



PENNSYLVANIA 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.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.

Pennsylvania Department of Aging

<https://www.aging.pa.gov/Pages/default.aspx/>

555 Walnut Street, 5th Floor

Harrisburg, PA 17101-1919

Phone: 717-783-1550

Email: aging@pa.gov

Pennsylvania Association of Area Agencies on Aging

www.p4a.org

525 S 29th Street

Harrisburg, PA 17104

Phone: 717-541-4214

Email: info@p4a.org

Area Agencies on Aging by County

<http://www.aging.pa.gov/local-resources/Pages/AAA.aspx>

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

American DanceWheels Foundation

<http://americandancewheels.org>

PO Box 88

Bala Cynwyd, PA 19004

Phone: 215-588-6671

Email: info@americandancewheels.org

Provides the social, rehabilitative, and competitive activity of Wheelchair Ballroom and Latin Dance to partnerships comprised of one seated and one standing dancer, training individuals with disabilities, able-bodied partners, dance teachers, and adaptive sports professionals and therapists.

CultureWorks Greater Philadelphia

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

The Philadelphia Building
1315 Walnut Street, Suite 320
Philadelphia, PA 19107
Phone: 267-875-3312

Email: info@cultureworksphila.org

CultureWorks provides affordable shared management resources to the arts, heritages, and creative communities of Greater Philadelphia.

Assistive Technology

TechOWL PA: Pennsylvania's Assistive Technology Act Program

<http://disabilities.temple.edu>

Temple University Institute on Disabilities
Ritter Annex 4, Room RA 430
1301 Cecil B Moore Avenue
Philadelphia, PA 19122
Phone: 800-204-7428, 215-204-1356, 215-204-1805 (TTY)
Email: TechOWL@temple.edu

Mid-Atlantic ADA Center (Covers Pennsylvania)

<http://www.adainfo.org>

12300 Twinbrook Parkway, Suite 350
Rockville, MD 20852
Phone: 301-217-0124 (TTY), 800-949-4232 (Toll-free)
Email: adainfo@transcen.org

Pennsylvania Assistive Technology Foundation

<http://www.patf.us>

1004 West Ninth Avenue
King of Prussia, PA 19406
Phone: 484-674-0506
Email: patf@patf.us
Offers loans for AT.

Caregivers Info

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd, Suite E

Oakland Park, FL 33311
Phone: 954-893-0550, 800-829-2734
Email: info@caregiver.com

Well Spouse Association Support Groups
www.wellspouse.org

Lancaster PA WSA Support Group
Group Leader: Barry
Phone: 717-413-6452

Philadelphia Area WS Support Group
Group Leader: Brian
Phone: 774-249-2494

Community-Based Fitness Programs

IM ABLE Foundation
<https://imablefoundation.org/>
1007 Hill Ave Building 17
Wyomissing, PA 19610
Phone: 877-595-3505
Email: info@imablefoundation.org

This non-profit provides group fitness classes, military veterans adaptive sports, grant programs for adaptive equipment, equipment demo days, and more. Their goal is to allow people of all abilities access to programs and equipment tailored to their needs.

Jefferson Moss-Magee Rehabilitation: Gaining Ground Program
<https://www.jeffersonhealth.org/conditions-and-treatments/gaining-ground-program>
Phone: 215-218-3913
Offers an intensive activity-based therapy program personalized to help you increase function and strength following neurological injury.

Community Health Centers

Pennsylvania Association of Community Health Centers
<https://pachc.org/>
1035 Mumma Road, Suite 1
Wormleysburg, PA 17043
Phone: 717-761-6443, 866-944-2273
Email: pachc@pachc.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.

Allied Services Integrated Health System

<http://www.allied-services.org/>

100 Abington Executive Park

Clarks Summit, PA 18411

Phone: 888-734-2272

As a comprehensive, integrated health system, at Allied Services we can provide the services patients require and ensure smooth and seamless transitions between levels of care.

Crime Victim Assistance

Victims Compensation Assistance Program

<https://www.pccd.pa.gov/Victim-Services/Pages/default.aspx>

Pennsylvania Commission on Crime and Delinquency

Office of Victims' Services

Physical Address:

3101 North Front Street

Harrisburg, PA 17110

Mailing Address:

PO Box 1167

Harrisburg, PA 17108-1167

Phone: 800-233-2339, 800-692-7292 (Toll-free), 717-705-0888

Office for Victims of Crime: Directory of Crime Victim Services

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

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

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

<http://www.safehorizon.org>

Phone: 800-621-4673 (24 Hour Hotline)

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233

Pennsylvania Domestic Violence Crisis and Support Resources

Statewide Hotline: 800-932-4632

Pennsylvania Domestic Violence Support

<https://www.pa.gov/en/services/dhs/get-domestic-violence-support-.html>

Pennsylvania Coalition Against Domestic Violence

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

3605 Vartan Way, Suite 101

Harrisburg, PA 17110

Phone: 717-545-6400, 800-932-4632 (Toll-free)

Alle-Kiski Area HOPE Center, Inc.

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

PO Box 67

Tarentum, PA 15084

Phone: 724-224-1266 (24 Hour Hotline), 724-224-1100

Email: hopecenter@akhopecenter.org

The Alle-Kiski area HOPE Center, Inc. is an organization of social change whose mission is the safe elimination of domestic violence through intervention, prevention, and collaboration. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

SafeNet

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

1702 French Street

Erie, PA 16501

Phone: 814-455-1774, 814-454-8161 (Hotline)

Email: info@safeneterie.org

SafeNet is Erie's only accredited domestic violence agency. SafeNet has been providing services to victims of domestic violence for 40 years and provides these comprehensive services free of charge. SafeNet is committed to ending domestic violence through our programs, training and educational initiatives. We believe every individual has the right to be respected and to live a life free from abuse.

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

Domestic Abuse Project of Delaware County, Inc.

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

14 West Second Street

Media, PA 19063

Phone: 610-565-4590 (24 Hour Hotline), 610-565-6272

Email: info@dapdc.org

The Domestic Abuse Project of Delaware County works to prevent domestic violence and empower victims to move towards self-sufficiency.

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

Easterseals

Easterseals National Office

<http://www.easterseals.com>

141 W Jackson Blvd, 1400A

Chicago, IL 60604

Phone: 312-726-6200, 800-221-6827 (Toll-free)

Email: info@easterseals.com

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.

Pennsylvania Easterseals Offices

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

Government Offices for Pennsylvania

Commonwealth of Pennsylvania Website

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

Pennsylvania Department of Human Services

<https://www.pa.gov/en/agencies/dhs.html>

Office of Administration

Bureau of Administrative Services

PO Box 2675

Harrisburg, PA 17120

Phone: 800-692-7462, 800-451-5886 (TDD)

Pennsylvania Department of Health: Division of Nursing Care Facilities

<https://www.health.pa.gov/Pages/default.aspx>

Phone: 717-787-1816

<https://sais.health.pa.gov/commonpoc/nhlocator.asp>

Nursing Care Facility locator.

Pennsylvania Medicaid/Medical Assistance

<https://www.pa.gov/en/agencies/dhs/resources/medicaid.html>

Department of Human Services

PO Box 2675

Harrisburg, PA 17120

Phone: 866-550-4355, 800-692-7462, 800-451-5886 (TDD)

Pennsylvania's Children's Health Insurance Program (CHIP)

<https://www.pa.gov/en/agencies/dhs/resources/chip.html>

Department of Human Services

PO Box 2675

Harrisburg, PA 17120

Phone: 800-986-5437, 877-395-8930

Pennsylvania Medicare Education and Decision Insight (PA MEDI)

<http://www.aging.pa.gov/Pages/default.aspx>

Department of Aging

555 Walnut Street, 5th Floor

Harrisburg, PA 17101-1919

Phone: 800-783-7067 (Toll-free Helpline), 717-783-1550

Email: aging@pa.gov

Pennsylvania Insurance Department

<http://www.insurance.pa.gov/Pages/default.aspx>

1326 Strawberry Square

Harrisburg, PA 17120

Phone: 877-881-6388

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

<https://www.house.gov/representatives/find-your-representative>

<http://whoismyrepresentative.com/>

State LTC Ombudsman Program

<http://www.aging.pa.gov/Pages/default.aspx>

<http://www.aging.pa.gov/organization/advocacy-and-protection/Pages/ombudsman.aspx>

Pennsylvania Department of Aging

555 Walnut Street, 5th Floor

Harrisburg, PA 17101-1919

Phone: 717-783-8975

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. Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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

211

www.211.org

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

Pennsylvania Housing Finance Agency

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

Home Modification & Assistive Tech Program

Physical Address:

211 N Front St

Harrisburg, PA 17101

Mailing Address:

PO Box 8029

Harrisburg, PA 17105-8029

Phone: 717-780-3800, 800-654-5984

Inglis Foundation

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

2600 Belmont Avenue

Philadelphia, PA 19131

Phone: 215-878-5600, 866-246-4547 (Toll-free)

Inglis House is a specialty nursing care facility providing long-term, residential care for 297 adults with physical disabilities, including multiple sclerosis, cerebral palsy, spinal cord injury and stroke, among others. Residents receive rehabilitative medical and nursing care; occupational and speech therapies; and a selection of more than 20 social enrichment and therapeutic recreation programs every day.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Pennsylvania Statewide Independent Living Council

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

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

205 Grandview Avenue Suite 405

Camp Hill, PA 17011

Phone: 717-364-1732

Email: chair@pasilc.org

Independent Living Research Utilization's Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

Mailing Address:

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.

Library Services

State Library of Pennsylvania

<http://www.statelibrary.pa.gov/Pages/default.aspx>

Forum Building

607 South Drive

Harrisburg, PA 17120

Phone: 717-787-3169

Email: ra-circulation@pa.gov

Library of Accessible Media for Pennsylvanians (LAMP)

<https://mylamp.org/>

Free Library of Philadelphia

1500 Spring Garden St, Suite 230

Philadelphia, PA 19130

Phone: 215-683-3213, 800-222-1754 (Toll-free)

Email: info@mylamp.org

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@Reeve.org

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

Good Shepherd Rehabilitation

<http://www.GoodShepherdRehab.org>

850 South 5th Street

Allentown, PA 18103

Phone: 888-447-3422

This rehabilitation center offers world-class physical rehabilitation care to patients who are recovering from complex and catastrophic conditions, such as stroke, spinal cord injury, and brain injury. They have the latest advancements in rehabilitation technologies, and a wide range of outpatient therapies.

Jefferson Moss-Magee Rehabilitation Hospital-Center City

<https://www.jeffersonhealth.org/locations/moss-magee-rehabilitation-hospital-center-city>

1513 Race St

Philadelphia PA 19102

Phone: 800-533-3669

Magee's Peer Mentor program offers specially trained volunteers who live with a spinal cord injury, brain injury, stroke or amputation. They are matched with newly diagnosed patients to share tips and resources that have helped them along the way.

Penn State Health Department of Physical Medicine and Rehabilitation

<https://www.pennstatehealth.org/services-treatments/physical-medicine-rehabilitation>

Penn State Hershey Rehab Hospital Cafeteria

1135 Old W Chocolate Ave

Hummelstown, PA 17036

Phone: 717-531-7010

Email: nlokey@pennstatehealth.psu.edu

Virtual SCI support group every third Wednesday of every month at 7 pm for those with SCI as well as families, friends and caregivers. SCI peer mentoring program for mentors and mentees. Contact Nancy Lokey RN, CRRN, CBIS for details and questions.

Protection And Advocacy

Pennsylvania Client Assistance Program

www.equalemployment.org

101 Greenwood Ave

Suite 470

Jenkintown, PA 19046

Phone: 215-557-7112 (voice/Relay), 888-745-2357 (Toll-free, voice/Relay)

Email: admin@equalemployment.org

Disability Rights Pennsylvania

<http://disabilityrightspa.org/>

Harrisburg Office

301 Chestnut St, Suite 300

Harrisburg, PA 17101

Phone: 800-692-7443, 717-236-8110, 877-375-7139 (TDD)

Email: drnpa-hbg@drnpa.org

There are also offices in Philadelphia and Pittsburgh

The Legal Clinic for the Disabled

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

1513 Race Street

Philadelphia, PA 19102

Phone: 215-587-3158

Email: legalinfo@lcdphila.org

The Legal Clinic for the Disabled (LCD) provides free high quality legal services to low-income people with physical disabilities and to the deaf and hard of hearing in Philadelphia, Bucks, Chester, Delaware and Montgomery Counties.

Service Dogs

Amazing Tails, LLC

<https://amazingtails.org/>

651 Scroggy Rd

Oxford, PA 19363

Phone: 717-288-7190

Canine Partners for Life

www.k94life.org

Physical Address:

334 Faggs Manor Rd

Cochranville, PA 19330

Mailing Address:

PO Box 170

Cochranville, PA 19330

Phone: 610-869-4902

Email: info@k94life.org

Paws Healing Heroes

<https://pawshealingheroes.org>

Mailing Address:

PO Box 414

Glassboro, NJ 08028

A non-profit organization that provides service dogs to veterans in need.

Keystone Human Services: Susquehanna Service Dogs

<https://www.khs.org/what-we-do/assistance-dogs/>

1078 Gravel Hill Rd

Grantville, PA 17028

Phone: 717-599-5920

Email: ssd@khs.org

Sports and Recreation

All Riders Up

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

265 Mattson Road

Garnet Valley, PA 19060-1410

Phone: 610-459-0879

Email: allridersup@comcast.net

All Riders Up is a non-profit charitable organization that has been established to provide area residents with special needs a way to exercise, improve balance and coordination, strengthen core muscles, and develop self-confidence by learning to ride beautiful horses.

American DanceWheels Foundation

<http://www.americandancewheels.org>

PO Box 88

Bala Cynwyd, PA 19004

Phone: 215-588-6671

Email: info@americandancewheels.org

Camp Victory

<http://campvictory.org/>

58 Camp Victory Rd

Millville, PA 17846

Phone: 570-458-6530

Email: fun@campvictory.org

At Camp Victory, partner groups with specialized knowledge and training operate camps for children who live with chronic health disadvantages. The children receive the greatest possible care, support and personal growth, have fun and make many friends.

Move United

<https://moveunitedsport.org/>

451 Hungerford Drive, Suite 608

Rockville, MD 20850

Phone: 301-217-0960

Email: info@moveunitedsport.org

Ivy Hill Therapeutic Equestrian Center

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

1811 Mill Rd

Perkasie, PA 18944

Phone: 215-822-2515

Ivy Hills Therapeutic Equestrian Center offers therapeutic riding, also known as Equine-Assisted Therapy, Equine-Facilitated Therapy, or Riding for the Disabled, to achieve a variety of goals that are cognitive, physical, social, educational and behavioral.

Jefferson Moss-Magee Rehabilitation Hospital-Center City

<https://www.jeffersonhealth.org/locations/moss-magee-rehabilitation-hospital-center-city>

1513 Race St

Philadelphia, PA 19102

Phone: 215-587-3412

Email: Sports@jefferson.edu

Their adaptive sports program offers wheelchair racing, basketball, rugby and tennis.

Mighty Penguins Sled Hockey

<http://penguinssledhockey.org/>

UPMC Lemieux Sports Center

8000 Cranberry Springs Drive

Cranberry Township, PA 16066

Email: info@penguinssledhockey.org

Mighty Penguins Sled Hockey is a fun, therapeutic and competitive program for physically disabled children and adults. We aim to develop character, sportsmanship and physical fitness – while promoting and encouraging both educational and cultural experiences.

Pennsylvania Center for Adaptive Sports

www.centeronline.com

4 Boathouse Row, Kelly Drive

Philadelphia, PA 19130

Phone: 215-765-5118

Steelwheelers

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

The Steelwheelers, Inc. is a non-profit organization [501(C)(3)], founded in 1977 as one of the first of its kind, which provides programs for physically challenged athletes from Western Pennsylvania, Eastern Ohio and Northern West Virginia who desire to participate in competitive sports such as Quad Rugby, Wheelchair Basketball and Hand Cycling. It provides an opportunity for persons with disabilities to achieve the sense of wellbeing and fulfillment that the players once enjoyed prior to their injuries.

The Bike Experience USA (TBEXUSA)

<https://www.tbexusa.org>

3667 Aquetong Rd.

Carversville, PA 18913

Phone: 215-421-5955

The Bike Experience USA's mission is to empower and support disabled motorcyclists by providing them with adapted and modified motorcycles, enabling them to ride safely and confidently. Through a structured and step-by-step approach, they aim to educate and guide individuals on how they can once again experience the joy of riding. As a non-profit organization, they are dedicated to promoting independence and freedom for all riders, regardless of their physical limitations.

Three Rivers Adaptive Sports (TRAS)

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

PO Box 38235

Pittsburgh, PA 15238

Phone: 412-848-8896

Two Top Mountain Adaptive Sports Foundation

<https://www.twotopadaptive.org>

10914 Claylick Rd.

Mercersburg, PA 17236

Phone: 717-331-6895

Provides year-round recreational activities for athletes living with a disability. Skiing and snowboarding are offered in the winter and waterskiing, white water rafting, and cycling are offered in the summer.

United Spinal: Sports & Recreation

www.unitedspinal.org

120-34 Queens Blvd, #330

Kew Gardens, NY 11415

Phone: 718-803-3782, 800-962-9629 (Resource Center)

Email: askus@unitedspinal.org

Upper Main Line YMCA

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

Adaptive Swim Lessons

1416 Berwyn-Paoli Road

Berwyn, PA19312

Phone: 610-647-9622

Mainstream swim lessons and drown proofing techniques for youth and adults with special needs.

United Way Offices

United Way

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

Mailing Address:

701 North Fairfax Street

Alexandria, VA22314

Phone: 703-836-7112

Enter your postal code for a United Way 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

U.S Dept. of Veterans Affairs: Facility Locator

<http://www.va.gov/directory/guide/home.asp?isflash=1>

Click on PA for VA facilities in your area

Keystone Paralyzed Veterans of America

<http://www.kpva.org>

1113 Main St

Pittsburgh, PA 15215-2407

Phone: 412-781-2474, 800-775-9323

Email: keystoneparavets@gmail.com

Victory Therapeutic Horsemanship

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

Mailing Address:

PO Box 413

Bellwood, PA 16617

Email: victoryhorsemanship@gmail.com

Victory Therapeutic Horsemanship is one of the few therapeutic riding organizations that serve veterans exclusively. We offer a completely different perspective compared to other programs due to VTH being founded and ran by a combat veteran that has experienced firsthand the benefits of healing with horses

ALS

ALS Association

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

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

ALS United Mid-Atlantic

<https://alsmidatlantic.org/>

1015 Virginia Drive, Suite 110

Fort Washington, PA 19034

Phone: 215-643-5434

Email: alsunited@alsmidatlantic.org

Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.

ALS Association: Pennsylvania Chapter

<https://www.als.org/support/states/pennsylvania>

Phone: 412-821-3254

Email: infoPA@als.org

ALS Support Groups:

Lehigh Valley ALS Support Group

Group Leader: Jessie Meier

Phone: 610-797-2102

Montgomery, Bucks & Philadelphia Counties, PA ALS Support Group

Group Leader: Anne Cooney

Phone: 215-664-4177

Email: anne@alsmidatlantic.org

Hershey/South Central PA ALS Support Group

Lura Sawyer

Phone: 717-645-5459

Email: Lura.sawyer@gmail.com

Caregiver Support Group

Hackensack Meridian Health Jersey Shore University Medical Center

Lance Auditorium

1945 State Route 33

Neptune City, NJ 07753

Group Leader: Kathy Valentino

Phone: 609-433-6333

ALS Clinics:

ALS Center at Allegheny Health Network Neuroscience Institute

[Allegheny General Hospital Professional Building](#)

490 E North Ave

Suite 500

Pittsburgh, PA 15212

Medical Director: Sandeep Rana, M.D

Phone: 412-362-8677 (Existing Patients), 412-359-8850 (New Patients)

Conemaugh Neuroscience and Pain Institute

Conemaugh East Hills Outpatient Center

1450 Scalp Avenue, Suite 003A

Johnstown, PA 15904

Medical Director: Dr. Nicholas J. Lanciano, D.O

Phone: 814-269-5061

ALS Clinic at Geisinger Medical Center

Department of Neurology

100 North Academy Ave
Danville, PA 17822
Medical Director: J. David Avila, M.D
Phone: 570-271-6211, 570-271-6590

University of Pittsburgh ALS Clinic

Department of Neurology
UPMC Presbyterian, F872 (HPU 01 08 06)
200 Lothrop Street
Pittsburgh, PA 15213
Medical Director: Tawfiq Al-Lahham, M.D
Phone: 412-681-2000

Lehigh Valley Fleming Neuroscience Institute ALS Center

Neurology
1250 S Cedar Crest Blvd, Suite 405
Allentown, PA 18103
Medical Directors: Alissa Romano, D.O and Alison Walsh, M.D
Phone: 610-402-8420

ALS Hope Foundation

<http://www.alshf.org/>
PO Box 40777
Philadelphia, PA 19107
Phone: 215-568-2426
Email: info@alshopefoundation.org

ALS is a degenerative neurological disease that leads to progressive weakness. ALS does not discriminate on the basis of race, religion, gender, nationality, or economic status. The cause of ALS is still unknown, and there is no cure. However, there is hope.

Brain Injury

Brain Injury Association of Pennsylvania, Inc.

www.biapa.org
Mailing Address:
947 Wayne Avenue, No. 110
Chambersburg, PA 17201
Phone: 833-242-7248
Email: admin@biapa.org

Moss Rehab TBI Model System

<http://www.tbindsc.org>
<http://www.tbindsc.org/CentersDetail.aspx?Id=7>
Thomas Jefferson University
5501 Old York Road
Philadelphia, PA 19141-3018
Phone: 215-663-6153

Jefferson Moss-Magee Rehabilitation Hospital-Center City

<https://www.jeffersonhealth.org/locations/moss-magee-rehabilitation-hospital-center-city>

1513 Race St

Philadelphia, PA 19102

Phone: 800-533-3669

Offers brain injury rehabilitation services

Cerebral Palsy**United Cerebral Palsy**

<http://www.ucp.org>

8401 Old Courthouse Road

Vienna, VA 22182

Phone: 800-872-5827, 866-827-1692 (Info & Referral)

Email: info@ucp.org

Please contact National Office for a Chapter in your area

Margaret E. Moul Home (York County Cerebral Palsy Home, Inc.)

<http://www.margaretemoul.org>

2050 Barley Road

York, PA 17408

Phone: 717-767-6463

Email: info@margaretemoul.org

Friedreich's Ataxia**National Ataxia Foundation (NAF)**

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

NAF Support Groups:

Central Pennsylvania Ataxia Support Group

Downingtown, PA

Phone: 610-996-5814

Email: michael.cammer62@hotmail.com (Michael Cammer)

Philadelphia Ataxia Support Group

Bensalem, PA

Phone: 215-378-3496

Email: writeonfighton@gmail.com

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

375 E Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301 (Toll-free), 610-667-0131

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

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

Phone: 800-344-4867

National MS Society: Greater Delaware Valley Chapter

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

Physical Address:

30 South 17th St, Suite 800

Philadelphia, PA 19103

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867

Email: pae@nmss.org

National MS Society: Pennsylvania Keystone Chapter

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

Physical Address:

1501 Reedsdale St, Suite 105

Pittsburgh, PA 15233

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867

Multiple Sclerosis Association of America

<https://mymsaa.org/>

375 Kings Highway North, Suite B

Cherry Hill, New Jersey 08034

Phone: 800-532-7667

Email: msaa@mymsaa.org

MSAA Northeast Regional Office

Phone: 800-532-7667, ext 144

Email: northeast@mymsaa.com

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org>

National Office

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter a state or region in the “MDA Care Center Network” section to find clinics that treat MD in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

Clinics:

Conemaugh Health System

www.conemaugh.org

Conemaugh Neuroscience and Pain Institute

1450 Scalp Avenue, Second Floor

Johnstown, PA 15904

Phone: 814-534-7746

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SBA of the Delaware Valley

www.sbadv.org

6935 Airport Highway Lane, Office 1

Pennsauken, NJ 08109

Phone: 800-223-0222

Email: info@sbadv.org

Clinics:

Geisinger Medical Center (pediatric only)

<https://www.geisinger.org/patient-care/conditions-treatments-specialty/pediatric-complex-care-clinic>

Pediatric Complex Care Clinic
100 N Academy Ave
Danville, PA 17822
Phone: 800-275-6401

Shriners Children's Erie

<https://www.shrinerschildrens.org/en/locations/erie>

Spina Bifida Clinic (pediatric to age 21)
1645 W 8th St
Erie, PA 16505
Phone: 814-480-0526, 855-984-3421 (Toll-free)

Penn State Health Children's Hospital

<https://www.pennstatehealth.org/childrens>

Spina Bifida Services
600 University Dr
Hershey, PA 17033
Phone: 800-243-1455, 717-531-7311

Children's Hospital of Philadelphia

<https://www.chop.edu/centers-programs/spina-bifida-program>

Spina Bifida Program (pediatric and adult)
3401 Civic Center Blvd
Philadelphia, PA 19104
Phone: 215-590-2483, 800-879-2467

Jefferson Moss-Magee Rehabilitation Hospital-Elkins Park

<https://www.mossrehab.com/locations/elkins-park>

Adult Spina Bifida Clinic (adult only)
60 Township Line Rd
Elkins Park, PA 19027
Phone: 215-663-6043

Shriners Children's-Philadelphia

<https://www.shrinerschildrens.org/en/locations/philadelphia>

3551 N Broad St (pediatric only)
Philadelphia, PA 19140
Phone: 484-621-3916, 833-518-2444 (Toll-free)

St. Christopher's Hospital for Children

<https://towerhealth.org/locations/st-christophers-hospital-children>

Center for Children and Youth with Special Healthcare Needs
160 East Erie Avenue

Philadelphia, PA 19134
Phone: 215-427-8363, 215-427-5531

UPMC Children's Hospital of Pittsburgh

<https://www.chp.edu/>

Spina Bifida Clinic (pediatric to age 22)
4401 Penn Ave
Pittsburgh, PA 15224
Phone: 412-692-5096

University of Pittsburgh Medical Center

<https://www.upmc.com/services/rehab/physical-medicine-rehab/conditions/spina-bifida>

Adult Spina Bifida Clinic (adult only)
UPMC Mercy Pavilion
1622 Locust St, 4th Floor PM&R Clinic
Pittsburgh, PA 15219
Phone: 412-232-8902

Spinal Cord Injury

GSPP Rehabilitation

<https://pennrehab.org/>

1800 Lombard St.
Philadelphia, PA 19146
Phone: 215-893-6540

GSPP Rehabilitation provides inpatient and outpatient rehab services to spinal cord injury patients. Additionally, they have a support group that provides a community to inpatient patients and members from the community that is held virtually monthly. There is a wheelchair clinic that works alongside their outpatient therapy team and SCI attending.

Jefferson Moss-Magee Rehabilitation Hospital SCI Resource & Support Group

<https://www.jeffersonhealth.org/your-health/classes-and-events/spinal-cord-injury-resource-support-group.html>

1513 Race Street
Philadelphia, PA 19102
Phone: 215-587-3174

Email: Marie.Protesto@jefferson.edu

Meetings are held at Magee Rehabilitation at 6:30 PM on the second Tuesday of each month.

Ryan Shazier Fund for Spinal Rehabilitation

<https://ryanshazierfund.org>

6360 Broad Street
PO Box 5258
Pittsburgh, PA 15206
Pittsburgh PA area

Phone: 412-356-2057

Email: info@ryanshazierfund.org

Shazier was a Pittsburgh Steeler who was injured during a game in 2017. This foundation gives those with spinal cord injuries and their caregivers, support, resources and funding they need to live independent and meaningful lives. It helps those injured in sports-related or vehicular accidents in western Pennsylvania.

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

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

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

Email: info@ASAP.org

Please contact them for local and online support groups

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 any local support groups.

General Disability Resources

Pennsylvania Yellow Pages for Kids with Disabilities

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

APTA Pennsylvania: Chapter of the American Physical Therapy Association

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

2400 Ardmore Boulevard, Suite 302

Pittsburgh, PA 15221
Phone: 412-871-3406
Email: office@aptapa.org

Pennsylvania Occupational Therapy Association

<http://pota.site-ym.com/>
604 North Third St
Harrisburg, PA 17101
Email: potaoffice@gmail.com

Pennsylvania Association of People Supporting EmploymentFirst (APSE)

www.apse.org
<https://apse.org/chapter/pennsylvania/>
Email: paapse@apse.org

Abilities in Motion (AIM)

www.abilitiesinmotion.org
755 Hiesters Lane
Reading, PA 19605
Phone: 610-376-0010, 610-288-2301, 888-376-0120 (Toll-free)
Email: info@abilitiesinmotion.org

AIM is a center for independent living that provides help with advocacy, independent living skills, and peer counseling.

Fighting Back Scholarship Program

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

PO Box 141
400 East King St
Malvern, PA 19355
Phone: 610-688-8868
Email: info@fightingbacksp.org

Provides scholarships for people to continue their rehabilitation. Please contact them for eligibility requirements.

Parent Education & Advocacy Leadership Center (PEAL)

www.pealcenter.org
2325 East Carson St
Suite 100A
Pittsburgh, PA 15203
Phone: 412-281-4404, 866-950-1040 (Toll-free)
Email: info@pealcenter.org

A family led organization that provides assistance to parents of children from birth to age 26. They advise parents of children who receive early intervention services.

Reagan's Journey

<https://www.reagansjourney.org>
Freeport Lending Closet

405 Freeport Rd
Freeport, PA 16229 (Blue modular with ramp)
Phone: 724-826-0778
Email: info@reagansjourney.org

Reagan's Journey was established to address financial, informational, and networking needs for families of children with special needs. In addition, they strive to support and encourage families as they struggle to endure, adjust and cope with the demands of these special and sometimes fatal needs. Reagan's Journey also offers a lending closet of children's equipment.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org
Phone: 630-961-1400
Email: thinkfirst@thinkfirst.org

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

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

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.