



California Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

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

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

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

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

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

assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

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

California Department of Aging

<https://www.aging.ca.gov/>

2880 Gateway Oaks Drive, Suite 200

Sacramento, CA 95833

Phone: 916-419-7500, 800-735-2929 (TTY)

The Department contracts with the network of Area Agencies on Aging, who directly manage a wide array of federal and state-funded services that help older adults find employment; support older and disabled individuals to live as independently as possible in the community; promote healthy aging and community involvement; and assist family members in their vital care giving role. CDA also contracts directly with agencies that operate the Multipurpose Senior Services Program through the Medi-Cal home and community-based waiver for the elderly and certifies Adult Day Health Care centers for the Medi-Cal program. To find services in your community click here (https://www.aging.ca.gov/Programs_and_Services/).

California Association of Area Agencies on Aging

<http://www.c4a.info/>

PO Box 13189

Oakland, CA 94661

Phone: 800-965-1532

Email: aging@c4a.info

Area Agencies on Aging by County

https://www.aging.ca.gov/Providers_and_Partners/Area_Agencies_on_Aging/

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

AXIS Dance Company

www.axisdance.org

Physical Address:

Berkeley Ballet Theatre

1370 Tenth St

Berkeley, CA 94710

Mailing Address:

PO Box 2627

Berkeley, CA 94702

Phone: 510-625-0110

Infinite Flow Dance

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

14622 Ventura Blvd, #102-373

Sherman Oaks, CA 91403

Phone: 949-267-8751

Email: info@infiniteflowdance.org

Infinite Flow Dance based in Los Angeles, CA, is America's first professional wheelchair ballroom dance company, and has a mission to break artistic and social barriers through excellence and innovation in wheelchair dance performance.

NIAD

<http://niadart.org/>

551 23rd Street

Richmond, CA 94804

Phone: 510-620-0290

Email: gallery@niadart.org

NIAD's visual art program promotes meaningful independent living by artists with disabilities—while its artists create remarkable contemporary art.

Raven Drum Foundation

<https://ravendrumfoundation.org/>

904 Manhattan Ave, Suite 9

Manhattan Beach, CA 90266

Email: info@ravendrumfoundation.org

An organization established by Def Leppard drummer Rick Allen to encourage the healing powers of drumming and to help people overcome the emotional and physical pain resulting from traumatic events. The foundation provides free educational programs to inspire personal growth during times of adversity.

Sins Invalid

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

Email: info@sinsinvalid.org

Sins Invalid is an inclusive performance project involving artists of color, queer and gender-variant artists, and artists with disabilities (broadly defined). They present multidisciplinary performances (video, poetry, spoken word, music, drama, and dance) by people with disabilities; organize performance workshops for people with and without disabilities; and offer political education workshops for community based organizations

UCLA: National Arts and Disability Center (NADC)

<https://www.semel.ucla.edu/cadrc>

760 Westwood Plaza

Los Angeles, CA 90095

The National Arts and Disability Center (NADC) is a resource on the inclusion of audiences and artists with disabilities in all facets of the arts community.

Wheelchair Dancers Organization: Dynamic Inclusive Dance

<https://dynamicinclusivedance.org/>

Mailing Address:

4584 Calle De Vida

San Diego, CA 92124

Phone: 858-573-1571

Email: WDO@DynamicInclusiveDance.org

Offers classes in various forms of dance to people with physical challenges.

Assistive Technology

Pacific ADA Center (Region 9)

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

Mailing Address:

PO Box 665

Concord, CA 94522

Phone: 510-831-6714, 800-949-4232 (Toll-free)

Email: info@adapacific.org

AbleCloset

www.AbleCloset.com

Equipment Warehouse

1063 E San Carlos Avenue

San Carlos, CA 94070

Email: info@ablecloset.com

AbleCloset is a northern California non-profit organization that lends assistive technology and equipment to children with special needs. Equipment pickups are in Santa Clara by appointment.

Ability Tools

<http://abilitytools.org>

1000 G Street, #100

Sacramento, CA 95814

Phone: 800-390-2699 (Option 1), 800-900-0706 (TTY)

Ability Tools connects Californians with disabilities to the assistive technology devices, tools and services to make life easier. Ability Tools operates several Device Lending and Demonstration Centers which are located in community-based organizations throughout California. Devices can be borrowed for free for 30 days. Go to <https://abilitytools.org/services/device-lending-library.php> to see what is available for loan. Ability Tools is a project of the California Department of Rehabilitation and the California Foundation for Independent Living Centers with funds allocated by the Assistive Technology Act of 2004.

Center for Accessible Technology (C4AT)

<https://www.c4at.org/>

3075 Adeline St, Suite 220

Berkeley, CA 94703

Phone: 510-841-3224

Email: info@c4at.org

C4AT began life in 1983 when a group of parents of children with disabilities came together to develop strategies for including their children into mainstream elementary school settings. With an initial focus on computer technology, these parents developed models whereby kids with disabilities could be fully included in the school curriculum.

California AT Loan Program

<https://dor.ca.gov/Home/AssistiveTechnology>

California State Department of Rehabilitation

Physical Address:

721 Capitol Mall

Sacramento, CA 95814

Mailing Address:

PO Box 944222

Sacramento, CA 94244-2220

Phone: 916-558-5395, 800-952-5544, 916-558-5673 (TTY)

Email: at@dor.ca.gov

California Assistive Technology Reuse Coalition

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

1000 G Street, Suite 100

Sacramento, CA 95814

Phone: 800-390-2699, 800-900-0706 (TTY)

Email: staff@californiareuse.org

Their mission is to enhance the quality of life for Californians with disabilities by providing them with assistive technology (AT) devices and by innovating the loan process.

Momentum Wheels for Humanity

<https://momentum4humanity.org/>

9509 Vassar Avenue, Unit A

Chatsworth, CA 91311

Phone: 818-255-0100

Email: info@momentum4humanity.org

UCP Wheels for Humanity provides increased self-sufficiency, mobility and education to children, teens and adults with disabilities throughout the world regardless of their political affiliation, religious belief, or ethnic identity.

Caregivers

Caregiver.com

<http://www.caregiver.com>

1900 West Oakland Park Blvd

POB 101147

Oakland Park, FL 33310

University of Southern California: Family Caregiver Support Center

<https://gero.usc.edu/centers/fcsc/>

USC Leonard Davis School of Gerontology

3715 McClintock Ave

Los Angeles, CA 90089

Phone: 800-540-4442 (Toll-free)

Email: fcscgero@usc.edu

Caregiver Resource Center OC

<http://www.caregiveroc.org>

130 W Bastanchury Rd

Fullerton, CA 92835

Phone: 800-543-8312 (Toll-free), 714-446-5030

Inland Caregiver Resource Center

<https://inlandcaregivers.org/>

Physical Address:

1430 E Cooley Drive, Suite #240

Colton, CA 92324

Mailing Address:

PO Box 2266

Colton, CA 92324

Phone: 800-675-6694

Email: info@inlandcaregivers.org

Southern Caregiver Resource Center

<http://caregivercenter.org>

891 Kuhn Drive, Suite #200

Chula Vista, CA 91914

Phone: 858-268-4432, 800-827-1008

Email: scrc@caregivercenter.org

Coast Caregiver Resource Center

<https://www.cottagehealth.org/services/rehabilitation/caregiver-services/>

Cottage Rehabilitation Hospital

Physical Address:

2415 De la Vina Street

Santa Barbara, CA 93105

Mailing Address:

PO Box 689

Santa Barbara, CA 93102

Phone: 805-569-8950, 888-488-6555

Email: ccrc@sbch.org

Del Mar Caregiver Resource Center

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

Salinas Office

150 Cayuga St, Suite 3

Salinas, CA 93901

Phone: 800-624-8304

Family Caregiver Alliance

<http://www.caregiver.org>

235 Montgomery St, Suite 930

San Francisco, CA 94104

Phone: 800-445-8106 (Toll-free), 415-434-3388 (Local)

Del Oro Caregiver Resource Center

<http://www.deloro.org>

8421 Auburn Blvd, Suite 265

Citrus Heights, CA 95610

Phone: 916-728-9333

Passages

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

25 Main Street

Chico, CA 95928

Phone: 800-822-0109 (Toll-free), 530-898-5923 (Local)

Redwood Caregiver Resource Center

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

1140 Sonoma Ave, Suite 1B

Santa Rosa, CA 95405

Phone: 800-834-1636 (Toll-free), 707-542-0282

Email: rcrc@redwoodcrc.org

Well Spouse Association

<http://www.wellspouse.org>

63 West Main Street, Suite H

Freehold, NJ 07728

Phone: 732-577-8899
Email: info@wellspouse.org

Through the Looking Glass

<https://lookingglass.org/>
3075 Adeline St, Suite 120
Berkeley, CA 94703
Phone: 510-848-1112
Email: tlg@lookingglass.org

Through the Looking Glass (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue.

Careers

The World Institute on Disability

<https://wid.org/>
3075 Adeline St, Ste 155
Berkeley, CA 94703
Phone: 510-225-6400
Email: wid@wid.org

The World Institute on Disability (WID) is a nonprofit that works to fully integrate people with disabilities into the communities around them in a variety of different ways.

Community-Based Fitness Programs

NextStep

<http://nextstepfitness.org/>
4447 Redondo Beach Blvd
Lawndale, CA 90260
Phone: 310-363-1859
Email: info@nextstepfitness.org

NextStep is a nonprofit that provides people living with paralysis the opportunity for health and recovery through affordable and progressive community fitness and wellness facilities.

Center of Restorative Exercise (C.O.R.E.)

<http://www.centerofrestorativeexercise.com/>
9631 Reseda Boulevard
Northridge, CA 91324
Phone: 818-718-2673
Email: info@corecenters.org

C.O.R.E. is a state-of-the-art facility for people with chronic illness or debilitating conditions. It is equipped with unique and specialized equipment and provides low cost integrated, structural, personalized and progressive evaluations, treatment plans, and education to help improve function, independence, and self-efficacy.

RISE Paralysis Recovery Center

<https://formagym.com/rise>

Forma Gym

1908 Olympic Blvd

Walnut Creek, CA 94596

Phone: 925-246-5538, 925-932-6400

Email: Rise@formagym.com

RISE Paralysis Recovery Center at Forma Gym is an activity-based recovery program which focuses on function, strength, and improving the physiological and neurological function of people's bodies.

Challenge Center

<https://challengecenter.org/>

5540 Lake Park Way

La Mesa, CA 91942

Phone: 619-667-8644

Challenge Center is an exceptional not-for-profit 501(c)(3) restoring health, hope, and lives. The Center provides skilled physical therapy, specialized fitness, and wellness programs to rehabilitate, increase independence, and improve the quality of life for individuals with severe physical disabilities, their families, and caregivers. With its licensed staff, physical therapy and assisted fitness programs, and state-of-the-art equipment; Challenge Center surpasses every goal by providing the continuum of care often missed by other limited resources.

Community Health Centers

California Primary Care Association

www.cPCA.org

1231 I Street, Suite 400

Sacramento, CA 95814

Phone: 916-440-8170

Email: info@cPCA.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

California Victim Compensation Board

<https://victims.ca.gov/>

Mailing Address:

PO Box 3036

Sacramento, CA 95812-3036

Phone: 800-777-9229

Email: info@victims.ca.gov

The California Victim Compensation Board (CalVCB) can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help.

California Victims Resource Center

www.1800VICTIMS.org

University of the Pacific, McGeorge School of Law

3200 Fifth Avenue

Sacramento, CA 95817

Phone: 800-842-8467

Email: 1800VICTIMS@pacific.edu

The Resource Center has helped thousands of crime victims across California since 1984. Their services are free.

Office of the Attorney General of California: Marsy's Card

www.oag.ca.gov/victimservices/marsy

The Victims' Bill of Rights (aka Marsy's Law) supports crime victims and their families in California.

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233

ValorUS

<https://www.valor.us/>

1215 K St, Suite 1850

Esquire Plaza

Sacramento, CA 95814

Phone: 916-446-2520

California Partnership to End Domestic Violence

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

Phone: 916-444-7163
Email: info@cpedv.org

Community Overcoming Relationship Abuse (CORA)

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

2211 Palm Ave

San Mateo, CA 94403

Phone: 800-300-1080 (24-hour hotline), 650-259-1855 (Legal information line)

Email: info@corasupport.org

CORA serves victims of domestic violence in San Mateo County

Secretary of State: Safe at Home Program

<https://www.sos.ca.gov/registries/safe-home>

Physical Address:

1500 11th Street

Sacramento, CA 95814

Mailing Address:

PO Box 846

Sacramento, CA 95812

Phone: 877-322-5227, 916-651-1304 (TTY/TDD)

Email: SafeAtHome@sos.ca.gov

This program protects victims of domestic violence, stalking, and sexual assault by giving them a free P.O. box and mail forwarding service.

Easterseals

California Easterseals Offices

www.easterseals.com

Use the Finder by putting in your state.

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices

California State Website

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

California Dept. of Rehabilitation

<https://www.dor.ca.gov/>

Physical Address:

721 Capitol Mall

Sacramento, CA 95814

Mailing Address:

PO Box 944222

Sacramento, CA 94244-2220

Phone: 916-324-1313, 800-952-5544, 916-558-5673 (TTY)

Department of Health Care Services: California Children's Services

<http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx>

A state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs. See this link for county info on this program: <http://www.dhcs.ca.gov/services/ccs/Pages/CountyOffices.aspx>

California State Council on Developmental Disabilities

<https://scdd.ca.gov/>

3831 North Freeway Blvd, #125

Sacramento, CA 95834

Phone: 916-263-7919, 833-818-9886 (Toll-free)

Email: council@scdd.ca.gov

An independent state agency that provides support and services to people with developmental disabilities and their families.

California Department of Managed Health Care

<http://www.dmhca.ca.gov/>

980 9th Street, Suite 500

Sacramento, CA 95814-2725

Phone: 888-466-2219, 877-688-9891 (TDD)

Email: Helpline@dmhca.ca.gov

Provides info on HMOs and other managed care options

California Dept. of Social Services: IHSS (In-Home Supportive Services) Program

<https://www.cdss.ca.gov/in-home-supportive-services>

Mailing Address:

744 P Street

Sacramento, CA 95814

Phone: 916-651-8848

Email: piar@dss.ca.gov

See this link for a list of county IHSS offices:

<https://www.cdss.ca.gov/inforesources/county-ihss-offices>

BenefitsCal

<https://benefitscal.com/>

This site connects you to applications for Medi-Cal, County Medical Services Program (CMSP), CalFresh (formerly known as Food Stamps) and California Work Opportunity and Responsibility to Kids (CalWORKs) benefits in California. Families with uninsured children can continue to apply online for the no-cost Medi-Cal and the OTLICP at this website.

Medi-Cal: Medicaid Program in California

<http://www.dhcs.ca.gov/>

<https://mcweb.apps.prn.cammiis.medi-cal.ca.gov/>

Mailing Address:

Medi-Cal Eligibility Division
PO Box 997417, MS 4607
Sacramento, CA 95899-7417

Physical Address:

Department of Health Care Services
1501 Capitol Avenue
Sacramento, CA 95814

Phone: 800-541-5555, 916-636-1980

Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements.

California Dept. of Insurance

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

300 South Spring Street, 14th Floor
Los Angeles, CA 90013

Phone: 800-927-4357, 800-482-4833 (TTY), 213-346-6464

California Division of Workers' Compensation

http://www.dir.ca.gov/dwc/dwc_home_page.htm

Phone: 800-736-7401

Email: DWC@dir.ca.gov

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/>

California State Long-Term Care (LTC) Ombudsman

https://www.aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman/

California Dept of Aging
2880 Gateway Oaks Drive, Suite 200
Sacramento, CA 95833

Phone: 916-419-7510, 800-231-4024 (LTC Ombudsman CRISISline)

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

U.S. Dept. 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.

Independent Living

ILRU: State Independent Living Councils (SILCs)

California State Independent Living Council

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

Physical Address:

1300 Ethan Way, Suite 110

Sacramento, CA 95825

Mailing Address:

PO Box 232371

Sacramento, CA 95823

Phone: 916-263-7905 (Local), 866-866-7452 (Toll-free)

Email: SILC@calsilc.ca.gov

Mission is to create policy and systems change for independent living.

California Foundation for Independent Living Centers

<http://www.cfildc.org>

3900 Lennane Drive, Suite #100

Sacramento, CA 95834

Phone: 916-325-1690, 916-325-1695 (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.

Independent Living Center of Kern County

<http://ilcofkerncounty.org/>

5251 Office Park Dr, Suite 200

Bakersfield, CA 93309

Phone: 661-325-1063, 800-529-9541 (Toll-free)

Email: info@ilcofkerncounty.org

The mission of Independent Living Center of Kern County is to empower people with disabilities to grow creatively, professionally, and personally; and educate the community about disability related issues.

Library Services

California State Library: Braille and Talking Book Library

<https://library.ca.gov/btbl/>

Physical Address:

900 N Street

Sacramento, CA 95814

Mailing Address (for letters, book orders, and cards):

PO Box 942837

Sacramento, CA 94237-0001

Phone: 916-654-0640, 800-952-5666 (Toll-free)

Email: btbl@library.ca.gov

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.

Spinal Network

<https://www.spinal-network.org/>

40667 Symphony Park Ln

Murrieta, CA 92562

Phone: 951-775-2561

Email: info@spinal-network.org

This network provides programs, resources, and services to the disability community in San Diego and W. Riverside County. They promote community integration, participation, and independence for wheelchair users by providing assistive technology tools and community and peer support.

Protection And Advocacy Services

Disability Rights California

www.disabilityrightsca.org

1831 K Street

Sacramento, CA 95811-4114

Phone: 916-504-5800, 800-776-5746, 800-719-5798 (TTY)

Disability Rights California is a nonprofit agency that provides legal assistance to people with disabilities, including physical, developmental and psychiatric disabilities. Services available from DRC include information and referral to other sources of assistance; peer and self-advocacy training; representation in administrative and judicial proceedings; investigation of abuse and neglect and legislative advocacy. DRC is funded from federal and state agencies, and from private donations.

Disability Rights Advocates

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

2001 Center Street, Third Floor

Berkeley, CA 94704-1204

Phone: 510-665-8644

Email: info@dralegal.org

A national non-profit organization that advances and defends the civil rights of people with disabilities.

Disability Rights Legal Center

<https://thedrlc.org/>

Mailing Address:

1001 Wilshire Blvd, Ste 100 #3201

Los Angeles, CA 90017

Phone: 213-736-1031, 866-999-3752 (Toll-free)

Email: DRLC@theDRLC.org

Service Dogs

Bergin College of Canine Studies

<http://www.berginu.edu/>

10201 Old Redwood Highway

Penngrove, CA 94951

Phone: 707-545-3647

Email: info@berginu.edu

Our mission is to advance the human-canine partnership through research and education by offering quality instruction in human and canine studies to postsecondary students worldwide interested in furthering their knowledge of themselves and the role of the dog in human society; through the University's up-to-date, in-depth academic coursework, to provide students an opportunity to expand their knowledge for scholarly or career purposes or enhance their knowledge of their own specialties through the unique viewpoint provided by human-canine studies.

Canine Angels Service Teams

<http://canine-angels.org/>

13475 N Applegate Road

Grants Pass, OR 97527

Phone: 888-592-6457; 541-846-6400

Email: info@canine-angels.org

Canine Companions: Southwest Training Center

<https://canine.org/>

The Dean, Gerda and Trixie Koontz Campus

124 Rancho del Oro Drive

Oceanside, CA 92057

Phone: 760-901-4300, 800-572-2275 (Toll-free)

Canine Companions: Northwest Training Center

<https://canine.org/>

Jean and Charles Schulz Campus

2965 Dutton Avenue

Santa Rosa, CA 95407

Phone: 707-577-1700, 800-572-2275 (Toll-free)

Canine Support Teams

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

Physical Address:

24480 Jenny Lane

Murrieta, CA 92562

Mailing Address:

PO Box 75

Murrieta, CA 92564

Phone: 951-301-3625, 951-970-7638

Email: cstmain@caninesupportteams.org

Canine Support Teams provides service dogs to increase the ability of someone with disabilities to live independently while simultaneously providing loving companionship.

Pawsitive Teams

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

7031 Carroll Road

San Diego, CA 92121

Phone: 858-558-7297

Email: paws@pawsteams.org

Pro-Train

www.protraindog.com

1544 Avohill Drive

Vista, CA 92084

Phone: 877-223-3647

Email: info@protraindog.com

Guide Dogs of America/Tender Loving Canines

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

Headquarters

13445 Glenoaks Boulevard

Sylmar, CA 91342

Phone: 818-362-5834, 800-459-4843

Email: mail@guidedogsofamerica.org

Sports And Recreation

AbilityFirst

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

789 North Fair Oaks Ave

Pasadena, CA 91103

Phone: 626-396-1010, 877-768-4600 (Toll-free)

Email: Info@abilityfirst.org

AbilityFirst provides programs for children and adults with disabilities and special needs services to help participants reach their full potential throughout their lives. They offer a broad range of employment, recreational and socialization special needs programs.

Able Access to Recreation

<https://ablerec.com/>

Cornelius, NC 28031

Phone: 888-504-5611 (Toll-free)

Email: help@ablerec.com

Amanda's Adaptive Martial Arts

www.AmandasMartialArts.com

2971 India Street

San Diego, CA 92103

Phone: 917-375-9101

Email: info@amandasmartialarts.com

Offers various adaptive martial arts classes in the San Diego area.

American Youth Soccer Organization: EPIC Program

<https://ayso.org/>

19700 S Vermont Ave, Ste 103

Torrance, CA 90502

Phone: 800-872-2976

Email: programs@ayso.org

Please contact AYSO to find an EPIC soccer program for children and adults with disabilities.

AmpSurf and Para Surf League

<http://www.ampsurf.org>

Physical Address:

1251 Shell Beach Rd

Pismo Beach, CA 93449

Phone: 805-295-5000

Email: surf@ampsurf.org

AmpSurf provides learn to surf clinics, adaptive surfing, and fun, safe, outdoor activities to disabled veterans, adults and children.

Angel City Sports

<http://angelcitysports.org/>

6060 Center Drive, 10th Floor #17

Los Angeles, CA 90045

Phone: 424-286-4227

Email: INFO@ANGELCITYSPORTS.ORG

The mission of Angel City Sports is to create sports opportunities for adults, children, and veterans with physical differences and impairments. Our goals are to encourage physical ACTivity and demonstrate LEADership to strengthen the adaptive sports movement. Our initial programming focus is on Southern California, but our events and programming will draw athletes from all over the country.

Bay Area Association of Disabled Sailors

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

Pier 40, The Embarcadero #16

San Francisco, CA 94107

Phone: 415-281-0212

Bay Area Outreach & Recreation Program

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

3075 Adeline Street, Suite 200

Berkeley, CA 94703-2578

Phone: 510-849-4663

Email: info@borp.org

Bay Area Outreach & Recreation Program (BORP) is a 501(c)3 non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. At BORP, they believe that sports and recreation provide a path to greater achievement to which all people should have access.

Bay Area Women's Sports Initiative (BAWSI)

<https://bawsi.org/>

2635 N First Street, Suite 149

San Jose, CA 95134

Phone: 408-247-2544

Email: bawsi@bawsi.org

BAWSI aims to provide opportunities to serve young girls who aren't being exposed to organized sports, or physical education classes, and to reach girls in communities where obesity and diabetes are prevalent.

Best Day Foundation

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

Phone: 800-309-2815

Email: hello@bestdayfoundation.org

Best Day Foundation is a volunteer organization that helps children with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more.

California State Parks: Accessible Features

<https://www.parks.ca.gov/AccessibleFeatures>

Phone: 916-445-8949, 800-777-0369, ext. 5

Email: access@parks.ca.gov

Accessible Features in State Parks

Pools of Hope

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

6801 Long Beach Blvd

Long Beach, CA 90805

Phone: 310-537-2224

Email: pools@caaquatictherapy.com

The mission of California Aquatic Therapy and Wellness Center is to promote wellness and improve the quality of life for individuals with health needs in an accessible, warm-water aquatic facility.

California Inclusive Sailing Newport Beach

<https://www.facebook.com/p/California-Inclusive-Sailing-Newport-Beach-100063911355414/>

<https://californiainclusivesailing.com/>

125 via Waziers

Newport Beach, CA 92663

Phone: 949-675-2211

Email: christianbuhl4@gmail.com

Camp Ronald McDonald at Eagle Lake

<https://rmhcnc.org/>

2555 49th Street

Sacramento, CA 95817

Phone: 916-734-4230, 530-825-3158

Email: Jkahn@rmhcnc.org

Casa Colina Hospital and Centers for Healthcare

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

255 East Bonita Avenue

PO Box 6001

Pomona, CA 91769-6001

Phone: 866-724-4127 (Toll-free), 909-596-3646 (TDD-TTY-Q)

Central California Adaptive Sports Center

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

Physical Address:

Shaver Lake Office

40885 Shaver Forest Road

Shaver Lake, CA 93664

Mailing Address:

PO Box 147

Shaver Lake, CA 93664

Phone: 559-593-2504

Email: info@centralcaladaptive.org

CCASC provides year-round adaptive recreation and adventure programming. Our programs incorporate the latest equipment and therapeutic recreation practices, facilitate activities in a professional manner, and collaborate with other organizations, with the goal of providing programming that has a lasting impact on the quality of our participant's lives.

Challenged Athletes Foundation (CAF)

<http://www.challengedathletes.org>

9591 Waples Street

San Diego, CA 92121

Phone: 858-866-0959

Email: caf@challengedathletes.org

CAF's mission is to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics.

Disabled Sports Eastern Sierra

www.disabledsportseasternsierra.org

PO Box 7275

Mammoth Lakes, CA 93546-7275

Phone: 760-934-0791

Disabled Sports Eastern Sierra is a volunteer-based nonprofit dedicated to changing the lives of children and adults with disabilities and their families by offering year-round outdoor sports and activities, creating inspiring challenges, providing expert instruction and adaptive equipment, rallying the community to comfortably accommodate people with disabilities.

Achieve Tahoe

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

Physical Address:

2680 Alpine Meadows Road, B3686

Alpine Meadows, CA 96146

Mailing Address:

PO Box 8339

Truckee, CA 96162

Phone: 530-581-4161

Email: Info@achievetahoe.org

Disabled Sports USA Far West's mission is to provide affordable inclusive physical and recreational activities that build health and confidence.

Orange County Chapter of Move United: The Achievers

<http://theachievers.org>

PO Box 54546

Irvine, CA 92619-4546

Phone: 949-460-6969

Email: info@theachievers.org

The Unrecables

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

PO Box 24856

Los Angeles, CA 90024

Email: info@unrecables.org

ELSA, Inc.

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

Agoura Hills, CA

Email: info@elsainc.org

ELSA, Inc. is a nonprofit organization that serves children, teens, young adults, families and groups with special needs through the benefits of human-animal interaction in the ranch setting with horses and ranch animals.

Environmental Traveling Companions (ETC)

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

2 Marina Blvd

Fort Mason Center C385

San Francisco CA 94123

Phone: 415-474-7662

Email: info@etctrips.org

Environmental Traveling Companions opens the beauty and challenge of the great outdoors to people with disabilities and disadvantaged youth. Every year, more than 2,000 people join ETC to raft whitewater rivers, ski alpine meadows, kayak the waters of the Golden Gate and Tomales Bay, and build leadership skills.

Golden Gate National Recreation Area: Accessibility

<https://www.nps.gov/goga/planyourvisit/accessibility.htm>

Mailing Address:

Richard De La O

GGNRA Accessibility Program Manager

201 Fort Mason

San Francisco, CA 94123

Phone: 415-561-4700

Handicapped Scuba Association

www.hsascuba.com

1104 El Prado

San Clemente, CA 92672

Phone: 949-498-4540

Jimmy Miller Memorial Foundation: Military Ocean Therapy Program

<https://jimmymillerfoundation.org/>

2006 N Sepulveda Blvd, #331

Manhattan Beach, CA 90266

Phone: 424-290-1953

Email: volunteer@jimmymillerfoundation.org

The Foundation currently serves Marines of the Wounded Warrior Battalions at Camp Pendleton and 29 Palms with unique, year-round ocean therapy sessions. The adaptive surfing sessions are held on base at Camp Pendleton.

Life Rolls On Foundation

<http://www.liferollson.org>

Mailing Address:

PO Box 45770

Los Angeles, CA 90045

Phone: 424-272-1992

Email: contact@liferollson.org

Provides adaptive surfing and skating to people with disabilities.

Monterey Bay Veterans, Inc.

<http://www.mbv.org>

PO Box 481

Monterey, CA 93942

Phone: 831-901-0217

Email: INFO@MBV.ORG

Makapo Aquatics Project

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

Mailing Address:

PO BOX 61090

Irvine, CA 92602

Phone: 714-868-6252

Email: info@makapo.org

Starting as a team of blind outrigger paddlers, this organization has expanded to provide people living with disabilities the opportunity to enjoy the sport of outrigger paddling. This organization has different programs for all ages, including recreational and competitive teams, and family paddling sessions.

The Painted Turtle

<http://thepaintedturtle.org/>

1300 4th Street, Suite 300

Santa Monica, CA 90401

Phone: 310-451-1353, 866-451-5367 (Toll-Free)

Through innovative, camp-based programs that offer a great big dose of fun and support, children with more than 70 medical conditions visit The Painted Turtle each year, reclaiming the joys of childhood.

Piedmont Yoga Community

www.piedmontyogacommunity.org

Nest Yoga

3976 Piedmont Ave

Oakland, CA 94611

Email: info@piedmontyogacommunity.org

Piedmont is a non-profit organization whose mission is to serve the community by making yoga accessible to people with special needs and disabilities. They offer classes and teacher training workshops. Classes are offered to people with disabilities on a free of charge or sliding scale depending on ability to pay.

Shadow Hills Riding Club

<http://shadowhillsridingclub.org/>

10263 La Canada Way

Shadow Hills, CA 91040

Phone: 213-761-0549

Email: info@shadowhillsridingclub.org

Shadow Hills Riding Club offers therapeutic riding programs in which horses are used as a tool for physical therapy, emotional growth and learning for individuals with mental, physical, and/or emotional disabilities.

SoCal Trykers Chapter of National AMBUCS

<https://socaltrykers.wixsite.com/ambucs>

Phone: 714-356-4475

Email: SoCalTrykers@gmail.com

To provide children and adults with disabilities the opportunity to participate in activities that promote independence, social interaction, mobility, strength, self-esteem and quality

of life, by assisting them in obtaining Amtryke adaptive tricycles, through fundraising and volunteer efforts.

Inclusion Matters by Shane's Inspiration

<https://inclusionmatters.org/>

15213 Burbank Boulevard

Los Angeles, CA 91411

Phone: 818-988-5676

Email: info@inclusionmatters.org

Inclusion Matters by Shane's Inspiration is an international non-profit fostering a bias-free world for children with disabilities through the creation of inclusive playgrounds and educational programs that unite children of all abilities worldwide.

Achieve Tahoe

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

Physical Address:

2680 Alpine Meadows Road, B3686

Alpine Meadows, CA 96146

Mailing Address:

PO Box 8339

Truckee, CA 96162

Phone: 530-581-4161

Email: Info@achievetahoe.org

Up & Away Ballooning

www.up-away.com

4086 Byway E.

Napa, CA 94558

Phone: 707-836-0171

Email: info@up-away.com

Offers wheelchair accessible hot air ballooning.

U.S. Adaptive Recreation Center

www.usarc.org

Physical Address:

43101 Goldmine Drive

Big Bear Lake, CA 92315

Mailing Address:

PO Box 2897

Big Bear Lake, CA 92315

Phone: 909-584-0269

Email: mail@usarc.org

USARC is committed to facilitating challenging and adventurous recreational programming for people with disabilities. Winter programs include skiing and snowboarding. Summer programs include wet and wild water skiing, jet skiing, kayaking, sailing and fishing.

United Way

United Way Worldwide

<http://www.unitedway.org>

701 N Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter your postal code for an 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.

Veterans Benefits

U.S. Dept. of Veterans Affairs: Facility Locator

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

Click on state of California.

California Dept. of Veterans Affairs

<http://www.calvet.ca.gov>

Physical Address:

1227 O Street

Sacramento, CA 95814

Mailing Address:

PO Box 942895

Sacramento, CA 94295

Phone: 800-952-5626 (Toll-free), 800-221-8998 (Outside CA), 800-324-5966 (TDD)

Paralyzed Veterans of America Chapters & Service Offices: California

www.pva.org

Bay Area & Western Chapter

3801 Miranda Ave

Bldg 7, Room E-118

Palo Alto, CA 94304

Phone: 800-273-6789 (Toll-free), 650-858-3936, 650-399-5296

Email: administration@bawpva.org

Cal-Diego Chapter

Mailing Address:

3350 La Jolla Village Dr, Suite 1A-118

San Diego, CA 92103

Phone: 858-450-1443

Email: info@caldiegopva.org

California Chapter

5901 E Seventh St

Building 150, Room R-204

Long Beach, CA 90822
Phone: 562-826-5713
Email: info@pvacc.org

ALS

The ALS Association

<https://www.als.org/>
1300 Wilson Blvd, Suite 600
Arlington, VA 22209
Phone: 800-782-4747
Email: alsinfo@als.org
Please see this link for support groups in California:
<https://www.als.org/support/states/california>

For information on ALS certified centers and clinics in California, please go to
<https://www.als.org/support/states/california>

Brain Injury

Brain Injury Association of California

<http://biacal.org/>
5215 Ashe Rd
Bakersfield, CA 93313
Phone: 833-636-3824, 833-Mend-TBI

Brain Injury Association of America

<https://www.biausa.org/>
Mailing Address:
3057 Nutley Street, #805
Fairfax, VA 22031-1931
Phone: 703-761-0750, 800-444-6443 (Information center)
Email: info@biausa.org

Santa Clara Valley Medical Center

<https://scvmc.scvh.org/home>
751 South Bascom Avenue
San Jose, CA 95128
Phone: 408-885-5000, 408-971-4068 (TTY)

High Hopes Head Injury Program

www.highhopes.ws
2953 Edinger Ave
Tustin, CA 92780
Phone: 949-733-0044
Email: info@highhopes.ws

A non-profit organization that offers an adult day care program to people with brain injuries. Their physical programs include conditioning classes, therapeutic swimming at a

local pool, nautilus weight training at a local gym, and physical therapy. Rehabilitation activities are offered for cognitive and social challenges. Students manage a "Lunch Express" business that makes lunch twice weekly for students and staff. Other services include vocational art classes, pre-vocational training, music classes, community activities, independent living classes, occupational therapy and speech therapy.

Jodi House

www.jodihouse.org

625 Chapala Street

Santa Barbara, CA 93101

Phone: 805-563-2882

Email: info@jodihouse.org

Cerebral Palsy

United Cerebral Palsy (UCP)

<http://www.ucp.org>

National Office

8401 Old Courthouse Rd

Vienna, VA 22182

Phone: 800-872-5827, 866-827-1692 (Resources)

Email: info@ucp.org

Lists 12 California chapters. To find a local chapter, click on "Our Network" then click on "Find a UCP Affiliate Near You."

Friedreich's Ataxia

National Ataxia Foundation

<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

For information on local support groups, please go to <https://www.ataxia.org/support-groups/>.

Guillain-Barre Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301 (Toll-Free), 610-667-0131 (Office)
Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society (NMSS)

www.nationalmssociety.org

Phone: 800-344-4867

For information on local chapters, please go to

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

Multiple Sclerosis Association of America (MSAA)

<https://mymsaa.org/>

National Headquarters

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: msaa@mymsaa.org

MSAA's Western Regional Office

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

Phone: 800-532-7667, extension 155 (Toll-free)

Email: western@mymsaa.org

Familia Unida

<http://lovefamiliaunida.org/index.html>

4716 E Cesar Chavez Ave

Los Angeles, CA 90022

Phone: 323-418-2667

Email: info@familia-unida.org

Familia Unida Living with MS, e.g. Familia Unida provides unconditional love, hope and support to individuals and families living with MS and disabilities to maximize the Quality of Life.

Muscular Dystrophy

Muscular Dystrophy Association

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

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter zip code for California chapters.

Post-Polio Syndrome

Post-Polio Health International

<http://www.post-polio.org/>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

Their Post-Polio Directory lists health professionals, clinics, and support groups:

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

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

SBA of California

<https://www.spinabifidaassociation.org/chapter/spina-bifida-association-of-california/>

Phone: 202-618-4754

Email: chapter@sbaa.org

Spinal Cord Injury

Life Rolls On Foundation

<http://www.liferollson.org>

Mailing Address:

PO Box 45770

Los Angeles, CA 90045

Phone: 424-272-1992

Provides adaptive surfing and skating to individuals with disabilities.

NorCal SCI Foundation

www.norcalsci.org

Phone: 408-458-9863

Email: info@norcalsci.org

Provides information and resources for the spinal cord injury/disorder community in Northern California.

Northridge Hospital Medical Center

<https://www.dignityhealth.org/socal/locations/northridgehospital>

18300 Roscoe Blvd

Northridge, CA 91328

Phone: 855-920-2674, 855-396-0017, ext. 3656 (Spinal Cord Injury Support Group)

Spinal cord injury education support group

Pushrim Foundation

<https://www.facebook.com/pushrimfoundation/>

<https://pushrimfoundation.org/>

5280 E Beverly Blvd, Suite C209

Los Angeles, CA 90022

Phone: 424-210-7797, 323-684-4233

Email: info@pushrimfoundation.org

Pushrim is a non-profit organization that provides individuals with spinal cord injuries a social media platform to collectively share resources and information. Pushrim hosts a support group every third Thursday at Precision Rehab in Long Beach.

Rally4Reilly & Friends

<https://www.rally4reilly.org/wellness-grants>

The Rally4Reilly Wellness Fund provides financial support to people affected by spinal cord injuries. Grants are awarded quarterly and are contingent upon available funds. Approved applicants, many of whom have no insurance or inadequate coverage, will receive an annual grant that can be used for a variety of items and services such as wheelchairs, vans, ramps, voice-activated systems, in-home help, and bills.

Rancho Los Amigos National Rehabilitation Center

<https://dhs.lacounty.gov/rancho/>

7601 Imperial Highway

Downey, CA 90242

Phone: 562-385-7111 (Appt), 877-726-2461 (Toll-free), 562-385-8450 (TTY/TDD)

Rancho Los Amigos is the Southern California Spinal Cord Injury Model System and is one of the 14 model spinal cord injury facilities in the U.S.

Reeve-Irvine Research Center (RIRC)

<http://www.reeve.uci.edu>

University of California, Irvine

Gillespie Neuroscience Research Facility

Irvine, CA 92697-4265

Phone: 949-824-0210

Email: rirc@uci.edu

The mission of the RIRC is to find new treatments for spinal cord injury through the collaborative research and educational efforts of prominent scientists and clinicians both at the University of California, Irvine and around the world. The Reeve-Irvine Research Center (RIRC) was launched in 1996 when Mrs. Joan-Irvine Smith provided \$1 million to start a spinal cord injury (SCI) research center and invited Christopher Reeve to participate.

Santa Clara Valley Medical Center: Spinal Cord Injury Program

<https://scvmc.scvh.org/home>

Rehabilitation Center

751 S Bascom Ave

San Jose, CA 95128

Phone: 408-885-5000, 408-971-4068 (TTY), 408-885-2032

Santa Clara Valley Medical Center's Peer Support Programs

<https://scvmc.scvh.org/healthcare-services/rehabilitation-center/services/peer-support>

Spinal Cord Injury Peer Support Program

751 S Bascom Ave

San Jose, CA 95128

Phone: 408-885-2397

Email: Robert.Medel@hhs.sccgov.org

They offer various support groups for people with spinal cord injuries--including one for women and one for the newly injured and their families.

TRIUMPH Foundation

www.triumph-foundation.org

Mailing Address:

27811 Avenue Hopkins, Unit 5

Valencia, CA 91355

Phone: 213-328-7774

A non-profit organization that works to minimize the obstacles one faces after a spinal cord injury by providing information and mentorship. They provide Care Baskets full of resources to newly injured individuals throughout Southern California. They also lead SCI support groups, offer adaptive sports programs, and offer grants to help individuals get necessary adaptive equipment for activities of daily living.

Berkeley SCI Active Network Peer Group

www.facebook.com/groups/scipeersupport/

Ed Roberts Campus

3075 Adeline St

Berkeley, CA 94703

Phone: 510-693-2689 (Walter), 510-868-9175 (Tom)

Email: walter@everydayabilities.org

Meets 2nd Thursday of the month, 6:00-8:30pm.

San Francisco SCI Active Network Peer Group

www.facebook.com/groups/scipeersupport/

Independent Living Resource Center San Francisco

825 Howard St

San Francisco, CA 94103

Phone: 510-693-2689 (Walter), 510-868-9175 (Tom)

Email: walter@everydayabilities.org

Meets 4th Thursday of the month, 6:00-8:30pm.

Independent Living Resources of Solano & Contra Costa Counties

www.ilrsc.org

Peer Counseling & Support

1850 Gateway Blvd, Suite 170

Concord, CA 94520

Phone: 925-363-7293

Email: info@ilrsc.org

Napa Spinal Cord Injury Network

www.facebook.com/Napaspinalcordinjurynetwork?ref=hl

UC Davis Health: Spinal Cord Injury Support Group

<https://health.ucdavis.edu/patients-visitors/support-groups/>

Sacramento, CA

Room 0343

Phone: 916-734-3467 (Contact Holly Bleasdale)

Meets every Wednesday from 3:00-4:00pm.

Sonoma Marin SCI Support Group

<https://www.facebook.com/groups/SoCoSCIsupport/about>

Sequoia Senior Solutions

1372 N McDowell Blvd, Suite-S

Petaluma, CA

Meets 3rd Monday of every month, 4:00-5:30pm.

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.

Stroke Association of Southern California

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

PO Box 2098

Santa Monica, CA 90406

Phone: 310-575-1699

Email: contact@strokesocal.org

UCLA Health Comprehensive Stroke Center

<https://www.uclahealth.org/medical-services/neurology/stroke>

300 UCLA Medical Plaza, Suite B200

Los Angeles, CA 90095

Phone: 310-794-1195

Stanford University Stroke Center

<https://med.stanford.edu/neurology/divisions/stroke.html>

Stanford Neuroscience Health Center

213 Quarry Rd, MC 5957

Palo Alto, CA 94304

Phone: 650-723-6469

Syringomyelia & Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<http://www.asap.org>

PO Box 1586

Longview, TX 75606-1586

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

Email: Info@ASAP.org

Please contact them for support groups in your area.

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

AbilityFirst

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

789 North Fair Oaks Ave

Pasadena, CA 91103

Phone: 626-396-1010, 877-768-4600 (Toll-free)

Email: info@abilityfirst.org

Carries the endorsement of the Social Service Department of the City of Los Angeles. All centers are licensed by the State of California Department of Social Services. Vocational Services programs are accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and the Resident Camps are accredited by the American Camping Association (ACA).

Access California

<https://accessca.org/>

A non-profit organization dedicated to facilitating greater access to travel and recreational opportunities in Northern California for people with physical disabilities.

Asians and Pacific Islanders with Disabilities of California

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

905 E 8th St

Los Angeles, CA 90021

Phone: 213-207-6838

Email: info@apidisabilities.org

Asians and Pacific Islanders with Disabilities of California (APIDC) gives a voice and a face to Asians and Pacific Islanders (APIs) with physical, mental, and developmental disabilities.

A Touch of Understanding, Inc.

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

Olive Ranch School
5280 Stirling Street, Suite 102
Granite Bay, CA 95746
Phone: 916-791-4146

A Touch of Understanding (ATOU) is dedicated in providing disability awareness programs to educate people to accept and respect all individuals.

Bakersfield ARC (BARC)

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

4500 California Ave
Bakersfield, CA 93309
Phone: 661-834-2272

Provides essential job training, employment and support services for the intellectually and developmentally disabled and their families as well as more than 15 programs that are designed to provide a full circle of support for adults and seniors in the areas of care, work, advocacy, home, family and recreation.

Be Perfect Foundation

<http://beperfectfoundation.org/>

720 Indigo Ct
Pomona, CA 91767
Phone: 909-621-9309

Email: support@beperfectfoundation.org

The Be Perfect Foundation is a non-profit organization with a mission to provide direct financial and emotional aid to individuals living with paralysis.

Break the Barriers

<https://breakthebarriers.org/>

8555 North Cedar Avenue
Fresno, CA 93720
Phone: 559-432-6292

Email: classinfo@breakthebarriers.org

Break the Barriers provides programs through ability awareness, outreach and education via performances, assemblies, conferences, workshops and clinics promoting integrated sports, performing arts, aquatics, and health and fitness programs.

California Advocates for Nursing Home Reform's Nursing Home Guide

<https://canhr.org/fact-sheets-english/>

Mailing Address:
1803 6th Street

Berkeley, CA 94710

Phone: 415-974-5171, 800-474-1116 (Toll-free; consumers only)

Email: canhrmail@canhr.org

Database lets you enter a city and search by some special needs like spinal cord injury, MS, ALS as well as whether the nursing home accepts Medicare or Medi-Cal.

California AgrAbility

<https://calagrability.ucdavis.edu/>

University of California, Davis

Dept. of Biological & Agricultural Engineering

3030 Bainer Hall

One Shields Ave

Davis, CA 95616-5294

Phone: 530-752-1613, 800-477-6129 (Toll-free)

Email: calagra@ucdavis.edu

CalAgrAbility serves individuals with disabilities who are part of rural America including those who work in agriculture (farmers, agricultural farm workers, and ranchers). Provides information and links people with disabilities to assistance services. Also provides services in Spanish.

California Health Advocates

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

5380 Elvas Avenue, Suite 221

Sacramento, CA 95819

Phone: 916-465-8104

Email: news@cahealthadvocates.org

CHA is a non-profit organization dedicated to Medicare advocacy and education for Californians. Their website provides accurate and unbiased information about Medicare benefits and long-term care for people who live in California.

California Health Care Foundation

www.chcf.org

1438 Webster Street, #400

Oakland, CA 94612

Phone: 510-238-1040

Helps locate and evaluate long-term care, nursing homes, and hospice care in California.

California Institute for Regenerative Medicine (CIRM)

<http://www.cirm.ca.gov>

601 Gateway Blvd, Suite 400

South San Francisco, CA 94080

Phone: 510-340-9101

Email: info@cirm.ca.gov

California Connect

<https://caconnect.org/>

Contact Center

PO Box 30310
Stockton, CA 95213
Phone: 800-806-1191, 800-806-4474 (TTY)
Email: info@caconnect.org

This state program provides specialized free phones to eligible Californians. The phones make it easier to dial, call, and hear.

Disability Help

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

17595 Harvard Ave, C2480-C
Irvine, CA 92614
Phone: 949-979-6850

Disability Help provides information on disability, congenital disabilities, emergency and pandemic preparedness, accidents and injuries, and occupational safety. They provide various useful health resources to improve overall health management.

Cottage Rehabilitation Hospital: Junior Wheelchair Sports Camp

<https://www.cottagehealth.org/services/rehabilitation/junior-wheelchair-sports-camp/>

Physical Address:
2415 De La Vina St.
Santa Barbara, CA 93105
Mailing Address:
PO Box 689
Santa Barbara, CA 93102-0689
Phone: 805-569-8999 x82102
Email: vanhoor@sbch.org

Cottage Rehabilitation Hospital's camp provides recreational and competitive opportunities for youth athletes ages 6-21 with physical disabilities who use a wheelchair, or could use a wheelchair, to participate in sports and recreation. Sports and recreation activities include basketball, rugby, tennis, swimming, hand cycling, climbing wall and more. Camp is free to all participants.

High Fives Foundation: CR Johnson Healing Center

<https://highfivesfoundation.org/programs/cr-johnson-healing-center/>

Physical Address:
10775 Pioneer Trail, Suite108
Truckee, CA 96161
Mailing Address:
PO Box 3212
Truckee, CA 96160
Phone: 530-587-4453
Email: info@highfivesfoundation.com

The CR Johnson Healing Center is a 2,800 sq/ft training facility providing resources for athletes in recovery from life-altering and sport related injuries. On August 10th, 2011, the High Fives Non-Profit Foundation opened the CR Johnson Healing Center as a program service to commemorate the professional skier and beloved Truckee resident's birthday, CR Johnson. The Healing Center provides a space in which High Fives Athletes and

community members can continue to work toward their goals in a private, “no questions asked” facility. Craig Hospital, a world-renowned research and rehabilitation hospital for people who have sustained a spinal cord injury and/or brain injury, along with the high fives foundation unveiled the Craig Empowerment Center in Dec. 2016 – an 800 square-foot addition to the CR Johnson Healing Center in Truckee, Calif. The center not only adds space and top-of-the-line training equipment, but also provides additional training resources from Craig’s specialized therapy staff.

Disability Benefits 101 (for California)

<http://ca.db101.org/>

Gives people with disabilities tools and information on health coverage, benefits, and employment.

Dream Foundation

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

1528 Chapala Street, Suite 304

Santa Barbara, CA 93101

Phone: 888-437-3267

Serving terminally-ill adults and their families by providing end-of-life dreams that offer inspiration, comfort and closure.

Earthquake Country Alliance: Accessibility Resources

<https://www.earthquakecountry.org/accessibility/>

The Earthquake Country Alliance is a partnership of regional alliances in Southern California, the Bay Area, and the Redwood Coast, administered by the Southern California Earthquake Center at USC. Provides info and resources on earthquake preparedness for people with disabilities.

Easy Does It Emergency Services

<https://www.easydoesitservices.org/index#gsc.tab=0>

Mailing Address:

PO Box 3365

Berkeley, CA 94703

Phone: 510-845-5513, 510-704-2111 (24/7 Emergency Dispatch Line)

Email: info@easydoesitservices.org

Easy Does It Emergency Services provides assistance to the elderly and individuals with disabilities living independently in the City of Berkeley. Should a disabled person experience an unforeseen crisis or a temporary lapse in his or her own regular attendant care, that person can call upon Easy Does It for assistance at the time of need. Easy Does It Emergency Services does not provide medical care, and if it is aware of a medical emergency promptly contacts appropriate medical personnel. EDI also provides a wheelchair repair and transportation program.

Grossmont Hospital Foundation

<https://www.sharp.com/give/grossmont-foundation>

Physical Address:

5555 Grossmont Center Drive

La Mesa, CA 91942
Mailing Address:
3572 Corporate Court
San Diego, CA 92123-9516
Phone: 619-740-4200

This foundation enhances current and future health care needs of the East County and San Diego communities. They support patient care, health education, clinical research, and major capital projects. They are working to support Sharp Grossmont Hospital for Neuroscience, and Sharp Hospice care.

InSpirit

<http://www.inspirit-marin.org>

Mailing Address:

PO Box 383

Woodacre, CA 94973

Phone: 415-488-0477

Email: info@inspiritmarin.org

Offers financial aid for Personal Care Attendants to empower quadriplegics in Marin County to sustain their health, continue their participation in their families and communities, and avoid nursing home placement.

San Diego State University: Interwork Institute & ARPE

<https://interwork.sdsu.edu/main/>

6367 Alvarado Ct, Suite 350

San Diego, CA 92120

Interwork's core mission is to enable individuals, organizations and communities to support, appreciate and engage diverse members in community integration through education, research and advocacy.

Joni and Friends International Disability Center

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

Headquarters

30009 Ladyface Ct

Agoura Hills, CA 91301

Phone: 818-707-5664

Email: info@joniandfriends.org

Kids Included Together (KIT)

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

2820 Roosevelt Road, Suite 202

San Diego, CA 92106

Phone: 858-225-5680, 844-871-2966 (Toll-free)

Email: info@KIT.org

Supports recreational and social programs that include children with and without disabilities in after school programs and community programs like Girl Scouts.

The Lionheart Community (TLC)

www.thelionheart.community

PO Box 660014

Sacramento, CA 95866

Phone: 209-200-7153

Email: info@thelionheart.community

TLC provides paralysis support, resources and accessible recreation in Northern California and beyond.

Long Beach's Citizens' Advisory Commission on Disabilities (CACOD)

<http://www.longbeach.gov/citymanager/ada/cacod/>

City Hall

411 W Ocean Blvd

Long Beach, CA 90802

Phone: 562-570-6257

Email: Jennifer.Kumiyama@longbeach.gov

CACOD's purpose is to advise the Mayor and City Council on the concerns and issues affecting people with disabilities in the community.

Matrix Parents at Marin Center for Independent Living

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

2400 Las Gallinas Avenue, Suite 100

San Rafael, CA 94903-1454

Phone: 800-578-2592 (Toll-free helpline), 415-884-3535 (General information)

Email: info@matrixparents.org, helpline@matrixparents.org

Empowering families of children with special needs to successfully understand and access the systems that serve them.

Momentum Refresh

<https://momentumrefresh.org/>

2400 Willow Lane

Thousand Oaks, CA 91361

Phone: 844-782-2211

Email: info@momentumrefresh.org

Momentum Refresh provides an accessible mobile restroom service for individuals with mobility challenges. This service ensures accessible facilities at community events, venues, emergency services, or wherever people want to be. These restrooms are equipped with comprehensive features, including an overhead ceiling hoist, height-adjustable adult changing tables, sinks, showers, and customizable grab bars. Located in Southern California, due to its mobile design, Momentum Refresh can operate at events across the country.

Legal Aid Association of California

<https://www.laaonline.org>

1832 Second Street, Suite 105

Berkeley, CA 94710

Phone: 510-893-3000

Email: info@laaonline.org

Directory of California Legal Services Programs

The Orange County Asian and Pacific Islander Community Alliance (OCAPICA)

www.ocapica.org

12912 Brookhurst St

Suite 410

Garden Grove, CA 92840

Phone: 714-636-9095

Email: ocapica@ocapica.org

Partners in Care Foundation

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

732 Mott Street, Suite 150

San Fernando, CA 91340

Phone: 818-837-3775

The Partners in Care Foundation has many programs that shape health care and social services such as access to care, aging well, end-of-life care, families at-risk, education and advocacy, and prevention programs.

Parents Helping Parents

www.php.com

Sobrato Center for Nonprofits

1400 Parkmoor Ave, Suite 100

San Jose, CA 95126

Phone: 408-727-5775

Email: info@php.com

A non-profit organization where parents help parents of kids with special needs.

PossAbilities

www.teampossabilities.org

Loma Linda University Health

Professional Plaza Bldg A

25455 Barton Rd, Suite 109A

Loma Linda, CA 92354

Phone: 909-558-6384

Email: possabilities@llu.edu

Fitness center, sports program, support group, social activities for the physically disabled.

Proxy Parent Foundation

<http://proxyparentfoundation.org/>

Mailing Address:

15243 La Cruz Drive, #889

Pacific Palisades, CA 90272

Phone: 714-997-3310

Email: info@proxyparentfoundation.org

Proxy Parent Foundation safeguards public benefits for disabled persons through the PLAN of California Master Pooled Trust and provides “family like” Personal Support Services for people with mental illness and other brain disorders.

Rowell Family Empowerment of Northern California

<https://rfenc.org/>

3330 Churn Creek Rd, Suite A-1

Redding, CA 96002

Phone: 530-226-5129

Email: info@rfenc.org

Supports education and advocacy centers. Connects families of children with special needs.

Support for Families of Children with Disabilities

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

832 Folsom Street, Suite 1001

San Francisco, CA 94107

Phone: 415-282-7494 (General), 415-920-5040 (Info & Intake Line)

Email: info@supportforfamilies.org

Support for Families of Children with Disabilities offers information, education, and parent-to-parent support free of charge to families of children with any kind of disability or special health care need in San Francisco.

Swim With Mike Foundation

www.SwimWithMike.org

PO Box 51000

Pasadena, CA 91115

Phone: 626-390-7675

Email: info@swimwithmike.org

Swim With Mike offers college scholarships to physically challenged athletes.

Team of Advocates for Special Kids (TASK)

<http://www.taskca.org>

Headquarters

3020 Saturn St, #102

Brea, CA 92821

Phone: 714-533-8275

Email: task@taskca.org

Team of Advocates for Special Kids (TASK) is a Parent Training and Information Center that Parents & Professionals can turn to for assistance in seeking and obtaining needed early intervention, educational, medical or therapeutic support service for children.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

2206 N Main Street, #277

Wheaton, IL 60187

Phone: 630-961-1400, ext. 1

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.

Toolworks

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

22 Battery Street, Suite 300

San Francisco, CA 94111

Phone: 415-733-0990, 415-523-0516 (Videophone)

Email: info@toolworks.org

Toolworks, in partnership with people with disabilities, is a human service agency dedicated to providing the tools and resources that promote independence, equality, and personal satisfaction.

A Wheelchair Rider’s Guide: Los Angeles & Orange County Coast

http://www.scc.ca.gov/webmaster/project_sites/wheel/index.html

Wheelchair Getaways: Accessible Van Rentals

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

Phone: 866-224-1750

Rents adaptive cars and vans to people with disabilities in the San Diego, Los Angeles, and San Francisco areas.

Accessibility on Los Angeles County Metro

<https://www.metro.net/riding/riders-disabilities/>

Mailing Address:

One Gateway Plaza

MS 99-19-2

Los Angeles, CA 90012

Phone: 213-922-6919, 800-621-7828 (Wheelchair lift hotline), 323-466-3876

Email: accessibility@metro.net

Los Angeles Tourist Accessibility Guide

<https://latourist.com/index.php?page=access-guide>

Disabled Resources Center, Inc.

<https://drcinc.org/>

2750 E Spring Street, Ste #100

Long Beach, CA 90806

Phone: 562-427-1000, 562-427-1366 (TTY)

Email: info@drcinc.org

To empower people with disabilities to live independently in the community, to make their own decisions about their lives and to advocate on their own behalf. DRC provides

services to all people with disabilities, regardless of their age, gender, ethnicity, sexual preference or disability type.

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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