Arkansas Disability Resources

Affordable Care Act (ACA)

https://www.hhs.gov/healthcare/about-the-aca/index.html
About the Affordable Care Act
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.

http://www.daas.ar.gov/
DHS Division of Aging, Adult, & Behavioral Health Services
P.O. Box 1437 – Slot W241
Little Rock, AR 72203-1437
Phone: 501-686-9164

Arkansas Division of Aging & Adult Services
7th and Main Street
Little Rock, AR 72201
Phone: 501-682-2441

https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/area-agencies-on-aging/
Arkansas Area Agencies on Aging

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.

ASSISTIVE TECHNOLOGY

https://ar-ican.org/
Arkansas Increasing Capabilities Access Network (ICAN)
900 W. 7th Street
Little Rock, AR 72201
Phone/TTY: 501-666-8868
Toll-free: 800-828-2799

https://arcareereducation.org/services/arkansas-rehabilitation-services/access-accommodations/alternative-financing-program
Arkansas Assistive Technology Alternative Financing Program
Arkansas Rehabilitation Services
1 Commerce Way
Little Rock, Arkansas 72202
Phone: 501-296-1663
Email: Henry.Washington@arkansas.gov

http://www.southwestada.org/
Southwest ADA Center (covers Arkansas)
1333 Moursund
Houston, TX 77030
Toll Free: 800-949-4232
Phone: 713-520-0232
V/TTY: 713-797-7171

CAREGIVERS INFO

http://resources.caregiver.com/listing/location/united-states/arkansas
Arkansas Caregiver Support Groups
Phone: 954-893-0550

COMMUNITY HEALTH CENTERS

www.chc-ar.org
Community Health Centers of Arkansas
Physical Address:
1701 South Harrison Street
Little Rock, Arkansas 72204-2752
Mailing Address:
PO Box 3744
Little Rock, Arkansas 72203-3744
Phone: 501-374-8225
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**


Arkansas Crime Victims Reparations Board  
1 State Police Plaza Dr.  
Little Rock, AR 72209  
Phone: 501-682-1020

**DOMESTIC VIOLENCE HELP**

National Domestic Violence Hotline: 1-800-799-SAFE (7233)  
National Resource Center on Domestic Violence: 800-537-2238  
Statewide Hotline: 800-269-4668

http://www.domesticpeace.com/

Arkansas Coalition Against Domestic Violence  
700 S. Rock St  
Little Rock, AR 72202  
Phone: 501-907-5612  
800-269-4668  
Email: info@domesticpeace.com

http://serenityinc.org/

Serenity Domestic Violence Support & Shelter  
1015 Hwy 62  
W. Mountain Home, AR 72653  
Phone: 870-424-7576

The goal of Serenity Inc. is to help survivors of domestic violence heal and regain their personal strength and power. Today, Serenity employs 12 professionals and a dedicated group of over 40 volunteers who provide emergency shelter services, assistance with protection orders, and advocacy toward independence (housing, education, employment and healthcare), support group programs, and client transportation. 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.
EASTERS SEALS OFFICES

Easter Seals Arkansas Offices
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. There are 11 Arkansas offices of Easter Seals.

GOVERNMENT OFFICES

http://www.state.ar.us/
Arkansas State Government

http://www.accessarkansas.org/dhs/
Department of Human Services
Donaghey Plaza
P.O. Box 1437
Little Rock, AR 72203
Phone: 501-682-1001
TDD: 501-682-8820

http://ace.arkansas.gov/arRehabServices/Pages/default.aspx
Vocational Rehabilitation
Arkansas Rehabilitation Services Administrative Offices
Phone: 501-296-1600

https://humanservices.arkansas.gov/divisions-shared-services/medical-services/helpful-information-for-clients/
Arkansas Medicaid Offices
Phone: 501-682-8292
800-482-5431 (Spanish)

http://www.arkidsfirst.com/home.htm
Arkansas Children’s Health Insurance Program (SCHIP)
ARKids First
Phone: 888-474-8275

https://insurance.arkansas.gov/pages/consumer-services/senior-health/
Arkansas SHIIP Program (State Health Insurance Information Program - for Seniors)
1 Commerce Way  
Little Rock, AR 72202  
Phone: 501-371-2782  
Toll-free: 800-224-6330

http://insurance.arkansas.gov
Arkansas Insurance Department  
1 Commerce Way  
Little Rock, AR 72202  
Phone: 501-371-2600  
800-282-9134

http://www.awcc.state.ar.us/ruleind.html
Arkansas Workers’ Compensation Commission  
Workers’ Compensation Commission  
324 South Spring Street  
P.O. Box 950  
Little Rock, AR 72203-0950  
Phone 501-682-3930  
800-622-4472  
800-285-1131 (TDD)

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://www.arombudsman.com/
Arkansas Long-Term Care Ombudsman Program  
P.O. Box 1437  
Slot W241  
Little Rock, Arkansas 72203  
Phone: 501-508-8857 or 870-698-4320  
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)
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.

https://www.hud.gov/states/arkansas
Housing and Urban Development (HUD) office in Arkansas
425 West Capitol Avenue
Suite 1000
Little Rock, AR 72201-3488
Phone: 501-918-5700
800-877-8339 (TTY)

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)
Arkansas Independent Living Council
10 Corporate Hill Drive, Suite 240
Little Rock, AR 72205
Phone (Local): 501-372-0607
Toll-Free: 800-772-0607
Email: arkansasilc@att.net

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

https://www.library.arkansas.gov/services/lbpd/

Arkansas State Library: Library for the Blind and Print Disabled
900 W. Capitol Ave., Suite 100
Little Rock, AR 72201
Phone: 501-682-1155 (in the Little Rock area)
Toll-free: 866-660-0885 (statewide)
Email: nlsbooks@ade.arkansas.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.

PROTECTION AND ADVOCACY

https://disabilityrightsar.org/
Disability Rights Arkansas
400 West Capitol Ave, Suite 1200
Little Rock, AR 72201
Phone: 501-296-1775
800-482-1174
E-Mail: info@DisabilityRightsAr.org

SERVICE DOGS

http://www.cci.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 Arkansas.

SPORTS AND RECREATION

https://www.littlerock.gov/for-residents/parks-and-recreation/therapeutic-recreation-tr/
Little Rock Parks and Recreation Dept.: Therapeutic Recreation for people with
disabilities
Sherrie Shinn - CTRS
Therapeutic Recreation Coordinator
7201 Dahlia Dr.
Little Rock, AR 72209
Phone: 501- 570-1131
Email: sshinn@littlerock.gov

https://www.arkansas.com/articles/accessible-arkansas
Arkansas State Parks: Accessibility Information
1 Capitol Mall
Little Rock, AR 72201
Phone: 888-287-2757 (TDD)
Email: parks.info@arkansas.gov

www.walkingeaglefishing.com
Walking Eagle Fishing
Phone: 870-499-7513
Email: walkingeagle@centurytel.net
Wheelchair accessible fishing boat available for guided tour.

UNITED WAY OFFICES

http://www.unitedway.org
National United Way
Enter postal code for a United Way office in your area

National Headquarters:
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
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.

www.heartaruw.org
Heart of Arkansas United Way
Physical Address:
1400 West Markham, Suite 301
Little Rock, AR 72201
Mailing Address:
PO Box 3257
Little Rock, AR 72203
Phone: 501-376-4567
866-580-4567
Email: info@heartaruw.org

VETERAN BENEFITS

https://www.va.gov/find-locations/
Veterans Administration: Location Finder
ALS

http://www.alsa.org/
The ALS Association National Office
1300 Wilson Blvd., Suite 600
Arlington, VA 22209
Phone: 800-782-4747

www.als-arkansas.org
Arkansas Chapter of The ALS Association
1200 West Walnut, Suite 2406-08
Rogers, AR 72756
Phone: 479-621-8700
Email: jennifer@als-arkansas.org

Muscular Dystrophy Association’s ALS Research Centers:

University of Arkansas for Medical Sciences
4301 West Markham, Slot 500
Little Rock, AR 72205-7199
Contact: Stacy A. Rudnicki, M.D., Director
E-Mail: rudnickistacya@uams.edu

BRAIN INJURY

https://www.biausa.org/find-bia/arkansas
Brain Injury Association of America Arkansas Affiliate
Phone: 703-761-0750 (Local)
800-444-6443 (Brain injury information)
Email: braininjuryinfo@biausa.org

https://www.biausa.org/
Brain Injury Association of America
CEREBRAL PALSY

http://www.ucpcark.org/
United Cerebral Palsy of Arkansas
9720 N. Rodney Parham Road
Little Rock, AR 72227
Phone: 501-224-6067
E-mail: askucp@ucpark.org

FRIDREICH’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

National Ataxia Foundation’s Ambassadors
Judy and David King
Springdale, AR
E-mail: davidrkingpd@cox.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: 866-224-3301 or 610-667-0131
Please call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/chapters/ARR/index.aspx
National Multiple Sclerosis Society’s Arkansas Chapter
1050 N. Post Oak Road
Suite 240
Houston, TX 77055
Toll-free: 800-344-4867

www.mymssa.org/about-msaa/regional/
Multiple Sclerosis Association of America South-Central Regional Office
(Arkansas, Colorado, Kansas, Louisiana, Missouri, New Mexico, Oklahoma, Texas)
Austin, TX
Phone: 800-532-7667 ext. 153
Email: southcentral@mymssa.org

MUSCULAR DYSTROPHY

https://www.mda.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, Illinois 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://www.post-polio.org/
Post-Polio Health International (PHI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org

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
SBA Arkansas Clinics
www.archildrens.org
Arkansas Children's
Spina Bifida Program
1 Children's Way, Mail Slot 650
Little Rock, AR 72202
Phone: 501-263-2175

SPINAL CORD INJURY

http://www.spinalcord.ar.gov/
Arkansas Spinal Cord Commission
5800 W 10th St
Suite 108
Little Rock, AR 72204
Phone: 1-800-459-1517
501-296-1788
A state agency devoted to meeting the needs of people with spinal cord disabilities in Arkansas.

STROKE

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

https://www.heart.org/
American Heart Association Arkansas Offices

Fayetteville
108 E. Sunbridge
Fayetteville, AR 72703
Phone: 479-439-6800

Little Rock
909 W. 2nd Street
Little Rock, AR 72203
Phone: 501-707-6600
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
Please contact them for local information

TRANSVERSE MYELITIS

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

GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/ar.htm
Arkansas Yellow Pages for Kids with Disabilities

http://www.arota.org/
Arkansas Occupational Therapy Association
P.O. Box 202
Conway, AR 72034
Email: rehabnet.ar@gmail.com

http://www.arpta.org/
Arkansas Chapter of the American Physical Therapy Association
PO Box 202
Conway, AR 72033
Phone: 501-499-6163
http://www.apse.org
Association of People Supporting Employment First (ASPE)
7361 Calhoun Place
Suite 680
Rockville, MD 20855
Phone: 301-279-0060
Email: arapse@apse.org

https://ardisabilitycoalition.org/
Arkansas Disability Coalition
PO Box 31420
Little Rock, AR 72260
Phone: 501-614-7020
Email: info@ardisabilitycoalition.org
The ADC works for equal rights and opportunity for Arkansans with disabilities through public policy change, cross-disability collaboration, and the empowerment of people with disabilities and their families.

http://uofapartners.uark.edu/
University of Arkansas College of Education and Health Professions
Partners for Inclusive Communities
10809 Executive Center Drive
Searcy Building, Suite 316
Little Rock, AR 72211
Phone: 501-301-1100
V/TTY: 800-342-2923
Email: partners@uark.edu
Partners for Inclusive Communities is Arkansas’ University Center on Disabilities. Administratively located within the University of Arkansas College of Education and Health Professions, Partners is a member of the nationwide Association of University Centers on Disabilities.

http://www.maysmission.org/
May’s Mission For The Handicapped
604 Colonial Drive
Heber Springs, AR 72545
Phone: 501-362-7526
Toll-free: 888-503-7955
Email: info@maysmission.org
Offers employment and on-the-job training in the printing industry to people with disabilities.

http://www.supports.org/
Arkansas Support Network
6836 Isaac's Orchard Road
Springdale, AR 72762
Phone: (479) 927-4100
A small group of parents and volunteers incorporated and were licensed by the state to provide support and assistance to a limited number of families who had children with disabilities living in the home with them.

http://www.campaldersgate.net/
Camp Aldersgate
2000 Aldersgate Road
Little Rock, Arkansas 72205
Phone: 501-225-1444
Email: kdaniels@campaldersgate.net
Camp Aldersgate is dedicated to providing year-round social service programs for over 1,700 individuals of all ages and backgrounds. With the support of our surrounding communities, businesses and friends, we are able to provide the best possible atmosphere, equipment and facilities for our extraordinary participants.

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

www.211.org
http://www.arkansas211.org/
First Call 2-1-1
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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