Vermont 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://dail.vermont.gov/
Vermont Department of Disabilities, Aging and Independent Living
HC 2 South, 280 State Dr.
Waterbury, VT 05671-2020
Phone: 802-241-2401

http://humanservices.vermont.gov/community-partners/cp-aging-agencies
Area Agencies on Aging

http://www.seniorsolutionsvt.org/resources/area-agencies-on-aging-in-vermont/
Area Agencies on Aging by County

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

ARTS and CREATIVITY

http://www.vsavt.org/
VSA Vermont
21 Carmichael St, Suite 206
Essex Junction, VT 05452
Phone: 802-871-5002
Email: info@vsavt.org

http://mainstreetarts.org/
Main Street Arts
35 Main St.
Saxtons River, VT 05154
Phone: 802-869-2960
Email: info@mainstreetarts.org
Main Street Arts is a non-profit arts center that encourages creative expression through a wide range of artistic experiences. Moving Forward, Moving Up is MSA’s project to revitalize the center by making it accessible to meet the creative needs of all community members.

ASSISTIVE TECHNOLOGY

http://www.icdri.org/legal/VermontATP.htm
**Vermont Assistive Technology Project**
103 South Main Street  
Weeks Building  
Waterbury, VT 05671-2305  
Phone: 802-241-2620  
800-750-6355 (In State)  
Email: info@dail.state.vt.us

http://www.newenglandada.org

**New England ADA Center (covers Vermont)**
Adaptive Environments Center, Inc.  
180-200 Portland St., Suite 1  
Boston, MA 02114  
Phone: 617-695-0085  
Toll Free: 800-949-4232  
Email: adainfo@newenglandada.org

www.atp.vermont.gov/resources/funding  
https://www.oppsvt.org/independence-fund/

**Vermont Independence Fund: Loans for Assistive Technology**
Opportunities Ventures  
92 North Ave.  
Burlington, VT 05401  
Phone: 802-654-4540  
Toll-free: 800-865-8328  
The Independence Fund makes life changing equipment a reality by making affordable loans for the purchase of Assistive Technology such as hearing aids, dentures, recreational equipment, adapted vehicles and more. Loans can be for the full cost of the equipment or a portion of the cost.

**CAREGIVERS INFORMATION**

http://resources.caregiver.com/listing/results.php?category_id=1&filter_location_1=1
Caregiver Support Groups, enter your 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**
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.

**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**

**Vermont Center for Crime Victim Services**
58 South Main St., Suite 1
Waterbury, VT 05676
Toll-free: 800-750-1213 (in state)
Phone: 802-241-1250

**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: 800-537-2238
Statewide Hotline: 800-228-7395
Sexual Violence Statewide Hotline: 800-489-7273
http://www.vtnetwork.org/
Vermont Network Against Domestic Violence and Sexual Assault
P.O. Box 405
Montpelier, VT 05601
Phone: 802-223-1302
Email: vtnetwork@vtnetwork.org

EASTER SEALS OFFICES

www.easterseals.com/vt
Vermont Easter Seals Office
641 Comstock Road, Suite 1
Berlin, VT 05602
Phone: 802 223-4744
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

http://vermont.gov/
Vermont State Website

http://vocrehab.vermont.gov
Vermont Division of Vocational Rehabilitation
HC2 South, 280 State Dr.
Waterbury, VT 05671-2040
Phone: 866-879-6757

http://humanservices.vermont.gov/
Vermont Agency of Human Services
280 State Dr., Center Bldg.
Waterbury, VT 05671-1000
Phone: 802-241-0440

http://hrc.vermont.gov/
Vermont Human Rights Commission
14-16 Baldwin Street,
Montpelier, VT 05633-6301
Phone: 802-828-2480
Toll-free: (in state) 800-416-2010
Email: human.rights@vermont.gov
The mission of the Vermont Human Rights Commission is to promote full civil and human rights in Vermont.
https://www.insurekidsnow.gov/coverage/vt/index.html
Vermont SCHIP Program (State Children’s Health Insurance Program)
Phone: 800-250-8427

http://dail.vermont.gov/
Vermont Dept. of Disabilities, Aging and Independent Living

http://www.drf.vermont.gov/consumers/explore-insurance/health
Vermont Insurance Commissioner
89 Main Street
Montpelier, VT 05620-3101
Phone: 802-828-3301
Email: DFR.CompLic@vermont.gov

http://labor.vermont.gov/workers-compensation/
Vermont Workers Compensation
5 Green Mountain Drive
PO Box 488
Montpelier, VT 05601-0488
Phone: 802-828-4000
TDD: 802-828-4203
Email: labor-wccomp@state.vt.us

http://www.house.gov/representatives/find/
http://whoismyrepresentative.com/
Find your elected officials to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

https://hireus.vermont.gov/
Vermont Governor’s Committee on Employment of People with Disabilities
Phone: 802-434-6600
Email: melita@gcepd.org

State LTC Ombudsman
Jacqueline Majoros
Vermont Legal Aid, Inc.
264 N. Winooski Avenue
Burlington, Vermont 5402
Phone: (802) 863-5620
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

https://www.hud.gov/states/vermont
Vermont Housing and Urban Development (HUD) Office
95 Saint Paul St., Suite 440
Burlington, VT 05401-4486
Phone: 802-951-6290
TTY: 800-877-8339
Email: VT_Webmanager@hud.gov

www.hud.gov
HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org
http://www.211.org/services/housing-and-utilities
211
211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

http://www.ilru.org/projects/sile-net/silc-directory
http://www.vtsilc.org/
ILRU: State Independent Living Councils (SILCs)
Vermont Independent Living Council
PO Box 9374
South Burlington, VT 05403
Phone: 802-233-4908

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.loc.gov/nls/find.html
Vermont Department of Libraries
Special Services Unit
60 Washington St., Suite 2
Barre VT 05641
Phone: 802-636-0022 or 802-828-3271
Toll-free: 800-479-1711
Email: lib.ssu@vermont.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: peers@spinalcord.org
The Spinal Network is dedicated to establishing and managing a nationwide network of support groups. Grants to peer support programs of $500 each can be applied for here: http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/

PROTECTION and ADVOCACY

http://www.disabilityrightsvt.org/about_us.html
Disability Rights Vermont
141 Main St., Suite 7
Montpelier, VT 05602
Phone: 802-229-1355
Toll-free: 800-834-7890

SERVICE DOGS

http://servicedogcentral.org/content/node/45
Service Dog Central: Vermont Info on Service Dog Laws

SPORTS and RECREATION

http://adaptivemartialarts.org/
Adaptive Martial Arts Association
PO Box 225
Pittsford, VT 05763
Phone: 802-747-8184
E-mail: contact@adaptivemartialarts.org

www.msadaptive.org
Adaptive Sports at Mount Snow
39 Mount Snow Rd,
West Dover, VT 05356
Phone: 802 464 4069
Their mission is to provide year round life enhancing adaptive sports and recreational and educational experiences to individuals with disabilities and their families in the Mount Snow community.

http://adaptivesportsne.org/

Adaptive Sports New England
89 South St, Suite 603
Boston, MA 02111
Phone: 617-982-2763
Email: joe.walsh@adaptivesportsne.org
Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

http://www.vermontadaptive.org/
Vermont Adaptive Ski and Sports
77 Alpine Dr., Pico Mountain
Killington, VT 05751
Phone: 802-786-4991
Email: south@vermontadaptive.org
Programs Offered: Adaptive Skiing, horseback riding, canoeing, sailing, rock climbing and others.

UNITED WAY OFFICES

http://www.unitedway.org/

United Way
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter your postal code in the upper right corner 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://www.benefits.va.gov/whiteriverjunction
TOGETHER WITH HIS BROTHER ADAM, CHAMPION SNOWBOARDER KEVIN PEARCE CREATED THE LOVEYOURBRAIN FOUNDATION, A NON-PROFIT ORGANIZATION THAT IS WORKING TO CONNECT, EDUCATE AND EMPOWER PEOPLE TO LIVE A BRAIN HEALTHY LIFESTYLE. THROUGH YOGA, MEDITATION AND
mindfulness programs, LoveYourBrain is improving lives, creating community and optimizing health for everyone they reach.

CEREBRAL PALSY

http://www.ucp.org
United Cerebral Palsy (National Office)
1825 K Street NW Suite 600
Washington, DC 20036
Phone: 202-776-0406
800-USA-5-UCP
Email: national@ucp.org
Please call for local info.

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 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: 866-224-3301 or 610-667-0131
Please call for information in your area

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society—Vermont Chapter
75 Talcott Road, Suite 40
Williston, VT 05495
Phone: 802-871-5696
Toll-free: 800-344-4867
Email: adelle.forbes@nmss.org

http://mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America Northeast Regional Office  
(Delaware, Connecticut, Maine, Maryland, Massachusetts, New Hampshire, New Jersey,  
New York, Pennsylvania, Rhode Island, Vermont, Washington, D.C)  
375 Kings Highway North  
Cherry Hill, NJ 08034  
Phone:  800-532-7667 ext. 144 or 856-488-4500  
Email: northeast@mymmsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/  
Muscular Dystrophy Association  
National Headquarters  
161 N. Clark, Suite 3550  
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:  314-534-0475  
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  
Email:  sbaa@sbaa.org  
Please contact them for info in your area

http://spinabifidaassociation.org/clinics/  
SBAA Vermont Clinics:  
Spina Bifida Collaborative Care Program  
(Pediatric -18)
SPINAL CORD INJURY

www.kellybrushfoundation.org

The Kelly Brush Foundation
3 Main St., Suite 217
South Burlington, VT 05401
Phone: 802-846-5298
E-mail: betsy@kellybrushfoundation.org
The Kelly Brush Foundation is a private 501(c)3 non-profit organization dedicated to assisting individuals with spinal cord injuries and increasing ski racing safety. The Foundation offers two types of grants, individual (for adaptive athletic equipment) and club (for ski racing safety improvements).

STROKE

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

http://www.heart.org/HEARTORG/
American Heart Association
Click on “Local Info” tab

SYRINGOMYELIA/CHIARI MALFORMATION

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
TRANSVERSE MYELITIS

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

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/vt.htm
Vermont Yellow Pages for Kids with Disabilities

http://www.vermontot.org/
Vermont Chapter of the American Occupational Therapy Association
PO Box 925
Richmond VT 05477
Email: otvermont@gmail.com

http://www.vtapta.org/
Vermont Chapter of the American Physical Therapy Association
Phone: 800-765-7848, ext 7123
E-mail: vermont@apta.org

www.apse.org
http://www.apse.org/chapter/vermont
Association of People Supporting EmploymentFirst—Vermont Chapter
Burlington, VT 05405-1757
Phone: 802-656-1345

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

http://www.vermont211.org/
First Call 2-1-1
Dial 2-1-1 (anywhere in Vermont) for personal assistance
Phone: 211
Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

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

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill Street, Suite F
Naperville, IL 60563
Phone: 630-961-1400
800-THINK56
Email: thinkfirst@thinkfirst.org
ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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