Maryland 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://www.aging.maryland.gov/
Maryland Department of Aging
301 West Preston Street Suite 1007
Baltimore MD, 21201
Phone: 410-767-1100

Maryland 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.

ARTS and CREATIVITY

http://art-stream.org/
ArtStream
8401 Connecticut Ave., Suite 1230
Chevy Chase, MD 20815
Phone: 301-565-4567
ArtStream’s mission is to create artistic opportunities for individuals in communities traditionally underserved by the arts.

ASSISTIVE TECHNOLOGY

http://www.mdtap.org
Maryland Technology Assistance Program (MTAP)
2301 Argonne Drive, Rm T-17
Baltimore, Maryland 21218
Voice 410-554-9230
Toll-free: 800-832-4827
TTY: 866-881-7488

http://www.adainfo.org
Mid-Atlantic ADA Center
12300 Twinbrook Parkway, Suite 350
Rockville, MD 20852
Phone/TTY: 301-217-0124  
Toll Free: 800-949-4232

http://v-linc.org  
**V-Linc** (formerly Volunteers for Medical Engineering)  
300 East Joppa Rd., Suite 312  
Towson, MD 21286  
Phone: 410-554-9134

V-Linc has volunteer engineers create assistive technology for people with disabilities. They also offer a summer camp for children with special needs as well as a bike clinic to measure and create adaptive bikes for kids living with disabilities twice a year.

**CAREGIVERS INFORMATION**

http://www.caregiver.com/regionalresources/states/MD/index.htm  
**Maryland Caregiver Support Groups**  
2200 Kernan Dr.  
Conference Room A  
Baltimore, MD 21207  
Phone: 410-448-6311  
Email: info@caregiver.com

**COMMUNITY-BASED FITNESS PROGRAMS**

http://www.kennedykrieger.org/community/community-programs/community-rehabilitation-program  
**Kennedy-Krieger Institute: Home and Community Rehabilitation**  
707 North Broadway  
Baltimore, MD 21205  
Phone: 443-923-9200  
Toll-free: 800-873-3377  
TTY: 443-923-2645  
Email: info@kennedykrieger.org

The Community Rehabilitation Program is an alternative option for rehabilitation that occurs right in a patient's home or other important community settings. The program offers a wide spectrum of services ranging from intensive, daily therapy for patients with acute needs to the use of one or two professionals to help those with less severe needs return to community activities.

www.therafitrehab.com  
**TheraFit Rehab -Westminster**  
511 Jermor Lane, Suite 101  
Westminster, MD 21157
TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults, and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

www.therafitrehab.com
TheraFit Rehab - Timonium
61 East Padonia Rd., Suite E
Timonium, MD 21093
Phone: 410-415-1992
Email: info@therafitrehab.com
TheraFit Rehab offers physical therapy. They are dedicated to providing specialized, activity-based rehabilitation programs to children, adults, and seniors with disabilities. They serve people of all ages with disabilities including CP, MS, spinal cord injury, TBI, stroke, paraplegia, muscular dystrophy, spina bifida, quadriplegia, and others. They also serve seniors with conditions such as arthritis, diabetes, and heart and lung disease. The facility offers fully accessible and adaptive equipment.

COMMUNITY HEALTH CENTERS

www.machc.com
Mid-Atlantic Association of Community Health Centers
Phone: 301-577-0097
Email: sales@machc.com
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 regional association listed above to find a Community Health Center in your region.

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

Victim Compensation
Phone: 410-585-3331

www.dhr.state.md.us/victim
Victim Assistance
311 West Saratoga Street
Baltimore, MD 21201
Phone: 1-800-332-6347

http://www.dpscs.state.md.us/victservs/FAQcicb.shtml
Maryland Crime Victim Compensation and Assistance

DOMESTIC VIOLENCE

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Resource Center on Domestic Violence: 800-537-2238
Statewide Hotline: 800-MD-HELPS (634-3577)

http://www.mnadv.org/
Maryland Network Against Domestic Violence
4601 Presidents Dr.
Suite 370
Lanham, MD 20706
Phone: 301-429-3601
HelpLine: 800-MD-HELPS

EASTER SEALS OFFICES

http://gwbr.easterseals.com/site/PageServer?page=DCMD_homepage
Maryland Easter Seals Office

BALTIMORE
Easter Seals Greater Washington-Baltimore Region, Inc.
Serving DC, MD, Northern VA & Eastern WV
1420 Spring St.
Silver Springs, MD 20910
Phone: 301-588-8700
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.

COLLEGE PARK
Easter Seals Greater Washington-Baltimore Region, Inc.
Serving DC, MD, Northern VA & Eastern WV
8601 Adelphi Road
College Park, MD 20740
Phone: 301-837-3515

HAGERSTOWN
Easter Seals Greater Washington-Baltimore Region, Inc.
Serving DC, MD, Northern VA & Eastern WV
101 East Baltimore St.
Hagerstown, MD 21740
Phone: 301-745-3828

GOVERNMENT OFFICES

http://www.maryland.gov
Maryland State Website

Maryland Governor’s Office for Individuals with Disabilities
300 West Lexington St., Box 10
Baltimore, MD 21201-3435
Phone: 410-333-3098

http://www.medicaresolutions.com/maryland-medicare.asp
Maryland Medicare Buy-In Program
Phone: 844-839-0813

http://www.medicarehelp.org/2017-part-d/state/maryland
Maryland Medicare Part D

https://mmcp.health.maryland.gov/Pages/home.aspx
Maryland Medicaid

https://mmcp.dhmh.maryland.gov/chp/Pages/Home.aspx
Maryland SCHIP Program (State Children’s Health Insurance Program)
Phone: 877-463-3464
Those eligible for MCHIP are uninsured children under age 19, whose household modified adjusted gross income (MAGI) is at or below 211% of the federal poverty level (FPL) for their family size. In 2017, this was about $51,273 for a family of four).
http://www.mdinsurance.state.md.us/
Maryland Insurance Commissioner
200 St. Paul Place, Suite 2700
Baltimore, MD 21202
Phone: 410-468-2000
Toll-Free: 1-800-492-6116
TTY: 1-800-735-2258

http://www.wcc.state.md.us/
Maryland Workers Compensation Commission
10 East Baltimore Street
Baltimore, MD 21202-1641
Phone: 410-864-5100
Email: info@wcc.state.md.us

http://mccr.maryland.gov/Pages/default.aspx
Maryland Human Rights Commission/Commission on Civil Rights
William Donald Schaefer Tower
6 Saint Paul Street, Suite 900
Baltimore, MD 21202-1631
Phone: 410-767-8600
Toll free: 1.800-637-6247
TTY: 410-333-1737
Protects people from discrimination, including people with disabilities.

Maryland Governor’s Committee on Employment of People with Disabilities
2301 Argonne Dr., Rm T-17
Baltimore, MD 21218
Phone: 800-832-4827

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.

https://aging.maryland.gov/Pages/state-long-term-care-ombudsman.aspx
State Long-Term Care (LTC) Ombudsman
Patricia Bayliss
Chief, Elder Affairs Unit
Maryland Department of Aging
301 W. Preston Street, Room 1007
Baltimore, MD 21201
Phone: 410-767-1100
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

www.fanniemae.com
Fannie Mae
Baltimore Partnership Office
3900 Wisconsin Ave NW
Washington, DC 20016
Phone: 410-659-4944

https://www.hud.gov/states/maryland
Maryland Housing and Urban Development (HUD) Office
City Crescent Building
10 S. Howard Street, Fifth Floor
Baltimore, MD 21201-2505
Phone: 410-962-2520

http://mhcc.maryland.gov/consumerinfo/longtermcare/NursingHomeRehabilitation.aspx
Maryland HealthCare Commission: Nursing Home Guide

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

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

ILRU: State Independent Living Councils (SILCs)

Maryland Independent Living Council
199 East Montgomery Avenue, Suite 100
Rockville, MD 20850
Phone (local): 240-599-7966
Accessible Phone Type: Relay- dial 711
Email: MarylandSILC@gmail.com

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.lbph.lib.md.us/

Maryland State Library for the Blind and Physically Handicapped
415 Park Avenue
Baltimore, MD 21201-3603
Phone: 410-230-2424
800-964-9209
TTY: 410-333-8679, 800-934-2541

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.mdlclaw.org/
Maryland Protection and Advocacy
Maryland Disability Law Center
1500 Union Avenue; Suite 2000
Baltimore, MD 21211
SERVICE DOGS

www.fidosforfreedom.org
Fido for Freedom, Inc.
1200 Sandy Spring Rd.
Laurel, MD 20707
Phone: 410-880-4178, 301-490-4005
Email: ed@fidosforfreedom.org
Area served: 75 mile radius from Laurel

Dog Ears and Paws Inc.
5399 Enterprise St.
Sykesville, MD 21784
Phone: 410-655-2858
Area served: all of MD

http://www.hero-dogs.org/
Hero Dogs Inc.
P.O. Box 64
Brookeville, MD 20833-0064
Phone: 888-570-8653
Email: hero@hero-dogs.org
Trains and places service dogs with veterans.

http://www.shoreservicedogs.com/
Shore Service Dogs
PO Box 2251
Salisbury, MD 21802-2251
Email: info@ShoreServiceDogs.com

http://warriorcanineconnection.org/
Warrior Canine Connection
14934 Schaeffer Road
Boyds, MD 20841
Phone: 301.260.1111
Email: info@warriorcanineconnection.org
WCC has veterans train service dogs for their fellow veterans.

SPORTS and RECREATION

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

http://www.barsinfo.org/

Baltimore Adapted Recreation and Sports (BARS)
P.O. Box 631
Parkton, MD 21120
Phone: 478-227-7386
Baltimore Adapted Recreation and Sports (BARS) is a non-profit organization (501(c)3) created in 1991 to provide recreation and sports programs for individuals with physical and developmental disabilities. BARS Mission is to enhance the quality of life, improve self-esteem, and promote the health and fitness of individuals with disabilities through the provision of accessible and affordable recreation and sports programs.

http://bennettblazers.org/bennett-institute-booster-club/

Bennett Institute Booster Club, Inc.
3825 Greenspring Ave
Baltimore, MD 21211
Phone: 443-923-7844
Email: kmcminn2215@gmail.com
The Bennett Institute provides therapeutic sports and recreational programs for children, up to the age of 18 or graduated from high school, with varying degrees of physical abilities.

http://www.leagueforpeople.org/

Camp Greentop
The League Camping & Therapeutic Recreation,
1111 East Cold Spring Lane
Baltimore, MD 21239
Phone: 410-323-0500 ext. 366

http://crabsailing.org/

Chesapeake Region Accessible Boating (CRAB)
177 Defense Highway, Suite 9
Annapolis, MD 21404
Phone: 410-266-5722
Email: info@crabsailing.org
CRAB provides sailing to people with disabilities.

www.downtownsailing.org

Downtown Sailing Center
1425 Key Highway Suite 110
Baltimore, MD 21230
Phone: 410-727-0722
Email: jack@downtownsailing.org

http://www.kennedykrieger.org/special-education/educational-programs/physically-challenged-sports-recreation-program

Kennedy Krieger Institute Physically Challenged Sports and Recreation Program
3825 Greenspring Avenue
Baltimore, MD 21211
Phone: 443-923-7844
Email: hermang@kennedykrieger.org

http://www.talismantherapeuticriding.org/

Talisman Therapeutic Riding
172 Blue Ribbon Lane
Grasonville, MD 21638
Phone: 443-239-9400
To serve many who can benefit by the talismanic healing nature of horses and the guidance of professional therapists and instructors in a peaceful farm setting.

http://www.teamriverrunner.org/

Team River Runners
5007 Stone Road
Rockville, MD 20853
Phone: 301-534-4877
Their mission is to create an environment of healthy adventure, recreation and camaraderie for healing active duty, veteran service members and their families through adaptive kayaking. Team River Runner envisions a national network which creates innovative paddling programs designed to assist with the recovery of those injured while serving our country.

UNITED WAY OFFICES

http://unitedway.org

United Way
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter postal code for a United Way office in your area
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.
VETERAN BENEFITS

https://www.maryland.va.gov/
Baltimore Regional Office
31 Hopkins Plaza Federal Building
Baltimore, MD 21201
Phone: 800-795-3606

US Department of Veterans Affairs VA Hospital Locator
VARO, Baltimore
Phone: 800-795-3606
410-230-4470 ext. 1020

ALS

http://www.alsinfo.org/
ALS Association’s DC/MD/VA Chapter
(Serving Maryland, Washington, DC and Virginia)
30 W. Gude Dr., Suite 150
Rockville, MD 20850
Phone: 301-978-9855

Muscular Dystrophy Association’s ALS Research Center:
MDA/ALS Center at Johns Hopkins University School of Medicine
600 N. Wolfe St. Meyer 5-119
Baltimore, MD 21287
Phone: 410-614-3846
E-mail: jrothste@jhmi.edu

BRAIN INJURY

http://www.biamd.org/
Brain Injury Association of Maryland
2200 Kernan Drive
Baltimore, MD 21207
Phone: 800-221-6443
Email: info@biamd.org

CEREBRAL PALSY
www.ucp.org
United Cerebral Palsy (UCP)

http://www.unified.org/about-us
Unified Community Connections (formerly United Cerebral Palsy Central Maryland)
11350 McCormick Road, Suite 1100
Hunt Valley, MD 21031
Phone: 410-484-4540
Email: info@unified.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

GUILLLAIN-BARRÉ SYNDROME / CIDP

www.gbs-cidp.org
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St.
Conshohocken, PA 19428
Phone: 610-667-0131
Toll Free: 866-224-3301
Call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/MDM
National Multiple Sclerosis Society: Maryland/ DC Chapter
1800 M. Street NW
Suite B50 North
Washington, DC 20036
Phone: 202-296-5363; 800-344-4867 (toll-free)

http://mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America Northeast Regional Office (DE, CT, ME, MD, MA, NH, NJ, NY, PA, RI, VT, DC)
375 Kings Highway North
Cherry Hill, NJ 08034
Phone: 800-532-7667 (toll-free)
Email: northeast@mymsaa.org
Call them for local support groups

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
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

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
Directory lists Health Professionals, Clinics, and Support Groups by state.
http://www.post-polio.org/net/poldir.pdf

SPINA BIFIDA

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

https://www.spinabifidaassociation.org/chapter/spina-bifida-association-of-the-midatlantic-region/about/
Spina Bifida Association of America’s Mid-Atlantic Region Chapter
http://www.kennedykrieger.org/

SBAA Maryland Clinics
Kennedy Krieger Institute
Center for Spina Bifida and Related Conditions
707 N. Broadway, Tower 100
Baltimore, MD 21205
Phone: 443-923-9200
Toll-free: 800-873-3377
TTY: 443-923-2645
Email: spinabifidacenter@kennedykrieger.org

SPINAL CORD INJURY

http://www.spinalcordinjury.net/
National Spinal Cord Injury Association chapter
SCI Network of Metropolitan Washington
14 Wolf Drive
Silver Spring, MD 20904
Attn: Kimball Gray
Voice: 703-525-3268 (Ask for Kimball)
TTY: 703-525-3553 (Ask for Kimball)
Email: Scin.kimball@yahoo.com

http://kennedykrieger.org
International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute
707 North Broadway
Baltimore, MD 21205
Phone: 443-923-9200
Email: info.sci@spinalcordrecovery.org
The International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute was founded on the philosophy that individuals with paralysis can always hope for recovery of sensation, function, mobility, and independence, months and even years after injury. To maximize on this potential for recovery, ICSCI offers an intense, medically-supervised therapy program with a unique focus on Activity-Based Restorative Therapy. ICSCI was one of the first facilities in the world to combine innovative research with a unique therapeutic focus on restoration and rehabilitation for both children and adults with acute and chronic spinal cord injuries and disorders, including individuals who require the use of a ventilator. They offer an inpatient program for individuals under the age of 22, outpatient programs for all ages, and have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Most insurance plans are accepted.

www.spinalcordrecovery.org
International Center for Spinal Cord Injury (ICSCI) at Kennedy Krieger Institute’s spinal cord injury support group
Baltimore, MD
Gina Albright, DPT
Phone: 443-923-7960 (office)
Email: albright@kennedykrieger.org

STROKE

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

http://www.jointcommission.org/certification/primary_stroke_centers.aspx
Joint Commission on Accreditation of HealthCare Organization’s Primary Stroke Centers. 2 facilities accredited in stroke care:
Tel: 630-792-5800

http://www.hopkinsbayview.org/index.html
Johns Hopkins Bayview Medical Center
4940 Eastern Avenue
Baltimore, MD 21224
Phone: 410-550-0100

SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org/
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079; 800-272-7282
Email: info@ASAP.org

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Please contact them for info in your area.
GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/md.htm
Maryland Yellow Pages for Kids with Disabilities

http://www.md-council.org/
Maryland Council on Developmental Disabilities
217 E. Redwood Street Suite 1300
Baltimore, MD 21202
Phone: (410)-767-3670
(800)-305-6441 (within MD)

http://www.mota.memberlodge.org/
Maryland Chapter of the American Occupational Therapy Association
Post Office Box 131
Stevenson, Maryland 21153
Email: all4mota@gmail.com

http://www.aptamd.org/
Maryland Chapter of the American Physical Therapy Association
18919 Surrywood
San Antonio, TX 78258
Phone: 800-306-5596
Email: aptamd@aptamd.org

www.apse.org
http://www.apse.org/chapters/maryland-apse
Maryland Association of People Supporting EmploymentFirst (ASPE)
The ARC of Prince George's County
414 Hungerford Dr. Ste 224
Rockerville, MD 20850
Phone: 301-279-0060

http://imagemd.org/index.html
IMAGE Center of Maryland: Independent Marylanders Achieving Growth through Empowerment
300 East Joppa Road, Suite 312
Towson MD 21286
Phone: 410-982-6311
Email: info@imagemd.org
Offers independent living skills and training to people with disabilities.

www.leagueforpeople.org
The League for People with Disabilities
Phone: 410-323-0500
Offers adult medical day care, camping, vocational resources, a wellness center that offers exercise, PT and pool.

https://www.marylandaccesspoint.info/consumer/index.php
Maryland Access Point (MAP)
Toll-free: 844-627-5465
MAP offers info on community services like assisted living, meals, medication management, Medicare, Medicaid, caregiver support, transportation, personal care, healthy living, and dealing with issues like Alzheimer's, dementia, chronic diseases, and brain injury. Their searchable directory can help you find home health, personal care, transportation, housing, home repairs, adult day care providers and lots of other services that can support you in your home.

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

www.communitycrisis.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.

Hint: Can only be dialed from a land line. If you dial 211 or your state’s 211 800 number and you are not connected, this service has not yet been provided to your area.

www.Determined2Heal.org
Determined2Heal
8112 River Falls Dr.
Potomac, MD 20854
Phone: 703-795-5711
Email: determined2heal@gmail.com
Simplifying the transition to paralysis, promoting beach safety, funding research.

www.thinkfirst.org
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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