Hawaii 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

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.

http://health.hawaii.gov/eoa/
**Hawaii Executive Office of Aging**
250 South Hotel Street, Suite 406
Honolulu, HI 96813
Phone Number: 808-586-0100
Email: eoa@doh.hawaii.gov

http://www.hawaiicounty.gov/aging/
**Hawaii Area Agencies on Aging by County**

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.

**Assistive Technology**

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://www.atrc.org/
**Assistive Technology Resource Centers of Hawaii**
200 North Vineyard Boulevard,
Suite 430 Honolulu, HI 96817
Phone/TTY: 808-532-7110
Toll-Free: 800-645-3007
Email: atrc-info@atrc.org
Empowering people to maintain dignity and control in their lives by promoting technology through advocacy, information, and education.

www.atrc.org
**Hawaii AT Loan Program**
Assistive Technology Resource Centers of Hawaii
Caregivers

[Caregiver.com’s list of support groups for caregivers in Hawaii.](http://www.caregiver.com/regionalresources/states/HI/index.htm)

[Well Spouse Association](http://www.wellspouse.org)

Please check with them for any local support groups

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

Community Health Centers

[Hawaii Primary Care Association](http://www.hawaiipca.net)

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.

[HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income.](http://findahealthcenter.hrsa.gov/)

HRSA 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://ag.hawaii.gov/cpja/
*Victim Compensation*
Phone: 808–587–1143

Victim Assistance
Phone: 808–586–1150

http://ovc.ncjrs.gov/findvictimservices/search.asp
*Office for Victims of Crime’s Directory of Crime Victim Services*
Choose Your State and the Type of Assistance you are looking for

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

**Domestic Violence Help**

http://www.hscadv.org/
*Hawaii State Coalition Against Domestic Violence*
1164 Bishop St. Ste 1609
Honolulu, HI 96813
Phone: 808-832-9316

http://www.hawaiipolice.com/services/domestic-violence-services
*Hawaii County Police’s Domestic Violence Services*
This site lists services and phone numbers for East and West Hawaii. Contact information for a safe place to stay, emergency medical care, someone to talk to, regular medical care, legal assistance, help in keeping and attacker away, and contacting the police.

**Easter Seals Offices**

www.EasterSealsHawaii.org
5 *Easter Seals* offices located in Hawaii
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.
Easter Seals Hawaii
Adult Day Health Program
91-1251 Renton Road
Ewa Beach, HI 96706
Phone: 808-681-0747 or 888-241-7450

Easter Seals Hawaii
Hilo Children’s Center
49 Kailulani Street
Hilo, HI 96720
Phone: 808-961-3081

Easter Seals Hawaii
Oahu Service Center
710 Green Street
Honolulu, HI 96813
Phone: 808-536-1015

Easter Seals Hawaii
Administrative and Development Offices
710 Green Street
Honolulu, HI 96813-1015
Phone: 808-536-1015

Easter Seals Hawaii
Kauai Children’s Center
3115 Akahi Street
Lihue, HI 96766
Phone: 808-245-7141

Government Offices for Hawaii

https://portal.ehawaii.gov/
Official Website for the state of Hawaii

http://humanservices.hawaii.gov/
Hawaii’s Department of Human Services
1390 Miller Street, Room 209
Honolulu, HI 96813
Phone for Oahu only: 808-586-4993

http://www.hawaiiadrc.org/
Hawaii Aging and Disability Resource Center
ADRC Statewide Phone No.: 808-643-2372
TTY Line: 808-643-0899
Email: ADRC@doh.hawaii.gov
HADRC helps older adults, individuals with disabilities, and family caregivers find options for long-term care and support services available to them in the State of Hawaii.

www.med-quest.us/
State Children’s Health Insurance Program (SCHIP)
Med-QUEST Division
PO Box 3490
Honolulu, HI 96811-3490
808-587-3540

http://www.med-quest.us/
Hawaii Medicaid Office
Department of Human Services of Hawaii
PO Box 339
Honolulu, HI 96809
Phone: 808-524-3370
Toll-Free: 800-316-8005
TTY: 808-692-7182

http://health.hawaii.gov/
State of Hawaii Department of Health
#1 Capitol District
250 South Hotel Street, Suite 406
Honolulu, HI 96813-2831
Phone: (808) 586-0100
Email: eoa@doh.hawaii.gov
This site provides general and contact information for caregiving support, home and community services, long term care (Ombudsman), and Hawaii’s State Insurance Program (Sage PLUS).

http://health.hawaii.gov/cshcn/
Department of Health, Children with Special Health Needs Branch
741 Sunset Avenue
Honolulu, Hawaii 96816
Phone: 808-733-9070
E-mail: patricia.heu@doh.hawaii.gov
Programs for Children with Special Health Care Needs

http://health.hawaii.gov/ddd/
Hawaii Dept. of Health, Developmental Disabilities Division
1250 Punchbowl St., Room 463
Honolulu, HI 96813
Phone: 808-733-9172

https://hawaiiship.org/about-us/
Hawaii Senior Health Insurance Assistance Program (SHIP)
Executive Office on Aging
No. 1 Capitol District
250 South Hotel Street, Suite 406
Honolulu, Hawaii 96813-2831
Phone (Oahu only): 808-586-7299
Phone (other islands): 888-875-9229
TTY: 866-810-4379
Counsels seniors at no cost on Medicare options

http://cca.hawaii.gov/ins/
Hawaii Insurance Commissioner
King Kalakaua Bldg.
335 Merchant St., Room 213
Honolulu, HI 96813
Phone: 808-586-2790

http://hawaii.gov/labor/dcd/aboutwc.shtml
Hawaii Workers Compensation
Gary S. Hamada, Administrator
Disability Compensation Division
Department of Human Resources Development
830 Punchbowl Street, Room 209
P. O. Box 3769
Honolulu, HI 96812
Phone: 808-586-9151

http://www.hawaii.gov/health/dcab/home/
Hawaii Disability and Communication Access Board (DCAB)
1010 Richards St., Room 118
Honolulu, HI 96813
Phone: 808-586-8121
Email: dcab@doh.hawaii.gov
DCAB serves as a public advocate of persons with disabilities by providing advice and recommendation on legislation, rules, policies, procedures (i.e., Grant Endorsements), and plans relating to persons with disabilities and their civil rights or service needs.

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.hawaiiadrc.org/site/448/contact_information.aspx

**State LTC Ombudsman**
John McDermott State LTC Ombudsman
Executive Office on Aging
250 South Hotel Street, Suite 406
Honolulu, HI 96813-2831
Phone: (808) 586-0100
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**

https://www.hud.gov/states/hawaii

**Housing and Urban Development (HUD) office**
Hawaii State Office
1132 Bishop Street, Suite 1400
Honolulu, HI 96813-4918
Phone: 808-457-4662
TTY: 808-522-8193

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 and choose your state from the drop down box.

www.211.org
http://www.211.org/services/housing-and-utilities
211
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)
Hawaii Independent Living Council
841 Bishop Street, Suite 201
Honolulu, HI 96813
Phone (Local): 808-585-7452
TTY: 808-585-7452
Email: silchi@lava.net

http://www.ilru.org
Independent Living Research Utilization’s directory of Independent Living Centers

http://www.ncil.org/
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

http://www.librarytechnology.org/lwc-displaylibrary.pl?RC=16534
Hawaii Public Library for the Blind and Physically Handicapped
402 Kapahulu Avenue
Honolulu, HI 96815
Phone: 808-733-8444 or 800-559-4096
Email: olbcirc@librarieshawaii.org

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: 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/

Protection and Advocacy

www.hawaiidisabilityrights.org
Hawaii Disability Rights Center
1132 Bishop St., Suite 2102
Honolulu, HI 96813
Phone/TTY: 808-949-2922
800-882-1057
Email: info@hawaiidisabilityrights.org
Also provides Client Assistance Program (CAP).
Service Dogs

www.assistancedogshawaii.org
Assistance Dogs of Hawaii
675 Kealaloa Ave
Makawao, HI 96768
Phone: 808-298-0167
Email: info@assistancedogshawaii.org

http://www.cci.org
Canine Companions for Independence (CCI)
Southwest Regional Center
P.O. Box 446
Santa Rosa, CA 95402
Phone: 866-224-3647
Toll-free: 800-572-BARK (2275)
CCI’s Southwest Regional Center serves people in several states, including Hawaii.

http://www.hawaiifido.org/
Hawaii Fi-Do
P.O. Box 757
Kahua, HI 96371
Phone: 808-638-0020
Email: susan@hawaiifido.org

Sports and Recreation

http://www.accesssurf.org
AccesSurf
PO Box 15152
Honolulu, Hawai‘i 96830
Phone: 808-236-4200
Email: info@AccesSurf.org
AccesSurf is a non-profit organization that provides beach access and therapeutic ocean activities such as surfing, swimming, snorkeling and shoreline flotation to kids and adults with any type of disability.

http://www.honolulu.gov/parks/beach-parks/beach-wheelchair-access.html
http://www.honolulu.gov/parks/program/182-site-dpr-cat/1693-tru.html
City & County of Honolulu: Dept. of Parks and Recreation
Accessible recreational activities in Honolulu.

United Way Offices
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.

United Way Hawaii
688 Kinoole St., Suite 201
Hilo, HI 96720
Phone: 808-935-6393

Veterans Benefits

Veterans Benefits Administration in Honolulu

Office of Veterans Services
State of Hawaii
Phone: 808-433-0420

ALS

ALS Association’s Golden West Chapter covers California and Hawaii
Phone: 866-750-2572

Brain Injury

Brain Injury Association of Hawaii
200 N. Vineyard Blvd. #210
Honolulu, HI 96817
Phone: 808-436-8977
Email: biahi@hawaiiantel.net
Please contact them for any support groups in your area.

Cerebral Palsy
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
Please contact them for any support groups in your area.

Guillain-Barré Syndrome / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St.
Coshocton, PA 19428
Phone: 610-667-0131; 866-224-3301
Please contact them for any support groups in your area.

Multiple Sclerosis

www.mspacific.org
http://www.nationalmssociety.org/Chapters?chapters=6514
National Multiple Sclerosis Society Pacific South Coast chapter (covers Hawaii)
10089 Willow Creek Rd., Suite 250
San Diego, CA 92131
Phone: 760-448-8400
Email: msinfo@mspacific.org

http://mymsaa.org/
http://mymsaa.org/about-msaa/regional/#Western
Multiple Sclerosis Association of America
Western Regional Office (covers Hawaii)
1700 7th Avenue, #116201
Seattle, WA 98101
Toll-free: 800-532-7667 extension 155
Phone: 415-260-6420
Email: western@mymsaa.org
Muscular Dystrophy

https://www.mda.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, Illinois 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.

Muscular Dystrophy Association’s Hawaii office
1221 Kapiolani Boulevard #220
Honolulu, HI 96814
Phone: 808 593-4454
Email: hawaii@mdausa.org

POST-POLIO SYNDROME

http://www.post-polio.org/
Post-Polio Health International (PHI)
4207 Lindell Blvd., #110
St. Louis, MO 63108-2915
Phone: 314-534-0475
Email: info@post-polio.org

http://www.post-polio.org/amems/hawaii-ppsg.html
Post-Polio Network of Hawaii
Contact: Theo Hufen
Phone: 808-737-9533
E-mail: hufent001@hawaii.rr.com

Spina Bifida

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

http://spinalcord.org/spinal-network/support-groups/location/hawaii/
United Spinal Association’s list of Hawaii Chapters, Support Groups, and State Resources

www.rehabhospital.org
Rehabilitation Hospital of the Pacific’s SCI Support Group
226 N. Kuakini St.
Honolulu, HI 96817
Phone: 808-531-3511 Recreational Therapy Dept.
This Spinal Cord Injury (SCI) Support Group, where free monthly meetings include educational topics, peer support, caregivers and family members support, and open forums for discussion, meets on the first Thursday of each month from 12:30-1:30 p.m. The Rehabilitation Hospital of the Pacific also offers a driver training program for people with need to drive with adaptations.

Spinal Cord Injury Support Group
3291 Wailea Place
Kihei, Maui, HI
Phone: 808-891-0303

Stroke

www.strokeassociation.org
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-4-STROKE

http://www.americanheart.org
American Heart Association
1-800-242-8721
Contact them to locate Hawaii offices

www.stroke.org
National Stroke Association
9707 East Easter Lane, Suite B
Centennial, CO 80112
Phone: 800-787-6537
Please call them for Hawaii Stroke Support Groups in your area
Syringomyelia/Chairi Malformation

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

Transverse Myelitis

http://www.myelitis.org/
Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330 (toll-free)
Email: info@myelitis.org
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 Hawaii Disability Resources

http://www.yellowpagesforkids.com/help/hi.htm
Hawaii Yellow Pages for Kids with Disabilities

http://www.cds.hawaii.edu/
University Centers for Excellence in Developmental Disabilities
University of Hawai`i at Manoa
1410 Lower Campus Rd., #171F
Honolulu, HI 96822
Phone: 808-956-5142

http://spinhawaii.org
Parent-To-Parent
Special Parent Information Network (SPIN)
101 Richards St., Room 118
Honolulu, HI 96813
Phone: 808-586-8126 (V/TTY)
E-mail: spin@doh.hawaii.gov

http://www.hapta.org/
Hawaii Chapter of the American Physical Therapy Association

http://www.otah-hawaii.com/
Hawaii chapter of the American Occupational Therapy Association

http://www.accessalohatravel.com/
Access Aloha Travel
94-813 Leomana Way
Waipahu, HI 96797
Local: 808-545-1143
Toll Free: 800-480-1143
Travel agency specializing in disabled travel in Hawaii.

http://www.pacrim.hawaii.edu/
Pacific Rim Conference on Disabilities held annually in Hawaii.

MedlinePlus: Asian-American Health (including Pacific Islanders info)

www.rehabhospital.org
Rehabilitation Hospital of the Pacific
226 North Kuakini St.
Honolulu, HI 96817
Phone: 808-544-3310
The only acute care rehabilitation organization in Hawaii.

http://www.auw211.org/
First Call 2-1-1
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.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., Suite F
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 90PRRC0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship 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.