programs for all levels of ability. One of the primary and most successful activities of the ExPD program is indoor adaptive rowing. If appropriate, ExPD will combine individuals' rowing routines with Functional Electrical Stimulation (FES). FES stimulates paralyzed muscles while the person works out, so their whole body can benefit from the exercise. Other equipment

clients can use include standing frame/glider, wall mounted ergometers, hydro rower, MyoCycle, SCI FIT upper body ergometer and NuStep.

Community Health Centers

Massachusetts League of Community Health Centers

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

40 Court Street, 10th Floor

Boston, MA 02108

Phone: 617-426-2225, 617-523-3609 (TTY)

Email: massleague@massleague.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

Massachusetts Victims of Violent Crime Compensation

<https://www.mass.gov/massachusetts-victims-of-violent-crime-compensation>

Attorney General's Victim Compensation and Assistance Division

1 Ashburton Place, 19th floor

Boston, MA 02108

Phone: 617-727-2200 ext. 2160, 617-963-2160

Massachusetts Office for Victim Assistance

<https://www.mass.gov/orgs/massachusetts-office-for-victim-assistance>

1 Ashburton Place, Suite 1310

Boston, MA 02108

Phone: 617-586-1340 (Voicemail only)

Email: MOVA@mass.gov

Office for Victims of Crime's Directory of Crime Victim Services

<https://ovc.ojp.gov/>

<http://ovc.ncjrs.gov/findvictimservices/>

Choose Your State and the Type of Assistance you are looking for

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

Statewide Hotline: 877-785-2020 (Toll-free), 877-521-2601 (TTY)

Statewide Spanish Rape Crisis Helpline: 800-223-5001

Jane Doe, Inc.

www.janedoe.org

The Massachusetts Coalition Against Sexual Assault and Domestic Violence

Mailing Address:

PO Box 960849

Boston, MA 02196

Phone: 617-248-0922

SafeLink Statewide Hotline: 877-785-2020, 877-521-2601 (TTY)

Email: info@janedoe.org

Easter Seals Offices

Easterseals Massachusetts State Headquarters

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

18 Chestnut Street, Suite 200

Worcester, MA 01608

Phone: 800-244-2756

Email: info@eastersealsma.org

Easterseals Massachusetts' mission is to provide services to ensure children and adults with disabilities have equal opportunities to live, learn, work and play. With an individualized approach to all services, they focus on the power of unlocking every person's full potential. Easterseals Massachusetts serves all regions of Massachusetts creating a thriving network for the Disability and Veteran communities. Their therapists and specialists are experts in their field providing the most exceptional services in a wide range of settings.

For more information on Easterseals Massachusetts Assistive Technology Regional Centers, please go to <https://www.easterseals.com/ma/about-us/locations/locations.html>

Government Offices

Massachusetts State Website

<http://www.mass.gov>

Massachusetts SHINE Program

<https://www.mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program>

Phone: 800-243-4636 (MassOptions), 800-439-2370 (TTY/ASCII), 800-439-0183 (Relay)

Email: SHINE@state.ma.us

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

Massachusetts Office on Disability

<https://www.mass.gov/orgs/massachusetts-office-on-disability>

Mailing Address:

1 Ashburton Place

Room 1305

Boston, MA 02108

Phone: 617-727-7440, 800-322-2020 (Toll-free)

Massachusetts Medicare Part D

<https://q1medicare.com/PartD-Medicare-PartD-PDP-Massachusetts.php?st=MA&prodid=240>

Massachusetts Executive Office of Health and Human Services

<https://www.mass.gov/orgs/executive-office-of-health-and-human-services>

1 Ashburton Place

Boston, MA 02108

Phone: 617-573-1600

Massachusetts Rehabilitation Commission

<https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

Central Office

600 Washington Street

Boston, MA 02211

Phone: 617-204-3600, 800-245-6543 (Voice/TDD)

Email: MRC.generalinformation@Massmail.State.MA.US

MassHealth: Medicaid and Children's Health Insurance Program (CHIP)

<https://www.mass.gov/orgs/masshealth>

100 Hancock St, 1st Floor

Quincy, MA 02171

Phone: 800-841-2900 (Customer Service Center)

Disabilities Commission (City of Boston)

<https://www.boston.gov/departments/disabilities-commission>

1 City Hall Square

Room 967

Boston, MA 02201-2041

Phone: 617-635-3682

Email: disability@boston.gov

The Commission works to increase opportunities for people with disabilities in the city of Boston. This includes reducing architectural, procedural, and communication barriers as well as promoting accessibility in the areas of pedestrian access, housing, education, employment, transportation, civic activities, and the built environment.

Massachusetts Division of Insurance

<https://www.mass.gov/orgs/division-of-insurance>

Mailing Address:

1000 Washington Street, Suite 810

Boston, MA 02118-6200

Phone: 617-521-7794, 877-563-4467 (Toll-free)

Massachusetts Dept. of Industrial Accidents: Workers' Compensation

<https://www.mass.gov/orgs/departments-of-industrial-accidents>

Boston Office

Lafayette City Center

2 Avenue de Lafayette

Boston, MA 02111-1750

Phone: 617-727-4900, 800-323-3249 (Toll-free), 800-224-6196 (TDD)

Email: Info2@mass.gov

To locate additional Department of Industrial Accidents Locations, please go to

<https://www.mass.gov/orgs/departments-of-industrial-accidents/locations>

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 Long-Term Care (LTC) Ombudsman

<https://www.mass.gov/info-details/ombudsman-programs#long-term-care-ombudsman->

Massachusetts Executive Office of Elder Affairs

One Ashburton Place, 3rd Floor
Boston, MA 02108
Phone: 617-727-7750, 617-222-7495
Email: information.resources@mass.gov

The long-term care Ombudsman is an advocate working to resolve problems related to the health, welfare and rights of individuals living in nursing, rest homes, and assisted living residences.

Housing

Fannie Mae

www.fanniemae.com
Boston Office
265 Franklin Street
10th Floor, Unit 1003
Boston, MA 02110
Phone: 800-232-6643

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

www.hud.gov
451 7th Street, SW
Washington, DC 20410
Phone: 202-708-1112, 202-708-1455 (TTY)
HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org
211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Home Modification Loan Program

<https://www.mass.gov/home-modification-loan-program-hmlp>
18 Tremont Street, Suite 500
Boston, MA 02108
Phone: 866-500-5599, 617-727-5944
Email: info@cedac.org

A Collaboration of the Massachusetts Rehabilitation Commission (MRC) and Community Economic Development Assistance Corporation (CEDAC). The Home Modification Loan Program provides no interest loans to modify the homes of adults and children with disabilities.

Housing Navigator Massachusetts

<https://housingnavigatorma.org/>

An online listing and search tool that helps people with disabilities find rental housing in Massachusetts, primarily accessible and barrier-free housing.

Independent Living

ILRU: Statewide Independent Living Councils (SILCs)

Massachusetts State Independent Living Council

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

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

Mailing Address:

1 Clarks Hill, Suite 200

Framingham, MA 01702

Phone: 508-620-7452 (TTY)

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

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.

AdLib Center for Independent Living

www.adlibcil.org

215 North St

Pittsfield, MA 01201

Phone: 413-442-7047

Email: info@adlibcil.org

An independent living center serving the Berkshire region of Mass.

The Boston Home

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

2049 Dorchester Ave

Boston, MA 02124-4799

Phone: 617-825-3905

The Boston Home serves adults with advanced Multiple Sclerosis and other progressive neurological diseases through exceptional clinical care, compassion, and innovative programs.

Boston Center for Independent Living, Inc.

www.bostoncil.org

60 Temple Place, 5th Floor

Boston, MA 02111

Phone: 617-338-6665, 617-338-6662 (TTY), 866-338-8085 (Toll-free)

Email: contactBCIL@bostoncil.org

The Boston Center for Independent Living is a frontline civil rights organization led by people with disabilities that advocates to eliminate discrimination, isolation and segregation by providing advocacy, information and referral, peer support, skills training, and PCA services in order to enhance the independence of people with disabilities.

Library Services

Perkins Library

<https://www.perkins.org/library/>

175 North Beacon Street

Watertown, MA 02472

Phone: 617-972-7240, 800-852-3133 (Toll-free)

Email: Library@Perkins.org

Hours of Operation: 8:30-5:00 M-W-F, 8:30-7:00 T-Th

Worcester Talking Book Library

<http://talkingbook.mywpl.org>

Worcester Public Library

3 Salem Square

Worcester, MA 01608-2015

Phone: 508-799-1730, 800-762-0085 (Toll-free, In state)

Email: talkbook@mywpl.org

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

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 Law Center, Inc (DLC)

<http://www.dlc-ma.org>

Boston (Main) Office

11 Beacon Street, Suite 925

Boston, MA 02108

Phone: 617-723-8455, 800-872-9992

Email: mail@dlc-ma.org

DLC is the federally mandated Protection and Advocacy (P&A) agency for Massachusetts. The P&A system is a national network of disability rights agencies investigating abuse and neglect and providing legal representation and other advocacy services to people with disabilities.

To locate additional Disability Law Center offices, please go to

<https://www.dlc-ma.org/our-offices/>

Massachusetts Client Assistance Program (CAP)

<https://www.mass.gov/info-details/cap-assistance-with-vr-and-il-services>

Massachusetts Office on Disability

Mailing Address:

One Ashburton Place

Room 1305

Boston, MA 02108

Phone: 617-727-7440, 800-322-2020

Email: contactCAPMA@mass.gov

Greater Boston Legal Services

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

197 Friend Street

Boston, MA 02114

Phone: 617-371-1234, 800-323-3205 (Toll-free)

To locate additional Greater Boston Legal Services locations, please go to

<https://www.gbls.org/get-legal-help/service-locations>

Disabled Persons Protection Commission

<https://www.mass.gov/orgs/disabled-persons-protection-commission>

300 Granite Street, Suite 404

Braintree, MA 02184

Phone: 617-727-6465

Service Dogs

Canines for Disabled Kids

www.caninesforkids.org

65 James St, Suite 210

Worcester, MA 01603

Phone: 978-422-5299

Email: info@caninesforkids.org

Assists adults and children to find the right service dog for them.

NEADS World Class Service Dogs

<http://www.neads.org>

Physical; Address:

305 Redemption Rock Trail South

Princeton, MA 01541

Mailing Address:

PO Box 1100

Princeton, MA 01541

Phone: 978-422-9064 (TDD)

Sports and Recreation

Access Recreation Boston

www.accessrec.org

Mailing Address:

Institute for Human Centered Design

Attn: Access Recreation New England

200 Portland Street

Boston, MA 02114

Email: info@accessrecboston.org

Access Recreation Boston is a coalition of organizations and individuals dedicated to increasing and enhancing recreation opportunities for people with disabilities in the greater Boston area.

AccessSportAmerica

<https://goaccess.org/>

119 High Street

Acton, MA 01720

Phone: 978-393-1143

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 young adults who have visual or mobility impairments.

Boston Self Help Center, Inc.

<https://bostonselfhelpcenter.org/>

1534 Tremont St

Roxbury, MA 02120

Phone: 617-277-0080

Email: info@bostonselfhelpcenter.org

This non-profit is run by and for people with disabilities and chronic illnesses. They provide and advocate for adaptive sports, recreation, and other resources for individuals with disabilities.

Community Rowing, Inc.

<http://communityrowing.org/>

Harry Parker Boathouse

20 Nonantum Road

Brighton, MA 02135

Phone: 617-779-8267

Email: info@communityrowing.org

Community Rowing, Inc. (CRI) changes lives and communities by providing access to the sport of rowing and its profound social benefits.

Duxbury Bay Maritime School

<https://dbms.org/>

457 Washington St

Duxbury, MA 02332

Phone: 781-934-7555

Email: dbms@dbms.org

This Maritime School connects people of all ages, abilities and means to Duxbury Bay through educational and recreational programs. They offer marine science and fishing, paddle boarding, sailing, rowing, power boating, yoga, and more.

Golf for All

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

Mailing Address:

PO Box 81246

Wellesley Hills, MA 02481

Phone: 617-600-4673

Email: info@golfforall.org

Golf for All is dedicated to providing free, accessible golf programs for wounded warriors – US military veterans – children and adults with autism and autism-spectrum disorders, and others facing physical, emotional, and cognitive challenges.

Kids in Disability Sports

<https://www.kidsinc.us>

PO Box 1397
Lowell, MA 01853
Phone: 978-473-8020
Email: info@kidsinc.us

Mass Audubon

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

208 South Great Road

Lincoln, MA 01773

Phone: 781-259-9500, 800-283-8266

This nature preservation organization works to increase equitable access to nature in Massachusetts. This includes access to greenspaces, environmental education, career opportunities, and more. They have wheelchair accessible trails known as All Persons Trails at wildlife sanctuaries across the state.

Massachusetts Department of Conservation and Recreation: Universal Access Program

<https://www.mass.gov/orgs/universal-access-program>

PO Box 484

Amherst, MA 01004

Phone: 413-461-7126

Email: DCR.UniversalAccess@mass.gov

New England Blazers

www.neblazers.com

Wheelchair Sports Programs

4 Hickory Lane

Saugus, MA 01906

Phone: 617-448-3709

A wheelchair basketball team.

Piers Park Sailing Center

<http://piersparksailing.org/>

95 Marginal St

East Boston, MA 02128

Phone: 617-561-6677

Piers Park Sailing Center (PPSC) is a community sailing center dedicated to providing affordable year-round recreational, educational and personal growth opportunities for people of all ages and abilities through sailing and other activities in Boston Harbor.

Space2Thrive, Inc.

<https://www.space2thrive.org/>

Millville, MA 01529

This organization provides spaces where individuals with disabilities and their families can access recreational opportunities and participate in adaptive sports. They hold events to connect peers, children and families and provide schools with inclusive play equipment.

STRIDE Adaptive Sports

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

4482 NY Highway 150

West Sand Lake, NY 12196

Phone: 518-598-1279

Email: info@stride.org

Some of their winter programs are in Massachusetts

Webster Water Ski Collective

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

Phone: 508-944-9793, 774-495-0165

Email: Adaptive@WebsterWaterSki.org

Webster water ski offers an adaptive ski program, where disabled individuals can participate in their services and events.

United Way

United Way

<http://unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter postal code for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

Veteran Benefits

U.S. Department of Veterans Affairs: Facility Locator

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

VA Boston Healthcare System - West Roxbury Division

1400 VFW Parkway

West Roxbury, MA 02132

Phone: 617-323-7700

New England PVA Chapter

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

1208 VFW Parkway, Suite 301

West Roxbury, MA 02132

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

ALS

The ALS Association's Massachusetts Chapter

<https://www.als.org/support/states/massachusetts#contact>

Phone: 781-255-8884
Email: infoMA@als.org

Compassionate Care ALS

www.ccals.org

PO Box 1052

West Falmouth, MA 02574

Phone: 508-444-6775

Email: info@ccals.org

CCALS is a nonprofit organization that offers individualized support to those currently living with ALS, their families and caregivers.

Brain Injury

Brain Injury Association of Massachusetts

<http://www.biama.org>

30 Lyman Street, Suite 10

Westborough, MA 01581

Phone: 508-475-0032, 800-242-0030 (Help Line)

Email: biama@biama.org

Spaulding-Harvard TBI Model System

<https://spauldingrehab.org/research/programs-labs/traumatic-brain-injury>

Spaulding Rehabilitation Hospital

300 First Avenue

Charlestown, MA 02129

Phone: 617-952-6310

Email: mjbergin@partners.org

Cerebral Palsy

UCP of Western Massachusetts

<https://ucpwma.org>

208 West Street

Pittsfield, MA 01201

Phone: 413-442-1562 (TTY)

Email: info@ucpwma.org

UCP of MetroBoston

<http://www.ucpboston.org>

71 Arsenal Street

Watertown, MA 02472

Phone: 617-926-5480

Email: ucpboston@ucpboston.org

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

To locate National Ataxia Foundation Support Groups, please go to

<https://www.ataxia.org/support-groups/>

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

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Greater New England Chapter

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

Physical Address:

465 Waverly Oaks Rd

Ste 202

Waltham, MA 02452

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867

Multiple Sclerosis Association of America

<http://mymsaa.org>

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: msaa@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

Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

Jett Foundation, Inc.

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

65 Cordage Park Circle, Suite 130

Plymouth, MA 02360

Phone: 781-585-5566

Email: info@jettfoundation.org

This foundation is dedicated to funding Duchenne muscular dystrophy research. Its primary focus is direct service programming for families impacted by Duchenne and other neuromuscular disorders. They host a weeklong camp, family workshops, community seminars, and more. They also have the Jett Giving Fund, which offers families financial assistance through three branches of support: the Accessible Vehicle Fund, Equipment Assistance Fund, and Emergency Fund.

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

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

Directory lists Health Professionals, Clinics, and Support Groups.

International Rehabilitation Center for Polio (IRCP) at Spaulding Framingham

<https://spauldingrehab.org/conditions-services/polio>

Spaulding Outpatient Center Framingham

570 Worcester Road

Framingham, MA 01702

Phone: 617-952-5000 (Inpatient Services), 508-872-2200

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. To locate Spina Bifida Clinics, please go to <https://www.spinabifidaassociation.org/clinics/>.

SBA of Greater New England (Formerly SBA of Massachusetts)

www.SBAGreaterNE.org

PO Box 681

Natick, MA 01760

Phone: 888-479-1900

Email: jbertschmann@sbagreaterne.org

Pappas Rehabilitation Hospital for Children (PRHC)

<https://www.mass.gov/locations/pappas-rehabilitation-hospital-for-children>

3 Randolph Street

Canton, MA 02021

Phone: 781-828-2440

Spinal Cord Injury

SCIBoston Chapter of United Spinal Association

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

New England Rehabilitation Hospital

2 Rehabilitation Way

Woburn, MA 01801

Phone: 617-952-5643

Email: info@sciboston.org

Massachusetts Walks Again

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

A collaborative of researchers and consumers working toward a cure for SCI.

Spaulding New England Regional Spinal Cord Injury Center

<http://www.bu.edu/nerscic/>

300 First Ave.

Charlestown, MA

Phone: 617-952-6174

Email: destrada@partners.org

A model spinal cord injury facility.

Spinal Cord Injury Support Groups in Massachusetts

<https://brainandspinalcord.org/support-groups-spinal-cord-injury-massachusetts/>

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

American Heart Association: Massachusetts

<https://www.heart.org/en/affiliates/massachusetts>

93 Worcester St

Wellesley, MA 02481

Phone: 781-373-4500

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282 (Toll-free)

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

General Disability Resources

DisabilityInfo.org: An INDEX website

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

Eunice Kennedy Shriver Center

University of Massachusetts Chan Medical School

55 Lake Avenue North, S3-301

Worcester, MA 01655

Phone: 800-642-0249 (Toll-free)

INDEX helps people with disabilities find the information they need. They collect and keep info on programs, providers and services in Massachusetts that have something to offer to people with disabilities. INDEX is a project of the Eunice Kennedy Shriver Center at the University of Massachusetts Medical School.

Empower Spinal Cord Injury

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

Mailing Address:

PO Box 582

Warren, RI 02885

Phone: 315-427-2504

Email: ccallahan@empowersci.org

Empower SCI is a non-profit corporation established to enable individuals with spinal cord injuries to lead happier, more meaningful and more independent lives. Empower SCI seeks to fill the gap in the rehabilitation industry that has been created by a decrease in length of stays at rehabilitation hospitals and outpatient services during the recovery from a spinal cord injury.

Federation for Children with Special Needs (FCSN)

<http://fcsn.org/>

The Schrafft Center

529 Main Street, Suite 1M3

Boston, MA 02129

Phone: 617-236-7210, 800-331-0688 (in MA)

Email: info@fcsn.org

FCSN provides information, support, and assistance to parents of children with disabilities, their professional partners, and their communities. They are committed to listening to and learning from families and encouraging full participation in community life by all people, especially those with disabilities.

Healthboards.com

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

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

Massachusetts Yellow Pages for Kids with Disabilities

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

Massachusetts Association for Occupational Therapy

<http://www.maot.org>

PO Box 850543

Braintree, MA 02185

Email: info@maot.org

Massachusetts Chapter of the American Physical Therapy Association

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

90 Sherman Street

Cambridge, MA 02140

Phone: 857-702-9915

Email: aptama@libertysquaregroup.com

Association of People Supporting Employment First: Massachusetts Chapter

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

Massachusetts Catastrophic Illness in Children Relief Fund

<https://www.mass.gov/catastrophic-illness-in-children-relief-fund-cicrf>

Massachusetts Department of Public Health
250 Washington St, 5th floor
Boston, MA 02108-4619
Phone: 617-624-6000, 617-624-5951
Email: CICRF.DPH@mass.gov

The Catastrophic Illness in Children Relief Fund (CICRF) provides financial assistance to qualified families caring for children with special health needs and disabilities. The CICRF can help families with certain medical and related expenses that are not covered by insurance, public benefits or other financial source.

Book:

Jackins, Barbara D. **Legal Planning for Special Needs in Massachusetts**. Brookline, Mass.: DisabilitiesBooks, Inc., 2006.

Project HOPE Boston, Inc.

<https://www.prohope.org/>
550 Dudley Street
Boston, MA 02119
Phone: 617-442-1880
Email: info@Prohope.org

Project HOPE works with women and families in the Dorchester and Roxbury neighborhoods of Boston on their journeys out of poverty. They offer academic and English language learning, family childcare, housing support, family shelter, and ambassador's bureau.

SMILE Mass

<https://smilemass.org>
66 Dudley Road
Sudbury, MA 01776
Phone: 617-967-7755
Email: info@smilemass.org

SMILE Mass's mission is to create a day trip or a vacation opportunity without barriers, with their first project on Cape Cod, Massachusetts. SMILE Mass will work with surrounding recreational facilities to provide accessible equipment and opportunities for anyone with mobility issues.

Triangle, Inc

<https://triangle-inc.org/>
450 Broadway
Malden, MA 02148
Phone: 781-322-0400

Through support, challenge, and opportunity, Triangle empowers people with disabilities and their families to enjoy rich, fulfilling lives. We are committed to helping the world realize that we are all people with ability.

Paralysis Center

www.ParalysisCenter.org

Physical Address:

Spaulding Hospital Cambridge

1575 Cambridge St

Cambridge, MA 02138

Mailing Address:

1575 Cambridge St, Box 9

Boston, MA 02138

Phone: 844-930-1001

Email: Contact@ParalysisCenter.org

The Paralysis Center is a comprehensive paralysis treatment center serving various forms of paralysis including brachial plexus injury, spinal cord injury, stroke, spasticity, foot drop, and acute flaccid myelitis. It is jointly run by Massachusetts General Hospital and Spaulding Rehabilitation Hospital.

Partners for Youth with Disabilities

<http://www.pyd.org>

89 South Street, Suite 103

Boston, MA 02111-2752

Phone: 617-556-4075

Email: info@pyd.org

Offers a mentoring program as well as counseling on health care needs.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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