Arizona 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

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.

https://des.az.gov/services/older-adults
Arizona Department of Economic Security
Division of Aging and Adult Services

https://az4a.org/
Arizona Association of Area Agencies on Aging

https://az4a.org/area-agencies/
Arizona 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

https://azarts.gov/news/vsa-arizona-increasing-access-to-the-arts-for-all/
VSA Arizona
Phone: 602-757-8118
  520-631-6253
Email: info@vsaaz.org

ASSISTIVE TECHNOLOGY

www.aztap.org
http://www.azatexchange.org/home.php
Arizona Technology Access Program (AzTAP)
Institute for Human Development
Northern Arizona University
300 W. Clarendon Ave Ste 475
Phoenix, AZ 85013
Phone: 602-776-4670
Toll-free: 800-477-9921
Email: admin@azatexchange.org

http://www.adapacific.org/
Pacific ADA Center (Regional Office)
555 12th Street
Suite 1030
Oakland, CA 94607-4046
Phone: 510-285-5600 or 800-949-4232

http://aztap.org/at-funding/azlat/
Arizona Loans for Assistive Technology Program
Northern Arizona University
300 W. Clarendon Ave, Suite 475
Phoenix, AZ 85013
Phone: 602-728-9534
Toll-free: 800-477-9921
TTY: Relay: 711
A program that allows people with disabilities to borrow money at affordable rates for buying assistive technology.

http://arsobo.org/
Arizona Sonora Border (ARSOBO)
Email: brduncan@email.arizona.edu
ARSOBO is a non-govenmental organization (NGO) registered in Mexico and a direct result of the first Border Conference on Disabilities held in Nogales, Sonora, 2008 and sponsored by the Sonoran UCEDD (University Centers for Excellence in Developmental Disabilities) at the University of Arizona and DIF (Desarrollo Integral de la Familia) held in Nogales, Sonora, 2008. ASORBO trains and employs people with disabilities to create assistive technology including wheelchairs. Subsidizes the cost of creating the assistive technology devices to keep the cost low to people who need them.

CAREGIVERS INFORMATION

Caregiver Support Groups by State
Phone: 954-893-0550

http://www.wellspouse.org/
Well Spouse Association
Phone: 732-577-8899
Email: info@wellspouse.org

http://www.azcaregiver.org/
Arizona Caregiver Coalition
P.O. Box 21623
Phoenix, AZ 85036
Caregiver Resource Line: 888-737-7494
Email: CRL@AZcaregiver.org

COMMUNITY-BASED FITNESS PROGRAMS

https://ability360.org/sports/
Ability 360 Sports and Fitness Center for Persons with Disabilities
5025 E. Washington St., Ste. 200
Phoenix, AZ 85034
Phone: 602-256-2245
The Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood-floor; outdoor aquatics; a climbing wall; and a jogging track.

https://www.upwardaz.org/
UPWARD for Children and Families
6306 North 7th Street
Phoenix, AZ 85014
Phone: 602-279-5801
Upward is dedicated to serving severely disabled and/or medically fragile children and their families. At Upward, we make skills development, learning and therapy fun. We are bringing hope and joy to the children we support and helping them achieve their highest potential.

COMMUNITY HEALTH CENTERS

www.aachc.org
Arizona Alliance for Community Health Centers
700 East Jefferson Street, Suite 100
Phoenix, AZ 85034
Phone: 602-253-0090
Email: info@aachc.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 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

Arizona Victim Compensation Program
1110 West Washington Street, Suite 230
Phoenix, Arizona 85007
Phone: 602-364-1146

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

Arizona Coalition to End Sexual & Domestic Violence
2700 N. Central Ave, Suite 1100
Phoenix, AZ 85004
Phone: 602-279-2900
800-782-6400
TTY: 711

New Life Center
P.O. Box 5005
Goodyear, AZ 85338
Phone: 623-932-4404
Email: info@newlifectr.org
The New Life Center is looking to eliminate domestic and sexual violence through support services, education, and expertise. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

EASTER SEALS OFFICES

http://www.easterseals.com/blakefoundation
Easter Seals Blake Foundation
7750 E. Broadway, Suite A200
Tucson, AZ 85710
Phone: 520-327-1529
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.

www.swhd.org
Easter Seals Southwest Human Development
2850 North 24th St.
Phoenix, AZ 85008
Phone: 602-266-5976
Email: give@swhd.org
Southwest Human Development serves 135,000 children and families each year through more than 40 programs and services that focus on preventing problems before they start or, when they already exist, providing opportunities to intervene as early and effectively as possible.

GOVERNMENT OFFICES FOR ARIZONA

www.az.gov
Arizona State Website

https://des.az.gov/services/disabilities/developmental-disabilities
Arizona Division of Developmental Disabilities
Toll-Free: 844-770-9500
TTY/TDD: 711
Email: DDDCustomerServiceCenter@azdes.gov

www.azdes.gov/ADDPC/Home/
Arizona Developmental Disabilities Planning Council
3839 North 3rd Street, Suite 306
Phoenix, AZ 85012
Phone: 602-542-8970
877-665-3176 (Toll-free)
The council represents the needs and interests of people with developmental disabilities.

https://www.headspineaz.org/
Arizona Governor's Council on Spinal and Head Injuries
3425 E. Van Buren St., Suite 102, SC 162Z
Phoenix, AZ 85008
Phone: 602-774-9147
Email: ATarpy@azdes.gov

http://www.azdes.gov/rsa/
Arizona Rehabilitation Services Administration
Toll-Free: 1-800-563-1221
Aids in employment outcomes and enhances independence by offering comprehensive services and support.

https://www.azahcccs.gov/
Arizona Medicaid Agency
Arizona Health Care Cost Containment System (AHCCCS)
801 E Jefferson St
Phoenix, AZ 85034
Phone: 602-417-4000
Toll-free instate: 800-654-8713
Toll-free out of state: 800-523-0231
AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html
Arizona CHIP Program (Children’s Health Insurance Program)
Arizona KidsCare

https://des.az.gov/services/aging-and-adult/state-health-insurance-assistance-programship
Arizona SHIP Program (State Health Insurance Program)
DES Division of Aging and Adult Services
Phone: 602-542-6439
Statewide Hotline: 800-432-4040 (leave message)
SHIP offers free health benefits counseling service for Medicare beneficiaries and their families or caregivers. Our mission is to educate, advocate, counsel and empower people to make informed benefit decisions. SHIP is an independent program funded by federal agencies and is not affiliated with the insurance industry.
Arizona Department of Insurance
Consumer Services
100 N. 15th Avenue, Suite 261
Phoenix, AZ 85007-2630
Phone: 602-364-3100
Toll free: 800-325-2548

Arizona Workers Compensation

Phoenix Office
800 West Washington Street
Phoenix, AZ 85007
Phone: 602-542-4661

Tucson Office
2675 East Broadway Blvd.
Tucson, AZ 85716
Phone: 520-628-5181

The Industrial Commission of Arizona is the agency that administers and enforces state laws relating to the protection of life, health, safety and welfare of Arizona’s employees. This includes laws relating to workers' compensation, occupational safety and health, payment of wages, and child labor.

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.

State LTC Ombudsman
Arizona Div. of Aging & Adult Services
1789 W. Jefferson Street, Mail Drop 6288
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.hud.gov
Housing and Urban Development (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
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/silc-net/silc-directory
ILRU: State Independent Living Councils (SILCs)
Arizona Independent Living Council
P.O. Box 46354
Phoenix, AZ 85063
Phone (Local): 602-262-2900
Toll-Free: 866-262-7452
TTY: 602-262-2900
Email: mellie@azsilc.org

ILRU’s Independent Living Centers in Arizona

http://www.ncil.org/
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
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

https://azlibrary.gov/talkingbooks
**Arizona Talking Book Library**
1030 North 32nd Street
Phoenix, AZ 85008
Phone: 602-255-5578
800-255-5578
Provides library materials to people with visual or physical disabilities.

**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
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.

**PROTECTION and ADVOCACY**

[http://www.acdl.com](http://www.acdl.com)

**Arizona Center for Disability Law**
5025 E. Washington Street, Suite 202
Phoenix, AZ 85034
Phone: 602-274-6287 (voice or TTY)
Toll-free: 800-927-2260
Email: [center@azdisabilitylaw.org](mailto:center@azdisabilitylaw.org)
The Arizona Center for Disability Law is the protection and advocacy as well as the client assistance program for the state.

**SERVICE DOGS**

[https://canine.org/](https://canine.org/)

**Canine Companions, Inc. (CCI)**
Southwest Training Center
The Dean, Gerda and Trixie Koontz Campus
124 Rancho del Oro Drive
Oceanside, CA 92057
Phone: 760-901-4300
Toll-free: 800-572-BARK (2275)
CCI’s Southwest Training Center serves several states, including Arizona.


**Companion Animal Association of Arizona**
PO Box 5006
Scottsdale, AZ 85261-5006
Phone: 602-258-3306
Email: [info@caaainc.org](mailto:info@caaainc.org)


**Happy Tails Service Dogs, Inc.**
1 West Sequoia Drive
Phoenix, AZ 85027-4750
Phone: 623-580-0946
**Handi-Dogs Inc.**
75 South Montego Drive
Tucson, Arizona 85710
Phone: 520-326-3412
Email: service@handi-dogs.org

**SPORTS and RECREATION**

**Arizona Disabled Sports**
Physical Address:
59 East Broadway Road
Mesa, AZ 85210
Mailing Address:
PO Box 4727
Mesa, AZ 85211-4727
Phone: 480-835-6273
Sports currently offered by Arizona Disabled Sports include archery, bowling, cycling, kayaking, power soccer, swimming, track & field, and wheelchair basketball.

**Daring Adventures**
1946 W Morningside Dr
Phoenix, AZ 85023
Phone: 602-290-0214
Email: info@daring-adventures.org
Daring Adventures offers improvements to the quality of life for individuals with disabilities and those facing life challenges through the power of outdoor recreation.

**K2 Adventures Foundation**
14354 N. Frank Lloyd Wright Blvd., Suite 10
Scottsdale, AZ 85260
Phone: 480-797-2950
Email: info@k2adventures.org
Whether it’s through giving or receiving, participants in K2 Adventures Foundation can realize their potential and bring new meaning to their lives. Today, thanks to its supporters, K2 Adventures Foundation funds grants for people with life challenges and provides equipment, supplies, basic necessities and care to children, adults and families both domestically and abroad.

https://www.phoenix.gov/parks/adaptive-recreation
Phoenix: Adaptive Recreation
Phoenix City Hall
200 W. Washington Street
Phoenix, AZ 85003
Phone: 602-262-6011
TTY: 602-534-5500

http://hunkapi.org/about-hunkapi/

Hunkapi
12051 N 96th St.
Scottsdale, AZ 85260
Phone: 480-393-0870
Email: love@hunkapi.org
Since our inception in 1996, our horses have helped thousands of children and adults establish more mindful connections with themselves and other people. That’s why we named our program “Hunkapi,” a Native American word that means “I am related to everyone.”

http://www.scottsdaleaz.gov/sports/adaptive

Scottsdale: Adaptive Services
8102 E. Jackrabbit Road
Scottsdale, AZ 85250
Phone: 480-312-2234
Email: AdaptiveServices@ScottsdaleAZ.gov


Surprise: Adaptive Recreation Programs
15960 N Bullard Ave
Surprise, AZ 85374
Phone: 623-222-2245
Email: jeni.corkin@surpriseaz.gov

http://www.trotarizona.org/

Therapeutic Riding of Tucson
8920 East Woodland Road
Tuscan, AZ 85749
Phone: 520-749-2360
TROT’s Therapeutic Riding Program offers adaptive riding instruction to children and adults with physical and cognitive disabilities

UNITED WAY OFFICES

http://unitedway.org
United Way
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Please contact them for Arizona information.
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. Enter postal code for a United Way office in your area

VETERAN BENEFITS

https://www.va.gov/directory/guide/state.asp?STATE=AZ&dnum=ALL
US Department of Veterans Affairs VA Hospital Locator for Arizona

www.azpva.org
Paralyzed Veterans of America’s Arizona Chapter
1001 E. Fairmount Ave
Phoenix, AZ 85014
Phone: 602-244-9168
800-621-9217
Email: azpva@azpva.org

www.lawforveterans.org
Law for Veterans
This website has compiled some legal resources for veterans in Arizona including info on veteran courts and free and reduced fee legal aid sources.

ALS

www.alsa.org
http://webaz.alsa.org/site/PageServer?pagename=AZ_homepage
ALS Association, Arizona Chapter
360 E. Coronado Rd., Suite 140
Phoenix, AZ 85004
Phone: 602-297-3800
Email: info@alsaz.org

Muscular Dystrophy Association’s ALS Research Centers:
MDA/ALS Center at St. Joseph’s Hospital and Medical Center
Neuromuscular Research Center
Barrow Neurological Institute
350 W. Thomas Rd
Phoenix, AZ 85013
Phone: 602-406-2704

MDA/ALS Center at the Mucio F. Delgado Clinic for Neuromuscular Disorders
University of Arizona
Health Sciences Center
Tucson, AZ

MDA/ALS Center at UPH Hospital
University Physicians Healthcare
2800 E. Ajo Way
Tucson, AZ 85710

BRAIN INJURY

http://www.biaaz.org
Brain Injury Alliance of Arizona
5025 E. Washington Street, Suite 106
Phoenix, Arizona 85034
Phone: 602-508-8024
Toll-free: 888-500-9165

CEREBRAL PALSY

www.ucpofcentralaz.org
UCP of Central Arizona
1802 West Parkside Lane
Phoenix, AZ 85027
Phone: 602-943-5472
888-943-5472
Email: info@ucpofcentralaz.org

http://www.ucpsa.org
UCP of Southern Arizona
630 N. Craycroft Road
Tucson, AZ 85711-1450
Phone: 520-795-3108
Toll Free: 888-433-3629
Email: staff@ucpsa.org
FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF)
Physical Address:
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Mailing Address:
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020

Arizona Ataxia Support Groups:

Mary Fuchs
Casa Grande, AZ
Phone: 480-212-6425
Email: maryrio101@gmail.com

Sherri Hubbard
https://www.facebook.com/groups/arizonaataxia/
Phone: 214-563-7453
Email: Sherri0513@att.net

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org
Guillain-Barré Syndrome/ CIDP Foundation International
375 E. Elm St. Suite 101
Conshohocken, PA 19428
Phone: 610-667-0131
Toll Free: 866-224-3301
Please contact them for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/AZA
National Multiple Sclerosis Society’s Arizona – New Mexico Chapter
5025 E. Washington Street, Suite 102
Phoenix, AZ 85034-2005
Multiple Sclerosis Association of America Western Regional Office
Seattle, WA
Phone: 415-260-6420
800-532-7667 ext 155
Email: western@mymsaa.org

MUSCULAR DYSTROPHY

https://www.mda.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Email: ResourceCenter@mdausa.org
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

POST-POLIO SYNDROME

http://post-polio.org
https://post-polio.org/networking/directory/
Post-Polio Health International (PHI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org
Lists Health Professionals, Clinics, and Support Groups. Click USA then choose State to see the Arizona Support Groups

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association
1600 Wilson Blvd Ste 800
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area
http://www.sbaaz.org
Spina Bifida Association of Arizona
4802 E Ray Rd- Unit 23-687
Phoenix, AZ 85044
Phone: 602-274-3323
Email: office@sbaaz.org

Spina Bifida Association’s Arizona Clinics:

www.childrensclinics.org
Children’s Clinics
2600 N Wyatt Drive
Tucson, AZ 85712
Phone: 520-324-5437
Toll-free: 800-231-8261
Email: info@childrensclinics.org

www.dmgcrs.org
Children’s Rehabilitative Services
Spina Bifida Clinic
3141 N. 3rd Avenue, Suite 100
Phoenix AZ, 85013
Phone: 602-914-1520

SPINAL CORD INJURY

http://www.azspinal.org
Arizona Spinal Cord Injury Association
5025 E Washington St #110
Phoenix, AZ 85034
Phone: 602-507-4209
Toll-free: 888-889-2185
E-mail: info@azspinal.org

STROKE

https://www.stroke.org/
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653

Phoenix office of American Stroke Association:
SYRINGOMYELIA and CHIARI MALFORMATION

www.asap.org
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please contact them for support group info in your area

TRANSVERSE MYELITIS

www.wearesrna.org
Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)
1787 Sutter Parkway
Powell, OH 43065-8806
Toll-free: 855-380-3330
Please contact them for info in your area.

GENERAL DISABILITY RESOURCES

Arizona Bridge to Independent Living’s Disability Survival Guide
booklet covers Arizona disability resources and can be read online.

http://www.yellowpagesforkids.com/help/az.htm
Arizona Yellow Pages for Kids with Disabilities
http://www.aptaaz.org/
Arizona chapter of the American Physical Therapy Association
PO Box 1450
Tonto Basin, AZ 85553
Phone: 480-489-9299
Email: admin@aptaaz.org

http://www.arizota.org/
Arizona chapter of the American Occupational Therapy Association
ArizOTA—Arizona Occupational Therapy Association
P.O. Box 11803
Glendale, AZ 85318
Phone: 623-937-0920
Email: office@arizota.org

http://www.apse.org
Association of People Supporting Employment First
Contact them for local chapter info

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

Access Tempe

http://valleylifeaz.org/
VALLEYLIFE
1142 W. Hatcher Rd
Phoenix, AZ 85021
Phone: 602-371-0806
Email: info@valleylifeaz.org
VALLEYLIFE is a nonprofit organization that provides premier services to individuals with disabilities to enhance their quality of life. We are committed to helping people with disabilities in our community by enriching their lives with rewarding experiences and valuable opportunities. We enable them to live a life with choices, independence and dignity. Our services are delivered through our caring and dedicated staff, specialized programs and advocacy.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill Street, Suite F
Naperville, IL 60563
Phone: 630-961-1400
800-THINK56
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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