



Washington 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. [https://www.healthcare.gov/what-is-the-marketplace-in-my-state/ - state=washington](https://www.healthcare.gov/what-is-the-marketplace-in-my-state/-state=washington)

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the

full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Washington Aging and Long Term Support

<https://www.dshs.wa.gov/altsa>

4450 10th Ave SE
PO Box 45600
Blake West
Lacey WA 98503
Phone: 360-725-2300

Washington Association of Area Agencies on Aging

www.agingwashington.org

Olympia, WA 98502
Phone: 360-485-9761

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.

Assistive Technology

Washington Assistive Technology Act Program (WATAP)

<http://watap.org/>

University of Washington
Center for Technology and Disability Studies
P.O Box 354237
Seattle, WA 98195-7920
Phone: 800-214-8731 (in state only)
Toll-free: 866-866-0162
TTY: 866-866-0162
Email: watap@uw.edu

Northwest ADA Center

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

Center for Continuing Education in Rehabilitation
University of Washington
6912 220th St S.W., Suite 105
Mountlake Terrace, WA 98043
Phone/TTY: 425-248-2480
Toll-free: 800-949-4232
Email: nwadactr@uw.edu

Washington Access Fund aka Northwest Access Fund
www.washingtonaccessfund.org or www.nwaccessfund.org
PO Box 55759
Shoreline, WA 98155
Phone: 206-328-5116; 877-428-5116 (toll-free)
TTY: 888-494-4775
Email: info@washingtonaccessfund.org

Mobility Builders
<http://www.mobilitybuilders.org/index.html>
P.O. Box 20482
Seattle, WA 98113
Phone: 206-328-7835
Email: info@mobilitybuilders.org

Mobility Builders create customized and cost-effective wheelchairs for people with disabilities in developing countries.

Bridge Ministries
<http://bridgemin.org/medical-equipment/>
12340 Northup Way
Bellevue, WA 98005
Phone: 425- 885-1006
Email: bridge@bridgemin.org

Their Meyer Medical Equipment Center helps people with a wide range of medical needs, while helping caregivers at the same time. Meyer Medical Equipment Center accepts new and gently used equipment, cleans and repairs it, and then makes it available to those in the community who would not otherwise be able to obtain it.

Caregivers Information

Well Spouse Association
www.wellspouse.org
Vancouver Well Spouse Support Group
Donita Parker
Phone: 360-892-1031

Community Health Centers

Washington Association for Community Health

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

101 Capitol Way N, Suite 201

Olympia, WA 98501

Phone: 360-786-9722

Email: staff@wacommunityhealth.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

Washington Crime Victims Compensation Program

<https://lni.wa.gov/claims/crime-victim-claims/apply-for-crime-victim-benefits/>

Victim Compensation

Phone: 800-762-3716

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

www.safehorizon.org

Domestic Violence Help

National Domestic Violence Hotline: 800-799-SAFE (7233); TTY: 800-787-3224

National Resource Center on Domestic Violence: 800-537-2238

Statewide Hotline: 800-562-6025

Washington Coalition of Sexual Assault Programs

www.wcsap.org

5426 N. Rd 68 Suite D #311

Pasco, WA 99301

Washington State Coalition Against Domestic Violence

<http://www.wscadv.org>

107 Spring Street

Seattle, WA 98104

Phone: 206-389-2515

Email: wscadv@wscadv.org

Domestic Violence Services of Snohomish County

<https://dvs-snoco.org/>

PO Box 7

Everett, WA 98206

Phone: 425-252-2873

Email: info@dvs-snoco.org

Domestic Violence Services is a non-profit organization serving Snohomish County since 1976. We are the only program in Snohomish County providing emergency shelter and comprehensive, confidential services to all victims of domestic abuse. Domestic Violence Services provides individual and community awareness programs.

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 those certain needs can be met.

Easterseals Offices

Easterseals

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

Easter Seals 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.

Easterseals Washington

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

200 W. Mercer St. Suite 210E

Seattle, WA 98119-3954

Phone: 206-281-5700

For information on Child Development Centers in Washington, please go to <https://www.easterseals.com/washington/programs-and-services/childrens-services/locations.html>

Government Offices

Washington State Website

<http://access.wa.gov/>

Washington State Human Rights Commission

<http://www.hum.wa.gov/>

711 S. Capitol Way, Suite 402

Olympia, WA 98504

Phone: 800-233-3247 (toll-free) (English or Spanish)
TTY: 800-300-7525

Washington SCHIP Program (State Children's Health Insurance Program)

<http://www.hca.wa.gov/medicaid/Pages/index.aspx>

Apple Health for Kids

Phone: 800-562-3022

Email: askmedicaid@hca.wa.gov

Washington SHIP Program (State Health Insurance Information Program - for Seniors)

<http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/>

SHIBA (Statewide Health Insurance Benefits Advisors)

PO Box 40255

Olympia, WA 98504-0255

Phone: 800-562-6900 (toll-free)

TDD: 360-586-0241

Washington State Health Insurance Pool

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

P.O. Box 1090

Great Bend, KS 67530

Phone: 800-877-5187

Washington High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

Washington Insurance Commissioner

<http://www.insurance.wa.gov/>

Washington State Worker's Compensation

<https://www.lni.wa.gov/claims/for-workers/injured-what-you-need-to-know/>

Phone: 800-547-8367

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

Long-Term Care Ombudsman for Washington State

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

1200 S. 336th St.

Federal Way, WA 98003

Info & Intake line: 1-800-562-6028

TTY: 800-737-7931

Email: ltcop@mschelps.org

The Long-Term Care Ombudsman assists people who are in nursing homes or other long-term care facilities. Abuses can be reported to them.

Housing

Housing and Urban Development (HUD)

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 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.

King County Housing Authority Housing Search

<https://www.kcha.org/housing/search>

A free resource to help find affordable housing or apartments for rent in King County in Washington.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Washington Independent Living Council

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

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

PO Box 45343

Olympia, WA 98504

Phone: 1-800-624-4105

Email: velaem@dshs.wa.gov

Independent Living Research Utilization’s directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 844-778-7961

TTY: 202-207-0340

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.

Library Services

Washington Talking Book & Braille Library

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

Administered by Seattle Public Library

2021 9th Avenue

Seattle, WA 98121

Phone: 206-615-0400; 800-542-0866

Email: wtbbl@sos.wa.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/gol for more info on qualifying and applying.

The Here and Now Project

www.hereandnowproject.org

PO Box 1572

Sumner, WA 98390

Phone: 253-880-5634

Email: info@hereandnowproject.org

The Here and Now Project is a social support network for those living with paralysis and other mobility disabilities. Through direct hospital outreach, monthly social groups,

community activities and larger annual gatherings, they have built a fellowship who encourage and inspire each other to “Do Life” in the here and now.

Protection and Advocacy

Client Assistance Program (CAP)

<http://www.washingtoncap.org>

Phone: 206-849-2939

Toll-free: 800-544-2121

TTY: 888-721-6072; 206-721-6072

E-Mail: washingtoncap2@gmail.com

Disability Rights Washington

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

315 5th Avenue South, Suite 850

Seattle, WA 98104

Phone: 206-324-1521

Toll-free: 800-562-2702 (nationwide)

E-Mail: info@dr-wa.org

Service Dogs

Paws Abilities (predominately an obedience school)

914 Industry Drive #22

Tukwila, WA 98188

Phone: 206-277-3794

Summit Assistance Dogs

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

PO Box 699

Anacortes, WA 98221

Phone: 360-293-5609

Email: info@summitdogs.org

Cedarwoods Canine School

<http://www.cedarwoods-k9.com/>

5602 Guide Meridian Rd.

Bellingham, WA 98226

Phone: 360-384-6955

Email: cedarwoodsk9school@gmail.com

Prison Pet Partnership Program

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

9601 Bujacich Rd

Gig Harbor, WA 98332

Phone: 253-858-4240

Email: info@prisonpetpartnership.org

Sports and Recreation

C.A.S.T. for Kids Foundation

www.castforkids.org

Bernadette Darby, Operations Manager
Northwestern Regional Director
2755 Commercial St. SE, Suite 101
Salem, WA 97302
Phone: 541-992-0441
Email: bernadette@castforkids.org

Free Rein Therapeutic Riding

<https://freereinspokane.com/>

P.O. Box 30893
Spokane, WA 99223
Phone: 509-979-1468
Email: info@freereinspokane.org

This non-profit organization has adaptive riding and military horsemanship programs. Instructors work to develop goals specific to the rider's needs.

Little Bit Therapeutic Riding Center

www.littlebit.org

18675 NE 106th Street
Redmond, WA 98052
Phone: 425-882-1554
Email: littlebit@littlebit.org

This center offers individuals with disabilities adaptive horseback riding and hippotherapy programs. Their services include adaptive riding, therapy, horsemanship program, equine-facilitated psychotherapy, first responder program, equine-assisted leadership development academy, and more.

Outdoors for All Foundation

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

6344 NE 74th St., Suite 102
Seattle, WA 98115
Phone: 206-838-6030 ext. 200
Email: info@outdoorsforall.org

Washington Trails Association: Accessible Trails

<http://www.wta.org/trail-news/signpost/accessible-trails>

Washington State Parks ADA Accessible Recreation

<https://parks.wa.gov/find-activity/activity-search/ada-accessible-recreation>

Phone: 360-902-8844 (State Parks Information Center), 800-833-6388 (Washington Relay Service), 888-226-7688 (State Parks reservations)
Website offers an interactive map to find parks with ADA features and amenities.

**BlazeSports Spokane
Team St. Luke's**

<http://www.st-lukes.org/sub.aspx?id=436&terms=sports>

711 S. Cowley St.

Spokane, WA 99210-0469

Phone: 509-473-6058

Greater Metro Parks Foundation

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

4702 South 19th Street

Tacoma, WA 98405

Phone: 253-305-1066

Email: info@metroparksfoundation.org

Has an Adaptive Recreation program (along with other services) that provides fun and active opportunities for people with physical disabilities.

United Way Offices

**National United Way
National Headquarters**

<http://www.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

US Department of Veterans Affairs VA Hospital

<http://www.va.gov/directory/guide/state.asp?State=WA&dnum=ALL>

Lists all VA facilities in Washington state

Washington Chapter Paralyzed Veterans of America Offices

<http://www.pva.org>

616 SW 152nd Street, Suite B

Burien, WA 98166

Phone: 206-241-1843, 800-336-9782

Email: pvachnw@mindspring.com

ALS

The ALS Association (ALSA) National Office

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

1300 Wilson Blvd., Suite 600

Arlington, VA 22209

Phone: 202- 407-8580

Call for info in your area. For information on support groups, please go to <https://www.als.org/support/support-groups>.

**Muscular Dystrophy Association's ALS Research Center:
MDA/ALS Center at the University of Washington Medical Center**

<http://www.mda.org/clinic/university-washington-medical-center>

Michael Weiss, M.D., Director

Department of Neurology/Electromyography

1959 NE Pacific

Seattle, WA 98195

Phone: 206-598-0058

Brain Injury

Brain Injury Alliance of Washington

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

BIAWA

113 Cherry St

PMB 40683

Seattle, WA 98104-2205

Phone: 206-467-4800

Toll Free: 877-982-4292

Email: info@biawa.org

The Brain Injury Alliance's mission is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

Washington TBI Model System

<http://tbi.washington.edu/>

University of Washington

UW Department of Rehabilitation Medicine

Box 356490

Seattle, WA 98195

Phone: 206-543-0219

Toll-free: 800-246-6968

Email: uwtbi@uw.edu

Cerebral Palsy

United Cerebral Palsy Oregon & SW Washington Office

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

305 NE 102nd Ave., Suite 100

Portland, OR 97220

Phone: 503-777-4166

Email: ucpa@ucpaorwa.org

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

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

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Please contact them for local chapters or support groups in Washington

Western Washington Support Group

Contact: Sherry McLaughlin

Phone: 360-344-2445

Email: cherilyn546@gmail.com

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

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

375 East Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

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

Phone: 800-344-4867

For information on chapters, go to <https://www.nationalmssociety.org/resources/get-connected/in-your-area>.

Multiple Sclerosis Association of America Western Regional Office

<http://mymsaa.org/about-msaa/regional/#Western>

(California, Oregon, Nevada, Utah, Arizona, Hawaii, Washington, Alaska)

Seattle, WA

Phone: 415-260-6420

Email: western@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

1016 W Jackson Blvd #1073

Chicago, Illinois 60607

Phone: 800-572-1717

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. #440

St. 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 by state.

Spina Bifida

Spina Bifida Association of America

<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. For information on Spina Bifida clinics, please go to <http://www.spinabifidaassociation.org/clinics/#U-Z>.

Spinal Cord Injury

Here and Now Project

<http://hereandnowproject.org/>

PO Box 1572

Sumner, WA 98390

Email: info@hereandnowproject.org

The Here and Now Project is breaking through the isolation paralysis can create by connecting people whose lives have been affected by paralysis. Between their rotating **calendar** of support meetings and **larger annual meet ups**, they are building a fellowship where the interchange of experience, strength and hope empowers people living with paralysis as they strive for an enhanced, more accessible life.

Northwest Regional Spinal Cord Injury System—Model SCI facility

<http://sci.washington.edu/>

University of Washington

Department of Rehabilitation Medicine

Box 356490

Seattle, WA 98195

Phone: 206-616-2183, 800-366-5643

Email: nwrcis@u.washington.edu

Pushing Boundaries

<http://www.pushing-boundaries.org/>

4162 148th Ave NE, Bldg. 1

Redmond, WA 98052
Phone: 425-869-9506
Email: info@pushing-boundaries.org
SCI rehab and exercise facility. They are offering FES biking, exercise and gait training.

Stroke

American Stroke Association

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

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-800-242-8721
Call them for the stroke support group in your area

Primary Stroke Centers accredited by The Joint Commission:

To locate primary stroke centers in your area, go to <https://www.jointcommission.org/>

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<http://www.asap.org>

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-ASAP-282
Email: info@ASAP.org
Please contact them for local support groups in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

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

General Disability Resources

Washington Yellow Pages for Kids with Disabilities

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

Northwest Regional Spinal Cord Injury System's Community Mobility: Getting Where You Want to Go online video

http://sci.washington.edu/info/forums/reports/transportation_2011.asp

A taped forum on transportation options for people with disabilities in the greater Seattle area.

Northwest Women Wheelers Network

<https://www.facebook.com/NorthwestWomenWheelersNetwork/about>

<https://nwwwn.org/>

Seattle, WA area

Email: info@nwwwn.org

A social and support group whose members are primarily from the greater Seattle/Tacoma area but also from Oregon and California.

DO-IT: Disabilities, Opportunities, Internetworking and Technology

<http://www.washington.edu/doit/>

University of Washington

Box 354842

Seattle, WA 98195-4842

Phone: 206-685-DOIT (3648) (v/tty), 888-972-DOIT (3648) (toll-free v/tty), 509-328-9331 (voice/TTY)

Email: doit@uw.edu

Newsletter available online at www.washington.edu/doit/Newsletters

Promotes educational opportunities for people with disabilities.

Washington Chapter of the American Occupational Therapy Association

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

Washington Occupational Therapy Association

1402 Auburn Way W., #236

Auburn, WA 98002

Phone: 206-209-5288

Email: info@wota.org

American Physical Therapy Association Washington

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

APTA Washington

208 Rogers Street, NW

Olympia, WA 98502

Phone: 800-554-5569

Email: info@apta.org

Washington First Call 2-1-1

<https://wa211.org/>

Phone: 211; 877-211-WASH (9274)

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.

Provail

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

12550 Aurora Ave North
Seattle, WA, 98133
Phone: 206-363-7303

Provides services for adults and children with disabilities such as assistive technology, employment training, dental clinic, etc.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill Street, Suite F
Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

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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