Oklahoma 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/adrc
https://www.acl.gov/node/413
http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ No Wrong Door
Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS’ Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS, and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a “one-stop shops” or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public
programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

www.okdhs.org/
Oklahoma Department of Aging
50 NE 23rd St.
Oklahoma City, OK 73105
Phone: 405-521-2281

http://oarcok.org/aging/
Oklahoma Association of Area Agencies on Aging
4101 N. Perimeter Center Dr., Suite 310
Oklahoma City, OK 73104

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

ASSISTIVE TECHNOLOGY

https://www.okabletech.org/
Oklahoma ABLE Tech
Oklahoma State University
Seretean Wellness Center
1514 W. Hall of Fame
Stillwater, OK 74078-2026
Phone: 405-744-9748
Toll-free: 888-885-5588
Our mission is to improve access to and acquisition of assistive technology for individuals with disabilities of all ages.

http://www.southwestada.org/
Southwest ADA Center (covers Oklahoma)
TIRR Memorial Hermann-ILRU
1333 Moursund
Houston, TX 77030
Toll Free: 800-949-4232
Phone/TTY: 713-520-0232
CAREGIVERS INFORMATION

http://www.caregiver.com/regionalresources/states/OK/support/index.htm
Caregiver Support Groups in Oklahoma

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.okpca.org
Oklahoma Primary Care Association
6501 Broadway Extension 200
Oklahoma City, OK 73116
Phone: 405-424-2282

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
DOMESTIC VIOLENCE HELP

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

http://www.ocadvsa.org/
Oklahoma Coalition Against Domestic Violence/Assault
8524 S. Western, Suite 111
Oklahoma City, OK 73118
Phone: 405-524-0700
Toll-free: 800-522-7233

EASTER SEALS OFFICES

http://www.easterseals.com
Easter Seals
Click on Connect Locally, click on Oklahoma to see if there are any offices in OK
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 OKLAHOMA

http://www.ok.gov/
Oklahoma State Website

http://www.odc.ok.gov/
Oklahoma Office of Disability Concerns

http://www.okdhs.org/
Oklahoma Department of Human Services
2400 N. Lincoln Blvd.
Oklahoma City, OK 73125
Phone: 405-521-3646

http://www.ok-ahead.org/index.html
Oklahoma Association for Higher Education and Disability

http://www.okrehab.org/

Oklahoma Department of Rehabilitation Services
3535 N.W. 58th Street, Suite 500
Oklahoma City, OK 73112
Phone: 405-951-3400
Phone/TTY: 1-800-845-8476
Email: info@kdrs.gov

http://www.okrehab.org/guide/home

Oklahoma Dept. of Rehabilitation Services: Oklahoma Disability Resource Guide
An online guide offering info on employment, education, assistive technology, financial assistance, housing, transportation, sports and recreation, legal assistance and taxes for people with disabilities.

http://www.ofmq.com/

Oklahoma Foundation for Medical Quality
14000 Quail Springs Parkway, Suite 400
Oklahoma City, OK 73134
Phone: 405-840-2891

http://www.okdhs.org/services/health/Pages/default8.aspx

Oklahoma Dept. of Human Services: Medicare
Sequoyah Memorial Office Building
PO Box 25352
Oklahoma City, OK 73125
Phone: 405-521-3679

http://www.okdhs.org/services/health/Pages/soonercare.aspx

Oklahoma Medicaid Office (SoonerCare)
4545 N. Lincoln Boulevard, Suite 124
Oklahoma City, OK 73105
Local: 405-522-7300
Toll-Free: 800-522-0310

http://www.ok.gov/oid/Consumers/Insurance_Basics/Oklahoma_Health_Insurance_High_Risk_Pool_Information.html

Oklahoma High Risk Pool
Oklahoma High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

http://www.okdhs.org/services/aging/Pages/ADvantageservices.aspx

The ADvantage Program
PO Box 35900
Tulsa, OK 74150
Toll-free: 800-435-4711
Phone: 918-933-4900
The ADvantage Program is an Oklahoma Medicaid program that is an added option to nursing facility care. It allows eligible individuals to receive services in their home.

https://www.insurekidsnow.gov/coverage/ok/index.html

**Oklahoma SCHIP Program** (State Children’s Health Insurance Program)

**SoonerCare**
Sequoyah Memorial Office Building
2400 N. Lincoln Blvd.
Oklahoma City, OK 73105
Phone: 405-522-2596

http://www.oid.state.ok.us

**Oklahoma Insurance Commissioner**

**Oklahoma City**
5 Corporate Plaza
3625 NW 56th, Suite 100
Oklahoma City, OK 73112-4511
Phone: 405-521-2828
  1-800-522-0071

**Tulsa**
7645 E. 63rd St., Suite 102
Tulsa, OK 74113
Phone: 918-295-3700

https://www.ok.gov/wcc/

**Oklahoma Workers’ Compensation Commission**
1915 N Stiles Ave, Ste. 231
Oklahoma City, OK 73105
Phone: 405-522-3222
Toll-free: 855-291-3612

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.okdhs.org/services/aging/Pages/ombudsman.aspx

State LTC Ombudsman
Bill Whited
Long Term Care Ombudsman Program
DHS Aging Services Division
50 NE 23rd St.
Oklahoma City, Oklahoma 73107
Phone: 405-521-6734
The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

HOUSING

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

Oklahoma Housing and Urban Development (HUD) Office

Oklahoma City
301 NW 6th Street, Suite 200
Oklahoma City, OK 73102
Phone: 405-609-8400
TTY: 800-877-8339

Tulsa
Department of Housing and Urban Development
Williams Center Tower II
110 West 7th St., Suite 1110
Tulsa, OK 74119
Phone: 918-292-8900
TTY: 800-877-8339

HUD: Regional Office Director (Includes Oklahoma)
801 Cherry Street, Suite 2500, Unit 5
Fort Worth, TX 76102
Phone: 817-978-5600
TTY: 800-877-8339

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
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.okdrs.org/guide/statewide-independent-living-council-oklahoma-silc
ILRU: State Independent Living Councils (SILCs)
Oklahoma Independent Living Council
3535 NW 58th St., Suite 480
Oklahoma City, OK 73112
Phone: 405-951-3581
Email: smadden@oksilc.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.

LIBRARY SERVICES

http://www.library.state.ok.us/
Oklahoma Library for the Blind and Physically Handicapped
300 Northeast 18th Street
Oklahoma City, OK 73105
Librarian: Paul Adams
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](http://www.ChristopherReeve.org/NRN).

Peer Support Programs

[www.ChristopherReeve.org/Peer](http://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](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.


**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/](http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/)

PROTECTION and ADVOCACY
http://www.okdlc.org
Oklahoma Disability Law Center

Oklahoma City Office
Oklahoma Disability Law Center, Inc.
2915 Classen Blvd. 300 Cameron Building
Oklahoma City, OK 73106
Phone: 405-525-7755
  1-800-880-7755
E-Mail: odlcokc@flash.net

Tulsa Office
5555 East 71st St., Suite 9100
Tulsa, OK 74105
Phone/ TDD: 918-743-6220
  1-800-880-7755

Oklahoma Client Assistance Program (CAP)
2915 Classen Blvd. 300 Cameron Building,
Oklahoma City, OK 73106
Phone: 405-525-7755
Toll-free: 800-880-7755

Tulsa Office:
2828 East 51 Street, Suite 302
Tulsa, OK 74105
Phone: 918-743-6220
TTD/Toll-free: 800-226-5883

SERVICE DOGS

http://newleashinc.org/
A New Leash on Life, Inc.
3420 N. Porter Ave.
Norman, OK 73071
Phone: 405-604-0519

http://www.therapetics.org/
Therapetics Service Dogs of Oklahoma
PO Box 471671
Tulsa, OK 74147
Phone: 918-270-4226
Email: info@therapetics.org
SPORTS and RECREATION

American Therapeutic Riding Center (ATRC)
www.atrcok.org
395 N 177th W Avenue/ PO Box 880
Sand Springs, OK 74063
Phone: 918-246-9450
Email: deniseatrc@gmail.com
ATRC provides therapeutic riding to individuals with special needs. They are a non-profit organization and a PATH Center Member servicing eight counties in Oklahoma.

The Center for Individuals with Physical Challenges
www.tulsacenter.org
815 South Utica Ave
Tulsa, OK 74104
Phone: 918-584-8607
Email: info@tulsacenter.org
The Center offers programs and activities for health, wellness, fitness, recreation/leisure and adaptive sports.

OKC Boathouse Foundation
http://boathousedistrict.org/riversport-programs/adaptive-programs/
http://boathousedistrict.org/adaptive-rowing-2/
Boathouse District• Oklahoma River
725 S. Lincoln Blvd
Oklahoma City, OK 73129
Phone: 405-552-4040
An adaptive kayaking and rowing program is offered through a partnership with INTEGRIS Jim Thorpe Rehabilitation.

Oklahoma Adaptive Sports Association
http://www.okasa.org/
PO Box 20425
Oklahoma City, OK 73156
Phone: 405-553-1377
Provides recreation and competition opportunities to people with physical disabilities.

Southwest Wheelchair Athletic Association (SWAA)
http://www.swaasports.org/
PO Box 1389
Hurst, TX 76053
Email: swaa.wsusa@gmail.com
SWAA is the regional organization for Wheelchair & Ambulatory Sports USA. The regional area includes: Arkansas, Louisiana, Oklahoma & Texas. They are a non-profit
501c3 organization that provides sport competition for those individuals with a physical disability.

http://www.ucoendeavorgames.com/
University of Central Oklahoma: Endeavor Games
100 N. University Dr.
Edmond OK 73034
Phone: 405-974-2000
The UCO Endeavor Games is a nationally recognized competition that allows all athletes with physical disabilities to participate in a multi-sport event.

UNITED WAY OFFICES

http://unitedway.org
United Way
Enter postal code for a United Way office in your area
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

VETERAN BENEFITS

https://www.va.gov/directory/guide/state.asp?STATE=OK&dnum=ALL
US Department of Veterans Affairs VA Hospital Locator: Oklahoma

https://www.muskogee.va.gov/
Jack C. Montgomery VA Medical Center AKA Eastern Oklahoma VA Health Care System
1011 Honor Heights Drive
Muskogee, OK 74401
Phone: 918-577-3000

https://www.oklahoma.va.gov/
Oklahoma City VA Medical Center
921 N.E. 13th Street
Oklahoma City, OK 73104
Phone: 405-456-1000

www.pva.org
Oklahoma Chapter Paralyzed Veterans of America Offices:
Mid-America Chapter
6108 NW 63rd Street Suite A
Oklahoma City, OK 73132
Phone: 405-721-7168
1-800-321-5041
Email: mapva@sbcglobal.net

ALS

http://www.alsa.org/
The ALS Association National Office
1275 K Street NW, Suite 250
Washington, DC 20005
Phone: 202-407-8580
There is no Oklahoma chapter at this time.

BRAIN INJURY

http://www.braininjuryoklahoma.org/
Brain Injury Association of Oklahoma
3015 E. Skelly Dr.
Tulsa, OK 74105
Tulsa area: 918-789-0406
Oklahoma City area: 405-928-1647
The Brain Injury Association of Oklahoma (BIA-OK) is Oklahoma's foremost advocacy organization for survivors of brain injury. As a non-profit organization, they strive to educate survivors, family members, professionals, and the public about all matters related to brain injury.

CEREBRAL PALSY

http://www.ucp.org/
United Cerebral Palsy National Office
1825 K St, NW, Suite 600
Washington, DC 20006
Phone: 202-776-0406
800-872-5827
Email: national@ucp.org

http://abilityconnectionoklahoma.org/
Ability Connection Oklahoma
10400 Greenbriar Place, Suite 101
Oklahoma City, OK 73159
Phone: 405-759-3562
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 call them for info in your area

GUILLAIN-BARRÉ SYNDROME / CIDP

http://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/
National Multiple Sclerosis Society
800-FIGHT-MS

http://www.nationalmssociety.org/Chapters/OKE
Oklahoma State Chapter of NMSS
2526 East 71st St., Suite A
Tulsa, OK 74136
Phone: 918-488-0882
Phone: 800-344-4867 (OK only)
Email: lisag.gray@nmss.org

http://mymsaa.org/about-msaa/regional/#South-Central
Multiple Sclerosis Association of America: South-Central Regional Office
14902 Preston Rd., Suite 404-345
Suite 138, Box 320
Dallas, TX 75254
Toll-free: 800-532-7667, ext. 137
E-mail: southcentral@mymsaa.org
Covers Oklahoma

http://mymsaa.org/msaa-help/support-groups
MSAA Support Groups Info

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717

Oklahoma MDA Clinics
Oklahoma City
Children's Hospital of Oklahoma

Tulsa
Children's Medical Center
Tulsa Regional Medical Center

POST-POLIO SYNDROME

http://www.post-polio.org
Post-Polio Health International (PHI)
4207 Lindell Blvd. #110
St. Louis, MO 63108-2930
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/PDIR.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: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area
**SPINAL CORD INJURY**

[www.pushpushpray.org](http://www.pushpushpray.org)

**The Sterling Thomas Push Push Pray Foundation**

9524 E. 81st Street, Suite B1617
Tulsa, OK 74133
Phone: 918-250-3709
Email: info@pushpushpray.org

Sterling Thomas Push Push Pray is a 501 (c)(3) foundation with the mission to inspire hope, empower and enrich the quality of life of individuals living with spinal cord injury. They help survivors with responding to and overcoming the many challenges of facing disability providing the knowledge and tools needed to move forward, thrive and adapt to a changed way of life. Their focus is on promoting: Hope, Dignity, Support, Navigation, Education, Quality of Life, Physical Activity, Mobility, Accessibility and Inclusion. They provide small item grants ($250 or less) that promote self-sufficiency, quality of life, recreation and exercise/physical activity.

**STROKE**

[http://www.strokeassociation.org](http://www.strokeassociation.org)

**American Stroke Association**

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-800-242-8721

Please contact them for the stroke support group in your area

**SYRINGOMYELIA/CHIARI MALFORMATION**

[www.asap.org](http://www.asap.org)

**American Syringomyelia & Chiari Alliance Project**

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
     800-ASAP-282
Email: info@ASAP.org
Please contact them for local information.

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

www.improvinglivesnow.org
Improving Lives, Inc.
6216 S. Lewis Ave., Suite 102
Tulsa, OK 74136
Phone: 918-895-0869
Email: info@ImprovingLivesNow.org
Improving Lives provides outpatient counseling or case management reimbursement to clinicians for people who cannot afford services due to being uninsured or under-insured. Improving Lives, Inc. offers reimbursement to up to six visits with a clinician or a combination of therapy and case management or other adjunctive services. Improving Lives, Inc. is in the community developing relationships and educating about the disparity in access to mental health care.

http://www.yellowpagesforkids.com/help/ok.htm
Yellow Pages for Kids with Disabilities: Oklahoma

http://www.okota.org
Oklahoma chapter of the American Occupational Therapy Association
Email: okotapresident@gmail.com

www.okpt.org
Oklahoma chapter of the American Physical Therapy Association
PO Box 5354
Edmond, OK 73083
Phone: 405-562-1280
Email: joyceanngowin@sbcglobal.net

www.apse.org
http://www.ok-apse.org/
https://www.facebook.com/pages/OK-APSE/124340927584437

Oklahoma Association of People Supporting EmploymentFirst

http://www.okddc.ok.gov/
The Oklahoma Developmental Disabilities Council
2401 NW 23rd St., Suite 74
Oklahoma City, OK 73107
Phone: 405-521-4984
Toll-free: 800-836-4470
Email: staff@okddc.ok.gov

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 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.