Arizona 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. https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=arizona

Aging Resources

https://www.n4a.org/adrcs
https://www.acl.gov/node/413
http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ 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 (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). 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.

https://www.azdes.gov/daas/
Arizona Department of Economic Security
Division of Aging and Adult Services

http://www.azaging.org/
Arizona Association of Area Agencies on Aging

https://www.azdes.gov/daas/aaa/
Arizona Agencies on Aging by County

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Fundied 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 AND CREATIVITY

http://www.vsaaz.org
VSA arts of Arizona, Inc.
417 West Roosevelt St
Phoenix, AZ 85003
Phone: 602-771-6501
Email: info@vsaaz.org

ASSISTIVE TECHNOLOGY

www.aztap.org
http://www.azatexchange.org/home.php
Arizona Technology Access Program (AzTAP)
Institute for Human Development
Northern Arizona University
300 W. Clarendon Ave Ste 475
Phoenix, AZ 85013
Phone: 602-728-9534
TTY: 602-728-9536
Toll-free: 800-477-9921

http://www.adapacific.org/
Pacific ADA Center DBTAC (Regional Office)
555 12th Street
Suite 1030
Oakland, CA 94607-4046
Phone: 510-285-5600 or 800-949-4232

http://aztap.org/at-funding/azlat/
Arizona Loans for Assistive Technology Program (AzLAT)
Northern Arizona University
Institute for Human Development
300 Clarendon Ave, Suite 475
Phoenix, AZ 85013
Phone: 602-723-9534
Toll-free: 800-477-9921
TTY: 602-728-9536
A program that allows people with disabilities to borrow money at affordable rates for buying assistive technology.

http://arsobo.org/
Arizona Sonora Border (ARSOBO)
Francisco “Kiko” Trujillo
Email: Arsobo-ac@hotmail.com
Cell phone from Mexico (631) 315-5585
Office phone from Mexico (631) 314-0136
Cell phone from the U.S. 011521 (631) 315-5585
Office phone from the U.S. 01152 (631) 314-0136
ARSOBO is a non-governmental organization (NGO) registered in Mexico and a direct result of the first Border Conference on Disabilities held in Nogales, Sonora, 2008 and sponsored by the Sonoran UCEDD (University Centers for Excellence in Developmental Disabilities) at the University of Arizona and DIF (Desarrollo Integral de la Familia) held in Nogales, Sonora, 2008. ASORBO trains and employs people with disabilities to create assistive technology including wheelchairs. Subsidizes the cost of creating the assistive technology devices to keep the cost low to people who need them.

CAREGIVERS INFORMATION

Caregiver Support Groups by State
Phone: 954-893-0550
Email: support@caregiver.com

http://www.wellspouse.org/
Well Spouse Association, Scottsdale support group
Phone: 602-672-9234

http://www.azcaregiver.org/
Arizona Caregiver Coalition
P.O. Box 21623
Phoenix, AZ 85036
Caregiver Resource Line: 888-737-7494
Email: CRL@AZCaaregiver.net

COMMUNITY-BASED FITNESS PROGRAMS

https://ability360.org/sports/
Virginia G. Piper Sports and Fitness Center for Persons with Disabilities (SpoFit)
5031 E. Washington Street, Suite 200
Phoenix, AZ 85034
Phone: 602-256-2245
SpoFit offers a Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood-floor; outdoor aquatics; a climbing wall; and a jogging track.

https://www.upwardaz.org/
UPWARD for Children and Families
6306 North 7th Street
Phoenix, AZ 85014
Phone: 602-279-5801
Upward is dedicated to serving severely disabled and/or medically fragile children and their families. At Upward, we make skills development, learning and therapy fun. We are bringing hope and joy to the children we support and helping them achieve their highest potential.

COMMUNITY HEALTH CENTERS

www.aachc.org
Arizona Alliance for Community Health
700 East Jefferson Street, Suite 100
Phoenix, AZ 85034
Phone: 602-253-0090
Email: info@aachc.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 by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

http://findahealthcenter.hrsa.gov/
Health Resources and Services Administration (HRSA): Find a Health Center
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

http://www.azcjc.gov/victim-compensation-program
Arizona Victim Compensation/Assistance
301 W. Jefferson, 9th Floor
Phoenix, AZ 85003
Phone: 602-506-4955
Email: acjc@azcjc.gov

http://www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Resource Center on Domestic Violence: 800-537-2238

Arizona Domestic Violence contact information by City/County
Phone: 800-782-6400
Info & Referral Helpline: 800-352-3792

http://www.azcadv.org/
Arizona Coalition Against Domestic Violence
2800 N. Central Ave.  
Suite 1570  
Phoenix, AZ 85004  
Phone: 602-279-2900  
800-782-6400  
TTY: 602-279-7270

**EASTER SEALS OFFICES**

http://www.easterseals.com/blakefoundation

_Easter Seals Blake Foundation_

7750 E. Broadway, Suite A200  
Tucson, AZ 85710  
Phone: 520-327-1529

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals 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.

www.swhd.org

_Easter Seals Southwest Human Development_

2850 North 24th St.  
Phoenix, AZ 85008  
Phone: 602-266-5976  
Email: give@swhd.org

Southwest Human Development serves 135,000 children and families each year through more than 40 programs and services that focus on preventing problems before they start or, when they already exist, providing opportunities to intervene as early and effectively as possible.

**GOVERNMENT OFFICES FOR ARIZONA**

www.az.gov

_Arizona State Website_

https://www.azdes.gov/developmental_disabilities/

_Arizona Division of Developmental Disabilities_

1789 West Jefferson Avenue, Fourth Floor West  
Phoenix, Arizona 85007  
_Mailing Address:_  
PO Box 6123  
1789 West Jefferson Avenue, Site Code 791A  
Phoenix, Arizona 85005
Phone: 602-542-0419  
Toll-Free: 866-229-5553  
Email: dddweb@azdes.gov

www.azdes.gov/ADDRP/Home/Arizona Developmental Disabilities Planning Council  
1740 West Adams St, Ste 410  
Phoenix, AZ 85007  
Phone: 602-542-8970  
The council represents the needs and interests of people with developmental disabilities.

www.dol.gov/odep/contact/state.htm Arizona Governor’s Committee on Employment of People with Disabilities  
P.O. Box 16404  
Phoenix, AZ 85011  
Phone: 602-266-6752

http://www.azheadspine.org Arizona Governor’s Council on Spinal and Head Injuries  
3425 E. Van Buren St., Suite 102, SC 162Z  
Phoenix, AZ 85008  
Phone: 602-774-9148  
Email: PLeep@azdes.gov

http://www.azdes.gov/rsa/Arizona Rehabilitation Services Administration  
1789 West Jefferson, 4th Floor West  
Phoenix, AZ 85007  
Toll-Free: 1-800-563-1221  
TTY – Outside Maricopa County: 1-855-475-8194  
Aids in employment outcomes and enhances independence by offering comprehensive services and support.

https://www.azahcccs.gov/Arizona Medicaid Agency  
Arizona Health Care Cost Containment System (AHCCCS)  
801 East Jefferson St., MD 4100  
Phoenix, AZ 85034  
Phone: 602-417-4000  
Toll-free instate: 800-654-8713  
Toll-free out of state: 800-523-0231  
AHCCCS is Arizona’s Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.  

https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html
Arizona CHIP Program (Children’s Health Insurance Program)
Arizona KidsCare
Note: This program has been frozen since January 1, 2010 due to lack of funding.

https://des.az.gov/services/aging-and-adult/state-health-insurance-assistance-program-ship

Arizona SHIP Program (State Health Insurance Program)
DES Division of Aging and Adult Services
1789 W. Jefferson St. (Site Code 950A)
Phoenix, AZ 85007
Local Phone (602) 542-4446
Statewide Hotline 1 (800) 432-4040 (leave message)
SHIP offers free health benefits counseling service for Medicare beneficiaries and their families or caregivers. Our mission is to educate, advocate, counsel and empower people to make informed benefit decisions. SHIP is an independent program funded by federal agencies and is not affiliated with the insurance industry.

www.cms.gov/cciio/Resources/consumer-assistance-grants/az.html
http://www.id.state.az.us/

Arizona Department of Insurance
Consumer Services
2910 N. 44th Street, Ste. 210
Phoenix, AZ 85018-7269
Phone: 602-364-2499
Spanish: 602-364-2977
Toll free: 800-325-2548
Email: consumers@azinsurance.gov

http://www.azica.gov/
http://www.azica.gov/Claims/Claims_main.aspx

Arizona Workers Compensation

Phoenix Office
800 West Washington Street
Phoenix, AZ 85007
Phone: 602-542-4661

Tucson Office
2675 East Broadway Blvd.
Tucson, AZ 85716
Phone: 520-628-5181

The Industrial Commission of Arizona is the agency that administers and enforces state laws relating to the protection of life, health, safety and welfare of Arizona's employees. This includes laws relating to workers' compensation, occupational safety and health, payment of wages, and child labor.
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.

State LTC Ombudsman
Arizona Div. of Aging & Adult Services
1789 West Jefferson St., 950A
Phoenix, AZ 85007
Phone: 602-542-4446
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

Housing and Urban Development (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.

Arizona HUD: Housing and Urban Development Office
Phoenix HUD Office
One North Central Avenue, Suite 600
Phoenix, AZ 85004
Phone: 602-379-7100

www.211.org
http://www.211.org/services/housing-and-utilities
211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

**INDEPENDENT LIVING**


**ILRU: State Independent Living Councils (SILCs)**

**Arizona Independent Living Council**

5025 East Washington Street, Suite 214  
Phoenix, AZ 85034  
Phone (Local): 602-262-2900  
Toll-Free: 866-262-7452  
Email: larry@azsilc.org  
TTY: 602-271-4100


**ILRU’s Independent Living Centers in Arizona**


**National Council on Independent Living (NCIL)**

2013 H St. NW, 6th Floor  
Washington, DC 20006  
Phone: 202-207-0334  
Toll-free: 877-525-3400  
TTY: 202-207-0340  
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**


**Arizona State Braille and Talking Book Library**

1030 North 32nd Street  
Phoenix, AZ 85008  
Phone: 602-255-5578  
800-255-5578
Email: btbl@azlibrary.gov
Provides library materials to people with visual or physical disabilities.

**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](http://www.ChristopherReeve.org/NRN).

**Peer Support Programs**

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)

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

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](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.


**United Spinal Association’s Spinal Network** support group program
Phone: 800-962-9629
Email: peers@spinalcord.org

The Spinal Network is dedicated to establishing and managing a nationwide network of support groups. Grants to peer support programs of $500 each can be applied for here: [http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/](http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/)
PROTECTION and ADVOCACY

http://www.acdl.com
Arizona Center for Disability Law
5025 E. Washington Street, Suite 202
Phoenix, AZ 85034
Phone: 602-274-6287 (voice or TTY)
Toll-free: 800-927-2260
The Arizona Center for Disability Law is the protection and advocacy as well as the client assistance program for the state.

SERVICE DOGS

http://www.cci.org
Canine Companions for Independence (CCI)
Southwest Regional Center
P.O. Box 4568
Santa Rosa, CA 95402
Toll-free: 800-572-BARK (2275)
CCI’s Southwest Regional Center serves several states, including Arizona.

http://www.caaainc.org/
Companion Animal Association of Arizona
PO Box 5006
Scottsdale, AZ 85261-5006
Phone: 602-258-3306
Email: info@caaainc.org

http://happytailsservicedogs.com/
Happy Tails Service Dogs, Inc.
1 West Sequoia Drive
Phoenix, AZ 85027-4750
Phone: 623-580-0946

http://handi-dogs.org/
Handi-Dogs Inc.
75 South Montego Drive
Tucson, Arizona 85710
Phone: 520-326-3412
Email: service@handi-dogs.org

http://leashesforliving.com/
Leashes for Living Assistance Dog School
P.O. Box 156
Tonopah, AZ 85354
Phone: 623-393-8481
E-mail: info@leashesforliving.com

http://www.topdogusa.org/

Top Dog
9420 East Gulf Links Rd, Ste 108-355
Tucson, AZ 85730
Phone: 520-323-6677
Toll-free: 888-257-6790
Email: topdogusa1987@gmail.com
Specializes in helping people train their own dog to be a service dog.

SPORTS and RECREATION

http://www.arizonadisabledsports.com/
http://www.arizonadisabledsports.com/Physically_Challenged.html

Arizona Disabled Sports
Mesa AZ
Phone: 480-835-6273
Sports currently offered by Arizona Disabled Sports include archery, bowling, cycling, kayaking, power soccer, swimming, track & field, and wheelchair basketball.

https://www.daring-adventures.org

Daring Adventures
5031 E Washington St
Phoenix, AZ 85034
Phone: 602-290-0214
Email: jerry@daring-adventures.org
Daring Adventures offers improvements to the quality of life for individuals with disabilities and those facing life challenges through the power of outdoor recreation.

https://www.k2adventures.org/

K2 Adventured Foundation
20707 N. Pima Rd.
Suite L130
Scottsdale, AZ 85255
Phone: 480-797-2950
Whether it’s through giving or receiving, participants in K2 Adventures Foundation can realize their potential and bring new meaning to their lives. Today, thanks to its supporters, K2 Adventures Foundation funds grants for people with life challenges and provides equipment, supplies, basic necessities and care to children, adults and families both domestically and abroad.

https://www.phoenix.gov/parks/adaptive-recreation
Phoenix: Adaptive Recreation

http://www.daring-adventures.org/about-us.html
River of Dreams dba Daring Adventures
1229 E. Washington Street
Phoenix, AZ 85034-1101
Phone: 602-290-0214
Email: info@daring-adventures.org
Email: WWP@daring-adventures.org
Daring Adventures is a nonprofit organization committed to improving the lives of individuals with disabilities and significant life challenges through the power of outdoor recreation.

http://hunkapi.org/about-hunkapi/
Hunkapi Program
11250 E. Arabian Park Dr
Scottsdale, AZ 85259
Phone: 480-626-4134
Email: Info@hunkapi.org
Since our inception in 1996, our horses have helped thousands of children and adults establish more mindful connections with themselves and other people. That’s why we named our program “Hunkapi,” a Native American word that means “I am related to everyone.”

http://www.scottsdaleaz.gov/sports/adaptive
Scottsdale: Adaptive Recreation Services

Surprise: Adaptive Recreation Programs

http://www.trotarizona.org/
Therapeutic Riding of Tucson
8920 East Woodland Road
Tuscan, AZ 85749
Phone: 520-749-2360
Email: infor@trotarizona.org
TROT’s Therapeutic Riding Program offers adaptive riding instruction to children and adults with physical and cognitive disabilities

UNITED WAY OFFICES

http://national.unitedway.org/
National United Way
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

https://www.va.gov/directory/guide/state.asp?STATE=AZ&dnum=ALL
US Department of Veterans Affairs VA Hospital Locator for Arizona

www.pva.org
Paralyzed Veterans of America’s Arizona Chapter
5015 N. 7th Ave., Suite 2
Phoenix, AZ 85013
Phone: 602-244-9168
800-621-9217

ALS

www.alsa.org
http://webaz.alsa.org/site/PageServer?pageName=AZHomepage
ALS Association, Arizona Chapter
360 E. Coronado Rd., Suite 140
Phoenix, AZ 85004
Phone: 602-297-3800
866-350-2572
Email: info@alsaz.org

Tucson Patients Only Support Group
Our Savior’s Lutheran Church
Tucson, AZ
Phone: 520-404-7762

Tucson Caregiver Only Group
Our Savior’s Lutheran Church: Information & Referral Services
Tucson, AZ
Phone: 520-404-7762
Muscular Dystrophy Association’s ALS Research Centers:

MDA/ALS Center at St. Joseph’s Hospital and Medical Center
Neuromuscular Research Center
Barrow Neurological Institute
350 W. Thomas Rd
Phoenix, AZ 85013
Phone: 602-406-3000

MDA/ALS Center at the Mucio F. Delgado Clinic for Neuromuscular Disorders
University of Arizona
Health Sciences Center
Tucson, AZ
Lawrence Z. Stern, M.D., Director
Email: lstern@u.arizona.edu
Phone: 520-795-3434

MDA/ALS Center at UPH Hospital
University Physicians Healthcare
2800 E. Ajo Way
Tucson, AZ 85710

BRAIN INJURY

http://www.biaaz.org
Brain Injury Association of Arizona
5025 E. Washington Street, Suite 108
Phoenix, Arizona 85034
Phone: 602-508-8024
Toll-free: 888-500-9165

CEREBRAL PALSY

www.ucpofcentralaz.org
UCP of Central Arizona
1802 West Parkside Lane
Phoenix, AZ 85027
Phone: 602-943-5472
888-943-5472
Email: info@ucpofcentralaz.org

http://www.ucpsa.org
FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF)
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020

Arizona Ataxia Support Groups:

Mary Fuchs
8914 E. Hercules Ct.
Sun Lakes, AZ 85248-9005
Phone: 480-883-7633, 480-212-6424
Email: mary11115@msn.com

Angela Li
Phone: 847-505-4325
Email: angelali1010@gmail.com

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org
Guillain-Barré Syndrome/ CIDP Foundation International
The Holly Bldg., 104 ½ Forrest Ave.
Narberth, PA 19072
Phone: 610-667-0131
Please contact them for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/AZA
National Multiple Sclerosis Society’s Arizona Chapter
5025 E. Washington Street, Suite 102
Phoenix, AZ 85034-2005
Phone: 800-344-4867
Email: info@aza.nmss.org

http://mymsaa.org/about-msaa/regional/#Western
Multiple Sclerosis Association of America Western Regional Office
1700 7th Ave., #116201
Seattle, WA 98101
Phone: 415-260-6420
800-532-7667 ext 155
Email: western@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
222 S. Riverside Plaza, Suite 1500
Chicago, IL 60606
Phone: 800-572-1717
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

POST-POLIO SYNDROME

http://post-polio.org
http://post-polio.org/net/PDIR.pdf
Post-Polio Health International (PHI)
4207 Lindell Blvd. #110
St. Louis, MO 63108-2930
Phone: 314-534-0475
Email: info@post-polio.org
Lists Health Professionals, Clinics, and Support Groups. Click USA then choose State to see the Arizona Support Groups

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd Ste 800
Arlington, VA 22209
Phone: 202-944-3285; 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

http://www.sbaaz.org
Spina Bifida Association of Arizona
1001 East Fairmount
Phoenix, AZ 85014
Phone: 602-274-3323
Email: office@sbaaz.org

Spina Bifida Association of America’s Arizona Clinics:

www.childrensclinics.org
Children’s Clinic Rehabilitation Services (CCRS)
2600 N Wyatt Drive
Tucson, AZ 85712
Phone: 520-324-5437
Toll-free: 800-231-8261 ext. 45437

www.dmgcrs.org
Children’s Rehabilitation Services
Spina Bifida Clinic
3141 N. 3rd Avenue
Phoenix AZ, 85013
Phone: 602-914-1520

SPINAL CORD INJURY

http://www.azspinal.org
Arizona Spinal Cord Injury Association
5025 E Washington St #110, Phoenix, AZ 85034
Phone: 602-507-4209
Toll-free: 888-889-2185
E-mail: info@azspinal.org

The Wheel Life Group Support Group at Dignity Health St. Joseph’s Hospital and Medical Center
This support group is part of the Arizona Spinal Cord Injury Association and meets the first Wed. of each month from 6-7 pm in the Sontag Pavillion, 350 W. Thomas Rd. Phoenix AZ 85013. Please contact ASCIA at 602-507-4209 for more information.

The Sedona-Verde Valley Spinal Cord Injury Support Group, a chapter of the Arizona Spinal Cord Injury Association, meets on an ongoing basis, the second Monday of each month from 2 to 3:30 p.m. in the Village of Oakcreek Association Clubhouse, 690
Bell Rock Blvd. For more information, call 301-1591 or email: supportgroup@kctproject.com.

STROKE

http://www.strokeassociation.org
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653

Phoenix office of American Stroke Association:
2929 South 48th St.
Tempe, AZ 85282
Phone: 602-414-5353

Tucson office of American Stroke Association:
2601 N. Campbell Dr., Suite 204
Tucson, AZ 85712
Phone: 520-795-1403

SYRINGOMYELIA and CHIARI MALFORMATION

www.asap.org
American Syringomyelia Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please contact them for support group info in your area

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association State Support groups
1787 Sutter Parkway
Powell, OH 43065-8806
Toll-free: 855-380-3330
Please contact them for info in your area.

http://transmyelitis.meetup.com
TM MeetUp
Enter your postal code for a MeetUp in your area.
Meetings are usually held in local restaurants.

GENERAL DISABILITY RESOURCES

Arizona Bridge to Independent Living’s Disability Survival Guide
booklet covers Arizona disability resources and can be read online.

http://www.yellowpagesforkids.com/help/az.htm
Arizona Yellow Pages for Kids with Disabilities

http://www.aptaaz.org/
Arizona chapter of the American Physical Therapy Association
1055 N. Fairfax St. Suite 205
Alexandria, VA 22314
Phone: 602-569-9101
800-264-2782 ext 3229
Email: info@aptaaz.org

http://www.arizota.org/
Arizona chapter of the American Occupational Therapy Association
ArizOTA--Arizona Occupational Therapy Association
P.O. Box 5214
Peoria, AZ 85385
Phone: 623-937-0920
Email: admin@arizota.org

http://www.apse.org
Association of People Supporting EmploymentFirst
Contact them for local chapter info

Healthboards.com – message boards on health related topics. Topics include SCI, CP, Stroke, and more.

http://www.tempetourism.com/
Access Tempe
VALLEYLIFE
1142 W. Hatcher Rd
Phoenix, AZ 85021
Phone: 602-371-0806
VALLEYLIFE is a nonprofit organization that provides premier services to individuals with disabilities to enhance their quality of life. We are committed to helping people with disabilities in our community by enriching their lives with rewarding experiences and valuable opportunities. We enable them to live a life with choices, independence and dignity. Our services are delivered through our caring and dedicated staff, specialized programs and advocacy.

ThinkFirst National Injury Prevention Foundation
1801 N. Mill Street, Suite F
Naperville, IL 60563
Phone: 630-961-1400
800-THINK56
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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