Pennsylvania 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.pa.gov
Pennsylvania Department of Aging
Two S. 2nd St.
Harrisburg, PA 17101
Email: aging@pa.gov
Phone: 717-780-6130

www.p4a.org
Pennsylvania Association of Area Agencies on Aging
2 North Second St.
Harrisburg, PA 17101
Phone: 717-780-6130

http://www.aging.pa.gov/local-resources/Pages/AAA.aspx
Area Agencies on Aging by County

http://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://americandancewheels.org
American DanceWheels Foundation
PO Box 88
Bala Cynwyd, PA 19004
Phone: 215-588-6671
Email: info@americandancewheels.org
Provides the social, rehabilitative, and competitive activity of Wheelchair Ballroom and Latin
Dance to partnerships comprised of one seated and one standing dancer, training individuals with
disabilities, able-bodied partners, dance teachers, and adaptive sports professionals and
therapists.

http://www.cultureworksphila.org/
CultureWorks Greater Philadelphia
1315 Walnut Street, Suite 320
Philadelphia, PA 19107
Phone: 267-597-3804
Email: info@cultureworksphila.org
CulureWorks provides affordable shared management resources to the arts, heritages, and creative communities of Greater Philadelphia.

ASSISTIVE TECHNOLOGY

http://disabilities.temple.edu
Pennsylvania’s Initiative on Assistive Technology (PIAT)
Institute on Disabilities
1755 North 13th St.
Student Center, Room 411S
Temple University
Philadelphia, PA 19122
Phone: 215.204.1356
TTY: 215-204-1805
Email: iod@temple.com

http://www.adainfo.org
Mid-Atlantic ADA Center (covers Pennsylvania)
TransCen, Inc.
401 North Washington St., Suite 450
Rockville, MD 20850
Phone/TTY: 301-217-0124
Toll Free: 800-949-4232

http://www.patf.us
Pennsylvania Assistive Technology Foundation
1004 West Ninth Avenue, #130
King of Prussia, PA 19406
Phone: 484-674-0506
888-744-1938 (National)
Email: patf@patf.us

Caregivers Info

http://www.caregiver.com/regionalresources/states/PA/support/index.htm
Caregiver.com – List support groups for Pennsylvania

www.wellspouse.org
Well Spouse Association Support Groups

Main Line/Valley Forge Well Spouse Group
King-of-Prussia
Dave Goldenberg
Phone: 215-200-6443
Northeast Philadelphia/Abington Support Group
Abington
Jeanne Riman
Phone: (215) 478-1689

Lehigh Support Group
Allentown
Rodney Schall
Phone: (610) 776-3213

Pittsburgh Well Spouse Support Group
Pittsburgh
Edie Brozanski
Phone: (724) 733-0034

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.

www.MageeRehab.org
Magee Rehabilitation at Riverfront: Gaining Ground program
1500 S. Columbus Blvd..
Philadelphia PA 19147
Phone: 215-218-3900
Offers an activity-based program that helps individuals regain strength and function, improve endurance and enhance well-being.

Community Health Centers

www.pachc.com
Pennsylvania Association of Community Health Centers
1035 Mumma Road, Suite 1
Wormleysburg, PA 17043
Phone: 717-761-6443
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.

http://www.allied-services.org/

**Allied Services Foundation**

100 Abington Executive Park
Clarks Summit, PA 18411
Phone: 1.888.REHAB.PA
As a comprehensive, integrated health system, at Allied Services we can provide the services patients require and ensure smooth and seamless transitions between levels of care.

**Crime Victim Assistance**

http://www.pccd.state.pa.us/portal/server.pt/community/victims_of_crime/5255

**Victim Compensation/Victim Assistance**

3101 North Front Street
Harrisburg, PA 17110
Phone for Services: 717-783-0888
Phone for Compensation: 800-233-2339
Toll-free: 800-692-7292

http://ovc.ncjrs.gov/findvictimservices/

**Office for Victims of Crime’s Directory of Crime Victim Services**

Choose Your State and the Type of Assistance you are looking for

http://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
Pennsylvania Domestic Violence Crisis and Support Resources
Statewide Hotline: 800-932-4632

http://www.pcadv.org/
Pennsylvania Coalition Against Domestic Violence
3605 Vartan Way, Suite 101
Harrisburg, PA 17110
Toll-free: 800-553-2508
Phone: 717-545-6400; 800-932-4632 (toll-free)

Easter Seals

http://www.easterseals.com
National Easter Seals Office
233 South Wacker Dr.
Suite 2400
Chicago, IL 60606
Phone: 312-726-6200
  800-221-6827
Email: info@easterseals.com
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.

http://www.easterseals.com/connect-locally/?state=PA
Pennsylvania Easter Seals Offices

Government Offices for Pennsylvania

http://www.pa.gov/
Commonwealth of Pennsylvania Website

http://www.dhs.pa.gov/
Pennsylvania Department of Human Services
Office of Social Programs
PO Box 2675
Harrisburg, PA 17105-2675

http://medicaidoffice.net/pennsylvania-medicaid-office-mo39
Pennsylvania Department of Health: Nursing Home Care
Nursing Home locator http://app2.health.state.pa.us/commonpoc/nhLocaterie.asp

http://www.dhs.pa.gov/citizens/healthcaremedicaidassistance/
Pennsylvania Medicaid Office
Department of Human Services of Pennsylvania
Health and Welfare Building, Room 515
PO Box 2675
Harrisburg, PA17105
Phone: 800-692-7462

http://www.chipcoverspakids.com/

Pennsylvania SCHIP Office
Pennsylvania's Children's Health Insurance Program
1142 Strawberry Square
Harrisburg, PA17120
Phone: (800) 986-5437; 717-705-0009

http://www.aging.pa.gov/Pages/default.aspx

SHIIP (Senior Health Insurance Information Program) for seniors
Commonwealth of Pennsylvania
Department of Aging
555 Walnut Street, 5th Floor
Harrisburg, PA17101-1919
Phone: 717-783-1550
Email: aging@pa.gov

http://www.insurance.pa.gov/Pages/default.aspx

Pennsylvania Insurance Department/ State Insurance Commissioner
1326 Strawberry Square
Harrisburg, PA 17120
Toll-free: 877-881-6388

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.aging.pa.gov/Pages/default.aspx
http://www.aging.pa.gov/organization/advocacy-and-protection/Pages/ombudsman.aspx

State LTC Ombudsman
Wilmarie Gonzalez
Pennsylvania Department of Aging
555 Walnut Street, 5th Floor
Harrisburg, Pennsylvania 17101-1919
Phone: 717-783-8975
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](http://www.fanniemae.com)
**Fannie Mae Northeastern Regional Office**
1835 Market St., Suite 2300
Philadelphia, PA 19103-2909

**Housing and Urban Development (HUD) Office for Pennsylvania**

Philadelphia Regional Office
The Wanamaker Building
100 Penn Square, East
Philadelphia, PA19107-3380
Phone: 215-656-0500

Pittsburgh Field Office
William Moorhead Federal Bldg.
1000 Liberty Ave., Suite 1000
Pittsburgh, PA15222-4004
Phone: 412-644-6428

[www.hud.gov](http://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](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)
[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://www.phfa.org/](http://www.phfa.org/)
**Pennsylvania Housing Finance Agency**
Inglis House is a specialty nursing care facility providing long-term, residential care for 297 adults with physical disabilities, including multiple sclerosis, cerebral palsy, spinal cord injury and stroke, among others. Residents receive rehabilitative medical and nursing care; occupational and speech therapies; and a selection of more than 20 social enrichment and therapeutic recreation programs every day.

**Independent Living**


**ILRU: State Independent Living Councils (SILCs)**
**Pennsylvania Independent Living Councils**
207 House Avenue, Suite 107 Room 14
Camp Hill, PA 17011
Phone: 717-364-1732
Toll-Free: 800-670-7307
TTY: 717-236-5733
Email: susant318@yahoo.com

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

**Independent Living Research Utilization’s** directory of Independent Living Centers


**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.statelibrary.pa.gov/Pages/default.aspx
Commonwealth of Pennsylvania libraries

http://freelibrary.org/lbph/
Special Format Library
Library for the Blind and Physically Handicapped
Free Library of Philadelphia
919 Walnut Street
Philadelphia, PA 19107
Phone: 215-683-3213; 800-222-1754 (toll-free)
E-mail: flpblind@library.phila.gov

NeuroRecovery Network (NRN)

Magee Rehabilitation Hospital
Philadelphia, PA
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. For more info on qualifying for the program, 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.
United Spinal Association’s Spinal Network support group grants
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/

www.MageeRehab.org
Magee Rehabilitation Hospital
1513 Race St.
Philadelphia PA 19102
Magee’s Peer Mentor program offers specially trained volunteers who live with a spinal cord injury, brain injury, stroke or amputation. They are matched with newly diagnosed patients to share tips and resources that have helped them along the way.

Protection and Advocacy

www.equalemployment.org
Center for Disability Law & Policy (Client Assistance Program)
1515 Market St., Suite 130
Philadelphia, PA 19102
Phone: 215-557-7112
Toll-free: 888-745-2357
Email: info@equalemployment.org

Center for Disability Law & Policy
207 House Ave., Suite 107A
Camp Hill, PA 17011
Phone: 717-731-1077 (V/TTY)
Toll-free: 800-323-66060 ext 240

http://disabilityrightspa.org/
Disability Rights Pennsylvania
Harrisburg Office
301 Chestnut St., Suite 300
Harrisburg, PA 17101
Phone: 800-692-7443; 717-236-8110
TDD-877-375-7139
Email: drnpa-hbg@drnpa.org
There are also offices in Philadelphia and Pittsburgh

http://www.lcdphila.org/
The Legal Clinic for the Disabled
The Legal Clinic for the Disabled (LCD) provides free high quality legal services to low-income people with physical disabilities and to the deaf and hard of hearing in Philadelphia, Bucks, Chester, Delaware and Montgomery Counties.

**Service Dogs**

http://amazingservicedogs.com
Amazing Tails, LLC
651 Scroggy Rd.
Oxford, PA 19363
Phone: 717-288-7190
Email: emailsupport@amazingservicedogs.com

www.k94life.org
Canine Partners for Life
Darlene Sullivan
PO Box 170
334 Faggs Manor Rd.
Cochranville, PA19330
Phone: 610-869-4902
Email: info@k9life.org

C&M Care-9s, Inc.
Carole and Michael Artim
Merger Mountain
51 Hausman Rd.
Lenhartsville, PA19354
Phone: 610-756 -6211
Email: care9s@fsi.net

http://www.keystonehumanservices.org/susquehanna-service-dogs/
Keystone Human Services: Susquehanna Service Dogs
124 Pine Street
Harrisburg, PA 17101
Phone: 717-232-7509; 888-377-6504 (toll-free)
Email: mdehart@keystonehumanservices.org
Susquehanna Service Dogs raises and trains services dogs to assist children and adults with disabilities to become more independent.

https://pawshealingheroes.org
Paws Healing Heroes
The Griffin Gives Foundation
P.O. Box 405
Kulpville, PA 19443
A non-profit organization that provides service dogs to veterans in need.

http://www.livingwellwithadisability.org
Serve us Canines
Sabina Hower
564 Sickman Mill Road
Conestoga, PA 17516
Phone: 717-872-2771
Email: Sabina_dogs@yahoo.com


Susquehanna Service Dogs
Nancy Fierer
1078 Gravel Hill Rd.
Grantville, PA 17028
Phone: 717-599-5920
Email: ssd@keystonhumanservices.org

Sports and Recreation

http://www.disabledsportsusa.org

Disabled Sports USA--pick Chapters, pick state
451 Hungerford Drive, Suite 100
Rockville, MD 20850
Phone: 301-217-0960
Email: info@dsusa.org

http://mageerehab.org/community/community-programs/

Magee Rehabilitation Hospital
1513 Race St.
Philadelphia PA 19102
Phone: 215-587-3412
Their adaptive sports program offers wheelchair racing, basketball, rugby and tennis.


Magee Rehabilitation Hospital’s Recreation Resource Guide to Pennsylvania for the Disabled
For information on any program contact Pat Thieringer at (215) 587-3412

www.centeronline.com

Pennsylvania Center for Adaptive Sports
#4 Boathouse Row, Kelly Drive
Philadelphia, PA 19130
Phone: 215-765-5118
Email: pcas@centeronline.com

http://www.traspa.org/

Three Rivers Adaptive Sports (TRAS)
PO Box 38235
Pittsburgh, PA 15238
Phone: 412-848-8896
www.unitedspinal.org
United Spinal: Sport & Recreation
Philadelphia Regional Office
5000 Wissahickon Avenue
Philadelphia, PA 19101
Phone: 215-381-3037

http://www.americandancewheels.org
American DanceWheels Foundation, Inc.
PO Box 88
Bala-Cynwyd, PA 19004
Phone: 215-588-6671
E-mail: info@americandancewheels.org

https://www.ymcagbw.org/
Upper Main Line YMCA
Adaptive Swim Lessons
1416 Berwyn-Paoli Road
Berwyn, PA 19312
Phone: 610-647-9622
Mainstream swim lessons and drown proofing techniques for youth and adults with special needs.

http://www.globalabilities.org/
Global Abilities Foundation
11105 Drake Drive
Philadelphia, PA 19154
Phone: 215-205-3076
Email: info@globalabilities.org
Global Abilities provides resources to help persons with disabilities become independent productive members of society through education, assistive technology, and adaptive tools.

http://www.hopenetwork-pa.org/
Harmarville Outreach Programs and Educational Network (HOPE Network)
P.O. Box 11460
320 Guys Run Road
Pittsburgh, PA 15238
Phone: 412-826-2703
Email: hsports@city-net.com
The HOPE Network promotes community integration of people with physical disabilities and chronic health conditions in southwestern Pennsylvania through sports and recreation programs and services that support a return to healthy, productive lifestyles.

http://www.ivyhillequestrian.org/
Ivy Hill Therapeutic Equestrian Center
Ivy Hills Therapeutic Equestrian Center offers therapeutic riding, also known as Equine-Assisted Therapy, Equine-Facilitated Therapy, or Riding for the Disabled, to achieve a variety of goals that are cognitive, physical, social, educational and behavioral.

http://campvictory.org/
Camp Victory
58 Camp Victory Rd
Millville, PA 17846
Phone: 570-458-6530
At Camp Victory, partner groups with specialized knowledge and training operate camps for children who live with chronic health disadvantages. The children receive the greatest possible care, support and personal growth, have fun and make many friends.

http://www.allridersup.org/
All Riders Up
265 Mattson Road
Garnet Valley, PA 19060-1410
Phone: 610-459-0879
Email: allridersup@comcast.net
All Riders Up is a non-profit charitable organization that has been established to provide area residents with special needs a way to exercise, improve balance and coordination, strengthen core muscles, and develop self-confidence by learning to ride beautiful horses.

http://penguinssledhockey.org/
Mighty Penguins Sled Hockey
8000 Cranberry Springs Drive
Cranberry Township, PA 16066
Phone: 724-766-9333
Email: info@penguinssledhockey.org
Mighty Penguins Sled Hockey is a fun, therapeutic and competitive program for physically disabled children and adults. We aim to develop character, sportsmanship and physical fitness – while promoting and encouraging both educational and cultural experiences.

http://steelwheelers.org/
Steelwheelers
250 Kiester Rd.
Slippery Rock, PA 16057
Email: robcot66@comcast.net

United Way Offices
United Way of America
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter your postal code for a United Way 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.

Veterans

US Dept of Veterans Affairs VA Hospital Locator
Click on PA for VA facilities in your area

Keystone Paralyzed Veterans of America
1113 Main St.
Pittsburgh, PA 15215-2407
412.781.2474 / 800.775.9323
Email: keystonepva@comcast.net

Victory Therapeutic Horsemanship
PO Box 413
Bellwood PA 16617
Email: victoryhorsemanship@gmail.com
Victory Therapeutic Horsemanship is one of the few therapeutic riding organizations that serve veterans exclusively. We offer a completely different perspective compared to other programs due to VTH being founded and ran by a combat veteran that has experienced firsthand the benefits of healing with horses

ALS

Chapters of the ALS Association (www.alsa.org):

Greater Philadelphia Chapter
321 Norristown Rd.
Suite 260
Ambler, PA 19002
Phone: 215-643-5434; 877-434-7441 (toll-free)
Email: alsassoc@alsphiladelphia.org
Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig’s Disease and their families to live fuller lives by providing them with compassionate care and support.

http://webwpawv.alsa.org/site/PageServer?pagename=WPAWV_homepage

Western Pennsylvania Chapter
416 Lincoln Ave. 
Pittsburgh, PA 15209
Toll-free: 800-967-9296 
Phone: 412-821-3254
Email: info@cure4als.org

ALS Support Groups:

Harrisburg Resource Group
Hershey Medical Center, Neuroscience Bldg.
30 Hope Dr.
Hershey, PA 17033
Phone: 215-643-5434

Lancaster Resource Group
Lancaster General Health Suburban Outpatient Pavilion
2100 Harrisburg Pike
Lancaster, PA 17601
Phone: 717-557-5357
Email: delyaramamedova@gmail.com

Lehigh Valley Resource Group
Lehigh Valley Hospital-Cedar Crest
Kaysch Family Pavilion- ECC #10
S. Cedar Crest Blvd & I-78
Allentown, PA 18103
Wendy Barnes
Phone: 610-797-2102

Williamsport Support Group
Williamsport YWCA
815 West Fourth Street
Williamsport, PA 17701
Phone: 570-323-4637

Ambler Area Support Group, For Women Only - Women with ALS Support Group
Greater Philadelphia Chapter Office, Springhouse Corporate Center
321 Norristown Road, Ste-260
Ambler, PA 19002
Phone: 215-664-4177
Email: anne@alsphiladelphia.org

Greater Harrisburg Caregiver Support Group
Joni Fulkerson, LCSW
Phone: 717-385-2758
Email: wherehopehappens@gmail.com

ALS Clinics

**Allegheny Neurological Associates**
420 E. North Ave
Suite 206
Pittsburgh, PA 15212
Medical Director - Sandeep Rana, MD
Phone: 412-359-8867

**John P. Murtha Neuroscience and Pain Institute**
Conemaugh Memorial Medical Center
1450 Scalp Avenue, Suite 003A
Johnstown, PA 15904
Medical Director – Dr. Nicholas Lanciano
Phone: 814-269-5061
Email: lpenatze@conemaugh.org

**ALS Clinic at Geisinger Medical Center, Danville**
Dept of Neurology
100 North Academy Ave
Danville, PA 17822-1405
Medical Director - Scott M. Friedenberg, MD
Phone 1: 570-271-6472
Phone 2: 570-271-6590

**University of Pittsburgh ALS Clinic**
Department of Neurology
Suite 810, Kaufmann Building
3471 Fifth Ave.
Pittsburgh, PA 15213
Medical Director - David Lacomis MD
Phone: 412-692-4920

**Neuromuscular and ALS Center for Comprehensive Care at Lehigh Valley Hospital**

*Lehigh Neurology*
1210 S. Cedar Crest Blvd.
Allentown, PA 18103
Medical Director - Glenn Mackin, MD
Muscular Dystrophy Association’s ALS Research Centers:

MDA/ALS Center of Hope at Drexel
University College of Medicine
Philadelphia
Phone: 267-507-2585
E-mail: heiman@drexel.edu

MDA/ALS Center at the University
Of Pittsburgh Medical Center
Phone: 412-647-1706
E-mail: lacomisd@upmc.edu

http://www.alshf.org/
ALS Hope Foundation
P.O. Box 40777
Philadelphia, PA 19107
Phone: 215-568-2426
Email: info@alshopefoundation.org
ALS is a degenerative neurological disease that leads to progressive weakness. ALS does not discriminate on the basis of race, religion, gender, nationality, or economic status. The cause of ALS is still unknown, and there is no cure... However, there is hope.

Brain Injury

www.biapa.org
Brain Injury Association of Pennsylvania, Inc.
950 Walnut Bottom Rd., Suite 15-229
Carlisle, PA 17015
Phone: 866-635-7097
Email: info@biapa.org

http://www.tbindsc.org
http://www.tbindsc.org/CentersDetail.aspx?Id=7
Moss TBI Model System
Moss Rehab
50 Township Line Road
Elkins Park, PA 19027
Phone: 215-663-6153
www.MageeRehab.org
Magee Rehabilitation Hospital
1513 Race St.
Philadelphia PA 19102
Offers brain injury rehabilitation services

Cerebral Palsy

http://www.ucp.org
United Cerebral Palsy
1825 K St., NW, Suite 600
Washington, DC 20006
Phone: 800-872-5827 or 202-776-0406
TTY: (202) 973-7197
E-mail: national@ucp.org
Please contact National Office for a Chapter in your area

http://www.margaretemoul.org
Margaret E. Moul Home
(York County Cerebral Palsy Home, Inc.)
2050 Barley Road
York, PA 17408-1577
Phone: 717-767-6463
Email: dkramer@margaretemoul.org

Friedreich’s Ataxia

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

NAF Support Groups:
Central Pennsylvania Ataxia support group
Dowington, PA
Phone: 610-996-5814
Email: michaelcammer62@hotmail.com (Michael Cammer)

Western Pennsylvania Support Group
Ed Schwartz
Venetia, PA
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: 866-224-3301
Please call for information in your area

Multiple Sclerosis

www.nmss.org
National Multiple Sclerosis Society

www.nationalmssociety.org/pae/
NMSS-- Greater Delaware Valley
30 South 17th St., Suite 800
Philadelphia, PA 19103
Phone: 215-271-1500
Email: pae@nmss.org

www.nationalmssociety.org/chapters/PAX/
National MS Society-- Western Pennsylvania
1501 Reedsdal St., Suite 105
Pittsburgh, PA 15233
Phone: 412-261-6347
800-344-4867 (toll-free)
Email: nyw@nmss.org

http://www.mysmsa.com/
Multiple Sclerosis Association of America

MSAA Northeast Regional Office
375 Kings Hwy North
Cherry Hill, NJ 08034
800-532-7667, ext. 144
Phone: (856) 488-4500
E-mail: northeast@mymsaa.com

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 a zip code in the “Find your local MDA” section to find clinics that treat MD in your area.

Post-Polio Syndrome

http://www.post-polio.org
Post-Polio Health International (PHI)
4207 Lindell Blvd. #110
St. Louis, MO63108-2915
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

Clinics

www.conemaugh.org
Conemaugh Health System
Conemaugh East Hills
1450 Scalp Avenue
Johnstown, PA 15904
Phone: 814-269-5061

Spina Bifida

http://www.spinabifidaassociation.org
Spina Bifida Association of America
P.O. Box 17427
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

www.sbadv.org
SBA of the Delaware Valley
PO Box 1235
Havertown, PA 19083-5835
Phone: 610-446-1066
Email: execdir@sbadv.org

Clinics:

**Geisinger Medical Center (pediatric only)**
Spina Bifida Clinic
100 N. Academy Ave.
Danville, PA 17822
(570) 271-8055
www.geisinger.org

**Shriners Hospital for Children-Erie**
Spina Bifida Clinic (pediatric to age 21)
1645 W. 8th St.
Erie, PA 16435
(800) 873-8700
Email: sbirkmire@shrinenet.org
https://www.shrinershospitalsforchildren.org/Locations/erie

**Penn State Hershey Medical Center**
Spina Bifida Services (pediatric and adult)
30 Hope Dr, ECO 20 or P.O. Box 859
Hershey, PA 17033-0859
(814) 531-7522
www.pennstatehershey.org/web/childrens/patientcare/services/spinabifida

**Children's Hospital of Philadelphia**
Spina Bifida Program (pediatric and adult)
34th and Civic Center Blvd.
Philadelphia, PA 19104
(215)-590-1760
www.chop.edu/service/spina-bifida-program

**Moss Rehabilitation Center for Adults**
Adult Spina Bifida Clinic (adult only)
60 Township Line Rd.
Elkins Park, PA 19027
(215) 663-6677
https://www.mossrehab.com/locations/elkins-park

**Shriners Hospital for Children**
3551 N. Broad St., 4th Floor (pediatric only)
Philadelphia, PA 19140
(215) 430-4028

St. Christopher's Hospital for Children
Spina Bifida Clinic (pediatric only)
Erie Ave. and Front St.
Philadelphia, PA 19134-1095
(215) 427-5531
www.stchristophershospital.com

Children's Hospital of Pittsburgh of UPMC
Spina Bifida Department (pediatric to age 22)
1 Children's Hospital Dr.
4401 Penn Ave.
Pittsburgh, PA 15224
(412) 692-5096
www.chp.edu

University of Pittsburgh Medical Center
UPMC Mercy PM&R Office
Adult Spina Bifida Clinic-Adult SB and PM&R (adult only)
1400 Locust St., Building D, Ste. G103
Pittsburgh, PA 15219
(412) 232-8903
(877) 647-3438
http://www.upmc.com/Pages/default.aspx

Spinal Cord Injury

http://www.spinalcord.org
www.spinalcord.org/spinal-network/support-groups/location/Pennsylvania/
National Spinal Cord Injury Association (NSCIA)
Lists SCI Support Groups for Pennsylvania

Magee Rehabilitation Hospital SCI Resource & Support Group
1513 Race Street
Philadelphia, PA19102
Phone: 215-587-3174
Email: peers@mageerehab.org
Stroke

http://www.strokeassociation.org/

American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653; 888-474-8483
Please 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
   800-2727-282
Email: info@ASAP.org
Has online support groups

ASAP’s PA Support groups:

Northwestern Pennsylvania
Lisa Byers
Tidioute, PA
Phone: 814-463-9252; 814-688-2825
Email: NW_PA_support@ASAP.com

ASAP’s Pittsburg Chiari/Syringo Support Group
Sherry Hess
Phone: 724-621-6051
Email: bjh_135@hotmail.com

ASAP Reading/ PA Chiari & Syringo Support Group
Reading Hospital
Stacic Nein
Email: neinemtextet@ail.com; pasupportgroup@ASAP.org

Transverse Myelitis

http://www.myelitis.org

Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806  
Phone: 855-380-3330

**TMA State Support groups:**

Pamela & Morgan Hoge  
Venetia PA 15367  
Phone: 724-942-3874  
Email: Hoge5@verizon.net

**TM MeetUp**  
*Enter your postal code for a MeetUp in your area.*  
Meetings are usually held in local restaurants.

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**General Disability Resources**

**Pennsylvania Yellow Pages for Kids with Disabilities**

**The Wanna Play Program**  
8701A West Chester Pike  
Upper Darby, PA 19082  
Phone: 610-853-2898  
Email: mail@wannaplayprogram.com

[www.ppta.org](http://www.ppta.org)  
**Pennsylvania chapter of the American Physical Therapy Association**  
4646 Smith St.  
Harrisburg, PA 17109-1525  
Phone: 800-962-7782  
Email: kannibali@ppta.org

[http://pota.site-ym.com/](http://pota.site-ym.com/)  
**Pennsylvania chapter of the American Occupational Therapy Association**  
600 West Germantown Pike, Suite 400  
Plymouth Meeting, PA 19462  
Phone: 1-800-871-7682  
Email: help@pota.org

[www.apse.org](http://www.apse.org)  
Association of People Supporting EmploymentFirst (APSE)
Pennsylvania Chapter

www.abilitiesinmotion.org
Abilities in Motion (AIM)
210 North Fifth St.
Reading, PA 19601
Phone: 610-376-0010
TTY: 610-288-2301
Is a center for independent living that provides help with advocacy, independent living skills, and peer counseling.

Fighting Back Scholarship Program
http://www.fightingbacksp.org/
400 East King St.
Malvern, PA 19355
Phone: 610-688-8868
Email: scottd@fitnesstrainersinc.com
provides scholarships for people to continue their rehabilitation. Please contact them for eligibility requirements.

www.pealcenter.org
Parent Education & Advocacy Center (PEAL)
2325 East Carson St.
Suite 100-A
Pittsburgh, PA 15203-2109
Phone: 412-281-4404
Toll-free: 866-950-1040
A family led organization that provides assistance to parents of children from birth to age 26. They advise parents of children who receive early intervention services.

http://reagansjourney.org/our-mission/
Reagan’s Journey
249 Vine Street
Kittanning, PA 16201
Email: info@reagansjourney.org
Reagan’s Journey was established to address financial, informational, and networking needs for families of children with special needs. In addition, they strive to support and encourage families as they struggle to endure, adjust and cope with the demands of these special and sometimes fatal needs.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., Suite F
Naperville, IL 60563
Phone: 630-961-1400
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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