



## Vermont Disability Resources

### Affordable Care Act (ACA)

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

**HHS.gov: 5 Years Later: How the Affordable Care Act is Working for Vermont**

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.

<https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=vermont>

### Aging Resources

[www.adrc-tae.acl.gov](http://www.adrc-tae.acl.gov)

#### **Aging and Disability Resource Center Locator**

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the [U.S. Administration on 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**

Phone: 802-871-3065

<http://www.ddas.vermont.gov/>

**Vermont Aging and Disability Services**

103 South Main Street  
Weeks Building  
Waterbury, VT 05671-1601  
Phone: 802-241-2401

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

**Area Agencies on Aging**

<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**

<http://www.ncea.aoa.gov/About/NCEA/index.aspx>

**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 95452  
Phone: 802-871-5002  
Email: [info@vsavt.org](mailto:info@vsavt.org)

<http://mainstreetarts.org/>

**Main Street Arts**

35 Main St.  
Saxtons River, VT 05154  
Phone: 802-869-2960  
Email: [info@mainstreetarts.org](mailto: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)  
800-241-1464  
Email: [info@dail.state.vt.us](mailto: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: 617-695-1225  
Toll Free: 800-949-4232  
Email: [adainfo@newenglandada.org](mailto:adainfo@newenglandada.org)

[www.atp.vermont.gov/funding](http://www.atp.vermont.gov/funding)  
**Vermont Independence Fund: Loans for Assistive Technology**  
Opportunities Ventures  
18 Pearl Street  
Burlington, VT 05401  
Phone: 802-865-3404  
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://www.caregiver.com/regionalresources/states/VT/support/index.htm>  
**Vermont Caregiver Support Groups**

## 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](http://www.ChristopherReeve.org/NRN).

## COMMUNITY HEALTH CENTERS

[www.bistatepca.org](http://www.bistatepca.org)  
**Vermont Office, Bi-State Primary Care Association**

61 Elm Street  
Montpelier, VT 05602  
Phone: 802-229-0002

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.

### **CRIME VICTIM ASSISTANCE**

<http://www.ccvv.state.vt.us/>

**Vermont Center for Crime Victim Services**

*Victim Compensation*  
Phone: 802-241-1250

*Victim Assistance*  
Phone: 802-241-1250

[www.safehorizon.org](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)  
**National Resource Center on Domestic Violence:** 800-537-2238  
**Statewide Hotline:** 800-228-7395

<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](mailto:vtnetwork@vtnetwork.org)

### **EASTER SEALS OFFICES**

<http://www.easterseals.com/site/PageServer>

Go to search by state, drop down to 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**

103 South Main Street

Weeks 1A Building

Waterbury, VT 05671-2303

Phone: 866-879-6757

<http://humanservices.vermont.gov/>

**Vermont Agency of Human Services**

208 Hurricane Lane, Suite 103

Williston, Vermont 05495

Phone: 802-871-3009 and 802-871-3008

<http://hrc.vermont.gov/>

**Vermont Human Rights Commission**

14-16 Baldwin Street,

Montpelier, VT 05633-6301

Phone: 802-828-1625

Toll-free: (in state) 800-416-2010

TTY: 877-294-9200

Email: [human.rights@vermont.gov](mailto:human.rights@vermont.gov)

The mission of the Vermont Human Rights Commission is to promote full civil and human rights in Vermont.

<http://www.greenmountaincare.org/vermont-health-insurance-plans/dr-dynasaur>

**Vermont SCHIP Program** (State Children's Health Insurance Program)

Phone: 800-250-8427

<http://www.greenmountaincare.org/vermont-health-insurance-plans/vermont-health-access-plan>

**Vermont Health Access Plan**

Health Insurance program in Vermont for adults who meet certain income levels and have been uninsured for 12 months or more.

<http://dail.vermont.gov/>

**Vermont Dept. of Disabilities, Aging and Independent Living**

<http://www.cms.hhs.gov/MedicaidStWaivProgDemoPGI/>

**Home and Community Based Services Waiver (HCBS)**

<http://www.dfr.vermont.gov/insurance/health-insurance/health-insurance>

**Vermont Insurance Commissioner**

89 Main Street

Drawer 20

Montpelier, VT 05620-3101

Phone: 802-828-2470

Email: [DFR.CompLic@state.vt.us](mailto:DFR.CompLic@state.vt.us)

<http://www.state.vt.us/labind/wcindex.htm>

**Vermont Workers Compensation**

5 Green Mountain Drive

PO Box 488

Montpelier, VT 05601-0488

Phone: 802-828-2286

Email: [labor-wccomp@state.vt.us](mailto:labor-wccomp@state.vt.us)

[http://www.christopherreeve.org/c.ddJFKRNoFiG/b.4518671/k.6ABA/Find\\_Your\\_Elected\\_Official/siteapps/advocacy/search.aspx](http://www.christopherreeve.org/c.ddJFKRNoFiG/b.4518671/k.6ABA/Find_Your_Elected_Official/siteapps/advocacy/search.aspx)

**Reeve Foundation:** 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.hireus.org/>

**Vermont Governor's Committee on Employment of People with Disabilities**

Phone: 802-434-6600

<http://www.vtlegalaid.org/our-projects/vermont-long-term-care-ombudsman/>

**State LTC Ombudsman**

Jacqueline Majoros

Vermont Legal Aid, Inc.

264 N. Winooski Avenue

P.O. Box 1367  
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](http://www.fanniemae.com)

**Fannie Mae**

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

**Vermont Housing and Urban Development (HUD) Office**

95 Saint Paul St., Suite 440  
Burlington, VT 05401-4486  
Phone: 802-951-6290  
Email: [VT\\_Webmanager@hud.gov](mailto:VT_Webmanager@hud.gov)

### Independent Living

<http://www.ilru.org/projects/silc-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, 6<sup>th</sup> Floor  
Washington, DC 20006  
Phone: 202-207-0334  
Toll-free: 877-525-3400  
TTY: 202-207-0340

Email: [ncil@ncil.org](mailto: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  
578 Paine Turnpike North  
Berlin, VT 05602  
Phone: 802-828-3273  
Toll-free: 800-479-1711  
Email: [lib.ssu@state.vt.us](mailto:lib.ssu@state.vt.us)

<http://www1.youseemore.com/ReevePRC/default.asp>

### **Christopher & Dana Reeve Foundation Lending Library**

636 Morris Turnpike, Suite 3A  
Short Hills, NJ 07078  
Phone: 800-539-7309 or 973-467-8270 x7204  
Email: [sfitzgibbon@ChristopherReeve.org](mailto:sfitzgibbon@ChristopherReeve.org)

The Reeve Foundation offers a free lending library of over 5,000 books and videos on paralysis-related topics. Our catalog is available online at the above website. Items can be ordered online for delivery to your home with return postage included.

## **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](mailto: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.

<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](mailto: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](http://www.disabilityrightsvt.org/about_us.html)

**Disability Rights Vermont**

141 Main St., Suite 7

Montpelier, VT 05602

Phone: 802-229-1355

## **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](mailto:contact@adaptivemartialarts.org)

<http://adaptivesportsne.org/>

**Adaptive Sports New England**

89 South St, Suite 603

Boston, MA 02111

Phone: 617-982-2763

Email: [info@adaptivesportsne.org](mailto:info@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**

P.O. Box 139

Killington, VT 05751

Contact Person: Erin Fernandez

Phone: 802-786-4991

Email: [office@vermontadaptive.org](mailto:office@vermontadaptive.org)

*Programs Offered: Adaptive Skiing, horseback riding, canoeing, sailing, rock climbing and others*

## UNITED WAY OFFICES

<http://national.unitedway.org/>

**National 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://www2.va.gov/directory/guide/home.asp?isflash=1>

**US Department of Veterans Affairs VA Hospital**

215 North Main Street

White River Junction, VT 05009

Phone: 802-295-9363

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

**New England Paralyzed Veterans of America**

1600 Providence Highway

Suite 143

Walpole, MA 02081

Phone: 508-660-1181

800-660-1181

Email: [info@nepva.org](mailto:info@nepva.org)

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## ALS

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

### **Northern New England Chapter of the ALS Association**

The Concord Center

10 Ferry Street

Suite 309, ~~Box 314~~

Concord, NH 03301

Phone: 603-226-8855

Toll-free: 866-257-6663

Email: [executive.director@alsanne.org](mailto:executive.director@alsanne.org)

## BRAIN INJURY

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

### **Brain Injury Association of Vermont**

92 South Main St.

P.O. Box 482

Waterbury, VT 05676

Phone/Fax: 802-244-6850

Toll-free helpline: 877-856-1772

Email: [support@biavt.org](mailto:support@biavt.org)

## 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

TTY: 202-973-7197

Email: [national@ucp.org](mailto:national@ucp.org)

Please call for local info.

## FRIEDREICH'S ATAXIA

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

### **National Ataxia Foundation**

2600 Fernbrook Lane

Suite 119

Minneapolis, MN 55447

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**

The Holly Bldg., 104 ½ Forrest Ave.

Narberth, PA 19072

Phone: 866-224-3301

Please call for information in your area

## **MULTIPLE SCLEROSIS**

<http://www.nationalmssociety.org/chapters/mam/about-this-chapter/offices-and-directions/vermont/index.aspx>

### **National Multiple Sclerosis Society—Vermont Chapter**

75 Talcott Road, Suite 40

Williston, VT 05495

Phone: 802-871-5696

Toll-free: 800-FIGHT-MS

<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

Email: [northeast@mymsaa.org](mailto:northeast@mymsaa.org)

## **MUSCULAR DYSTROPHY**

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

### **Muscular Dystrophy Association**

National Headquarters

222 S. Riverside Plaza, Suite 1500

Chicago, IL 60606

Phone: 800-572-1717

Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

## **POST-POLIO SYNDROME**

<http://www.post-polio.org>

**Post-Polio Health International (PHI)**

4207 Lindell Blvd. #110  
St. Louis, MO 63108-2915  
Phone: 314-534-0475

Email: [info@post-polio.org](mailto: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**

P.O. Box 17427  
Arlington, VA 22216  
Phone: 202-944-3285

Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

Please contact them for info in your area

<http://www.spinabifidaassociation.org/site/c.evKRI7OXIoJ8H/b.8029583/k.C4E9/Clinics.htm#vt>

**SBAA Vermont Clinics:**

**Children With Special Health Needs**

Myelomeningocele Clinic  
108 Cherry St.  
Burlington, VT 05402  
Phone: 802-660-4427

**SPINAL CORD INJURY**

**The Kelly Brush Foundation**

7 Aspen Drive  
South Burlington, VT 05403  
Phone: 802-846-5298

E-mail: [betsy@kellybrushfoundation.org](mailto: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](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](mailto:info@ASAP.org)

<http://www.asap.org/forum/>

### **American Syringomyelia & Chiari Alliance Project Online Support Group**

## **TRANSVERSE MYELITIS**

<http://www.myelitis.org>

### **Transverse Myelitis Association**

1787 Sutter Parkway  
Powell, OH 43065-8806  
Phone: 855-380-3330, 614-317-4884  
Email: [info@Myelitis.Org](mailto:info@Myelitis.Org)  
Please contact them for info in your area.

<http://transmyelitis.meetup.com/cities/us/vt/>

### **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**

<http://www.disabilityresources.org/VERMONT.html>

### **Disability Resources.org: Vermont**

<http://www.yellowpagesforkids.com/help/vt.htm>  
**Vermont Yellow Pages for Kids with Disabilities**

<http://vermontot.blogspot.com>  
**Vermont Chapter of the American Occupational Therapy Association**

<http://www.vtapta.org/>  
**Vermont Chapter of the American Physical Therapy Association**  
76 Beech Street  
Essex Junction, VT 05452  
Phone: (802) 230-4686  
Email: [office.vtapta@gmail.com](mailto:office.vtapta@gmail.com)

[www.apse.org](http://www.apse.org)  
<http://www.apse.org/chapters/details.cfm?id=32>  
**Association of People Supporting EmploymentFirst—Vermont Chapter**  
Bryan Dague  
208 Colchester Avenue  
Mann Hall - 3rd Floor  
Burlington, VT 05405-1757  
Phone: 802-656-1345  
Email: [bryan.dague@uvm.edu](mailto:bryan.dague@uvm.edu)

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

**Back Pain Support Group**  
Held in Northeastern Vermont Regional Hospital Conference Room 127  
Contact: Leo C. Merchant at 802-748-9507 or [unkleleo@verizon.net](mailto:unkleleo@verizon.net)  
for more info.

[www.thinkfirst.org](http://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](mailto: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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