Delaware Disability Resources

**Affordable Care Act (ACA)**

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

About the Affordable Care Act

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

**Aging Resources**

https://www.n4a.org/adrc
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.

http://dhss.delaware.gov/dsaapd/
Division of Services for Aging and Adults with Physical Disabilities

http://www.delawareadrc.com/
Delaware Aging and Disability Resource Center

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

www.vsadela.wordpress.org
VSA arts of Delaware
Delaware State University Arts Center
1200 North Dupont Highway
Dover, DE 19901
Phone: 302-857-6699
Email: admin@VSADelaware.org

ASSISTIVE TECHNOLOGY

http://www.dati.org
Delaware Assistive Technology Initiative (DATI)
Center for Applied Science & Engineering, Center for Disabilities Studies
College of Education and Human Development
461 Wyoming Rd.
Newark, DE 19716
Director: Beth Mineo Mollica, Ph. D.
Phone: 302-831-0354
Toll-free: 800-870-3284
Email: dati@asel.udel.edu
Offers an AT loan program.

http://www.adainfo.org
Mid-Atlantic ADA Center (covers Delaware)
TransCen, Inc.
401 North Washington St., Suite 450
Rockville, MD 20850
Phone/TTY: 301-217-0124
Toll Free: 800-949-4232

CAREGIVERS

Caregiver Support Groups in Delaware

http://www.wellspouse.org/
Well Spouse Association
Delaware Well Spouse Support Group
Wilmington, DE
Debbie Hawk
Phone: 302-994-6606
63 West Main St, Suite H
Freehold, NJ 07728
Phone: 800-839-0879
Email: info@wellspouse.org

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

www.machc.com
Mid-Atlantic Association of Community Health Centers
4319 Forbes Boulevard
Lanham, MD 20706
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 regional 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

Crime Victim Compensation and Assistance by State

http://courts.delaware.gov/
Victim Compensation in Delaware
Phone: 302-995-8383

http://www.state.de.us/cjc/weedseed.shtml
Victim Assistance in Delaware, The Delaware Criminal Justice Council
Phone: 302-577-5030

DOMESTIC VIOLENCE HELP

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

http://www.safehorizon.org
Safe Horizon’s Links for Domestic Violence Resources

http://www.dcadv.org/
EASTER SEALS OFFICES

http://www.easterseals.com/de/

Delaware Easter Seals Office
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.de.easterseals.com

Easter Seals Delaware and Maryland’s Eastern Shore
61 Corporate Circle
New Castle DE, 19720
Phone: 302-324-4444
Toll-free: 800-677-3800

GOVERNMENT OFFICES FOR DELAWARE

http://www.state.de.us/

Delaware State Website

http://www.state.de.us/dhss/dsaapd/
Delaware Health and Social Services. Division of Services for Aging and Adults with Physical Disabilities (DSAAPD)
1901 N. Dupont Highway, Main Bldg.
New Castle, DE 19720
Phone: 800-223-9074
Email: dhssinfo@state.de.us

http://statehumanrelations.delaware.gov/index.shtml
Delaware Division of Human Relations
Contact: Romona S. Fullman
Phone: 302-577-5287
Toll-free: 877-54-HUMAN (544-8626)

http://dhss.delaware.gov/dhss/dltcrp/
Delaware Division of Long Term Care Residents Protection
links to Medicare’s website
licensed facilities:  http://www.dhss.delaware.gov/dhss/dltcrp/licfac.html

http://dvr.delawareworks.com/
Delaware Department of Labor: Division of Vocational Rehabilitation

Wilmington
4425 North Market Street
Wilmington, DE 19802
Phone: 302-761-8085

Dover
1114 S. Dupont Hwy., Suite 104
Dover, DE 19901
Phone: 302-739-5473

Newark
Pencader Corporate Center
225 Corporate Blvd., Suite 211
Newark, DE 19702
Phone: 302-453-4350
TTDY: 302-453-4136

Georgetown
8 Georgetown Plaza
Georgetown, DE 19947
Phone: 302-856-5230

http://www.dhss.delaware.gov/dhss/dss/medicaid.html
Delaware Medicaid Office
1901 N. DuPont Highway
P.O Box 906, Lewis Bldg.
New Castle, DE 19720
Phone: 302-255-9500

http://www.state.de.us/dhss/dss/dhcp.html
Delaware CHIP Program: Delaware Healthy Children
1901 N. DuPont Highway
P.O Box 906, Lewis Bldg.
New Castle, DE 19720
Phone: 302-255-9500 or 1-800-372-2022

http://www.state.de.us/inscom/default.shtml
Delaware Insurance Commissioner
841 Silver Lake Boulevard
Dover, DE 19904
Phone: 302-674-7300
1-800-282-8611

http://dia.delawareworks.com/workers-comp/
Delaware Workers Compensation Office
State Office Building
4425 North Market St.
Wilmington, DE 19802
Phone: 302-761-8200

http://scpd.delaware.gov
Delaware State Council for Persons with Disabilities

http://www.house.gov/representatives/find/
http://whoismyrepresentative.com/
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.dhss.delaware.gov/dsaapd/
State LTC Ombudsman
Herman M. Holloway
Division of Services for Aging & Adults
1901 North Dupont Highway
Main Admin. Bldg. Annex
New Castle, DE 19720
Phone: (302) 255-9390
Toll-free: 800-223-9074
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

http://www.fanniemae.com
Fannie Mae

**Delaware HUD: Housing and Urban Development Office**
One Rodney Square  
920 King Street, Suite 404  
Wilmington, DE 19801  
Phone: 302-573-6300  
TTY: 302-573-6058

[www.hud.gov](http://www.hud.gov)  

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

[www.211.org](http://www.211.org)  
[http://www.211.org/services/housing-and-utilities](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)**  
**Delaware Independent Living Council**  
700A River Road  
Wilmington, DE 19809  
Phone (Local): 302-764-6216  
TTY: 302-764-6216

[http://www.ilru.org](http://www.ilru.org)  
**Independent Living Research Utilization’s** directory of Independent Living Centers

**National Council on Independent Living (NCIL)**  
2013 H St. NW, 6th Floor  
Washington, DC 20006
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

http://libraries.delaware.gov/dlas

Delaware Library Access Services
121 Martin Luther King Jr. Blvd. North
Dover, DE 19901
Phone: 302-739-4748
1-800-282-8676
TDD: 302-739-4748
E-mail: debph@lib.de.us
Hours of Operation: 8:00-4:30 M-F

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

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 for more info on qualifying and applying.

http://www.spinalcord.org/spinal-network/grant-details/

United Spinal Association’s Spinal Network support group program
Phone: 800-962-9629
Email: info@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/

PROTECTION and ADVOCACY

http://declasi.org/index.php/disabilities-law-program

Delaware Protection and Advocacy
Community Legal Aid Society, Inc.
Contact the office below that is nearest you.

<table>
<thead>
<tr>
<th>New Castle County:</th>
<th>Kent County:</th>
<th>Sussex County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 W. Tenth St., Suite 801 Wilmington, DE 19801 302-575-0690 302-575-0696 (TTY/TDD) 800-292-7980</td>
<td>840 Walker Road Dover, DE 19904 302-674-8503 (TTY/TDD Also) 800-537-8383</td>
<td>Georgetown Professional Park 20151 Office Circle Georgetown, DE 19947 302-856-3742 (TTY/TDD Also) 800-462-7070</td>
</tr>
</tbody>
</table>

Client Assistance Program
United Cerebral Palsy, Inc.
700A River Rd.
Wilmington, DE 19809
Phone: 302-769-2400
SERVICE DOGS

http://www.cci.org
Canine Companions for Independence (CCI)
Northeast Regional Training Facility, Miller Family Campus
286 Middle Island Road
Medford, NY 11763
Phone/TTY: 631-561-0200
Toll-free: 800-572-BARK (2275)
CCI’s Northeast Regional Training Facility serves several states, including Delaware.

SPORTS and RECREATION

http://www.disabledsportsusa.org/
Disabled Sports USA National Headquarters
451 Hungerford Drive
Suite 100
Rockville, MD 20850
Phone: 301-217-0960

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.

http://www.uwde.org/
United Way of Delaware
Linden Building, 3rd Floor
625 N Orange St
Wilmington, DE 19801-2296
Phone: 302-573-3700

VETERAN BENEFITS

https://benefits.va.gov/wilmington/
Wilmington Regional Office
1601 Kirkwood Hwy.
Wilmington, DE 19805
Phone: 215-842-2000
1-800-827-1000

https://www.wilmington.va.gov/

Wilmington VA Medical Center
1601 Kirkwood Highway
Wilmington, DE 19805
Phone: 302-994-2511; 800-461-8262

Millsboro VA Primary Care Clinic
214 W. DuPont Highway
Millsboro, DE 19966
Phone: 302-934-0195


Wilmington VET Center
2710 Centerville Rd., Suite 103
Wilmington, DE 19805
Phone: 302-994-1660; 877-927-8387

www.colonialpva.org

Paralyzed Veterans of America, Colonial Chapter
356 E. Main Street, Suite 103
Newark, DE 19711
Phone: 302-861-6671
1-888-963-6595
Email: office@colonialpva.org

ALS

www.alsa.org
ALS Association (ALSA)

www.alsphiladelphia.org

Greater Philadelphia Chapter of ALSA
(Also serving Delaware)
321 Norristown Rd., Suite 260
Ambler, PA 19002
Phone: 215-643-5434
Toll Free: 1-877-GEHRIG-1
Email: alsassoc@alsphiladelphia.org

BRAIN INJURY

http://biaofde.org/
Brain Injury Association of Delaware (BIAD)
P.O. Box 1897
Dover, DE 19903
Toll-free: 800-411-0505
Local: 302-346-2083
Email: admin@biade.org

CEREBRAL PALSY

www.ucpde.org
UCP of Delaware
700A River Road
Wilmington, DE 19809-2746
Phone: 302-764-2400
E-mail: ucpdc@ucpdc.org

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020
Click on Support Groups for state specific information.

GUILLAIN-BARRÉ SYNDROME / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
The Holly Bldg., 104½ Forrest Ave.
Narberth, PA 19072
Phone: 610-667-0131
Please call them for information in your area
MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/PAE
Greater Delaware Valley
30 South 17th Street, Suite 800
Philadelphia, PA 19103
Phone: 215-271-1500
Toll-free: 800-344-4867
Email: PAE@NMSS.org

http://mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America (MSAA)
Northeast Chapter (covers Delaware)
Lauren Hooper, Regional Director
706 Haddonfield Road
Cherry Hill, NJ 08002
Toll-free: 800-532-7667 extension 144
Phone: 856-488-4500
E-mail: MSquestions@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://www.post-polio.org/net/pdirhm.asp
Post-Polio Health International (PHI)
4207 Lindell Blvd.
#110
St. Louis, MO 63108-2915
Phone: 314-534-0475
Email: info@post-polio.org
Lists Health Professionals, Clinics, and Support Groups. Click USA then choose State
SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
P.O. Box 17427
Arlington, VA 22216
Phone: 202-944-3285
Email: sbaa@sbaa.org
Please contact them for info in your area

http://spinabifidaassociation.org/clinics/
SBAA Delaware Clinic (pediatric only)
AI Dupont Hospital for Children
Spinal Dysfunction Program
1600 Rockland Rd. P.O. Box 269
Wilmington, DE 19803
Phone: 302-651-5993

SPINAL CORD INJURY

http://www.jefferson.edu/spinalcordcenter/
Thomas Jefferson Spinal Cord Injury Center
Regional Spinal Cord Injury Center of the Delaware Valley
SCI Follow-Up System
Phone: 215-587-3394, 215-955-6579

http://www.dhss.delaware.gov/dhss/dph/ems/iptbi.html
Delaware Coalition for Injury Prevention
TBI & Spinal Cord Injury Prevention Team

STROKE

http://www.strokeassociation.org
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Please call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION
http://www.asap.org/
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

www.asap.org/forum
American Syringomyelia Alliance Project Online Support Group

TRANSVERSE MYELITIS

http://www.myelitis.org/
https://myelitis.org/living-with-myelitis/resources/support-group-network/
Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 614-317-4884
Email: info@myelitis.org
Contact them for local info.

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

http://www.yellowpagesforkids.com/help/de.htm
Delaware Yellow Pages for Kids

http://ddc.delaware.gov/
State of Delaware Developmental Disabilities Council
Margaret M. O’Neill Building, 2nd Floor
410 Federal Street, Suite 2
Dover, Delaware 19901
Phone: 302-739-3333

http://www.dptaonline.com/
Delaware chapter of the American Physical Therapy Association
1050 North Fairfax St., Suite 205
Alexandria, VA 19808
Phone: 800-999-2782 ext. 3159
E-mail: delaware@apta.org

http://www.dotaonline.org/

Delaware chapter of the American Occupational Therapy Association
PO Box 11726
Wilmington, DE 19850
Phone: 302-456-1962
Email: webmaster@dotaonline.org

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

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., 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.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or
opinions do not, therefore, necessarily represent official Administration for Community Living policy.