Illinois 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=illinois

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://www.illinois.gov/aging/Pages/default.aspx
**Illinois Department of Aging**
One Natural Resources Way, Suite 100
Springfield, IL 62702-1271
Toll-free: 800-252-8966

https://www.illinois.gov/aging/PartnersProviders/Pages/aaa-main.aspx
**Illinois Area Agencies on Aging**

http://www.ncea.aoa.gov/About/NCEA/index.aspx
**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**

www.iltech.org
**Illinois Assistive Technology Project**
1020 S. Spring St
Springfield, IL 62704
Phone: 217-522-7985
TTY: 217-522-9966
Email: iatp@iltech.org

http://www.adagreatlakes.org/
**Great Lakes ADA Center**
University of Illinois at Chicago
Institute on Disability & Human Development (MC 728)
1640 W. Roosevelt Rd, Room 405
Chicago, IL 60608
Phone: 312-413-1407
Toll free: 800-949-4232
http://supportd4d.org/
Devices 4 the Disabled
5697 W. Touhy Ave., Suite 151
Niles, IL 60714
Phone: 773-870-1553
Email: info@supportD4D.org
Devices 4 the Disabled (D4D) is a 501(c)3 nonprofit organization and affiliate of Project HUGS Foundation. Its mission is to collect and distribute used Durable Medical Equipment to people in need. D4D’s immediate focus is on gathering inventory and developing a medical equipment distribution system in the Chicago area.

http://helpingfromheaven.org/
Helping from Heaven: Lexi’s Closet
Phone: 847-624-5394
Lexi’s Closet lends a variety of therapy equipment for children with special needs. Based in Illinois, Lexi’s Closet gives families a chance to try out what is needed before an expensive, non-refundable purchase is made.

http://www.individualdifferencesinc.org/
Individual Differences, Inc.
3137 Woodward
Springfield, IL 62703
Phone: 800-756-3589
Email: infor@individualdifferencesinc.org
Individual Differences, Inc. provides financial assistance for purchase of equipment as well as physical therapy workout space and/or equipment usage along with other services.

Caregivers Info

http://www.caregiver.com/regionalresources/states/IL/index.htm
Caregiver.com’s Illinois resources

Community-Based Fitness Programs

http://www.nextstepschicago.org/
NextSteps Chicago
8434 Corcoran Road
Willow Springs, IL 60480
Phone: 708-467-0657
Email: nextstepschicago@gmail.com
A Reeve Foundation NRN center.

Community Health Centers
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.

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.icjia.state.il.us
Illinois Criminal Justice Information Authority
300 W. Adams St.
Suite 200
Chicago, IL 60606
Phone: 312-793-8550
Email: cja.info@illinois.gov

http://www.illinoisattorneygeneral.gov/victims/index.html
http://www.illinoisattorneygeneral.gov/victims/cvc.html
Illinois Attorney General
Crime Victim Services Division
Phone: 800-228-3368
TTY: 877-398-1130

Domestic Violence Help

**National Domestic Violence Hotline** 1-800-799-SAFE (7233)

Statewide Crisis Line: 800-863-638

**Illinois Coalition Against Domestic Violence**
806 South College St.
Springfield, IL 62704
Phone: 217-789-2830

Easter Seals

[www.easterseals.com](http://www.easterseals.com)

**Easter Seals**
Go to “Connect Locally” tab and enter Illinois in state
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.

**Government Offices for the State of Illinois**

[www.illinois.gov/](http://www.illinois.gov/)
**Illinois State Website**

[http://www.illinois.gov/family-home/Pages/Disabilities.aspx](http://www.illinois.gov/family-home/Pages/Disabilities.aspx)
**Illinois Disability Resources**

[http://www.illinois.gov/ihrc/Pages/default.aspx](http://www.illinois.gov/ihrc/Pages/default.aspx)
**State of Illinois Human Rights Commission**
James R. Thompson Center
100 W. Randolph Street, Suite 5-100
Chicago, Illinois 60601
Phone: 312-814-6269
TDD: 312-814-4760
The Illinois Human Rights Commission is dedicated to promoting freedom from unlawful discrimination as defined by the Illinois Human Rights Act.

[http://www.dhs.state.il.us/page.aspx?item=29736](http://www.dhs.state.il.us/page.aspx?item=29736)
The Department of Healthcare and Family Services (HFS), Division of Medical Programs, administers and, in conjunction with the federal government, funds medical services provided to about 20 percent of the State’s population. Illinois’ Medical Assistance Programs, consisting of Medicaid and numerous other medical programs associated with it, provide comprehensive health care coverage to over 2.6 million Illinoisans and partial benefits to another 290,000+. The programs cover children, parents or relatives caring for children, pregnant women, veterans, seniors, persons who are blind, and persons with disabilities.

The Senior Health Insurance Program (SHIP) is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

Illinois High Risk Insurance Plan for eligible people who are unable to get insurance coverage.
Illinois Home and Community based waivers

www.iwcc.il.gov/
Illinois Worker’s Compensation Commission
Visit the link above for Commission Offices and contact information in your area
Statewide: 866-352-3033

http://www.dhs.state.il.us/page.aspx?item=29736
Division of Rehabilitation Services
Phone: 1-800-843-6154
TTY: 800-447-6404
Email: DHS.DRS@illinois.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.state.il.us/aging/1abuselegal/ombuds.htm
State LTC Ombudsman
Illinois Department on Aging
1 Natural Resource Way, Suite 100
Springfield, Illinois 62702-1221
Phone: 800-252-8966
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.

www.cityofchicago.org/Disabilities
Mayor’s Office for People with Disabilities (MOPD)
MOPD Field Office
2102 W. Ogden Avenue
Chicago, Illinois 60612
Phone: 312-744-6673
TTY: 312-744-7833
The Mayor’s Office for People with Disabilities (MOPD) works to meet the diverse needs of the more than 600,000 individuals with disabilities who live and work in Chicago. MOPD’s goal is to make Chicago the most accessible city in the nation. They offer an Employment Services Unit that promotes the hiring of people with disabilities.
They can refer people with disabilities to agencies that will assess skills, assist with resume writing and job interviewing skills, offer job training and placement assistance and benefits counseling.

**Housing**

[www.fanniemae.com](http://www.fanniemae.com)

**Fannie Mae**

Midwestern Regional Office
Fannie Mae
One South Wacker Drive, Suite 1400
Chicago, IL 60606-4667
Phone: 312-368-6200

Illinois Partnership Office
Fannie Mae
500 West Madison, Suite 2060
Chicago, IL 60601
Phone: 312-386-8815

[www.hud.gov](http://www.hud.gov)
[https://www.hud.gov/states/illinois](https://www.hud.gov/states/illinois)

**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](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

Chicago HUD
Ralph Metcalfe Federal Building
77 West Jackson Blvd
Chicago, IL 60604-3507
Phone: 312-353-5680

[www.211.org](http://www.211.org)
[http://www.211.org/services/housing-and-utilities](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.
http://otrassn.org
Over the Rainbow Association
2040 Brown Ave.
Evanston, IL 60201
Phone: 847-328-6633
Offers accessible housing and employment for people with disabilities.

Independent Living

http://www.ilru.org/projects/silc-net/silc-directory
http://www.silcofillinois.org/
ILRU: State Independent Living Councils (SILCs)
Illinois Independent Living Council
One West Old State Capitol Plaza, Suite 716
Springfield, Il 62701
Phone (Local): 217-744-7777
TTY: 217-744-7777
Email: silc@silcofillinois.org

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.

www.accessliving.org
Access Living
115 West Chicago Ave.
Chicago, IL 60654
Phone: 312-640-2100
TTY: 312-640-2102
Access Living is a cross-disability organization that enforces the civil rights of people with disabilities by providing public education, advocacy and legal services. Access Living is one of the nation’s few centers for independent living with its own staff of lawyers who are devoted to resolving disability rights cases. They offer peer support groups and assist people in finding affordable and accessible housing. They also assist with leaving a nursing home to live independently in the community, assistive technology, and employment skills.

http://www.optionscil.org/
Options center for Independent Living
22 Heritage Dr., Suite 107
Bourbonnais, IL 60914
Phone: 815-936-0100
Options Center for Independent Living partners with persons with disabilities who want to live independently and participate fully in society. Options Center for Independent Living (CIL) believes that persons with disabilities have the right to make choices about their own lives and to experience life as active participants in society.

Library Services

www.cyberdriveillinois.com/departments/library/TBBS/home.html
Illinois Talking Book and Braille Service
300 S. Second Street
Springfield, IL 62701
Phone: 800-665-5576 (option 1)
TTY: 888-261-7863

Talking Book Centers:

Harold Washington Library Center
400 S. State St.
Chicago, IL 60605
800−757−4654

www.illinoistalkingbooks.org
Illinois Talking Book Outreach Center
125 Tower Dr.
Burr Ridge, IL 60527
Phone: 800-426-0709
Email: info@illinoistalkingbooks.org
This service is tax supported so there is no charge to users who are physically or visually disabled.
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

http://www.dhs.state.il.us/page.aspx?item=37637
Illinois Client Assistance Program
100 South Grand Avenue East
Springfield, IL 62762
Phone: 217-782-5374
Toll Free: 800-641-3929

www.equipforequality.org
Equip for Equality, Inc.
20 North Michigan Avenue, Suite 300
Chicago, IL 60602
Phone: 312-341-0022
Toll-free: 800-537-2632
TTY: 800-610-2779
Email: contactus@equipforequality.org

Service Dogs

www.caninecompanions.org/
Canine Companions for Independence
North Central Regional Center (covers IL)
4989 State Route 37 East
Delaware, OH 43015
Phone/TTY: 740-833-3700
Toll-free: 800-572-BARK (2275)

http://www.committedcanine.org/
Committed Canine Service Dogs
1399 E.1900 Ave.
Brownstown, IL 62418
Phone: 618-427-3333

https://www.illiniservicedogs.com/
Illini Service Dog Program
The Illini Service Dog Program is a Registered Student Organization at the University of Illinois in Urbana-Champaign. Founded in 2010 by Bridget Evans. They are the first program that allows college students to train service dogs from puppy hood to placement. After the service dog has completed training, the dog is placed with a person with a disability free of charge.
Email: illini.dogs@gmail.com

http://www.midamericadogsfoundation.org/
MidAmerica Service Dogs' Foundation, Inc.
7630 S. Countyline Rd, Unit 3B
Burr Ridge, IL 60527
MidAmerica Service Dogs' Foundation, Inc. serves the Chicago Metropolitan and Suburban areas.

www.givingindependence.org
Paws Giving Independence
P.O. Box 9572
Peoria, IL 61612
Phone: 303-839-2754
Email: dkosner@givingindependence.org
Paws Giving Independence is an all volunteer organization that trains service dogs mainly for wheelchair or mobility work. Due to weekly training, they only place dogs in Illinois. They do fundraising so that dogs can be placed free of charge to recipients.

http://www.sitservicedogs.com/
SIT Service Dogs
519 Kilpatrick Rd.
Ava, IL 62907
Phone: 618-426-5666
Email: info@sitservicedogs.com

http://www.ag.state.il.us/rights/servanimals.html

Sports and Recreation

www.adaptiveadventures.org
Adaptive Adventures
700 Touhy Ave
Elk Grove Village, IL 60007
Phone: 312-310-27070
Toll-free: 866-679-2770
Email: joel@adaptiveadventures.org

http://www.rowchicago.com/accessrow
Chicago Rowing Foundation
3400 N Rockwell St
Chicago, IL 60618
Phone: 312- 636-1239
AccessROW is CRF’s adaptive rowing program for individuals with physical disabilities. We believe that no matter what your level of mobility may be, everyone should have the same opportunity to learn to row.
Great Lakes Adaptive Sports Association (GLASA) strives to ‘Let No One Sit on the Sidelines’ and operates under a mission to promote and support the optimal development and well-being of youth, adults and military veterans who have a physical or visual disability through the provision of inclusive recreation, fitness and competitive sports activities. GLASA offers opportunities for empowerment through education, leadership and training in collaboration with community-based organizations.

www.projectmobility.org
Project Mobility: Cycles for Life
2930 Campton Hills Road
St. Charles, IL 60175
Phone: 630-762-9807
Email: info@projectmobility.org

www.rockfordparks.org
Rockford Park District
401 South Main St.
Rockford, IL 61101
Phone: 815-987-8800
Email: rpdmail@rockfordparkdistrict.org

www.shadyoakscamp.org
Shady Oaks Camp
16300 Parker Road
Homer Glen, IL 60491
Phone: 708-301-0816
Email: soc16300@sbcglobal.net

https://www.sralab.org/services/adaptive-sports-and-fitness-program
Shirley Ryan AbilityLab (formerly Rehabilitation Institute of Chicago):s Center for Health and Fitness/Adaptive Sports Program
541 North Fairbanks Ct.
Chicago, IL 60611
Phone: 312-238-5001
Email: sports@sralab.org
Located in the heart of downtown Chicago (with an accessible entrance at 303 East Ohio Street), the Adaptive Sports and Fitness Program provides a place for people with physical disabilities to reach their fullest potential through fitness, recreation, and competitive sports.
We, at Sojourn use equine assisted activities to proactively contribute to an individual's cognitive, physical, emotional, and social well being. Therapeutic riding benefits individuals in the areas of therapy, education, sport, and leisure.

www.soarnonprofit.com
Swift Outdoor Accessible Recreation (SOAR)
10254 195th St.
Mokena IL 60448
Phone: 708-269-7064
Email: soar@soarnonprofit.com
SOAR provides outdoor accessible recreational opportunities for physically challenged people and families and individuals in need with a key focus on improving the lives of those living with spinal cord injuries.

www.nedsra.org
BlazeSports Illinois
Northeast DuPage Special Recreation Association
Addison, IL
Phone: 630-620-4500 ext. 140

https://www.sralab.org/
BlazeSports Illinois
Shirley Ryan Ability Lab (formerly Rehabilitation Institute of Chicago)
Chicago, IL
Phone: 312-238-1000

www.mnasr.org
BlazeSports Illinois
Maine Niles Association of Special Recreation and Northern Suburban Special Recreation Association
Morton Grove, IL
Phone: 847-966-5522

www.rockfordparkdistrict.org
BlazeSports Illinois
Rockford Park District
Rockford, IL
Phone: 815-987-8800
Email: rpdmail@rockfordparkdistrict.org

www.nwsra.org
BlazeSports Illinois
Northwest Special Recreation Association
3000 Central Road
Rolling Meadows, IL 60008
Phone: 847-392-2848

www.glasa.org
BlazeSports America
Affiliate GLASA
27864 Irma Lee Circle #101
Lake Forest, IL 60045
Phone: 847-283-0908
Email: info@glasa.org

www.sinai.org
BlazeSports America
Schwab Rehabilitation Hospital Chicago
1500 South Fairfield Ave
Chicago, IL 60608
Phone: 773-542-2000

United Way
http://national.unitedway.org
United Way of America
Enter your zip 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/home.asp
US Departments of Veteran Affairs VA Hospital Locator
Click on Illinois for a complete list of hospitals

Chicago Regional Office of the VA
2122 W. Taylor St.
Chicago, IL 60612
Phone: 800-827-1000
Paralyzed Veterans of America
2235 Enterprise Dr., Ste 3501
Westchester, IL 60154
Phone: 708-947-9790
800-727-2234
Email: pvachvaug@mindspring.com

Veterans Helping Veterans Helping the Community
1619 E. Resthaven Rd.
Peoria, IL 61615
Phone: 309-689-0449
Email: duckie22@comcast.net
They provide power chairs and scooters to veterans and others in need at no charge. You do not need to be a veteran to utilize their service.

ALS

The ALS Association (ALSA)
1275 K Street NW, Suite 250
Washington, DC 20005
Phone: 800-782-4747

ALSA Chapters:

Greater Chicago Chapter
220 West Huron
Suite 4003
Chicago, IL 60610
Phone: 312-932-0000
Email: info@alsachicago.org

St. Louis Regional Chapter – Springfield Satellite
(serving central and southern Illinois)
EPS Rehabilitation, Inc.
2258 Weldon Parkway
St. Louis, MO 63146
Phone: 314-432-7257
Toll-free: 888-873-8539
Email: info@alsastl.org

Muscular Dystrophy Association’s ALS Research Center
MDA/ALS Center At the University Of Chicago Hospitals
Phone: 773-702-9089
E-mail: rroos@neurologybsd.uchicago.edu

Brain Injury

http://www.biail.org/
Brain Injury Association of Illinois
PO Box 64420
Chicago, IL 60664-0420
Phone: 312-726-5699
     800-726-6443
Email: infor@biail.org

Cerebral Palsy

www.ucp.org
United Cerebral Palsy (National Headquarters)
1825 K. St., NW, Suite 600
Washington, DC 20006
Phone: 202-776-0406; 800-872-5827

www.ucplll.org
UCP Land of Lincoln
101 North 16th Street
Springfield, IL 62703
Phone: 217-525-6522

http://www.seguin.org/
UCP of Greater Chicago
3100 South Central Avenue
Cicero, IL 60804
Phone: 708-863-3803

https://www.facebook.com/KOKOfoundation/
Keep On Keeping On Foundation
7061 W. Touhy Ave., Unit 601
Niles IL 60714
Email: info@teamkoko.org
The organization’s focus is to both assist and raise awareness for those born with severe physical disabilities such as CP and Muscular Dystrophy.
Friedreich’s Ataxia

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

Ataxia Support Groups:

Chi-Town Ataxia Friendship Group
Jonas Cepkauskas
24 Petunia Circle
Matteson, IL 60443
Phone: 708-381-5555
Email: jonas@chitownataxia.org

Guillain-Barré Syndrome / CIDP

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

Multiple Sclerosis

National Multiple Sclerosis Society’s chapters:

www.msillinois.org
NMSS Greater Illinois
525 W. Monroe St., Suite 900
Chicago, IL 60661
Phone: 312-421-4500
Toll-free: 800-344-4867

http://www.nationalmssociety.org/Chapters/MOS
NMSS Gateway Area
1867 Lackland Hill Parkway
St. Louis, MO 63146
Phone: 314-781-9020; 800-344-4867
Multiple Sclerosis Association of America
MSAA National Headquarters
375 Kings Highway North
Cherry Hill, NJ 08034
Phone: 800-532-7667
Email: msaa@mysaa.org

MSAA Midwest Regional Office
1507 E. 53rd St., Suite 284
Chicago IL 60615
Phone: 800-532-7667 x 150
Email: midwest@mysaa.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
http://www.post-polio.org/net/PDIR.pdf
Post-Polio Health International (PHI) Directory of Support Groups
4207 Lindell Blvd., #110,
Saint Louis, MO 63108-2930
Phone: 314-534-0475
Their directory lists various support groups for polio survivors by state

Spina Bifida
http://www.i-sba.org
Illinois Spina Bifida Association
2211 N. Oak Park Ave, Chicago, IL 60707
Phone: 773-444-0305
Email: info@i-sba.org
The Illinois Spina Bifida Association works to improve the quality of life of children, adults, and families living with Spina Bifida.

SBAA Illinois Clinics:

www.luriechildrens.org
Ann & Robert H. Lurie Children’s Hospital of Chicago
Spina Bifida Center (pediatric to age 25)
225 E. Chicago Ave
Chicago, IL 60611
Phone: 312-227-5340

www.osfsaintfrancis.org
St Francis Hospital INI
Spina Bifida Clinic (pediatric and adult)
420 N.E. Glen Oak, Suite 201
Peoria, IL 61603
Phone: 309-655-3800

https://www.sralab.org/
Shirley Ryan AbilityLab (formerly Rehabilitation Institute of Chicago) (adults only)
345 Superior Street
Chicago, IL 60611
Phone: 312-238-1000; 800-354-7342

https://www.shrinershospitalsforchildren.org/chicago
Shriners Hospital (pediatric only)
Myelomeningocele Clinic
2211 North Oak Park Avenue
Chicago, IL 60707
Phone: 773-622-5400

www.advocatehealth.com
Lutheran General Children’s Hospital
Spina Bifida Clinic
3rd Floor Yackman Pavilion
1675 Dempster Street
Park Ridge, IL 60068
Phone: 847-723-5065

Spinal Cord Injury
www.sci-illinois.org/
The Spinal Cord Injury Association of Illinois
PO Box 545
Palos Heights, IL 60463
Phone: 708-671-1808
Email: SCIInjury@aol.com

REGIONAL SUPPORT GROUPS:
Ready to Roll Support Group
600 Water Street
Peoria, IL 61603
Phone: 309-681-1297 (Jack Lambert)

www.accessliving.org
Access Living of Metropolitan Chicago
114 W. Chicago Ave
Chicago, IL 60654
Phone: 312-640-2100
Cross Disabilities

http://www.nextstepschicago.org
NextSteps Chicago SCI Rehab Center
8434 S. Corcoran Rd.
Willow Springs, IL 60480
Telephone: 708-467-0657
E-mail: nextstepschicago@gmail.com

http://www.laurusfoundation.org/index.php
Laurus Foundation
11 Cambridge Lane
Lincolnshire, IL 60069
Phone: 630-750-5522
Jim Dolan, Executive Director
Email: jdolan@laurusfoundation.org
In keeping with the mission of Laurus Foundation to advance the lives of individuals with disabilities, they are partnering with NextSteps Chicago of Willow Springs, IL to provide spinal cord injury rehabilitation and physical therapy.

http://www.facingdisability.com/
Facing Disability/Hill Foundation
Hill Foundation
737 N. Michigan Avenue
Suite 1560
Chicago, IL 60611
Phone: 312-284-2525
Email: info@facingdisability.com
In the summer of 1986, after diving into a swimming pool, Vicki Hill sustained a neck injury resulting in quadriplegia. Her parents started the website and foundation to help others with spinal cord injuries. The info ranges from information resources, forums, personal stories, peer mentoring services.

**Stroke**

http://www.strokeassociation.org/STROKEORG/
American Stroke Association
Phone: 1-888-478-7653
Call them for the stroke support group in your area

**Transverse Myelitis**

http://www.myelitis.org/
Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Please contact them for local support groups or other info on TM.

http://transmyelitis.meetup.com/
TM MeetUp
Enter your postal code for a group in your area.

**General Disability Resources**

www.yellowpagesforkids.com/help/il.htm
Illinois Yellow Pages for Kids with Disabilities

www.ipta.org/
Illinois chapter of the American Physical Therapy Association
905 N. Main St.
Naperville, IL 60563
Phone: 630-904-0101

www.ilota.org
Illinois chapter of the American Occupational Therapy Association
PO Box 4520
Lisle, IL 60532
Phone: 708-452-7640
Email: office@ilota.org

www.apse.org
http://www.apse.org/chapter/illinois
Association of People Supporting EmploymentFirst—Illinois Chapter

http://www.chicagodisabilitytransit.com/
Chicago Disability Transit
Paratransit Services
230 E. Ohio St., Suite 101
Chicago, IL 60611
Phone: 312-335-1244
A disability transportation company that provides transportation for people with disabilities in the Chicago area.

www.ccdionline.org
Coalition of Citizens with Disabilities in Illinois (CCDI)
3 West Old State Capitol Plaza, Suite 1
Springfield, IL 62701
Phone/TTY: 217-522-7016
800-433-8848
The Coalition of Citizen with Disabilities in Illinois (CCDI) supports improvements and initiatives regarding a variety of issues including accessible transportation, affordable and accessible housing, accessible voting, education, employment and healthcare.

http://www.enjoyillinois.com/brochures/
Easy Access Chicago—a guidebook to the city that can be downloaded for free

www.easyaccessspringfield.org
Easy Access Springfield

http://www.emergencyfund.org/
Emergency Fund
Helps people in need of financial assistance, particularly focused on preventing homelessness.

http://helpingfromheaven.org/
Helping from Heaven: The Lexi Kazian Foundation
Based in Illinois, this non-profit foundation is able to help families with children who have special needs by providing grants for therapy and equipment.

http://www.illinoisrespitecoalition.org/
Illinois Respite Coalition
The Illinois Respite Coalition is an organization of caregivers and respite providers dedicated to advocating support for families by ensuring access to quality respite services for residents of Illinois.

https://www.sralab.org/lifecenter

L.I.F.E. Center at the Shirley Ryan AbilityLab
355 E. Erie
Chicago IL 60611
Phone: 312-238-1000
Toll-free: 800-354-7342
In March 2017, the Rehabilitation Institute of Chicago (RIC) evolved to become the Shirley Ryan AbilityLab. The Henry B. Betts LIFE Center is a multimedia education center that provides opportunities for Learning, Innovation, Family and Empowerment for people with disabilities, their families, health professionals and the community.

www.liheapillinois.com

Low Income Home Energy Assistance Program (LIHEAP)
State of Illinois
Department of Commerce and Economic Opportunity
500 E. Monroe St.
Springfield, IL 62701
Phone: 217-785-2533 (toll-free)
This program helps low-income households pay for their winter energy bills. After determining and approving your eligibility, the local agency will make the appropriate payment to your energy provider on your behalf, or in some cases, directly to you.

http://opendoorsnfp.org/

Open Doors Organization
8600 W. Catalpa Avenue, Suite 709
Chicago, IL 60656
Phone 773-388-8839
Provides info on accessible places in Illinois as well as providing travel tips to people with disabilities.

http://www.specialneedschicago.org/

Special Needs Chicago
507 S. Naperville Rd.
Wheaton, IL 60187
Phone: 630-668-9999
Email: info@specialneedschicago.org
Provides accessible wheelchair transportation throughout Chicago and the suburbs.
http://www.synapsehouse.org/

**Synapse House**
561 N. York
Elmhurst, IL 60126
Phone: 877-932-1120
Email: deborah@synapsehouse.org

Synapse House is dedicated to providing long term support and services to those with acquired brain injury and the families that provide their care.

**West Suburban Access News Association**
PO Box 3221
Oak Park, IL 60302
Phone: 708-383-6258
A non-profit organization that provides information on disability issues.

[www.thinkfirst.org](http://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.

**Illinois ThinkFirst Chapters:**

**ThinkFirst State Chapter and Training Center**
Jill Braselton, RN, BSN (630-933-1934)
Injury Prevention; Marketing
Central DuPage Hospital- Snyder Building
27 W 353 Jewell Road
Winfield, IL 60190
jill_braselton@cdh.org

**ThinkFirst**
**McHenry County Mental Health**
Carolyn Frasor
620 Dakota Street
Crystal Lake, IL 60012
Phone: 815-455-2828
kcalendo@mc708.org

ThinkFirst
SIU School of Medicine
Mary Kay Reed, RN, BSN, MPH
PO Box 19679
Springfield, IL  62794-9679
Phone: 217-545-9112
mreed@siumed.edu

Spinal Cord Injury Association of Illinois
ThinkFirst Chapter
Mercedes Rauen, Executive Director
1032 S. LaGrange Road
LaGrange, IL  60525-2865
Phone: 708-352-6223
sciinjury@aol.com

ThinkFirst
St. Frances Hospital
Pam Durr
530 NE Glen Oak Ave., Medipark Ste. 101
Peoria, IL  61637
Phone: 309-655-7795
pamela.m.durr@osfhealthcare.org

ThinkFirst
Provena Physical Rehab & Sports Injury Center
Kathlene Getsoian
2400 Glenwood Ave.
Joliet, IL  60435
Phone: 815-741-7114

ThinkFirst
Center for Comprehensive Services
Cori Maynor, OTR/L
Supervisor of Occupational Therapy
PO Box 2825
Carbondale, IL  62902-2825
Phone: 618-529-3060

http://thinkbeyondthelabel.com/

Think Beyond the Label
205 W. Randolph Street, Suite 510
Think Beyond the Label is the leading cross-sector partnership offering businesses a range of solutions from diversity recruiting strategies, recruitment advertising to planning and training. Think Beyond the Label is powered by Health & Disability Advocates, a nonprofit that has been a driving force behind building smarter systems of access to health, disability employment and income supports for more than 20 years. HDA partners with organizations in more than 40 states and many national and regional businesses. Like you, we believe when people with disabilities work, everybody wins.

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.