



North Dakota Disability Resources

Affordable Care Act (ACA)

<http://www.hhs.gov/healthcare/facts/bystate/nd.html>

HHS.gov: 5 Years Later: How the Affordable Care Act is Working for North Dakota

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.

<https://www.nd.gov/dhs/services/adultsaging/>

North Dakota Department of Aging

North Dakota Department of Human Services

600 East Boulevard Avenue, Dept 325

Bismarck N.D. 58505-0250

Phone: 701-328-2538

Toll Free: 800-472-2622

ND Relay TTY: 800-366-6888

Email: dhseo@nd.gov

<http://ndseniorservices.org/>

North Dakota Association of Area Agencies on Aging

<https://www.nd.gov/dhs/locations/countysocialserv/>

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

www.vsanorthdakota.net

VSA Arts North Dakota

PO Box 2591

Bismarck, ND 58502

Email: linda.olsrud@annecenter.org

ASSISTIVE TECHNOLOGY

North Dakota Interagency Program For Assistive Technology

3240 15th St. South, Suite B

Fargo, ND 58104

Project Director: Judie Lee

Phone: 701-365-4728
Phone: TTY: 1-800-895-4728
Email: ipatinfo@ndipat.org

<http://www.adainformation.org>

Rocky Mountain ADA Center (covers North Dakota)

3630 Sinton Road, Suite 103
Colorado Springs, CO 80907
Phone/TTY: 719-444-0268
Toll-free: 800-949-4232

<http://www.ndad.org>

North Dakota AT Loan Program

North Dakota Association for the Disabled
2660 South Columbia Road
Grand Forks, ND58201
Phone: 701-775-5577
TTY: 800-532-6323
Email: grandforks@ndad.org

CAREGIVERS INFORMATION

<http://www.caregiver.com/regionalresources/states/ND/support/index.htm>

CaregiverSupport Groups by State

COMMUNITY-BASED FITNESS PROGRAMS

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

COMMUNITY HEALTH CENTERS

www.communityhealthcare.net

North Dakota Office, Community HealthCare Association of the Dakotas

1003 East Interstate Avenue, Suite 1
Bismarck, ND 58503
Phone: 701-221-9824

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.nd.gov/docr/programs/victims/viccomp.html>

Victim Compensation/Assistance in North Dakota

PO Box 1898

Bismark, ND 58502-1898

Phone: 701-328-6195; 800-445-2322 (toll-free)

TTD: 800-366-6888

www.safehorizon.org

Safe Horizon's Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233); TTY: 800-787-3224

National Resource Center on Domestic Violence: 1-800-537-2238

EASTER SEALS OFFICES

<http://www.esgwnd.org/>

<http://www.easterseals.com> (click on Connect Locally)

Easter Seals Goodwill of North Dakota

211 Collins Avenue,

Mandan, ND 58554-3106

Phone: 701-663-6828

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 NORTH DAKOTA

www.nd.gov

North Dakota State Website

<http://www.nd.gov/labor/human-rights/>

North Dakota Department of Labor and Human Rights

600 East Boulevard Ave, Dept. 406

Bismarck, ND 58505-0340

Phone: 701-328-2660

Toll-free: (in-state) 800-582-8032

TTY: 800-366-6888; 800-366-6889

The Human Rights Division's responsibilities include investigating complaints alleging discriminatory practices, educating the public about human rights laws, and studying the nature and extent of discrimination in North Dakota.

<http://www.nd.gov/dhs/services/disabilities/>

North Dakota Department of Human Services: Services in Individuals with Disabilities

1237 W Divide Ave, Suite 1A

Bismarck, ND 58501-1208

Phone: 701-328-8930

Toll Free: 800-755-8529

TTY: 800-366-6888

Email: dhsds@nd.gov

<http://www.nd.gov/dhs/services/disabilities/index.html>

North Dakota Vocational Rehabilitation

Rehabilitation Consulting & Services

1237 W Divide Ave, Suite 1B

Bismarck, ND 58501-1208

Phone: 701-328-8950

Toll Free: 1-800-755-2745

TTY: 800-366-6888

<http://www.nd.gov/ndins/contact/>

North Dakota Insurance Department

State Capitol, Fifth Floor

600 East Boulevard Avenue

Bismarck, ND 58505-0320

Phone: 701-328-2440
Toll Free: 1-800-247-0560
TTY: 800-366-6888

<http://www.nd.gov/dhs/services/medicalserv/medicaid/>

North Dakota Medicaid Office

600 E. Boulevard Ave, Dept. 325
Bismarck, ND 58505-0250
Local: 701-328-2310
Toll-Free: 800-472-2622
Local TTY: 800-366-6888
E-mail: dhsmed@nd.gov

<http://www.nd.gov/dhs/services/medicalserv/chip/>

North Dakota SCHIP Program (State Children's Health Insurance Program)

Healthy Steps

Department 325
600 E. Boulevard Ave.
Bismarck, ND 58505-0250
Phone: 877-543-7669
Email: pahinsz@nd.gov ; bjennings@nd.gov

<http://nd.gov/ndins/shic/>

North Dakota SHICP (Senior Health Insurance Counseling Program)

State Capitol Fifth Floor
600 East Boulevard Ave.
Bismarck, ND 58505-0320
Phone: 701-328-2440
Toll Free: 800-247-0560

<http://www.chand.org/>

Comprehensive Health Association of North Dakota (CHAND)

4510 13th Ave South
Fargo, ND 58121
Phone: 701-277-2271; 800-797-0016 (toll-free)
North Dakota High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

<http://www.nd.gov/dhs/services/adultsaging/homecare3.html>

North Dakota Home and Community Based Services Waiver (HCBS)

<http://www.state.nd.us/ndins/>

North Dakota Insurance Commissioner

<http://www.workforcesafety.com/>

North Dakota WorkforceSafety & Insurance (worker's compensation)

1600 East Century Avenue, Suite 1
Bismarck ND 58503
Phone: 1-800-777-5033 (toll-free)
Email: ndwsi@nd.gov

<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.nd.gov/dhs/services/adultsaging/ombudsman.html>

State LTC Ombudsman

Long Term Care Ombudsman Program
Aging Services Division
1237 W. Divide Ave., Suite 6
Bismarck, ND 58501
Phone: 701-328-4649
Email: carechoice@nd.gov

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

Fannie Mae is a leader in providing housing finance for homebuyers and renters in the United States.

http://portal.hud.gov/hudportal/HUD?src=/states/north_dakota

North Dakota Housing and Urban Development (HUD) Office

Fargo Field Office
Department of Housing and Urban Development
657 Second Ave. North
Room 366
Fargo, ND 58108-2483
Phone: 701-239-5136
TTY: 701- 239-5668

www.hud.gov

<http://www.hud.gov/local/index.cfm?state=al>

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>

ILRU: State Independent Living Councils (SILCs)

North Dakota Independent Living Council

Box 254

Crosby, ND 58730

Phone: 701-965-4324

Email: rogs.gillund@yahoo.com

<http://www.ilru.org>

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.dakotacil.org/>

Dakota Center for Independent Living

3111 East Broadway Avenue

Bismarck, ND 58501

Phone (Voice/TTY): 701-222-3636

Toll Free: 800-489-5013

<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://library.nd.gov/talkingbooks.html>

North Dakota State Library: Talking Book Services

604 East Boulevard Avenue

Department 250

Bismarck, ND 58505-0800

Phone: 701-328-4622, 800-472-2104

TDD: 1-800-892-8622; 701-328-4923

E-mail: tbooks@nd.gov

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

www.ChristopherReeve.org/Peer

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

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see:

www.ChristopherReeve.org/qol for more info on qualifying and applying.

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

United Spinal Association's Spinal Network support group program

Phone: 800-962-9629

Email: info@unitedspinal.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.ndpanda.org>

The North Dakota Protection & Advocacy Project

400 E. Broadway, Suite 409

Bismarck, ND 58501

Phone: 701-328-2950

Toll Free: 800-472-2670

TDD: Relay 711

E-mail: panda@nd.gov

<http://www.ndpanda.org/cap/>

North Dakota Client Assistance Program

400 East Broadway, Suite 409

Bismarck, ND 58501-4071

Phone: 701-328-3950

Toll-free: 800-472-2670

SERVICE DOGS

<http://www.servicedogsforamerica.org/>

Service Dogs of America

920 Short Street

PO Box 513

Jud, ND 58454

Phone: 701-685-2242

SPORTS and RECREATION

<http://annecarlson.org/annies-house>

Annie's House

Winter Park Rd #1

Bottineau, ND 58318

Phone: 701-263-4556

Email: skibwp@srt.com

Adaptive skiing

www.dakotaranch.org

Dakota Boys and Girls Ranch

Phone: 800-344-0957

Therapeutic riding for the disabled.

UNITED WAY OFFICES

<http://www.unitedway.org>

United Way (National Headquarters)

701 North Fairfax Street

Alexandria, VA22314

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

<http://www2.va.gov/directory/guide/home.asp?isflash=1>

<http://www.fargo.va.gov/>

FargoVA Medical/Regional Office Center

2101 Elm Street

Fargo, ND 58102

Phone: 701-232-3241; 800-410-9723 (toll-free)

<http://www2.va.gov/directory/guide/state.asp?State=ND&dnum=ALL>

North Dakota VA Clinics

Bismarck VA Clinic

Gateway Mall, 2700 State Street, Suite F

Bismarck, ND 58503

Phone: 701-221-9152

<http://www2.va.gov/directory/guide/facility.asp?ID=6005&dnum=All>

Grand Forks VA Clinic

3221 32nd Avenue South, Suite 700

Grand Forks, ND 58201

Phone: 701-335-4380

<http://www2.va.gov/directory/guide/facility.asp?ID=5135&dnum=All>

Grafton VA Clinic

ND St. Developmental Ctr.

Health Service Bldg., West Sixth Street

Grafton, ND 58237

Phone: 701-352-4059

<http://www2.va.gov/directory/guide/facility.asp?ID=5136&dnum=All>

Minot VA Clinic
5th Medical Group
10 Missile Avenue
Minot, ND 58705
Phone: 701-727-9800

<http://www2.va.gov/directory/guide/facility.asp?ID=5565&dnum=All>

Williston VA Clinic
205 Main Street
Williston, ND 58802
Phone: 701-572-2470; 800-410-9723

ALS

<http://www.alsa.org/>

The ALS Association (National Office)
1275 K Street NW, Suite 250
Washington, DC 20005
Phone: 202- 407-8580

http://webmn.alsa.org/site/PageServer?pagename=MN_homepage

Minnesota/North Dakota/South Dakota Chapter of ALS Assn.
333 North Washington Ave
Suite 105
Minneapolis, MN 55401
Phone: 612-672-0484
888-672-0484
Email: info@alsmn.org

BRAIN INJURY

www.biausa.org

Brain Injury Association of America
1608 Spring Hill Road, Suite 110
Vienna, VA 22182
Toll-Free Info Line: 800-444-6443
Phone: 703-761-0750
Please contact them for info in North Dakota

<https://www.ndbin.org/brain-info>

North Dakota Brain Injury Network

CEREBRAL PALSY

<http://www.ucp.org>

United Cerebral Palsy (National Office)

1825 K St. NW

Suite 600

Washington, DC 20006

Phone: 202-776-0406

800-USA-5-UCP

TTY: 202-973-7197

Email: national@ucp.org

Please contact them for info in North Dakota

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 local info.

GUILLAIN-BARRÉ SYNDROME/CIDP

<http://gbs-cidp.org/>

Guillain-Barré Syndrome / CIDP Foundation International

The Holly Bldg., 104 ½ Forrest Ave.

Narberth, PA 19072

Phone: 610-667-0131; 866-224-3301 (toll-free)

Please call for information in your area

MULTIPLE SCLEROSIS

<http://www.nationalmssociety.org/index.aspx>

National Multiple Sclerosis Society (NMSS)

Phone: 800-FIGHT-MS

<http://www.nationalmssociety.org/chapters/MNM/index.aspx>

Upper Midwest Chapter of NMSS:

200 12th Ave. S.

Minneapolis, MN 55415

Phone: 612-335-7900

Toll-free: 800-344-4867

<http://www.mymsaa.org/about-masaa/regional>

Multiple Sclerosis Association of America Mid-West Regional Office

(Nebraska, North Dakota, South Dakota, Ohio, Illinois, Indiana, Kentucky, Michigan, Minnesota, West Virginia, Iowa, Wisconsin)

1507 E. 53rd Street, Suite 284

Chicago, IL 60615

Phone: 1-800-532-7667, ext.150

E-mail: 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>

Post-Polio Health International (PHI)

4207 Lindell Blvd., #110

St. Louis, MO 63108-2930

Phone: 314-534-5070

Email: info@post-polio.org

<http://www.post-polio.org/net/poldir.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

SPINA BIFIDA

<http://www.spinabifidaassociation.org>

Spina Bifida Association of America

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 202-944-3285; 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

<http://spinabifidaassociation.org/clinics>

SBAA North Dakota Clinics

SPINAL CORD INJURY

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/north-dakota.html>

Brain and Spinal Cord: AgAbility

Phone: 800-434-7436

STROKE

<http://www.strokeassociation.org>

American Stroke Association

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653; 888-474-8483

Call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION

www.asap.org

American Syringomyelia & Chiari Alliance Project

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079

Toll-free: 800-ASAP-282

Email: info@ASAP.org

Has online support groups

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.

<http://transmyelitis.meetup.com/>

TM MeetUp

Enter your postal code for a MeetUp in your area.

Meetings are usually held in local restaurants.

GENERAL DISABILITY RESOURCES

<http://www.yellowpagesforkids.com/help/nd.htm>

North Dakota Yellow Pages for Kids with Disabilities

<http://www.ndcpd.org/SCDD/>

North Dakota State Council on Developmental Disabilities

919 S 7th St., Suite 503

Bismarck ND 58501

Phone: 701-328-4847

Email: jhorntvedt@nd.gov

<http://www.ndota.com/>

North Dakota chapter of the American Occupational Therapy Association

Post Office Box 14118

Grand Forks, North Dakota

58208-4118

Phone: 701-221-3758

Email: nechi4@msn.com

<http://ndpta.net/>

North Dakota chapter of the American Physical Therapy Association

www.apse.org

<http://www.apse.org/chapter/north-dakota>

North Dakota Association of People Supporting EmploymentFirst

<http://www.ndad.org/>

North Dakota Association For the Disabled

21 N. University Drive

Fargo, ND 58102

Phone: 701-281-8215

Toll-free: 888-363-6323

Email: fargo@ndad.org

Offices in Minot, Fargo, Grand Forks, and Williston.

www.farmrescue.org

Farm Rescue

PO Box 28

Horace, ND 58047

Email: info@farmrescue.org

Phone: 701- 252-2017

FarmRescue is a nonprofit organization that provides planting and harvesting assistance free of charge to farm families who have experienced a major illness, injury or natural disaster. It helps

farm families in North Dakota, South Dakota, Montana, Minnesota, and Iowa. Please see their website for application info.

<http://www.healthboards.com/boards/index.php>

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

www.211.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 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.

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