



Hawaii Disability Resources

Affordable Care Act (ACA)

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

Aging Resources

Aging and Disability Resource Centers/No Wrong Door

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

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-programno-wrong-door>

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

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

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

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

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

Hawaii Executive Office on Aging

<http://health.hawaii.gov/ea/>

250 South Hotel Street, Suite 406

Honolulu, HI 96813

Phone: 808-586-0100

Email: ea@doh.hawaii.gov

Hawai'i County Office on Aging

<https://hcoahawaii.org/>

Aging & Disability Resource Center

1055 Kinoole Street

Hilo, HI 96720

Phone: 808-961-8626 (Hilo), 808-323-4390 (Kona)

Email: hcoa@hawaiiantel.net

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/home#gsc.tab=0>

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

Assistive Technology

Pacific ADA Center

<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

Assistive Technology Resource Centers of Hawaii

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

200 North Vineyard Boulevard, Suite 430

Honolulu, HI 96817

Phone: 808-532-7110

Email: info@atrc.org

Empowering people to maintain dignity and control in their lives by promoting technology through advocacy, information, and education.

Caregivers

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd

POB 101147

Oakland Park, FL 33310

Well Spouse Association

www.wellspouse.org

63 West Main Street, Suite H

Freehold, NJ 07728

Phone: 732-577-8899

Email: info@wellspouse.org

Please check with them for any local support groups

Community Health Centers

Hawaii Primary Care Association

www.hawaiipca.net

PO Box 29550

Honolulu, HI 96820

Phone: 808-536-8442

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

Crime Prevention and Justice Assistance Division

<http://ag.hawaii.gov/cpja/>

Department of the Attorney General
235 South Beretania Street, Suite 401
Honolulu, HI 96813
Phone: 808-586-1150
Email: hawaiiag@hawaii.gov

Office for Victims of Crime: Directory of Crime Victim Services

<https://ovc.ojp.gov/directory-crime-victim-services>

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

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

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

Phone: 800-621-4673 (24/7 Hotline)

Domestic Violence Help

Hawai'i State Coalition Against Domestic Violence

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

PO Box 214
Honolulu, HI 96810
Phone: 808-832-9316
Email: info@hscadv.org

Hawai'i Police Department: Domestic Violence Services

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

This site lists services and phone numbers for East and West Hawaii. Contact information for a safe place to stay, emergency medical care, someone to talk to, regular medical care, legal assistance, help in keeping and attacker away, and contacting the police.

Easterseals Offices

Easterseals Hawaii

www.EasterSealsHawaii.org

Corporate Office
710 Green Street
Honolulu, HI 96813
Phone: 808-536-1015
Email: info@eshawaii.org

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. Please check website for list of service areas.

Government Offices for Hawaii

Hawaii State Website

<https://portal.ehawaii.gov/>

Hawaii Department of Human Services

<https://humanservices.hawaii.gov>

Director's Office

Physical Address:

1390 Miller Street, Room 209

Honolulu, HI 96813

Mailing Address:

PO Box 339

Honolulu, HI 96809-0339

Phone: 808-586-4993

Email: dhs@dhs.hawaii.gov

Hawai'i Aging and Disability Resource Center

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

Executive Office on Aging

No.1 Capitol District

250 South Hotel Street, Suite 406

Honolulu, HI 96813-2831

Phone: 808-643-2372 (Statewide), 808-643-0889 (TTY)

Email: ADRC@doh.hawaii.gov

ADRC helps older adults, individuals with disabilities, and family caregivers find options for long-term care and support services available to them in the State of Hawaii.

Children's Health Insurance Program (CHIP)

<https://medquest.hawaii.gov/>

Med-QUEST Division

Phone: 808-524-3370 (Oahu), 800-316-8005 (Neighbor Islands), 800-603-1201 (TTY)

Hawaii Department of Human Services: Med-QUEST Division

<https://medquest.hawaii.gov/>

Phone: 808-524-3370 (Oahu), 800-316-8005 (Neighbor Islands), 800-603-1201 (TTY)

Please check website for the Med-QUEST Eligibility Branch office located on your island.

Hawaii State Department of Health

<http://health.hawaii.gov/>

1250 Punchbowl Street

Honolulu, HI 96813

Phone: 808-586-4400

This site provides general and contact information for caregiving support, home and community services, long term care (Ombudsman), and Hawaii's State Insurance Program (Sage PLUS).

Hawaii Department of Health: Children with Special Health Needs Branch

<http://health.hawaii.gov/cshcn/>

741 Sunset Avenue

Honolulu, HI 96816

Phone: 808-733-9055 (TTY)

Programs for children with special health care needs.

Hawaii Department of Health: Developmental Disabilities Division

<http://health.hawaii.gov/ddd/>

Physical Address:

1250 Punchbowl St, Room 463

Honolulu, HI 96813

Mailing Address:

PO Box 3378

Honolulu, HI 96801

Phone: 808-733-9172, 808-586-5840

Hawaii State Health Insurance Assistance Program (SHIP)

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

Executive Office on Aging

Hawaii State Department of Health

No. 1 Capitol District

250 South Hotel Street, Suite 406

Honolulu, HI 96813-2831

Phone: 808-586-7299 (Oahu only), 888-875-9229 (Toll-free), 866-810-4379 (TTY)

Counsels seniors at no cost on Medicare options.

Hawaii Insurance Division

<http://cca.hawaii.gov/ins/>

Department of Commerce and Consumer Affairs

Physical Address:

King Kalakaua Bldg

335 Merchant St, Room 213

Honolulu, HI 96813

Mailing Address:

PO Box 3614

Honolulu, HI 96811

Phone: 808-586-2790

Email: insurance@dcca.hawaii.gov

Hawaii Department of Labor and Industrial Relations

<https://labor.hawaii.gov/>

Disability Compensation Division

Physical Address:

830 Punchbowl Street, Room 209

Honolulu, HI 96813

Mailing Address:

PO Box 3769
Honolulu, HI 96812-3769
Phone: 808-586-9151
Email: dlir.workcomp@hawaii.gov

Hawaii Disability and Communication Access Board (DCAB)

<https://health.hawaii.gov/dcab/>

1010 Richards St, Room 118
Honolulu, HI 96813
Phone: 808-586-8121, 808-586-8122
Email: dcab@doh.hawaii.gov

DCAB serves as a public advocate of persons with disabilities by providing advice and recommendation on legislation, rules, policies, procedures and plans relating to persons with disabilities and their civil rights or service needs.

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/>

Hawaii Long-Term Care Ombudsman

<https://www.hi-ltc-ombudsman.org/>

Executive Office on Aging
Hawaii State Department of Health
No. 1 Capitol District
250 South Hotel Street, Suite 406
Honolulu, HI 96813-2831
Phone: 808-586-7268, 888-229-2231 (Toll-Free Helpline)
Email: info@hi-ltc-ombudsman.org

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: 800-225-5342, 800-877-8339 (TTY)

Email: answers@hud.gov

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

Statewide Independent Living Council of Hawaii

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

<https://independentlivinghawaii.org/>

Phone: 808-585-7452

Email: info@HawaiiSILC.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/>

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

Hawaii State Library for the Blind and Print Disabled

<https://www.librarieshawaii.org/lbpd/>

402 Kapahulu Avenue

Honolulu, HI 96815

Phone: 808-733-8444 (TTY), 800-559-4096 (Toll-free)

Email: olbcirc@librarieshawaii.org

Peer Support Programs

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

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@Reeve.org

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

Protection and Advocacy

Hawaii Disability Rights Center

www.hawaiidisabilityrights.org

1001 Bishop St, Suite 1110

Honolulu, HI 96813

Phone: 808-949-2922, 800-882-1057 (Toll-free)

Email: info@hawaiidisabilityrights.org

Also provides Client Assistance Program (CAP)

Service Dogs

Assistance Dogs of Hawaii

www.assistancedogshawaii.org

PO Box 1803

Makawao, HI 96768

Phone: 808-298-0167

Email: info@assistancedogshawaii.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' Southwest Training Center serves people in several states, including Hawaii.

Hawaii Fi-Do Service Dogs

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

PO Box 757

Kahuku, HI 96731

Phone: 808-520-1905

Sports and Recreation

AccesSurf Hawai'i

<http://www.accessurf.org>

Mailing Address:

PO Box 15152

Honolulu, HI 96830

Phone: 808-236-4200

Email: info@AccessSurf.org

AccesSurf is a non-profit organization that provides beach access and therapeutic ocean activities such as surfing, swimming, snorkeling and shoreline flotation to kids and adults with any type of disability.

City and County of Honolulu: Department of Parks and Recreation

<https://www.honolulu.gov/dpr/>

<https://www.honolulu.gov/dpr/therapeutic-recreation-beach-wheelchairs/>

Therapeutic Recreation Unit

1000 Ulu'ohi'a St, Suite 309

Kapolei, HI 96707

Phone: 808-768-3027, 808-768-3003

Email: parks-tru@honolulu.gov

Accessible recreational activities in Honolulu

Flow Kakou

<https://flowkakou.org/>

This non-profit organization inspires community members through movement-based activities, workshops, and events. They provide a variety of movement-based physical education programs for all ages, races, abilities, and curiosities.

United Way Offices

United Way Worldwide

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

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter your postal code for a United Way Office in your area

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

Hawai'i Island United Way

<http://hiuw.org/>

688 Kino'ole St, Suite #201

Hilo, HI 96720

Phone: 808-935-6393

Veterans Benefits

Veterans Affairs Pacific Islands Health Care System

<https://www.va.gov/pacific-islands-health-care/>

Spark M Matsunaga VA Medical Center

Mailing Address:

459 Patterson Road

Honolulu, HI 96819

Phone: 808-427-0477, 800-214-1306 (Toll-free)

Hawai'i Office of Veterans' Services

<http://dod.hawaii.gov/ovs/>

Tripler Army Medical Center

459 Patterson Road

E-Wing, Room 1-A103

Honolulu, HI 96819-1522

Phone: 808-433-0420, 1-711 (TDD/Relay Service)

Email: ovs@hawaii.gov

ALS

ALS Network (Formerly ALS Golden West)

<https://alsnetwork.org/>

Greater Hawaii Office

Mailing Address:

PO Box 11284

Honolulu, HI 96828

Phone: 866-750-2572

Email: info@alsnetwork.org

Brain Injury

Brain Injury Association of Hawaii

<https://www.biausa.org/find-bia/hawaii>

1221 Kapiolani Boulevard, PH 50

Honolulu, HI 96814

Phone: 808-633-8144, 808-633-8149

Email: braininjuryofhawaii@gmail.com

Please contact them for any support groups in your area.

Cerebral Palsy

United Cerebral Palsy Association of Hawai'i

<https://ucpahawaii.org/>

420 Waiakamilo Rd, Suite 105

Honolulu, HI 96817

Phone: 808-532-6744

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

Please contact them for any support groups in your area.

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

Mailing Address:

375 East Elm St, Suite 101

Coshohocken, PA 19428

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

Please contact them for any support groups in your area.

Multiple Sclerosis

National Multiple Sclerosis Society: Pacific South Coast Chapter (covers Hawaii)

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

Physical Address:

9915 Mira Mesa Boulevard, Suite 325

San Diego, CA 92131

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Multiple Sclerosis Association of America: Western Regional Office

<http://mymsaa.org/>

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

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

Email: western@mymsaa.org

Covers California, Oregon, Nevada, Utah, Arizona, Hawaii, Washington, and Alaska

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

Post-Polio Syndrome

Post-Polio Health International (PHI)

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

50 Crestwood Executive Center, Suite 440

St Louis, MO 63126

Phone: 314-534-0475

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

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for Stroke Support Groups 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

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 Hawaii Disability Resources

Hawaii Yellow Pages for Kids with Disabilities

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

Center on Disability Studies

<https://coe.hawaii.edu/cds/>

University of Hawai'i at Manoa

College of Education

1410 Lower Campus Rd, Bldg 171F

Honolulu, HI 96822

Phone: 808-956-5850

Email: cdsinfo@hawaii.edu

Special Parent Information Network (SPIN): Hawaii

<http://spinhawaii.org>

1010 Richards St, Room 118

Honolulu, HI 96813

Phone: 808-586-8126

Email: spin@doh.hawaii.gov

Hawaii Chapter of the American Physical Therapy Association

<https://aptahawaii.org/>

Mailing Address:

208 Rogers St NW

Olympia, WA 98502

Phone: 800-554-5569 x110 (Toll-free)

Email: info@aptahawaii.org

Occupational Therapy Association of Hawaii

<https://otassociationofhawaii.org/>

Email: otassociationofhawaii@gmail.com

Pacific Rim International Conference on Disability

<https://pacrim.coe.hawaii.edu/>

Email: prinfo@hawaii.edu

Held annually in Hawaii.

REHAB Hospital of the Pacific

www.rehabhospital.org

226 North Kuakini St.

Honolulu, HI 96817

Phone: 808-531-3511

The only acute care rehabilitation organization in Hawaii.

Aloha United Way 211 Hawai'i

<https://www.auw.org/about/211-hawaii/>

Phone: 211, 808-275-2000, 877-275-6569 (Toll-free)

Email: info211@auw.org

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

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.

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.