Washington 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 “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.

https://www.dshs.wa.gov/altsa
Washington Aging and Long Term Support
4450 10th Ave SE
PO Box 45600
Blake West
Lacey WA 98503
Phone: 360-725-2300

www.agingwashington.org
Washington Association of Area Agencies on Aging
Olympia, WA 98502
Phone: 360-485-9761

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

VSA arts of Washington
305 Harrison Street
Suite 303
Seattle, WA 98109
Phone: 206-443-1843

http://www.sixthdaydance.org/contact/
Sixth Day Dance
Seattle area
Phone: 425-409-9504
Email: info@sixthdaydance.org
Sixth Day Dance is a non-profit dance company that uses professional dance works for the purpose of impacting people of all cultures in a positive and uplifting way. They are devoted to bridging the gap through dance between typically abled and people with disabilities.
ASSISTIVE TECHNOLOGY

http://watap.org/
Washington Assistive Technology Act Program (WATAP)
University of Washington
Center for Technology and Disability Studies
P.O Box 354237
Seattle, WA 98195-7920
Phone: 800-214-8731 (in state only)
Toll-free: 866-866-0162
TTY: 866-866-0162
Email: watap@uw.edu

http://www.dbtacnorthwest.org/
Northwest ADA Center
Center for Continuing Education in Rehabilitation
University of Washington
6912 220th St S.W., Suite 105
Mountlake Terrace, WA 98043
Phone/TTY: 425-248-2480
Toll-free: 800-949-4232
Email: nwadactr@uw.edu

www.washingtonaccessfund.org or www.nwaccessfund.org
Washington Access Fund aka Northwest Access Fund
1437 S. Jackson St., Suite 302
Seattle, WA 98104
Phone: 206-328-5116; 877-428-5116 (toll-free)
TTY: 888-494-4775
Email: info@washingtonaccessfund.org

http://www.mobilitybuilders.org/index.html
Mobility Builders
P.O. Box 20482
Seattle, WA 98113
Phone: 206-328-7835
Email: info@mobilitybuilders.org
Mobility Builders create customized and cost-effective wheelchairs for people with disabilities in developing countries.

http://bridgemin.org/medical-equipment/
Bridge Ministries
12356 Northup Way
Bellevue, WA 98005
Phone: 425- 885-1006
Email: bridge@bridgemin.org

Our Meyer Medical Equipment Center helps people with a wide range of medical needs, while helping caregivers at the same time. Meyer Medical Equipment Center accepts new and gently used equipment, cleans and repairs it, and then makes it available to those in the community who would not otherwise be able to obtain it.

CAREGIVERS INFORMATION

www.wellspouse.org
Well Spouse Association
Vancouver Well Spouse Support Group
Donita Parker
Phone: 360-892-1031

COMMUNITY-BASED FITNESS PROGRAMS

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

COMMUNITY HEALTH CENTERS

www.wacmhc.org
Washington Association of Community & Migrant Health Centers
101 Capitol Way N, Suite 201
Olympia, WA 98501
Phone: 360-786-9722
Email: staff@wacmhc.org
Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

http://findahealthcenter.hrsa.gov/
Health Resources and Services Administration (HRSA): Find a Health Center
HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations
and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

**CRIME VICTIM ASSISTANCE**

http://www.lni.wa.gov/ClaimsIns/CrimeVictims/
Washington Crime Victim Compensation and Assistance

http://www.lni.wa.gov/ClaimsIns/CrimeVictims/About/default.asp
Victim Compensation
Phone: 800-762-3716

www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues

**DOMESTIC VIOLENCE HELP**

National Domestic Violence Hotline: 800-799-SAFE (7233); TTY: 800-787-3224
National Resource Center on Domestic Violence: 800-537-2238
Statewide Hotline: 800-562-6025

www.wcap.org
Washington Coalition of Sexual Assault Programs
4317 6th Ave. SE, Suite 120
Olympia, WA 98503
Phone: 360-754-7583
TTY: 360-709-0305
Email: info@wcsap.org

http://www.wscadv.org
Washington State Coalition Against Domestic Violence
1511 Third Ave., Suite 433
Seattle, WA 98101
Phone: 206-389-2515

Second office:
711 Capitol Way, Suite 702
Olympia, WA 98501
Phone: 360-586-1022
EASTER SEALS OFFICES

http://www.easterseals.com/

Easter Seals  Go to Search by State, choose Washington in dropdown box
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/washington/

Bremerton
4414 Perry Ave., NE
Bremerton, WA 98310
Phone: 360-377-9810

Renton
1602 Raymond Avenue SW
Renton, WA 98055
Phone: 425-917-0717

Seattle
Growing Years Child Development Center
4735 East Marginal Way South
Seattle, WA 98134
Phone: 206-764-3492

SeaTac
Angel Lake Child Development Center
4040 S. 188th St.
Seatac, WA 98188
Phone: 206-816-3255

Silverdale
3100 Bucklin Hill Rd NW, Ste 215
Silverdale, WA 98383
Phone: 360-337-2222

State Office
200 W. Mercer St. Suite E210
Seattle, WA 98119
Phone: 206-281-5700
Vaughn
17809 S. Vaughn Road KPN
Vaughn, WA 98394
Phone: 253-884-2722

Yakima
Jane’s House Child Development Center
1101 S. 13th Ave.
Yakima, WA 98902
Phone: 509-574-4762

GOVERNMENT OFFICES

http://access.wa.gov/
Washington State Website

http://www.hum.wa.gov/
Washington State Human Rights Commission
711 S. Capitol Way, Suite 402
Olympia, WA 98504
Phone: 800-233-3247 (toll-free) (English or Spanish)
TTY: 800-300-7525

http://www.hca.wa.gov/medicaid/Pages/index.aspx
Washington SCHIP Program (State Children’s Health Insurance Program)
Apple Health for Kids
Phone: 800-562-3022
Email: askmedicaid@hca.wa.gov

http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/
Washington SHIIP Program (State Health Insurance Information Program - for Seniors)
SHIBA (Statewide Health Insurance Benefits Advisors)
PO Box 40255
Olympia, WA 98504-0255
Phone: 800-562-6900 (toll-free)
TDD: 360-586-0241

https://www.wship.org/
Washington State Health Insurance Pool
P.O. Box 1090
Great Bend, KS 67530
Phone: 800-877-5187
Washington High Risk Insurance Plan for eligible people who are unable to get insurance coverage.
http://www.insurance.wa.gov/
Washington Insurance Commissioner

http://www.lni.wa.gov/ClaimsIns/Claims/default.asp
Washington State Worker’s Compensation
Phone: 800-547-8367

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.waombudsman.org/
LTC Ombudsman for Washington state
PO Box 23699,
Federal Way, WA 98093-0699
Info & Intake line: 1-800-562-6028
TTY: 800-737-7931
Email: ltcop@mschelps.org
The Long-Term Care Ombudsman assists people who are in nursing homes or other long-term care facilities. Abuses can be reported to them.

HOUSING

www.fanniemae.com
Fannie Mae
Check with them for local offices.

https://www.hud.gov/states/washington
Washington Housing and Urban Development (HUD) Office
Seattle Regional Office
Seattle Federal Office Building
909 First Avenue, Suite 200
Seattle, WA 98104-1000
Phone: 206-220-5101
Toll-free: 877-741-3281
TTY: 206-220-5254

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.

http://housingsearchnw.org/
Housing Search NW
A free resource to help find affordable housing or apartments for rent in King County in Washington.

Independent Living

http://www.ilru.org/projects/silc-net/silc-directory
http://www.wasilc.org/
ILRU: State Independent Living Councils (SILCs)
Washington Independent Living Council
PO Box 45343
Olympia, WA 98504
Phone: 1-800-624-4105
Email: velaem@dshs.wa.gov

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: 844-778-7961
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.wtbbl.org/
Washington Talking Book & Braille Library
Administered by Seattle Public Library
2021 9th Avenue
Seattle, WA 98121
Phone: 206-615-0400; 800-542-0866
Email: wtbbl@sos.wa.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 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/

**PROTECTION and ADVOCACY**

http://www.washingtoncap.org
**Client Assistance Program (CAP)**
2531 Rainier Avenue South
Seattle, WA 98144
Phone: 206-721-5999
Toll-free: 800-544-2121
TTY: 888-721-6072; 206-721-6072
E-Mail: capjerryj@gmail.com

http://www.disabilityrightswa.org/
**Disability Rights Washington**
315 5th Avenue South, Suite 850
Seattle, WA 98104
Phone: 206-324-1521
Toll-free: 800-562-2702 (nationwide)
E-Mail: info@dr-wa.org

**SERVICE DOGS**

Paws Abilities (predominately an obedience school)
914 Industry Drive #22
Tukwila, WA 98188
Phone: 206-277-3794

http://www.summitdogs.org/
**Summit Assistance Dogs**
PO Box 699
Anacortes, WA 98221
Phone: 360-293-5609
Email: info@summitdogs.org

http://www.cedarwoods-k9.com/
Cedarwoods Canine School
5602 Guide Meridian Rd.
Bellingham, WA 98226
Phone: 360-384-6955
Email: cedarwoodsk9school@gmail.com

www.prisonpetpartnership.org
Prison Pet Partnership Program
9601 Bujacich Rd
Gig Harbor, WA 98332
Phone: 253-858-4240
Email: info@prisonpetpartnership.org

SPORTS and RECREATION

www.castforkids.org
C.A.S.T. for Kids Foundation
Bernadette Darby, Operations Manager
Northwestern Regional Director
297 S.W. 41st St.
Renton, WA 98057
Phone: 425-251-3214
Email: bernadette@castforkids.org

http://www.outdoorsforall.org/
Outdoors for All Foundation
6344 NE 74th St., Suite 102
Seattle, WA 98115
Phone: 206-838-6030 ext. 200
Email: info@outdoorsforall.org

http://www.wta.org/trail-news/signpost/accessible-trails
Washington Trails Association: Accessible Trails

http://www.parks.state.wa.us/156/ADA-Recreation
Washington State Accessible Outdoor Recreation Guide
Washington State Parks

BlazeSports Spokane
Team St. Luke’s  
711 S. Cowley St.  
Spokane, WA 99210-0469  
Phone: 509-473-6058

http://www.metroparksfoundation.org/  
Greater Metro Parks Foundation  
4702 South 19th Street  
Tacoma, WA 98405  
Phone: 253-305-1066  
Email: info@metroparksfoundation.org  
Has an Adaptive Recreation program (along with other services) that provides fun and active opportunities for people with physical disabilities.

UNITED WAY OFFICES

http://www.unitedway.org  
National United Way  
National Headquarters  
701 North Fairfax Street  
Alexandria, VA 22314  
Phone: 703-836-7112  
Enter postal code for a United Way office in your area  
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

VETERAN BENEFITS

US Department of Veterans Affairs VA Hospital  
Lists all VA facilities in Washington state

http://www.pva.org  
Washington Chapter Paralyzed Veterans of America Offices  
616 SW 152nd Street, Suite B  
Burien, WA 98166  
Phone: 206-241-1843  
800-336-9782  
Email: pvachnw@mindspring.com
The ALS Association (ALSA) National Office
1275 K Street NW, Suite 1050
Washington, DC 20005
Phone: 202-407-8580
Call for info in your area

http://webwa.alsa.org/site/PageServer?pagename=WA_homepage
Evergreen Chapter of ALSA
19226 66th Ave S, #L105
Kent, WA 98032
Phone: 866-786-7257
Email: info@alsa-ec.org

http://webor.alsa.org/site/PageServer?pagename=OR_homepage
Oregon and SW Washington Chapter of ALSA
700 NE Multnomah Street, # 210
Portland, OR 97232
Phone: 503-238-5559
800-681-9851
Email: info@alsa-or.org

http://www.alsa.org/community/services.html?service_type=--Select+Type--&state=WA
Washington ALSA Support Groups listed here

http://www.mda.org/clinic/university-washington-medical-center
Muscular Dystrophy Association’s ALS Research Center:
MDA/ALS Center at the University of Washington Medical Center
Michael Weiss, M.D., Director
Department of Neurology/Electromyography
1959 NE Pacific
Seattle, WA 98195
Phone: 206-598-0058

BRAIN INJURY
The Brain Injury Alliance’s mission is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

Washington TBI Model System
University of Washington
UW Department of Rehabilitation Medicine
Box 356490
Seattle, WA 98195
Phone: 206-543-0219
Toll-free: 800-246-6968
Email: uwtbi@uw.edu

CEREBRAL PALSY

United Cerebral Palsy Oregon & SW Washington Office
305 NE 102nd Ave., Suite 100
Portland, OR 97220
Phone: 503-777-4166
Email: ucpa@ucpaorwa.org

FRIEDREICH’S ATAXIA

Western Washington Support Group
Contact: Sherry McLaughlin
Phone: 360-344-2445
Email: cherilyn546@gmail.com
GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St, Suite 101
Conshohocken, PA 19428
Phone: 866-224-3301
Call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/chapters/WAS/index.aspx
National Multiple Sclerosis Society’s Washington Chapter
192 Nickerson Street
Suite 100
Seattle, WA 98109
Phone: 800 FIGHT MS (344-4867)
Email: greaterwainfo@nmsswas.org

http://mymsaa.org/about-msaa/regional/#Western
Multiple Sclerosis Association of America Western Regional Office
(California, Oregon, Nevada, Utah, Arizona, Hawaii, Washington, Alaska)
Seattle, WA
Phone: 415-260-6420
Email: western@mymsaa.org

MUSCULAR DYSTROPHY

https://www.mda.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, Illinois 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.spinabifidaaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd., Suite 800
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

http://www.spinabifidaaassociation.org/clinics/#U-Z
SBAA Washington Clinics:

Children's Hospital and Regional Medical Center
4800 Sandpoint Way NE
Seattle, WA 98105
Phone: 206-987-2210

Shriner's Hospital for Children
Myelodysplasia Clinic
911 W 5th Ave.
Spokane, WA 99201
Phone: 509-623-0443

SPINAL CORD INJURY

http://hereandnowproject.org/
Here and Now Project
PO Box 1572
Sumner, WA 98390
Email: info@hereandnowproject.org
The Here and Now Project is breaking through the isolation paralysis can create by connecting people whose lives have been affected by paralysis. Between their rotating calendar of support meetings and larger annual meet ups, they are building a fellowship where the interchange of experience, strength and hope empowers people living with paralysis as they strive for an enhanced, more accessible life.

http://sci.washington.edu/
Northwest Regional Spinal Cord Injury System—Model SCI facility
University of Washington
Department of Rehabilitation Medicine
Box 356490
Seattle, WA 98195
Phone: 206-616-2183
800-366-5643
Email: nwrscis@u.washington.edu

http://www.pushing-boundaries.org/
Pushing Boundaries
4162 148th Ave NE, Bldg. 1
Redmond, WA 98052
Phone: 425-869-9506
Email: info@pushing-boundaries.org
SCI rehab and exercise facility. They are offering FES biking, exercise and gait training.

STROKE

http://www.strokeassociation.org/STROKEORG/
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-800-242-8721
Call them for the stroke support group in your area

www.jointcommission.org
Primary Stroke Centers accredited by the Joint Commission on Accreditation of Healthcare Organizations:

http://www.uwmedicine.org
Harborview Medical Center
325 Ninth Avenue
Seattle, WA  98104-2499
Phone: 206-744-3000
TTY: 206-744-2800

Providence Sacred Heart Medical Center
101 W. 8th Avenue
Spokane, WA 99204
Phone: 509-474-3131

https://www.peacehealth.org/southwest-medical-center

Peace Health Southwest Washington Medical Center
400 Mother Joseph Place
Vancouver, WA 98664
Phone: 360-514-2000

http://www.swedish.org
Swedish Health Services, Stroke Program
747 Broadway
Seattle, WA 98122-4307
Phone: 206-386-6000

https://www.virginiamason.org/
Virginia Mason Medical Center
1100 Ninth Avenue
Seattle, WA 98101
Phone: 206-223-6881; 888-862-2737

SYRINGOMYELIA/CHIARI MALFORMATION

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

Support Group:
Michele McGraw
Edmonds, WA
Phone: 425-742-0982
Email: michelelm@frontier.com

http://www.asap.org/index.php/resources/online-support-groups/
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
Email: info@Myelitis.Org
Please contact them for info in your area.

Washington Support Group
Danielle Kemp
Spokane Vly, WA 99216
Phone: 509-389-4573
Email: dcurlzgirl@gmail.com

GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/wa.htm
Washington Yellow Pages for Kids with Disabilities

http://www.washington.edu/doit/
DO-IT: Disabilities, Opportunities, Internetworking and Technology
University of Washington
Box 354842
Seattle, WA 98195-4842
Phone: 206-685-DOIT (3648) (v/tty)
888-972-DOIT (3648) (toll-free v/tty)
509-328-9331 (voice/TTY)
Email: doit@uw.edu
Newsletter available online at www.washington.edu/doit/Newsletters
Promotes educational opportunities for people with disabilities.

http://www.wota.org/
Washington Chapter of the American Occupational Therapy Association
Washington Occupational Therapy Association
1402 Auburn Way W., #236
Auburn, WA 98002
Phone: 206-209-5288
Email: info@wota.org

http://www.ptwa.org/
Washington Chapter of the American Physical Therapy Association
Physical Therapy Association of Washington
208 Rogers Street, NW
Olympia, WA 98502
Phone: 360-352-7290
Toll-free: 800-554-5569
Email: info@ptwa.org

http://www.win211.org/home.htm
Washington First Call 2-1-1
Phone: 211; 877-211-WASH (9274)
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.

http://www.provail.org/
Provail
12550 Aurora Ave North
Seattle, WA, 98133
Phone: 206-363-7303
Provides services for adults and children with disabilities such as assistive technology, employment training, dental clinic, etc.

Northwest Regional Spinal Cord Injury System’s Community Mobility: Getting Where You Want to Go online video
A taped forum on transportation options for people with disabilities in the greater Seattle 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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