



MISSOURI 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.

Missouri Department of Health and Senior Services

<https://health.mo.gov/>

912 Wildwood

PO Box 570

Jefferson City, MO 65102-0570

Phone: 573-751-6400

Email: info@health.mo.gov

Missouri Association of Area Agencies on Aging

<http://www.ma4web.org/>

2027 Christy

Jefferson City, MO 65101

Phone: 573-668-8824

Email: info@ma4web.org

National Center on Elder Abuse (NCEA)

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

National Center on Elder Abuse

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 (ELDR)

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.

Assistive Technology

Great Plains ADA Center

<http://www.gpadacenter.org>

100 Corporate Lake Drive

Columbia, MO 65203

Phone: 573-882-3600 (TTY), 800-949-4232 (Toll-free)

Email: adacenter@missouri.edu

Missouri Assistive Technology

<http://www.at.mo.gov/>

1501 NW Jefferson St

Blue Springs, MO 64015

Phone: 816-655-6700, 816-655-6711 (TTY)

Email: info@mo-at.org

Community-Based Fitness Programs

Bloc Life

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

Phone: 712-292-0215

This gym has an Adaptive Athletes in Motion program, which focuses on creating industry-leading exercise courses that focus on adaptable workouts. Their specialized integration brings together adaptive and traditional fitness members into the same classes to create more inclusive communities.

Community Health Centers

Missouri Primary Care Association

www.mo-pca.org

3325 Suite B Emerald Lane

Jefferson City, MO 65109

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.

Ranken Jordan: A Pediatric Bridge Hospital

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

11365 Dorsett Road

Maryland Heights, MO 63043

Phone: 314-872-6400, 866-845-6400 (Toll-free)

Ranken Jordan is a pediatric bridge hospital providing a continuum of care for medically complicated children and their families.

Crime Victim Assistance

Crime Victims' Compensation

www.dps.mo.gov/dir/programs/cvc/

Missouri Dept of Public Safety

PO Box 1589

Jefferson City, MO 65102-1589

Phone: 573-526-6006

Email: cvc@dps.mo.gov

Missouri Attorney General's Office

<http://ago.mo.gov/>

Supreme Court Building

207 W High St

PO Box 899

Jefferson City, MO 65102

Phone: 573-751-3321

Email: consumer.help@ago.mo.gov

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

Missouri Coalition Against Domestic & Sexual Violence (MOCADSV)

www.mocadsv.org

217 Oscar Dr, Suite A

Jefferson City, MO 65101

Phone: 573-634-4161, 888-666-1911 (Toll-free)

Easterseals

Easterseals Midwest

<https://www.easterseals.com/midwest/>

11933 Westline Industrial Drive

St. Louis, MO 63146

Phone: 800-200-2119

Email: info@esmw.org

Easterseals offers a variety of service to help people reach their potential regardless of their disability or challenges. They offer training and placement services to help people prepare for the workforce. They also offer fun and educational programs. Covers St. Louis, Kansas City, Joplin, Columbia, Springfield, Poplar Bluffs, St. Joseph, Cape Girardeau, and Bolivar.

Employment Help

Starkloff Disability Institute

<http://starkloff.org/>

PO Box 775670

Saint Louis, MO 63177-5670

Phone: 314-588-7090

Aimed at closing the unemployment gap between disabled and non-disabled workers, The Starkloff Career Academy facilitates the hiring of qualified people with disabilities into mainstream jobs by training disabled job candidates to become highly-competitive job seekers and by educating employers on how to welcome them into their workforce.

Government Offices

Missouri State Website

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

Missouri Department of Social Services

<https://dss.mo.gov/>

Office of the Director

Broadway State Office Building

PO Box 1527

Jefferson City, MO 65102-1527

Phone: 573-751-4815, 800-735-2966 (TDD/TTY)

Department of Labor: Missouri Commission on Human Rights

<http://labor.mo.gov/mohumanrights>

421 E Dunklin

PO Box 1129

Jefferson City, MO 65102-1129

Phone: 573-751-3325, 800-735-2966 (TDD)

Email: mchr@labor.mo.gov

The mission of the Missouri Commission on Human Rights is to develop, recommend, and implement ways to prevent and eliminate discrimination and to provide fair and timely resolutions of discrimination claims through enforcement of the Missouri Human Rights Act.

Missouri Dept. of Elementary & Secondary Education: Vocational Rehabilitation

<https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>

3024 Dupont Circle

Jefferson City, MO 65109

Phone: 573-751-3251, 877-222-8963 (Toll-free), 573-751-0881 (TDD)

Email: info@vr.dese.mo.gov

C. Jeanne Loyd, Assistant Commissioner

Missouri Vocational Rehabilitation serves eligible Missouri citizens who have disabilities and who want to be employed. Types of services that could be provided include: pre-employment transition services for high school students with disabilities, assistive technology needed for employment, vocational training, transportation costs to help one participate in a training program, job-related tools and licenses, help in developing job-seeking skills, and individual counseling.

Missouri SHIP (State Health Insurance Assistance Program; formally Missouri CLAIM)

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

Phone: 800-390-3330

Missouri's state health insurance assistance program. Provides free, confidential and unbiased health insurance counseling to Medicare enrollees.

Missouri Medicaid: MO HealthNet Division

<https://mydss.mo.gov/mhd>

Missouri Department of Social Services

615 Howerton Court

PO Box 6500

Jefferson City, MO 65102-6500

Phone: 573-751-3425

Email: ask.mhd@dss.mo.gov

Show Me Healthy Kids Managed Care Health Plan: MO HealthNet Division

<https://mydss.mo.gov/smhk>

MO HealthNet Division

615 Howerton Ct

PO Box 6500

Jefferson City, MO 65102-6500

Phone: 573-751-3425, 877-236-1020

Missouri Department of Insurance

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

Physical Address:

301 W High St, Room 530

Jefferson City, MO 65101

Mailing Address:

PO Box 690

Jefferson City, MO 65102-0690

Phone: 573-751-4126

Email: consumeraffairs@insurance.mo.gov

Division of Workers' Compensation

<http://www.labor.mo.gov/DWC/>

http://www.labor.mo.gov/DWC/Injured_Workers/

421 East Dunklin St

PO Box 58

Jefferson City, MO 65102-0058

Phone: 800-775-2667 (Toll-free), 573-751-4231

Email: workerscomp@labor.mo.gov

Governor's Council on Disability

<http://disability.mo.gov/gcd/>

301 West High Street, Room 620

PO Box 1668

Jefferson City, MO 65102

Phone: 800-877-8249, 573-751-2600

Email: gcd@oa.mo.gov

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://health.mo.gov/seniors/ombudsman/index.php>

Department of Health & Senior Services

PO Box 570

Jefferson City, MO 65102-0570

Phone: 800-309-3282

Email: LTCombudsman@health.mo.gov

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

Fannie Mae

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

Phone: 800-232-6643

U.S. Department of Housing and Urban Development

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: Directory of Statewide Independent Living Councils (SILCs)

Missouri State Independent Living Council

<https://www.ilru.org/silc-directory>

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

PO Box 901493

Kansas City, MO 64190-1493

Phone: 816-226-5541 (Information), 816-226-8877

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.

Disabled Citizens Alliance for Independence

<http://dcai.us/>

PO Box 675

#8 Missouri Ave

Viburnum, MO 65566

Phone: 573-244-5402, 866-797-6080 (Toll-free), 800-844-3316

Promise Community Homes

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

1240 Dautel Lane

St. Louis, MO 63146

Phone: 314-567-1522

Email: info@promisecommunityhomes.org

This is a nonprofit in St. Louis, MO that keeps rents low through fundraising, allowing residents with intellectual or developmental disabilities to live in safe, affordable, neighborhood homes, with provided maintenance.

The Independent Living Center

<http://ilcenter.org/>

2639 E 34th Street

Joplin, MO 64804

Phone: 417-659-8086, 833-346-8951 (Toll-free), 417-659-8702 (TTY)

The Independent Living Center (TILC) is a private, non-residential, not-for-profit corporation devoted to meeting the needs of individuals with disabilities and to serving them, their families and communities. TILC provides services in the following counties: Barry, Barton, Dade, Jasper, McDonald, and Newton.

The Whole Person

www.thewholeperson.org

3710 Main St

Kansas City, MO 64111

Phone: 816-561-0304

The Whole Person provides services to people with disabilities and their families and strives to help them identify and implement resources appropriate to their situation. Services include brain injury peer support group, consumer advocacy group, Life with Spinal Cord Injuries program, financial management program, home modifications, assistance with obtaining Social Security and other benefits. They serve the following counties in Missouri: Cass, Clay, Jackson and Platte.

Library Services

Wolfner Talking Book and Braille Library

www.sos.mo.gov/wolfner

PO Box 387

Jefferson City, MO 65102-0387

Phone: 573-751-8720, 800-392-2614 (Toll-free in MO), 800-347-1379 (TDD)

Email: wolfner@sos.mo.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

Missouri Protection & Advocacy Services

www.moadvocacy.org

925 S Country Club Drive, Suite B

Jefferson City, MO 65109-4510

Phone: 800-392-8667, 800-735-2966 (TDD)

Email: app.unit@mo-pa.org

Service Dogs

Duo Dogs, Inc.

<https://duodogs.org/>

10955 Linpage Place

Saint Louis, MO 63132

Phone: 314-997-2325

Email: info@duodogs.org

CHAMP Assistance Dogs

www.champdogs.org

1968 Craig Rd, Suite 200

St. Louis, MO 63146

Phone: 314-485-1264

P.H.A.R.M. Dog USA (Pets Helping Agriculture in Rural Missouri)

<http://pharmdog.org/>

PO Box 161

Albany, MO 64402

Phone: 660-582-0694

The organization's goal is to make life easier for farmers and farm family members with disabilities by training service dogs to help with farming related tasks. Those eligible for services may have any type of disability - physical, cognitive, or illness-related. Their services are not limited to Missouri-they do place dogs in other states.

Sports and Recreation

Disabled Athlete Sports Association

www.dasasports.org

INSIDE Mid Rivers Mall, Upper level next to Dillards
1600 Mid Rivers Mall Circle, Ste 2272
St. Peters, MO 63376
Phone: 636-477-0716

Camp Barnabas

www.campbarnabas.org

Physical Address:

901 Teas Trail
Purdy, MO 65734

Mailing Address:

PO Box 609

Branson, MO 65615

Phone: 417-476-2565, 417-522-6011 (camp office, summer only)

Email: info@campbarnabas.org

A non-denominational Christian summer camp for children with special needs including spinal cord injuries.

LifeWaters

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

1519 Big Bill Rd

Arnold, MO 63010

Phone: 314-326-0419

Email: info@lifewaters.org

LifeWaters program is designed to help improve the lives of our disabled veterans by offering discover scuba and scuba certifications through Scuba Diving International (SDI) (Scubility Program) as part of recreational water therapy. The program is run by dedicated staff volunteers to include SCI therapists, doctors, nurses, veterans and civilians who are passionate about helping our veterans in the sport of diving.

Midwest Adaptive Sports

www.midwestadaptivesports.org

1800 Genessee St, Ste. 301

Kansas City, MO 64102

Phone: 816-287-2011

Email: info@midwestadaptivesports.org

Midwest Adaptive Sports (MAS) is a therapeutic recreational and competitive ski program for individuals with disabilities.

The Miracle League

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

1506 Klondike Road, Suite 105

Conyers, GA 30094

Phone: 770-760-1933

Email: Stephanie@miracleleague.com; Diane@miracleleague.com

To find a local Miracle League, contact the corporate office.

myTeam Triumph Missouri

www.myteamt Triumph-mo.org

Phone: 573-513-2592

Email: info@myteamt Triumph-mo.org

This organization invests in specialized race equipment, recruit's volunteers, facilitates training, and lends race day support for people of diverse abilities to participate and join as a team in endurance events.

Ride On St. Louis

<http://rideonstl.org/>

9000 Grab Lane

Hillsboro, MO 63050

Phone: 636-464-3408

Email: info@rideonstl.org

Ride On St. Louis promotes health and enriches lives through love, joy and holistic healing.

United States Power Soccer Association

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

Mailing Address/ Inquiries:

USPSA Secretary

1239 Hoover Lane

Indianapolis, IN 46260

Email: info@powersoccerusa.org

The USPSA is the governing body for Power Soccer in the United States. Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users.

TREE House of Greater St. Louis

<https://thstl.org/>

332 Stable Lane

Wentzville, MO 63385

Phone: 636-332-4940

Email: info@thstl.org

TREE House offers a therapeutic horseback riding program. For children of all abilities ages 5 to 18, TREE House offers inclusionary summer camp opportunities at their facility in Wentzville

Unlimited Play, Inc.

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

5988 Mid Rivers Mall Drive, Suite 230

St Peters, MO 63304

Phone: 636-757-3978

Email: office@unlimitedplay.org

Unlimited Play is a non-profit organization that helps to plan, design and build fully accessible playgrounds that allow all children – regardless of their abilities – to play together.

Variety the Children’s Charity of St. Louis: Adventure Camp

<https://varietystl.org/impact/recreation/>

11840 Westline Industrial Dr, Suite 220

St. Louis, MO 63146

Phone: 314-720-7700

Email: Info@VarietySTL.org

Variety the Children’s Charity of St. Louis has been helping children with physical and Intellectual disabilities reach their full potential for more than 80 years.

United Way Worldwide

United Way

<http://unitedway.org>

National Headquarters

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter postal code for a United Way office in your area

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

Veterans Benefits

VA St. Louis Healthcare

<https://www.va.gov/st-louis-health-care/locations/>

St. Louis VA Medical Center-Jefferson Barracks

1 Jefferson Barracks Dr

St. Louis, MO 63125-4199

Phone: 314-652-4100

John J Cochran Veterans Hospital

915 North Grand Boulevard

St. Louis, MO 63106-1621

Phone: 314-652-4100

Paralyzed Veterans of America: Gateway Chapter

<http://gatewaypva.org/>

1311 Lindbergh Plaza Center

St. Louis, MO 63132

Phone: 314-427-0393, 800-426-4058 (Toll-free)

Email: info@gatewaypva.org

ALS

ALS Association: Missouri Chapter

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

Phone: 314-876-7008 (Eastern MO), 800-878-2062 (Western MO)

Email: infoMO@als.org

Brain Injury

Brain Injury Association of Missouri

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

2265 Schuetz Rd

St. Louis, MO 63146

Phone: 314-426-4024, 800-444-6443 (Toll-free)

Email: info@biamo.org

Cerebral Palsy

United Cerebral Palsy

www.ucp.org

8401 Old Courthouse Rd

Vienna, VA 22182

Phone: 800-872-5827, 866-827-1692

Email: info@ucp.org

Please call them for any UCP chapters in Missouri.

Friedreich's Ataxia

National Ataxia Foundation

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

Physical Address:

600 Highway 169 South

Suite 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-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
Call for information in your area

Multiple Sclerosis

Multiple Sclerosis Association of America (MSAA): South-Central Regional Office

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

Phone: 800-532-7667, extension 137

Email: southcentral@mymsaa.org

National Multiple Sclerosis Society: Gateway Area Chapter

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

Physical Address:

10420 Old Olive Street Road, Suite 300

Creve Coeur, MO 63141

Mailing Address:

PO Box 88540

Carol Stream, IL 60188

Phone: 800-344-4867

The National MS Society provides professional counseling and peer facilitated support groups, educational programs and seminars, referrals to neurologists and healthcare professionals, national teleconferences and internet programs, services for the homebound, social and recreational programs to assist people with MS and their families in leading productive and fulfilling lives.

Muscular Dystrophy

Muscular Dystrophy Association

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

National Headquarters

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)

<https://post-polio.org/>

50 Crestwood Executive Center, Suite 440

Saint 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

<http://www.spinabifidaassociation.org>

2000 Duke Street Suite 300

Alexandria, VA 22314

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area. For information on local clinics, please go to

<http://spinabifidaassociation.org/clinics/#K-O>.

Spina Bifida of Greater St. Louis

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

15620 Manchester Road 2nd Floor

St. Louis, MO 63011

Phone: 314-968-2244

Email: stlspinabifida@gmail.com

Spinal Cord Injury

Greater Kansas City Spinal Cord Injury Association

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

Mailing Address:

PO Box 8826

Kansas City, MO 64114

SSM Health Physical Therapy

<https://www.ssmphysicaltherapy.com/contact/find-a-location/mo/bridgeton/bridgeton-day-institute/>

Bridgeton Day Institute

12380 Depaul Dr

Bridgeton, MO 63044

Phone: 314-447-9710

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area

American Stroke Foundation

www.AmericanStroke.org

6405 Metcalf Ave, Suite 214

Overland Park, KS 66202

Phone: 913-649-1776

Their Next Step program is a wellness program to help stroke survivors continue to improve and regain independence in daily living skills. Next Step offers classes and programs designed to address survivors' physical, cognitive, social, and emotional well-being in a welcoming group environment. They offer various fitness and aquatics at three locations: Mission, KS, Blue Springs, MO, and Kansas City, MO. There is a monthly fee to participate. Programs are facilitated by occupational therapy staff and students as well as stroke survivors.

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

Email: info@ASAP.org

Please contact them for any support groups in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association

<https://wearesrna.org/>

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Missouri Yellow Pages for Kids with Disabilities

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

Missouri Chapter of the American Physical Therapy Association

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

205 E Capitol, Suite 100

Jefferson City, MO 65101

Phone: 573-556-6730

Email: info@mopt.org

Missouri Chapter of the American Occupational Therapy Association

<http://www.motamo.net>

2000 E Broadway
PO Box 169
Columbia, MO 65201

Association of People Supporting Employment First: Missouri Chapter

<https://apsemissouri8.wildapricot.org/>

Children's Mercy Kansas City: Rehabilitation Medicine

<https://www.childrensmercy.org/departments-and-clinics/rehabilitation-medicine/>

Adele Hall Campus
2401 Gillham Rd
Kansas City, MO 64108
Phone: 816-234-3970, 816-234-3000

Children's Mercy provides inpatient rehabilitation services for individuals ages 6 months to 21 years with any type of new paralysis (traumatic spinal cord injury, transverse myelitis, spinal cord tumor, spinal cord stroke/vascular malformation, acute flaccid myelitis, MS, etc.) along with other acute injuries, such as brain injury or stroke. Children's Mercy also offers outpatient comprehensive clinics for spinal cord injury/disorder as well as spina bifida in addition to outpatient therapies (physical therapy, occupational therapy, speech therapy) and equipment and seating clinics.

Hope Happens for Neurological Disorders

www.hopehappens.org

112 W. Jefferson Ave., Suite 128
St. Louis, MO 63122
Phone: 314-725-3888

Email: info@hopehappens.org

Their mission is to improve the lives of people with neurodegenerative disorders by funding collaborative, translational research that has the potential to fast-track new treatments and cures.

MO Better Foundation

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

Assists Missourians (adults and children) with permanent physical disabilities by providing financial assistance to aid in purchasing items to assist in daily living particularly those related to technology, transportation and mobility.

Moebius Syndrome Foundation

<https://moebius syndrome.org/>

1312 17th Street, #976
Denver, CO 80202
Phone: 844-663-2487 (Toll-free)

Email: info@moebius syndrome.org

The Moebius Syndrome Foundation holds conferences every two years and produces free educational DVDs about Moebius syndrome to educate the community.

ParaQuad

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

5240 Oakland Ave

St. Louis, MO 63110

Phone 314-289-4200

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.