



## **South Africa Disability Resources**

### **ALS/Motor Neurone**

<http://www.mnda.org.za/>

#### **Motor Neurone Disease/ALS Association of South Africa**

P.O. Box 789

Howard Place

Western Cape 7450

South Africa

Tel: +021 531 6130

Email: [mndaofsa@global.co.za](mailto:mndaofsa@global.co.za)

Mission: Their mission is to provide the best possible support for people living with Motor Neuron Disease, their families and careers, via a support service of both physical assistance and psychological counselling; To loan patients the equipment required; And to publish a quarterly newsletter for patients, family members, doctors, hospices, therapists and donors."

#### **ALS of South Africa**

Dr. A.H. Borowitz

42 Victoria Street

Oaklands 2192

Johannesburg, South Africa

### **Brain Injury**

<http://www.headsupsa.co.za/>

#### **Heads Up**

Simelela Centre Site B Day Hospital

Khayelitsha Hub

Tel: +27 (0)81 725 4547

Offers brain injury prevention info and support for brain injury survivors.

<http://www.headway.org.za/>

#### **Headway Natal , Kwazulu Natal Head Injuries Association**

11 Menston Road

Westville, 3630

Tel: 031 266 2709

Email: [headway@dbn.stormnet.co.za](mailto:headway@dbn.stormnet.co.za)

A non-profit rehab center for acquired brain injury and stroke survivors and their families.

## **Cerebral Palsy**

[www.cerebralpalsy.org.za](http://www.cerebralpalsy.org.za)

### **Cerebral Palsy Association (Eastern Cape)**

54 Admiralty Way

Summerstrand

Port Elizabeth

6001

Tel: +27 41 583 2130

Email: [info@cerebralpalsy.org.za](mailto:info@cerebralpalsy.org.za)

Their mission is to collect and distribute knowledge on cerebral palsy to everyone who needs it.

<http://www.wccpa.org.za/>

### **The Western Cape Cerebral Palsy Association**

St. Giles Centre,

71 Klipfontein Road

Rondebosch, 7700

Tel: 021 685 4150

Email: [secretary@wccpa.org.za](mailto:secretary@wccpa.org.za)

Their mission is to establish and maintain a non-profit based organization catering for the diagnosis, treatment, care, training and sheltered employment for persons with Cerebral Palsy, to manage clinics, care centers, residences, work centers and places of employment, to promote and assist in research into aspects of Cerebral Palsy, and to provide enlightenment and instruction to the general public on all aspects of Cerebral Palsy.

<http://www.napcp.org.za/>

### **National Association for Persons with Cerebral Palsy South Africa (NAPCP)**

Private Bag X10041

Edenvale 1610

South Africa

Telephone: (011) - 609 3252

Email: [nationaloffice@ncppdsa.org.za](mailto:nationaloffice@ncppdsa.org.za)

Mission: "To take such actions in the area of operation as may be necessary to prevent the occurrence of cerebral palsy and to enable persons with cerebral palsy to attain their maximum level of independence and integration into the community"

## **Multiple Sclerosis**

<http://www.multiplesclerosis.co.za/>

### **Multiple Sclerosis South Africa**

P.O.Box 653, Bellville 7535

Tel: (021) 948-4160

Email: [info@multiplesclerosis.co.za](mailto:info@multiplesclerosis.co.za)

## **Muscular Dystrophy**

<http://www.mdsa.org.za/>

### **Muscular Dystrophy South Africa**

3 Wiener Street

Goodwood 7460

Tel: 021 592 7306

Email: [cape@mdsa.org.za](mailto:cape@mdsa.org.za)

Mission: The Muscular Dystrophy Foundation of South Africa is a non-profit organization that supports people affected by Muscular Dystrophy and Neuromuscular disorders and endeavors to improve the quality of lifestyle of its members

## **Neurofibromatosis**

### **South African NF Association**

Contact: Mannie Manim

Director, Baxter Theatre Centre

P O Box 297

Rondebosch

7701

Tel: + 27 21 680 3983

Email: [Mannie.manim@uct.ac.za](mailto:Mannie.manim@uct.ac.za)

## **Spinal Cord Injuries**

<http://www.qasa.co.za/>

### **QuadPara Association of South Africa**

17 Hamilton Crescent

Gillitts

Durban

KwaZulu Natal

Tel: 031 767-0348

Email: [info@qasa.co.za](mailto:info@qasa.co.za)

Mission: The Association strives to prevent spinal cord injury, as well as protect and promote the interests of people with mobility impairments by formulating a national policy and strategy, to develop and ensure the full potential and quality of their lives.

**Quadriplegic Association of Kwa-Zulu Natal**

PO Box 10406, Ashwood, 3650

Phone: 031 702 2723

Email: [gpak@itelsa.net](mailto:gpak@itelsa.net)

**Quadriplegic Association of Gauteng South**

PO Box 84274, Greenside, 2034

Phone: 011 7827511

Email: [quadgs@icon.co.za](mailto:quadgs@icon.co.za)

**Quadriplegic Association of Gauteng North**

PO Box 27944, Sunnyside, 0132

Phone: 012 3202572

Email: [elizevdmerwe@icon.co.za](mailto:elizevdmerwe@icon.co.za)

**Quadriplegic Association of Western Cape**

PO Box 729, Durbanville, 7551

Phone: 021 9756078

Email: [gawc@mweb.co.za](mailto:gawc@mweb.co.za)

**Quadriplegic Association of Eastern Cape**

PO Box 7947, Newton Park, 6055

Phone: 041 3642271

Email: [quaec@eastcape.net](mailto:quaec@eastcape.net)

**Quadriplegic Association of Free State**

PO Box 20081, Willows, Bloemfontein, 9320

Phone: 051 5222174

Email: [burgundy@ripplesoft.co.za](mailto:burgundy@ripplesoft.co.za)

<http://www.sasca.org.za/>

**South African Spinal Cord Association**

Postnet Suite 208,

Private Bag X25723,

Monument Park,

0105

Email: [info@sasca.org.za](mailto:info@sasca.org.za)

Mission: The aim of SASCA is the study of all problems concerning traumatic and non-traumatic afflictions of the spinal cord and more particularly the advancement in medical and surgical intervention, rehabilitation and social reintegration of the spinal cord paralyzed.

**Transverse Myelitis**

<http://www.myelitis.org>

## **Transverse Myelitis Association: TM Support Group in South Africa**

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### **Amputees**

<http://www.southafricanamputee.co.za/>

**Ally—RAK Amputee**

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

**Childhood Amputees South Africa**

Overview: Provides support to families of pediatric amputees

<http://www.saopa.co.za/>

**South African Orthotic and Prosthetic Association**

PO Box 27011

Greenacres

Port Elizabeth

6057

Tel.: (041) 581-7390

Email: [saopa@telkomsa.net](mailto:saopa@telkomsa.net)

Orthotists and Prosthetists assist amputees in designing and fitting limbs.

### **Cross Disability**

<http://www.dpsa.org.za/>

**Disabled People of South Africa (DPSA)**

Louis Nzimande

6<sup>th</sup> Floor, Dumbarton House

Cape Town, 8000

Tel: 021-422 0357

Email: [infonc@dpsa.org.za](mailto:infonc@dpsa.org.za)

Provides programs to assist disabled individuals with a concentration on the youth and women of South Africa.

<http://apdjhb.co.za/>

**Association for the Physically Disabled (Greater Johannesburg)**

Pallinghurst Road,

Westcliff, Johannesburg

Tel: (011) 646-8331-4

The Association for the Physically Disabled (APD) is a registered non-profit organisation helping people with most forms of physical disability

[www.caac.up.ac.za](http://www.caac.up.ac.za)

**Centre for Augmentative and Alternative Communication (CACC)**

University of Pretoria  
Private bag X20  
Hatfield,  
0028

Tel: 012 420 2001

Email: Liza Rossetti-Siefe at [liza.siefe@up.ac.za](mailto:liza.siefe@up.ac.za)

Overview: Augmentative and alternative communication (AAC) strategies describe the way people supplement their communication when they cannot speak clearly enough to be understood by those around them. These strategies include a wide range of communication methods ranging from gestures and communication boards to assistive communication device.

<http://www.endeavour-safaris.com/>

**Endeavor Safaris**

23 Lark Crescent

Flamingo Vlei

Table view 7441

Cape Town - RSA

Tel: +27 (0)21 5566114

Email: [info@endeavour-safaris.com](mailto:info@endeavour-safaris.com)

Provides tours and safaris for the physically disabled.

<http://www.epic-enabled.com/>

**Epic Enabled**

PO Box 1991, Sun Valley

Cape Town, 7985, SOUTH AFRICA

Tel: +27 (0)21 785 7440

Email: [info@epic-enabled.com](mailto:info@epic-enabled.com)

Their aim is to provide independent, barrier free and accessible safaris for everybody

<http://www.epic-guesthouse.com/>

**Epic Guest House**

7 Wolf Power Close

Noordhoek

Tel: +27 21 785 7440

The Epic Guest House is an accessible lodging situated in the rustic Noordhoek, with its delightful village atmosphere at the foot of the famous Chapman's Peak, and the most scenic costal drive along the renowned Cape Point Route in Cape Town.

<http://www.otasa.org.za/>

**Occupational Therapy Association of South Africa**

1210 Prospect Street,

Hatfield, Pretoria, 0028

Tel: + 27 (0)12 362 5457

The mission of the Occupational Therapy Association of South Africa is “to be recognized as the organization that represents occupational therapy in South Africa and is

committed to the support and development of its members, as well as ensuring that occupational therapy is provided for all those who need the service.”

<http://www.ncppdsa.org.za/>

**National Council for People with Physical Disabilities in South Africa (NCPPDSA)**

2 Andries Pretorius Road,  
Edenvale, Eastleigh, 1609  
Tel: +27 11 452 2774

Email: [nationaloffice@ncppdsa.org.za](mailto:nationaloffice@ncppdsa.org.za)

Facebook: <https://www.facebook.com/disabilities.sa>

Mission: Their mission is to serve as a pro-active forum for the advancement of persons with physical disabilities and people with hearing loss later in life, to assist them in attaining their maximum level of independence and integration into the community as well as the prevention of the occurrence of disablement

<http://www.rachelswart.org.za/>

**Rachel Swart Fund**

71 Klipfontein Road  
Rondebosch  
7700

South Africa

Phone: 021 689-8376

Email: [rachelswart@absamail.co.za](mailto:rachelswart@absamail.co.za)

Overview: Provides wheelchairs and devices for specialized postural support

### **Service Dogs**

<http://www.guidedog.org.za/>

**South African Guide-Dogs Association (SAGA)**

The Gladys Evans Training Centre  
126 Wroxham Road, Rietfontein 2IR, 2191  
P.O. Box 67585, Bryanston, 2021  
Tel: 011 705 3512 / 0860 100 922

Email: [info@guidedog.org.za](mailto:info@guidedog.org.za) or [fundraising@guidedog.org.za](mailto:fundraising@guidedog.org.za)

Mission: SAGA’s mission is to enhance the mobility, independence and dignity of blind and partially sighted people and to advocate the recognition and protection of the rights of all persons with disabilities.

### **Riding/Driving**

<http://www.sarda.co.za/>

**South African Riding for the Disabled Association—Highveld Branch**

### **Sports**

<http://www.sadga.co.za/>

**South African Disabled Golf Association**

King David Golf Club

80, Palotti Road

Montana Cape Town

South Africa

Phone: +27 (0)21 934 5682

Mission: Their Mission is to encourage every South African with a permanent disability to play golf, promote golf as a viable form of rehabilitation and recreation for the disabled, bring together able and disabled golfers to share their love for the game, in the spirit of friendship and competition, and create public awareness of challenges facing disabled golfers, and to highlight their achievements.

<http://www.sasapd.org.za/>

**South African Sports Association for the Physically Disabled**

Mandeville Sports Centre

10th Street

Bezuidenhout Valley, JHB

Tel: 087 721 8261/2

Email: [admin@sasapd.org.za](mailto:admin@sasapd.org.za)

Mission: Their mission is to adopt and maintain a professional approach towards the provision of the sporting needs for persons with physical and visual disabilities in South Africa.

## **Magazines**

**Rolling Inspiration** a quarterly magazine published by the Quadriplegic Association of South Africa.

**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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