



North Carolina Disability Resources

Affordable Care Act (ACA)

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

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

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

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

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

supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

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

North Carolina Division of Aging

<http://www.ncdhhs.gov/divisions/daas>

Mailing Address:

2101 Mail Service Center

Raleigh, NC 27699-2101

Phone: 919-855-3400

North Carolina Area Agencies on Aging

<https://www.ncdhhs.gov/divisions/aging/adult-day-services/daas-area-agencies-aging>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537

Email: ncea-info@acl.hhs.gov

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

Arts & Creativity

ComMotion: Community in Motion

<http://commotionnc.org>

Phone: 919-526-0195

ComMotion – Community in Motion’s mission is to enable everyone to get a chance to experience the many benefits of dance, regardless of their age, ability, or circumstances. Dance promotes strength, flexibility & coordination while also reducing pain, depression, and stress. Founded by a cancer survivor and disabled veteran who found health and happiness through dance and wanted to share it with others, they have taught more than 10,000 students of all ages and abilities, including veterans, cancer survivors, seniors, and kids. Their programs are completely portable and adaptable to any space and size of group, so they can bring our classes directly to the people they serve, eliminating logistical challenges of traveling to a dance studio as well as the fear and uncertainty of

a new space and group of people. They have taught online and in hundreds of different locations including hospitals, community centers, VFW halls, memory care and Alzheimer's units, schools, churches, and parks.

Assistive Technology

North Carolina Assistive Technology Program

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program>

2801 Mail Service Center

Raleigh, NC 27699-2801

Phone: 919-855-3500, 800-662-7030 (Customer Service Center)

Southeast ADA Center (covers NC)

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

Burton Blatt Institute Lexington

2355 Huguenard Drive, Suite 200

Lexington, KY 40503

Phone: 800-949-4232 (Toll-free); 404-541-9001

Email: adasoutheast@syr.edu

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd, Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734

Email: info@caregiver.com

Well Spouse Association

<https://wellspace.org/our-support/support-groups/support-groups.html>

Research Triangle/Chapel Hill WS Group

Russell Wiener

Seymour Center 2551

Homestead Rd

Chapel Hill, NC 27516

Durham, NC 27709

Phone: 336-213-4573

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

North Carolina Community Health Center Association

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

PO Box 879

Knightdale, NC 27545-0879

Phone: 919-469-5701

Email: web@ncchca.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

North Carolina Crime Victim Compensation

<https://www.ncdps.gov/DPS-Services/Victim-Services/Crime-Victim-Compensation>

4232 Mail Service Center

Raleigh, NC 27699-4232

Phone: 919-733-7974, 800-826-6200

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, 800-787-3224 (TTY)

National Resource Center on Domestic Violence

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

Phone: 800-537-2238

Email: NRCDV@nrcdv.org

North Carolina Coalition Against Domestic Violence

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

3710 University Dr, Suite 300

Durham, NC 27707

Phone: 919-956-9124

Easterseals Offices

Easterseals UCP North Carolina & Virginia

<https://eastersealsucp.com/>

5171 Glenwood Ave, Suite 211

Raleigh, NC 27612

Phone: 800-662-7119

Email: info@eastersealsucp.com

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices

North Carolina State Website

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

North Carolina Council on Developmental Disabilities

<http://www.nccdd.org>

Physical Address:

3109 Poplarwood Ct, Suite 105

Raleigh, NC 27604

Mailing Address:

2010 Mail Service Center

Raleigh, NC 27699

Phone: 984-920-8200 (Office/TTY); 800-357-6916 (Toll-free)

Email: Info@nccdd.org

North Carolina Medicaid

<https://medicaid.ncdhhs.gov/>

Mailing Address:

2501 Mail Service Center

Raleigh, NC 27699-2501

Phone: 888-245-0179

North Carolina Medicare & Seniors' Health Insurance Information Program (SHIP)

<https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip>

Phone: 855-408-1212 (Toll-free)

Email: ncdoi.ncshiip@ncdoi.gov

SHIIP Counselors are available to help citizens with a variety of senior insurance issues including Medicare, Medicare supplements and long-term care insurance.

North Carolina Department of Insurance

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

Physical Address:

3200 Beechleaf Court

Raleigh, NC 27604

Mailing Address:

1201 Mail Service Center

Raleigh, NC 27699-1201

Phone: 855-408-1212 (Toll-free)

North Carolina Industrial Commission: Workers' Compensation

<http://www.ic.nc.gov/>

Physical Address:

430 North Salisbury Street

Raleigh, NC 27603

Mailing address:

1240 Mail Service Center

Raleigh, NC 27699-1240

Phone: 919-807-2501, 800-688-8349 (Toll-free)

Email: infospec@ic.nc.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.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

North Carolina State LTC Ombudsman

<https://www.ncdhhs.gov/divisions/aging/long-term-care-ombudsman>

Division of Aging

2101 Mail Service Center

Raleigh, NC 27699-2101

Phone: 919-855-3400

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

U.S. Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, SW

Washington, DC 20410

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

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

211

www.211.org

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

MSAA Suites at Jacksonville

1711 Hargett St.

Jacksonville, NC 28540

Phone: 910-938-3632

Multiple Sclerosis Association of America (MSAA) owns and operates five barrier-free apartment complexes in North Carolina.

Independent Living

ILRU: State Independent Living Councils (SILCs)

North Carolina State Independent Living Council

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

<http://ncsilc.org/>

Mailing Address:

3600 S College Road, Suite E #397

Wilmington, NC 28412

Phone: 984-480-6328

Independent Living Research Utilization's Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

North Carolina Accessible Books and Library Services

<https://statelibrary.ncdcr.gov/about-us/accessible-books-and-library-services>

State Library of North Carolina

Physical Address:

1841 Capital Boulevard

Raleigh, NC 27604

Mailing Address:

1841 Capital Boulevard

Raleigh, NC 27635

Phone: 984-236-1100 (Raleigh area residents), 888-388-2460 (Toll-free)

Email: ncabls@dncr.nc.gov

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

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

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with

a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection And Advocacy

Disability Rights North Carolina

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

801 Corporate Center Drive, Suite 118

Raleigh, NC, 27607

Phone: 919-856-2195, 877-235-4210 (Toll-free), 800-735-2962 (TTY)

Email: info@disabilityrightsncc.org

North Carolina Client Assistance Program (CAP)

<http://cap.state.nc.us/>

Mailing Address:

2806 Mail Service Center

Raleigh, NC 27699-2806

Phone: 919-855-3600, 800-215-7227 (Toll-free)

Email: NCCAP@dhhs.nc.gov

Service Dogs

Canines For Service

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

Phone: 910-362-8181

Email: information@caninesforservice.org

Sports and Recreation

Move United

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

451 Hungerford Drive

Suite 608

Rockville, MD 20850

Phone: 301-217-0960

Email: info@moveunitedsport.org

Please check with them for any NC programs.

NextStep Raleigh

www.nextstepraleigh.org

6601 Hillsborough St., Suite 113

Raleigh, NC 27606

Phone: 919-679-9405

Email: kthor@nextstepraleigh.org

A paralysis recovery center that uses activity-based training to serve people with paralysis due to SCI, TBI, stroke, MS, transverse myelitis, cerebral palsy and more.

Bridge II Sports

www.bridge2sports.org

3729 Murphy School Rd

Durham, NC 27705

Phone: 866-880-2742

Email: admin@bridge2sports.org

Carolina Crash Quad Rugby

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

Email: ASAP@ATRIUMHEALTH.ORG

The Carolina Crash is a wheelchair/quad rugby team that competes throughout the United States and is based in Charlotte. The Carolina Crash was founded in 1995 as part of an overall vision of Carolinas Rehabilitation (<http://www.carolinashealthcare.org/carolinas-rehab>) to serve the sport and recreational needs of its patients through the Adaptive Sports and Adventures Program, ASAP (<https://www.atriumhealthfoundation.org/asap/>). Additional founding program partners include the hospital and its Foundation as well as several veteran players. The Carolina Crash incorporated as its own non-profit in 2007. The team remains closely linked to the hospital, which still provides funding as well as recreational therapeutic staff for practices, competitive travel and equipment transportation.

Duke Outdoor Adventures

<https://recreation.duke.edu/>

Mailing Address:

Box 90548, 117 Wilson Center

Durham, NC 27708

Phone: 919-613-7489 (Wilson Recreation Center)

Email: outdooradventures@duke.edu

Provides adaptive climbing.

Greensboro Parks Foundation

<https://www.greensboroparksfoundation.org>

301 S. Greene Street, Suite 300

Greensboro, NC 27401

Phone: 336-373-2560

This park foundation opened a Fun for All Playground, which is a completely accessible playground with more than 20 play stations, a handicapped accessible restroom facility, a picnic shelter with accessible tables, a walking path, and benches.

3Wheel Therapy

www.3wheeltherapy.org

PO Box 587

Carolina Beach, NC 28428

Email: 3wheeltherapy@gmail.com

They provide free therapeutic riding to those who cannot ride a traditional bicycle. Volunteers provide the leg work for a ride through tree-lined trails in North Carolina.

Prancing Horse Inc.

<http://www.prancing-horse.org/>

Mailing Address:

PO Box 327

Southern Pines, NC 28388

Phone: 910-281-3223

Email: ed@prancing-horse.org

Prancing Horse works to enhance the lives of individuals with special needs by providing a safe environment for therapeutic horsemanship.

HORSEPOWER Therapeutic Learning Center

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

4537 Walpole Rd.

High Point, NC 27265

Phone: 336-931-1424

HORSEPOWER's mission is to promote and enhance the welfare of individuals with disabilities by providing a program of therapeutic, educational and recreational value, and further, to empower individuals who are intellectually, physically, emotionally and/or socially challenged through the use of horses, while providing therapeutic benefits in a safe and controlled atmosphere.

Triangle Special Hockey Association

<http://trianglespecialhockey.org/>

PO Box 80451

Raleigh, NC 27623

Email: info@trianglespecialhockey.org

TSHA is open to all individuals with developmental or physical disabilities who want to participate in ice hockey. We create a supportive, encouraging environment adapted to the level of ability of the participants. Hockey is a great way to develop coordination and concentration, and being on a team gives us all opportunities to learn how to work well with others

Victory Junction Gang Camp Inc.

<https://victoryjunction.org/>

4500 Adam's Way

Randleman, NC 27317

Email: info@victoryjunction.org

Phone: 336-498-9055

Provides camp scholarships for children with paralysis to attend the Victory Junction Camp, where they can participate in accessible activities in a barrier-free, inclusive environment and build connections with peers facing similar challenges.

Wings of Eagles Ranch

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

4800 Faith Trails

Concord, NC 28025

Phone: 704-784-3147

Email: wingsofeaglesranch@gmail.com

Wings of Eagles Ranch is a non-profit organization that offers therapeutic horseback riding sessions for children and adults with special needs. The sessions provide numerous benefits to the riders including increased flexibility and balance, increased confidence and self-esteem, normalization of high or low muscle tone, enhanced socialization skills and more.

United Way Offices

United Way National Headquarters

<http://unitedway.org>

Mailing Address:

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 Dept. of Veterans Affairs: Facility Locator

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

VA Benefits Administration: Winston-Salem Regional Office

<http://www.benefits.va.gov/winstonsalem/>

Federal Building, 251 N Main Street

Winston-Salem, NC 27155

Phone: 800-827-1000

PVA Southeastern Chapter (covers NC)

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

4010 Deans Bridge Rd

Hephzibah, GA 30815

Phone: 706-796-6301

Winston-Salem PVA

Winston-Salem VARO

251 North Main Street, Rm 430

Winston-Salem, NC 27155

Phone: 336-251-0836

ALS

ALS United North Carolina

<https://alsnc.org/>

4 N Blount St, Suite 200
Raleigh, NC 27601
Phone: 919-755-9001, 877-568-4347 (Toll-free)
Email: info@alsnc.org

Muscular Dystrophy Association's ALS Research Centers

<https://www.als.org/support/certified-centers-clinics>

Atrium Health ALS Center: Neurosciences Institute
1010 Edgehill Rd
Charlotte, NC 28207
Phone: 704-446-6254

Duke University ALS Center

<https://alsclinic.duke.edu/>

932 Morreene Rd
Durham, NC 27705
Phone: 919-668-2839
Email: alsclinic@dm.duke.edu

Brain Injury

Brain Injury Association of North Carolina

www.bianc.net

3733 National Drive
Suite 115
Raleigh, NC 27612
Phone: 919-833-9634, 800-377-1464
Email: bianc@bianc.net

Atrium Health

<https://atriumhealth.org/medical-services/specialty-care/rehabilitation/brain-injury>

Brain Injury Rehabilitation

1100 Blythe Blvd

Charlotte, NC 28203

Phone: 877-734-2251 (Inpatient referrals), 704-355-4300, 704-355-4459 (Appts)

Atrium Health's nationally recognized Carolinas Rehabilitation offers some of the highest intensive therapy hours during inpatient rehabilitation of any facility in the nation (up to four and a half hours per day). Our goal is to help get patients back to living as independently and fully as possible.

Carolinas Rehabilitation is proud to be a TBI Model System follow-up site. TBI Model System's Project plays a pivotal role in building national capacity for high-quality treatment and research serving persons with TBI, their families and the communities in which they reside.

Cerebral Palsy

Easterseals UCP North Carolina & Virginia

<https://eastersealsucp.com/>

5171 Glenwood Ave, Suite 211

Raleigh, NC 27612

Phone: 800-662-7119

Email: info@eastersealsucp.com

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

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

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

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Greater Carolinas Chapter

<http://www.nationalmssociety.org/Chapters/NCT>

Physical Address:

2610 Wycliff Road, Suite 101

Raleigh, NC 27607

Mailing Address:

PO Box 289

Canton, MA 02021

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

Multiple Sclerosis Association of America: Southeast Regional Office

www.mymsaa.org

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667, Ext 160

Email: southeast@mymsaa.org

Covers Florida, Georgia, North Carolina, South Carolina, Virginia, Alabama, Tennessee, Mississippi.

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 Ctr.

Suite 440

St. Louis, MO 63126

Phone: 314-534-0475

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

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

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

Spina Bifida Association of the Carolinas

<https://www.spinabifidaassociation.org/chapter/sbancsc/about/>

Phone: 202-900-8878

Email: gabell@sbaa.org

SBAA North Carolina Clinics:

UNC Hospitals Rehabilitation Therapies

<https://www.uncmedicalcenter.org/uncmc/care-treatment/rehabilitation-therapies/>

1807 Fordham Blvd

Chapel Hill, NC 27514

Phone: 984-974-9700

Levine Children's Specialty Care

<https://atriumhealth.org/medical-services/childrens-services/childrens-specialty-care>

Medical Center Plaza (Pediatric only)

1001 Blythe Boulevard, Suite 200 E

Charlotte, NC 28203

Phone: 704-381-8840

Lenox Baker Children's Hospital

<https://www.dukehealth.org/locations/lenox-baker-childrens-hospital>

3000 Erwin Road

Durham, NC 27705-4599

Phone: 919-684-6669

Spinal Cord Injury**North Carolina Spinal Cord Injury Association**

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

7980 Chapel Hill Rd, Suite 101

Cary, NC 27513

Phone: 919-234-4171

Email: support@ncscia.org

Stroke**American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation**American Syringomyelia & Chiari Alliance Project**

<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 any support group 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

Duke Health Wheelchair and Seating Clinic

<https://sites.duke.edu/ptot/outpatient-services/wheelchair-evaluation-and-seating-clinic/>

Duke Physical Therapy and Occupational Therapy
501 Douglas St
Durham, NC 27705-3888
Phone: 919-684-2445 (Appointments), 919-684-1997 (Office)

Guidance Carolina

<https://guidancecarolina.org>

Greensboro, NC
Mary Marshall, Client Intake Coordinator
Phone: 336-273-5389
Email: Mary@GuidanceCarolina.org

Guidance Carolina (GC) is a private, non-profit organization which provides fiduciary services coupled with care management to vulnerable persons. GC serves older adults and individuals with disabilities. GC offers personalized and compassionate services that safeguard our clients' right to choice, dignity, respect, and self-determination. These services include Guardianship, Trustee of Special Needs Trusts, Power-of-Attorney, Representative Payee, and Proxy/Successor for family members who are currently serving in these roles but who are seeking additional support and assistance for their loved one either now or in the future.

North Carolina Yellow Pages for Kids with Disabilities

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

North Carolina Baptist Aging Ministry

www.ncbam.org
<https://ncbam.org//programs-and-services/#rampin>

201-A Idol St.
Thomasville, NC 27360
Phone: 877-506-2226
They have a Rampin Up program which provides ramps to individuals.

North Carolina Occupational Therapy Association (NCOTA)

<http://www.ncota.org/home>

PO Box 20432
Raleigh, NC 27619

Phone: 919-785-9700
Email: office@ncota.org

North Carolina Chapter of the American Physical Therapy Association

www.ncpt.org
110 Horizon Dr, #210
Raleigh, North Carolina 27615
Phone: 919-885-0095
Email: info@aptanc.org

North Carolina Chapter of Association of People Supporting Employment First

<http://www.ncapse.org/>
Email: ncapse@ncapse.org

Healthboards.com

<http://www.healthboards.com/boards/index.php>
Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

211

<http://www.211.org>
Phone: 211

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.

Available in Forsyth, Guilford, Randolph, Rockingham, Davie and Davidson Counties.

The Servant Center

www.theservantcenter.org

1417 Glenwood Ave
Greensboro, NC 27403
Phone: 336-275-8585, Ext. 401

Their mission is to empower the homeless and disabled, particularly veterans, to become independent, contributing members of the community through housing, healthcare, and restorative services.

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.

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