



Nebraska 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>

<https://eldercare.acl.gov/Public/index.aspx>

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.

Nebraska State Unit on Aging

<http://dhhs.ne.gov/Pages/aging.aspx>

Mailing Address:

PO Box 95026

Lincoln, NE 68509

Phone: 402-471-2307

Email: DHHS.Aging@nebraska.gov

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 (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 (Covers Nebraska)

www.gpadacenter.org

100 Corporate Lake Drive

Columbia, MO 65203

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

Email: adacenter@missouri.edu

Nebraska Assistive Technology Partnership

<https://atp.nebraska.gov/>

Physical Address:

500 S. 84th Street

Lincoln, NE 68510-2611

Mailing Address:
PO Box 94987
Lincoln, NE 68509-4987
Phone: 402-471-0734, 877-713-4002 (Toll-free)
Email: atp@nebraska.gov

Easterseals Nebraska: Alternative Financing Solutions

<https://www.easterseals.com/ne/>
12565 West Center Rd, Suite 100
Omaha, NE 68144-8144
Phone: 402-462-3031, 800-471-6425

Caregivers Information

Caregiver.com

<https://caregiver.com/>
1900 West Oakland Park Blvd
POB 101147
Oakland Park, FL 33310

Community Health Centers

Health Center Association of Nebraska

<http://hcanabraska.org>
3929 S 147th Street, Suite 100 A
Omaha, NE 68144-5529
Phone: 402-932-3389
Email: info@hcanabraska.org

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Nebraska Crime Victim Reparations

<https://ncc.nebraska.gov/crime-victim-reparations>

Nebraska Crime Commission

301 Centennial Mall South

PO Box 94946

Lincoln, NE 68509-4946

Phone: 402-471-2828

Email: ncc.cvr@nebraska.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

National Resource Center on Domestic Violence

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

Phone: 800-537-2238

Email: NRCDV@nrcdv.org

Nebraska Coalition to End Sexual and Domestic Violence

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

245 South 84th St, Suite 200

Lincoln, NE 68510

Phone: 402-476-6256

Easterseals Offices

Easterseals Nebraska

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

12565 West Center Rd, Suite 100

Omaha, NE 68144-8144

Phone: 402-462-3031, 800-471-6425

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.

For information on local offices, please go to <https://www.easterseals.com/wv/connect-locally/>

Government Offices

Nebraska State Website

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

Nebraska Division of Medicaid and Long-Term Care

<http://dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx>

Department of Health and Human Services

Mailing Address:

PO Box 95026

Lincoln, NE 68509-5026

Phone: 402-471-3121 (Local)

Nebraska Department of Health and Human Services

<https://dhhs.ne.gov/Pages/default.aspx>

Physical Address:

301 Centennial Mall South

Lincoln, NE 68509

Mailing Address:

PO Box 95026

Lincoln, NE 68509-5026

Phone: 402-471-3121, 800-833-7352 (TDD)

Nebraska CHIP Program (Children's Health Insurance Program)

<https://dhhs.ne.gov/Pages/Medicaid-Eligibility.aspx>

Department of Health and Human Services

Document Imaging Center

Mailing Address:

PO Box 2992

Omaha, NE 68103-2992

Lincoln, Nebraska 68509

Phone: 855-632-7633 (Toll-free), 402-471-7256 (TTY)

Email: DHHS.ANDICenter@nebraska.gov

Nebraska SHIP & SMP

State Health Insurance Assistance Program and Senior Medicare Patrol

<https://doi.nebraska.gov/>

Nebraska Department of Insurance

1526 K Street, Suite 201

Lincoln, NE 68508

Phone: 402-471-2841, 800-234-7119 (Hotline)

Email: DOI.SHIP@nebraska.gov

Nebraska Vocational Rehabilitation

<http://www.vr.nebraska.gov/index.html>

Nebraska Department of Education

PO Box 94987

Lincoln, NE 68510

Phone: 402-471-3644, 877-637-3422 (Toll-free)

Nebraska Department of Insurance

<https://doi.nebraska.gov/>

PO Box 95087

Lincoln, NE 68509-5087

Phone: 402-471-2201, 877-564-7323 (Insurance complaint hotline)

Nebraska Workers' Compensation Court

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

Physical Address:

1221 N St, Suite 402

Lincoln, NE 68508-2009

Mailing Address:

1010 Lincoln Mall, Suite 100

Lincoln, NE 68508-2833

Phone: 402-471-6468, 800-599-5155 (Toll-free)

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://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx>

Department of Health & Human Services

PO Box 95026

Lincoln, NE 68509

Phone: 402-471-2307, 800-942-7830 (Nebraska only)

Email: DHHS.LTCOmbudsman@nebraska.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

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 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)

Nebraska Statewide Independent Living Council

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

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

PO Box 160

Ponca, NE 68770

Phone: 402-438-7979

Email: info@nesilc.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

Nebraska Library Commission: Talking Book and Braille Service

<https://nlc.nebraska.gov/TBBS/index.aspx>

1200 N Street, Suite 120

Lincoln, NE 68508-2023

Phone: 800-742-7691, 402-471-4038

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 Rights Nebraska

www.disabilityrightsnebraska.org

2930 Ridge Line Road, Suite 205

Lincoln, NE 68516

Phone: 402-413-2016, 800-422-6691 (Toll-free)

Email: info@disabilityrightsnebraska.org

Sports And Recreation

Heartland Equine Therapeutic Riding Academy

<http://hetra.org/>

Mailing Address:

10130 S 222nd Street

Gretna, NE 68028

Phone: 402-359-8830

Email: HETRA@HETRA.org

Horseback riding for people with disabilities, also has a Horses for Heroes programs for disabled veterans.

Nebraska Adaptive Sports: Junior Wheelchair Sports and Recreation Camp

<https://nebraskaadaptivesports.org/>

Contact: Jena Munson

Phone: 402-572-2276

Email: jena.munson@commonspirit.org

United Way Offices

United Way National Headquarters

<http://unitedway.org>

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.

Veteran Benefits

U.S. Department of Veterans Affairs: Facility Locator

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

Paralyzed Veterans of America (PVA) Service Offices

<https://pva.org/find-support/national-service-office/>

Great Plains Chapter of PVA

<https://www.greatplainspva.org/site/>

7612 Maple Street

Omaha, NE 68134

Phone: 402-398-1422

ALS

Nebraska Chapter of the ALS Association

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

Phone: 402-991-8788

Email: infoNE@als.org

Brain Injury

Brain Injury Association of America: State Chapters

<http://www.biausa.org>

Mailing Address:

3057 Nutley Street, #805

Fairfax, VA 22031-1931

Phone: 703-761-0750, 800-444-6443 (Info Line)

Email: info@biausa.org

Brain Injury Association of Nebraska

<https://biane.org/>

PO Box 22147

Lincoln, NE 68542

Phone: 402-423-2463, 844-423-2463 (Resource & Referral Line)
Email: info@biane.org

Cerebral Palsy

United Cerebral Palsy of Nebraska

<http://www.ucp.org>

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

11930 Arbor Street, Suite 202

Omaha, NE, 68144

Phone: 402-502-3572, 800-729-2556 (Toll-free)

Email: ucp@ucpnebraska.org

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 info in your state

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

Mailing Address:

375 East Elm St, Suite 101

Conshohocken, PA 19428

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

Please call them for information in your area

Multiple Sclerosis

Mid America Chapter of National Multiple Sclerosis Society

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

Physical Address:

2020 W 89th Street

Suite 100

Leawood, KS 66206

Mailing Address:

PO Box 88540

Carol Stream, IL 60188

Phone: 800-344-4867 (Toll-free)

Multiple Sclerosis Association of America Headquarters

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

375 Kings Hwy North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667

Email: msaa@mymsaa.org

MSAA Midwest Regional Office (Covers Nebraska)

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

Phone: 800-532-7667, extension 150 (Toll-free)

Email: midwest@mymsaa.org

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)

<http://www.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 (Toll-free)

Email: sbaa@sbaa.org

Please contact them for info in your area. For information on Spina

SBAAs clinics in Nebraska:

Complex Care Clinic (Pediatric Only)

<https://www.childrensnebraska.org/departments/complex-care-clinic/>

Children's Nebraska Specialty Pediatric Center

111 North 84th Street

Omaha, NE 68114

Phone: 402-955-4160

Spinal Cord Injury

BrainandSpinalCord.org: Nebraska Support Groups

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

Madonna Rehabilitation Hospital

5401 South St

Lincoln, NE 68506

Contact: Diane Ulmer

Phone: 402-486-8296

Email: dulmer@madonna.org

Quality Living, Inc. (QLI)

www.qliomaha.com

www.teamqli.com

6404 N 70th Plaza

Omaha, NE 68104

Phone: 402-573-3700

Email: qli@qliomaha.com

QLI is a specialized post-acute rehabilitation center for individuals with spinal cord injuries and brain injuries. Their program recognizes that great rehabilitation is more than just the science of physical recovery, it is the art of rebuilding a life. They offer the clinical expertise, state-of-the-art technology and research-supported therapies. They manage medical needs but also provide therapies in a real-world, non-hospital setting to go beyond the traditional therapy room to a truly functional approach.

Stroke

American Stroke Association

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

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please contact 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 info in your area.

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

General Disability Resources

Nebraska Yellow Pages for Kids with Disabilities

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

Nebraska Occupational Therapy Association, Inc.

<http://www.notaonline.org>

PO Box 540881

Omaha, NE 68154

Nebraska Chapter of the American Physical Therapy Association

<https://aptanebraska.org/>

PO Box 24133

Omaha, NE 68124

Phone: 402-260-5052

Email: info@aptanebraska.org

Nebraska chapter of Association of People Supporting Employment First (APSE)

www.apse.org

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

Cheryl Montgomery, Public Policy Liaison

Email: neapse@apse.org

Healthboards.com

<http://www.healthboards.com/boards/index.php>

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

211 (Serving Nebraska, Iowa and Illinois)

<https://uwm211.org/>

Phone: 211, 866-813-1731 (Toll-free)

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

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.

Quality Living, Inc.

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

6404 N 70th Plaza

Omaha, NE 68104

Phone: 402-573-3700

Email: qli@qliomaha.com

Good rehabilitation services improve function. Great rehabilitation services rebuild lives. QLI has become one of the nation’s premier post-hospital centers for brain and spinal cord injury rehabilitation by embracing the concept that great rehabilitation is more than just the science of physical recovery, it is the art of rebuilding a life.

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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