



Alaska Disability Resources

Affordable Care Act (ACA)

HHS.gov: About the Affordable Care Act

<https://www.hhs.gov/healthcare/about-the-aca/index.html>

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 support 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.

Alaska Department of Health: Senior Care and Disability Care

<https://health.alaska.gov/en/>

Phone: 907-269-3666

Email: doh.sds.info@alaska.gov

Alaska Aging and Disability Resource Centers (ADRCs)

<https://health.alaska.gov/en/services/aging-and-disability-resource-centers-adrc/>

Phone: 855-565-2017

National Center on Elder Abuse (NCEA)

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

Funded by the Administration for Community Living, the NCEA provides professionals, policymakers, and the public information and resources on elder abuse prevention and response to help ensure that older adults age with dignity and respect, free from maltreatment.

Assistive Technology

Northwest ADA Center (covers Alaska)

<http://nwadacenter.org/>

University of Washington

Box 357920

Seattle, WA 98194-7920

Phone: 800-949-4232 (Toll-free), 711 (Relay)

Email: nwadactr@uw.edu

Division of Vocational Rehabilitation: Alaska Assistive Technology Program

<https://labor.alaska.gov/dvr/at-prog.htm>

Department of Labor & Workforce Development

Physical Address:

111 W 8th St, Ste 210

Juneau, AK 99801-1894

Mailing Address:
PO Box 115516
Juneau, AK 99811-5516
Phone: 907-465-2814, 800-478-2815 (Toll Free)
Email: dol.dvr.info@alaska.gov

Assistive Technology of Alaska (ATLA)

<http://atlaak.org>
1500 W 33rd Ave, STE 120
Anchorage, AK 99503
Phone: 907-563-2599, 800-723-2852 (Toll-free)
Email: atla@atlaak.org

Community Health Centers

Alaska Primary Care Association

www.alaskapca.org
3111 C Street, Suite 500
Anchorage, AK 99503
Phone: 907-929-2722

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 Victims Assistance

Violent Crimes Compensation Board

<https://vccb.alaska.gov/>
State of Alaska Department of Public Safety
4300 Boniface Pkwy
Anchorage, AK 99504
Phone: 907-465-3040, 800-764-3040 (Toll-free)

Alaska Office of Victims' Rights

<https://ovr.akleg.gov/>

1007 West 3rd Avenue, Suite 205

Anchorage, AK 99501-1936

Phone: 907-754-3460, 844-754-3460 (Toll-free)

Email: officeofvictimsrights@akleg.gov

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233, 855-812-1001 (Video phone)

Call for information in your area.

National Resource Center on Domestic Violence (NRCDV)

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

Phone: 717-461-3939

Email: NRCDV@nrcdv.org

Alaska Network on Domestic Violence and Sexual Assault (ANDVSA)

www.andvsa.org/

130 Seward St, Suite 214

Juneau, AK 99801

Phone: 907-586-3650

Email: andvsa@andvsa.org

Easterseals Offices

Easterseals Alaska

<https://alaska.easterseals.com/>

670 West Fireweed Lane, Suite 201

Anchorage, AK 99503

Phone: 907-277-7325

Email: contact@easterseals-ak.org

Easterseals Alaska provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

Government Offices for Alaska

Alaska State Website

<https://alaska.gov/>

Governor's Council on Disabilities and Special Education

<https://health.alaska.gov/en/senior-and-disabilities-services/governors-council-on-disabilities/>

Robert B Atwood Building

550 W 7th Ave, Suite 1220

Anchorage, AK 99501
Phone: 907-269-8990 (from Anchorage), 888-269-8990 (Toll-free)
Email: GCDSE@alaska.gov

Division of Vocational Rehabilitation (DVR)

<https://www.labor.state.ak.us/dvr/>

Department of Labor and Workforce Development

Physical Address:

1111 W 8th St, Ste 210

Juneau, AK 99801-1894

Mailing Address:

PO Box 115516

Juneau, AK 99811-5516

Phone: 907-465-2814, 800-478-2815 (Toll Free)

Email: dol.dvr.info@alaska.gov

Alaska Division of Health Care Services

<https://health.alaska.gov/en/division-of-health-care-services/>

Email: doh.hcs.info@alaska.gov

Regional Offices of the Centers for Medicare and Medicaid Services (CMS)

<https://www.cms.gov/about-cms/where-we-are/regional-offices>

Region 10

Seattle, WA

Email: ROSEA_ORA2@cms.hhs.gov

Denali KidCare: Alaska Children's Health Insurance Program

<https://health.alaska.gov/en/services/denali-kidcare/>

Denali KidCare

Phone: 800-478-7778, 711 (TDD/Alaska Relay)

Email: doh.dpa.info@alaska.gov

Alaska Medicare Information Office

<https://health.alaska.gov/en/senior-and-disabilities-services/medicare-office/>

Phone: 907-269-3680 (Anchorage), 800-478-6065 (Toll-free within Alaska)

Email: doh.mio.info@alaska.gov

Alaska Division of Insurance

<https://www.commerce.alaska.gov/web/ins/>

Juneau Office

Physical Address:

333 Willoughby Avenue, 9th Floor

Juneau, AK 99801-1770

Mailing Address:

PO Box 110805

Juneau, AK 99811-0805

Phone: 907-465-2515

Anchorage Office
Robert B Atwood Building
550 West 7th Avenue, Suite 1560
Anchorage, AK 99501-3567
Phone: 907-269-7900
Email: insurance@alaska.gov

Alaska Comprehensive Health Insurance Association (ACHIA)

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

Mailing Address:

11467 Huebner Rd
San Antonio, TX 78230
Phone: 888-277-9133

ACHIA provides health insurance to Alaska residents who have been denied coverage.

Alaska State Commission for Human Rights

<http://humanrights.alaska.gov/>

1901 Bragaw Street, Suite 300
Anchorage, AK 99508
Phone: 907-274-4692, 800-478-4692
Email: hrc@alaska.gov

The Alaska State Commission for Human Rights is the state agency that enforces the Alaska Human Rights Law, AS 18.80.

Alaska Workers' Compensation

www.labor.state.ak.us/wc/home.htm

Juneau Office
Physical Address:
1111 W 8th St, Rm 305
Juneau, AK 99801
Mailing Address:
PO Box 115512
Juneau, AK 99811-5512
Phone: 877-783-4980 (Toll-free), 907-465-2790
Email: workerscomp@alaska.gov

State Vocational Rehabilitation Committee

<http://labor.alaska.gov/svrc/>

Department of Labor and Workforce Development
PO Box 115516
Juneau, AK 99811-5516
Phone: 907-465-2814, 800-478-2815 (Toll-free)
Email: dol.dvr.info@alaska.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/>

Alaska Long Term Care Ombudsman

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

3745 Community Park Loop, Suite 200

Anchorage, AK 99508

Phone: 907-334-4480, 800-730-6393

Email: akoltco@alaska.gov

The Alaska Long Term Care Ombudsman program protects the rights, safety and welfare of older persons residing in assisted living and nursing homes across the state.

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, and then click on "Your 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.

Fannie Mae

www.fanniemae.com

535 Mission Street

Suite 2250

San Francisco, CA 94107

Phone: 800-232-6643

Independent Living

ILRU: Statewide Independent Living Councils (SILCs)

Statewide Independent Living Council of Alaska

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

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

Physical Address:

104 S Binkley St, Suite B

Soldotna, AK 99669

Mailing Address:

35555 Kenai Spur HWY

PMB 285

Soldotna, AK 99669

Phone: 907-263-2011

Independent Living Research Utilization's Directory of Centers for Independent Living

<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 driven by and dedicated to people with disabilities. Since its founding in 1982, NCIL has represented thousands of organizations and individuals, advocating tirelessly for the human and civil rights of people with disabilities across the United States.

Library Services

Alaska State Library Talking Book Center

<https://lam.alaska.gov/tbc>

Physical Address:

395 Whittier St

Juneau, AK 99801

Mailing Address:

PO Box 110571

Juneau, AK 99811-0571

Phone: 888-820-4525 (Toll-free)

Email: tbc@alaska.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.

Protection and Advocacy

Disability Law Center of Alaska

www.dlcak.org

3330 Arctic Blvd, Suite 103

Anchorage, AK 99503

Phone: 800-478-1234 (Toll-free), 907-565-1002

Email: akpa@dlcak.org

Service Dogs

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 Companion's Northwest Training Center serves several states, including Alaska.

Sports and Recreation

Challenge Alaska

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

Anchorage Office

740 Bonanza Avenue

Anchorage, AK 99518

Phone: 907-344-7399

Email: info@challengealaska.org

Girdwood Office
Physical Address:
426 Crystal Mountain Road
Girdwood, AK 99587
Mailing Address:
PO Box 1166
Girdwood, AK 99587
Phone: 907-783-2925

Southeast Alaska Independent Living (SAIL): ORCA Adaptive Program

www.sailinc.org

Juneau Office
8711 Teal Street, Suite 300
Juneau, AK 99801
Phone: 800-478-7245 (Toll-Free)
Email: info@sailinc.org

Noble Paws, Inc.

<https://noblepaws.org/>

4395 Murphy Dome Rd
Fairbanks, AK 99709
Phone: 907-209-9185

Noble Paws teaches anyone with a disability or special need how to run a team of sled dogs at no cost.

United Way Offices

United Way Worldwide

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

701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

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. For information on local United Way offices, please go to <https://www.unitedway.org/find-your-united-way>.

Veterans Benefits

Paralyzed Veterans of America

www.pva.org

National Headquarters
Mailing Address:
1875 Eye Street NW, Suite 1100
Washington, DC 20006
Phone: 800-424-8200, 800-795-4327 (TTY)

Email: info@pva.org

Paralyzed Veterans of America: Northwest Chapter

www.nwpva.org

616 SW 152nd St, Suite B

Burien, WA 98166

Phone: 800-336-9782

U.S. Department of Veterans Affairs: Facility Locator

<https://www.va.gov/find-locations/>

VA Alaska Health Care

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

Colonel Mary Louise Rasmuson Campus

1201 N Muldoon Rd

Anchorage, AK 99504-6104

Phone: 888-353-7574

ALS

ALS Association

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

National Office

1300 Wilson Blvd, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

Please contact them for local info.

Brain Injury

Brain Injury Association of America (BIAA)

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

Mailing Address:

3057 Nutley Street, #805

Fairfax, VA 22031-1931

Phone: 703-761-0750, 800-444-6443 (For Brain Injury Information Only)

Email: info@biausa.org

Please contact them for local info.

Cerebral Palsy

United Cerebral Palsy (UCP)

<http://www.ucp.org>

8401 Old Courthouse Rd

Vienna, VA 22182

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

Email: info@ucp.org

Please contact them for local info.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

1307 2nd Ave N

Minneapolis, MN 55405

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Please contact them for information in your area

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome (GBS)/CIDP Foundation International

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301 (Toll-Free North America), 610-667-0131

Please contact them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Greater Northwest Chapter

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

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Covers Alaska

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 Western Regional Office

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

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

Email: western@mymsaa.org

Covers Alaska

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

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

National Office

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Click on “Find Care” at the top of the screen to find Care Centers 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

St Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

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

Directory lists health professionals, clinics, and support groups by state.

Spina Bifida

Spina Bifida Association (SBA)

<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.

Spinal Cord Injury

Spinal Injury Support Groups in Alaska

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

Stroke

American Stroke Association

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

National Center

Mailing Address:

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for info in your area.

Stroke Family Warmline

<https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline>

Phone: 888-478-7653

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

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

PO Box 1586

Longview, TX 75606-1586

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

Email: info@ASAP.org

Please call them for info in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association (SRNA)

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

Alaska Yellow Pages for Kids with Disabilities

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

Alaska Occupational Therapy Association (AKOTA)

<https://akota.org/#!event-list>

Mailing Address:

3705 Arctic Blvd, #1616

Anchorage, AK 99503

American Physical Therapy Association (APTA): Alaska Chapter

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

Mailing Address:

140B Purcellville Gateway Drive

Suite 120

Purcellville, VA 20132

Phone: 907-202-8776

Email: info@akapta.org

Association of People Supporting Employment First (APSE)

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

One Research Place

Suite 450

Rockville, MD 20850

Phone: 301-279-0060

Email: info@apse.org

Please contact them for local info.

AlaskaLawHelp.org

www.alaskalawhelp.org

Alaska Native Medical Center

www.anmc.org

4315 Diplomacy Dr

Anchorage, AK 99508

Phone: 855-482-4382, 907-563-2662

Email: customercontact@anthc.org

The Alaska Native Tribal Health Consortium and the Southcentral Foundation jointly own and manage the ANMC under the terms of Public Law 105-83. Native Alaskan values are woven into the clinical services. The American College of Surgeons has certified the ER department as the only Level II Trauma Center in the state of Alaska.

Alaska Native Tribal Health Consortium

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

4000 Ambassador Drive

Anchorage, AK 99508

Phone: 907-563-2662, 907-729-1900

Email: anthcwebsite@anthc.org

Arctic Health

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

Email: aml@alaska.edu

Information portal from the National Library of Medicine.

Center for Indigenous Health

<https://cih.jhu.edu>

Administrative Headquarters

Physical Address:

415 N Washington Street, 4th Floor

Baltimore, MD 21231

Mailing Address:

PO Box 16220

Baltimore, MD 21210-9997

Phone: 410-955-6931

Indian Health Service

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

Headquarters
5600 Fishers Lane
Rockville, MD 20857

Indian Health Service: Alaska Area Indian Health Service

<https://www.ihs.gov/ihs/offices/>

4141 Ambassador Drive, Suite 300
Anchorage, AK 99508-5928
Phone: 907-729-3686

Federal health program for American Indians and Alaska Natives.

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 “Find a Chapter” tab.

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

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