California 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://www.aging.ca.gov/
California Department of Aging
1300 National Drive, Suite 200
Sacramento, CA 95834-1992
Phone: 916-419-7500
TDD: 800-735-2929
The Department contracts with the network of Area Agencies on Aging, who directly manage a wide array of federal and state-funded services that help older adults find employment; support older and disabled individuals to live as independently as possible in the community; promote healthy aging and community involvement; and assist family members in their vital care giving role. CDA also contracts directly with agencies that operate the Multipurpose Senior Services Program through the Medi-Cal home and community-based waiver for the elderly, and certifies Adult Day Health Care centers for the Medi-Cal program. To find services in your community click here.

http://www.c4a.info/
California Association of Area Agencies on Aging

https://www.aging.ca.gov/ProgramsProviders/AAA/AAA_Listing.aspx
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

www.axisdance.org
AXIS Dance Company
1428 Alice St., Suite 200
Oakland, CA 94612
Phone: 510-625-0110
Email: info@axisdance.org
Infinite Flow—A Wheelchair Dance Company
14622 Ventura Blvd, #102-373
Sherman Oaks, CA 91403
Phone: 949-267-8751
Email: InfiniteFlowDance@gmail.com
Infinite Flow - A Wheelchair Dance Company based in Los Angeles, CA, is America’s first professional wheelchair ballroom dance company, and has a mission to break artistic and social barriers through excellence and innovation in wheelchair dance performance.

National Institute of Arts and Disabilities (NIAD)
551 23rd Street
Richmond, CA 94804
Phone: 510-620-0290
Email: admin@niadart.org
NIAD’s visual art program promotes meaningful independent living by artists with disabilities—while its artists create remarkable contemporary art.

Project Resiliency
Malibu, California
An organization established by Def Leppard drummer Rick Allen to encourage the healing powers of drumming and to help people overcome the emotional and physical pain resulting from traumatic events. The foundation provides free educational programs to inspire personal growth during times of adversity.

Sins Invalid
San Francisco, CA area
Phone: 510-214-6530
Email: info@sinsinvalid.org
Sins Invalid is an inclusive performance project involving artists of color, queer and gender-variant artists, and artists with disabilities (broadly defined). They present multidisciplinary performances (video, poetry, spoken word, music, drama, and dance) by people with disabilities; organize performance workshops for people with and without disabilities; and offer political education workshops for community based organizations.

UCLA: National Arts and Disability Center (NADC)
760 Westwood Plaza
Los Angeles, CA 90024
The National Arts and Disability Center (NADC) is a resource on the inclusion of audiences and artists with disabilities in all facets of the arts community.
Wheelchair Dancers Organization  
Beverly Weurding  
4584 Calle De Vida  
San Diego, CA 92124  
Phone: 858-573-1571  
Email: bevweurding@san.rr.com  
Offers classes in various forms of dance to people with physical challenges.

ASSISTIVE TECHNOLOGY

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

www.AbleCloset.com  
Able Closet  
Phone: 650-539-4437  
Email: info@ablecloset.com  
Able Closet is a northern California non-profit organization that lends assistive technology and equipment to children with special needs. Equipment pickups are in Santa Clara by appointment.

http://abilitytools.org  
Ability Tools  
1000 G Street, #100  
Sacramento, CA 95814  
Phone: 800-390-2699  
TTY: 800-900-0706  
Email: info@abilitytools.org  
Ability Tools connects Californians with disabilities to the assistive technology devices, tools and services to make life easier. Ability Tools operates several Device Lending Libraries which are located in community-based organizations throughout California. Devices can be borrowed for free for 30 days. Go to www.abilitytools.org/exchange to see what is available for loan. Ability Tools is a project of the California Department of Rehabilitation and the California Foundation for Independent Living Centers with funds allocated by the Assistive Technology Act of 2004.

http://www.cforat.org  
The Center for Accessible Technology (CforAT)  
3075 Adeline, Suite 220  
Berkeley, CA 94703  
Phone: 510-841-3224
CforAT began life in 1983 when a group of parents of children with disabilities came together to develop strategies for including their children into mainstream elementary school settings. With an initial focus on computer technology, these parents developed models whereby kids with disabilities could be fully included in the school curriculum.

**California AT Loan Program**
AT Unit
California State Department of Rehabilitation
PO Box 944222
Sacramento, CA 94244-2220
Phone: 916-263-8699

**California Assistive Technology Reuse Coalition**
Phone: 800-390-2699
TTY: 800-900-0706
Their mission is to enhance the quality of life for Californians with disabilities by providing them with assistive technology (AT) devices and by innovating the loan process.

**United Cerebral Palsy- Wheels for Humanity**
12750 Raymer St. Unit 4
North Hollywood, CA 91605
Phone: 818-255-0100
Email: info@ucpwheels.org
UCP Wheels for Humanity provides increased self-sufficiency, mobility and education to children, teens and adults with disabilities throughout the world regardless of their political affiliation, religious belief, or ethnic identity.

**CAREGIVERS**

[http://www.caregiver.com](http://www.caregiver.com)
**Caregiver.com’s Support Group Directory** lists California caregiver support groups.
Click on Regional Resources, click on CA on map, open Support Groups
Phone: 954-893-0550
Toll-free: 800-829-2734
Email: info@caregiver.com

[http://fcscgero.org](http://fcscgero.org)
**The Family Caregiver Support Center**
USC Davis School of Gerontology
3715 McClintock Ave.
Los Angeles, CA 90089
Phone: 855-872-6060

http://www.caregiveroc.org
Orange Caregiver Resource Center
130 W. Bastanchury Rd.
Fullerton, CA 92835
Toll-free: 800-543-8312
Phone: 714-446-5030

http://www.inlandcaregivers.com
Inland Caregiver Resource Center
1430 E. Cooley Drive, Suite 124
Colton, CA 92324
Phone: 909-514-1404
Toll-free: 800-675-6694
E-mail: info@inlandcaregivers.org

http://caregivercenter.org
Southern Caregiver Resource Center
3675 Ruffin Road, Suite 230
San Diego, CA 92123
Phone: 858-268-4432
E-mail: scrc@caregivercenter.org

http://www.cottagehealth.org/services/rehabilitation/community-resources-support/caregiver-services/
Cottage Health
Santa Barbara Cottage Hospital
400 W. Pueblo Street
Santa Barbara, CA 93105
Phone: 805-682-7111

http://www.delmarcaregiver.org/
Del Mar Caregiver Resource Center
21 West Alisal Street, Suite 104
Salinas, CA 93901
Phone: 831-424-4359
Toll-Free: 800-624-8304
Email: info@hpcn.org

http://www.caregiver.org
Family Caregiver Alliance/Bay Area Caregiver Resource Center
101 Montgomery St., Suite 2150
San Francisco, CA 94104
Phone: 800-445-8106
Email: info@caregiver.org

http://www.deloro.org
Del Oro Caregiver Resource Center
8421 Auburn Blvd., Suite 265
Citrus Heights, CA 95610
Tel: (916) 728-9333 or (800) 635-0220
Email: crc@deloro.org

http://www.passagescenter.org/
Passages Caregiver Resource Center
25 Main Street
Chico, CA 95929
Phone: 800-822-0109 or 530-898-5923
Email: passages@csuchico.edu

https://www.ncoinc.org/programs/redwood-caregiver-resource-center/
Redwood Caregiver Resource Center
1140 Sonoma Ave Suite 1B
Santa Rosa, CA 95401
Phone: 707-542-0282
Toll-free: 800-834-1636
E-mail: nps@redwoodcrc.org

http://www.wellspouse.org
Well Spouse Association

https://lookingglass.org/
Through the Looking Glass
3075 Adeline St #120
Berkeley, CA 94703
Phone: 510-848-1112
Through the Looking Glass (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue

CAREERS

https://wid.org/
The World Institute on Disability
3075 Adeline St Ste 155
Berkeley, CA 94703
Phone: 510-225-6400
The World Institute on Disability (WID) is a nonprofit that works to fully integrate people with disabilities into the communities around them in a variety of different ways.

COMMUNITY-BASED FITNESS PROGRAMS

http://nextstepfitness.org/
NextStep Fitness
4447 Redondo Beach Blvd.
Lawndale, CA 90260
Phone: 310-546-5666
NextStep Fitness is a non profit that provides people living with paralysis the opportunity for health and recovery through affordable and progressive community fitness and wellness facilities. NextStep is a Reeve Foundation NRN center.

http://www.SCItotalfitness.com
SCI Total Fitness
Email: info@scitotalfitness.com
Located in Southern California, classes may be joined in person or online. Class is led by a physical therapist who is experienced with spinal cord injury patients. Some private in home classes may be arranged in the Southern California area. Fitness, strength training and weight loss services are offered as well as wheelchair evaluation.

http://www.centerofrestorativeexercise.com/
Center of Restorative Exercise (C.O.R.E.)
9667 Reseda Boulevard
Northridge, CA 91324
Phone: 818-718-2673
E-mail: centerofrestorativeexercise@gmail.com
C.O.R.E. is a state-of-the-art facility for people with chronic illness or debilitating conditions. It is equipped with unique and specialized equipment and provides low cost integrated, structural, personalized and progressive evaluations, treatment plans, and education to help improve function, independence, and self-efficacy.

https://formagym.com/rise
RISE Paralysis Recovery Center
1908 Olympic Rd.
Walnut Creek, CA 94596
Phone: 925-932-6400
Email: rise@formagym.com
RISE Paralysis Recovery Center at Forma Gym is an activity-based recovery program which focuses on function, strength, and improving the physiological and neurological function of people’s bodies.
Therapy Centers dba Challenge Center
5540 Lake Park Way
La Mesa, CA 91942
Phone: 619-667-8644

Challenge Center is an exceptional not-for-profit 501(c)(3) restoring health, hope, and lives. The Center provides skilled physical therapy, specialized fitness, and wellness programs to rehabilitate, increase independence, and improve the quality of life for individuals with severe physical disabilities, their families, and caregivers. With its licensed staff, physical therapy and assisted fitness programs, and state-of-the-art equipment; Challenge Center surpasses every goal by providing the continuum of care often missed by other limited resources.

COMMUNITY HEALTH CENTERS

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

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

CRIME VICTIM ASSISTANCE

California Victim Compensation and Government Claims Board
Toll-free: 800-777-9229
Email: info@vcgcb.ca.gov
The California Victim Compensation Board (CalVCB) can help pay bills and expenses that result from violent crime. Victims of crime who have been injured or have been threatened with injury may be eligible for help.

www.1800VICTIMS.org
Victims of Crime Resource Center
University of the Pacific, McGeorge School of Law
Sacramento, CA
Phone: 1-800-842-8467
The Resource Center has helped thousands of crime victims across California since 1984. Their services are free.

www.oag.ca.gov/victimservices/marsy
Office of the Attorney General of California: Marsy’s Law
The Victims’ Bill of Rights (aka Marsy’s Law) supports crime victims and their families in California.

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline 1-800-799-SAFE (7233)

www.calcasa.org
California Coalition Against Sexual Assault
1215 K St, Suite 1850
Esquire Plaza
Sacramento, CA 95814
Phone: 916-446-2520
Email: info@calcasa.org

http://www.cpedv.org/
California Partnership to End Domestic Violence
1107 9th St
Sacramento, CA 95814
Phone: 916-444-7163
E-mail: info@cpedv.org
http://www.corasupport.org/
CORA (Community Overcoming Relationship Abuse)
2211 Palm Ave.
San Mateo, CA 94403
Phone: 650-652-0800
24 hour Hotline: 800-300-1080
Email: info@corasupport.org
CORA serves victims of domestic violence in San Mateo county

www.sos.ca.gov/safeathome/
Secretary of State: Safe-at-Home Program
This program protects victims of domestic violence, stalking, and sexual assault by
giving them a free P.O. box and mail forwarding service.

EASTER SEALS

www.easterseals.com
California Easter Seals Offices
Use the Finder by putting in your state
Lists 54 Easter Seals offices in California.
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://www.ca.gov/
Official website of the State of California

https://www.dor.ca.gov/
California Dept. of Rehabilitation
721 Capitol Mall
Sacramento, CA 95814
Phone: 916-324-1313
TTY: 800-952-5544

http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx
Department of Health Care Services: California Children's Services
is a state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs. See this link for county info on this program: http://www.dhcs.ca.gov/services/ccs/Pages/CountyOffices.aspx

https://scdd.ca.gov/
California Council on Developmental Disabilities
1507 21st Street, Suite 210
Sacramento, CA 95811
Phone: 916-322-8481
Toll-Free: 866-802-0514
Email: council@scdd.ca.gov
An independent state agency that provides support and services to people with developmental disabilities and their families.

http://www.dmhc.ca.gov/
California Department of Managed Health Care
980 9th Street, Suite 500
Sacramento, CA 95814-2725
Phone: 888-466-2219
TDD: 877-688-9891
Provides info on HMOs and other managed care options

https://www.cdss.ca.gov/in-home-supportive-services
California Dept. of Developmental Services IHSS (In Home Supportive Services)
1600 9th St.
Sacramento, CA 95814
Phone: 916-651-3494
TTY: 916-654-1690

www.benefitscal.org
E-benefits California
This site connects you to applications for Medi-Cal, County Medical Services Program (CMSP), CalFresh (formerly known as Food Stamps) and California Work Opportunity and Responsibility to Kids (CalWORKs) benefits in California. Families with uninsured children can continue to apply online for the no-cost Medi-Cal and the OTLICP at this website.

http://www.dhcs.ca.gov/
http://www.medi-cal.ca.gov/

Medi-Cal: Medicaid program in California
California Department of Health Care Services
P.O. Box 997413, MS 4400
Sacramento, CA 95899-7413
Phone: 916-449-5000
Medi-Cal offers free or low-cost health coverage for California residents who meet eligibility requirements.

http://www.insurance.ca.gov/
**State of California Dept. of Insurance**
Consumer Services Division
300 South Spring Street, South Tower
Los Angeles, CA 90013
Phone: 800-927-HELP (4357) (Calling from within CA)
213-897-8921 (Outside California)
TDD: 800-482-4833

http://www.dir.ca.gov/dwc/dwc_home_page.htm
**California Division of Workers’ Compensation**
Injured Worker Info: 800-736-7401
Email: DWC@dir.ca.gov

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.aging.ca.gov/Programs/LTCOP/
**State LTC Ombudsman**
Joseph Rodrigues
California Dept. of Aging
1300 National Dr. Suite 200
Sacramento, CA 95834
Phone: 916-419-7500
TDD: 800-735-2929
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
**U.S. Dept. of Housing and Human 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.

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)

https://www.calsilc.ca.gov/
California State Independent Living Council
1600 K Street, Suite 100
Sacramento, CA 95814
Main Phone: 916-445-0142
Toll-free: 866-866-7452
TTY (toll-free): 866-745-2889
Mission is to maximize options for independence for persons with disabilities. Provides names of ILCs in California.

http://www.cfilc.org
California Foundation for Independent Living Centers
1000 G Street #100
Sacramento, CA 95814
Phone: 916-325-1690
TTY: 916-325-1695

http://www.ilru.org
Independent Living Research Utilization’s directory of Independent Living Centers

http://www.ncil.org/
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 877-525-3400
TTY: 202-207-0340
Email: ncil@ncil.org
The National Council on Independent Living is the longest-running national cross-
disability, grassroots organization run by and for people with disabilities. Founded in
1982, NCIL represents thousands of organizations and individuals including: individuals
with disabilities, Centers for Independent Living (CILs), Statewide Independent Living
Councils (SILCs), and other organizations that advocate for the human and civil rights of
people with disabilities throughout the United States.

http://ilcofkerncounty.org/
Independent Living Center of Kern County
5251 Office Park Dr. Suite #200
Bakersfield, CA 93309
Phone: 661-325-1063
Toll-free: 800-529-9541
Email: info@ilcofkerncounty.org
The mission of Independent Living Center of Kern County is to empower people with
disabilities to grow creatively, professionally, and personally; and educate the community
about disability related issues.

LIBRARY SERVICES

http://www.library.ca.gov/services/btbl.html
California State Library: Services for the Blind and Physically Handicapped
California State Library
P.O. Box 942837
Sacramento, CA 94237-0001
Phone: 916-654-0640 (local)
Statewide: 800-952-5666 (toll free in CA)
Email: btbl@library.ca.gov

www.booksaloud.net
Books Aloud Inc
150 E. San Fernando Street
San Jose, CA 95112
Phone: 408-808-2613
Email: Info@booksaloud.org
Our mission is to improve the quality of life for people unable to benefit directly from the
printed page by providing a service to stimulate minds, stir emotions and foster
independence through our "Reading by Listening" program.

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 SERVICES

www.disabilityrightsca.org
Disability Rights California
1831 K Street
Sacramento, CA 95811-4114
Phone: 916-504-5800
Toll-free: 800-776-5746; 800-719-5798
Disability Rights California is a nonprofit agency that provides legal assistance to people
with disabilities, including physical, developmental and psychiatric disabilities. Services
available from DRC include: information and referral to other sources of assistance; peer
and self-advocacy training; representation in administrative and judicial proceedings;
investigation of abuse and neglect and legislative advocacy. DRC is funded from federal
and state agencies, and from private donations.

http://www.dralegal.org/
Disability Rights Advocates
2001 Center St., 4th Floor
Berkeley, CA 94707-1204
Phone: 510-665-8644
A national non-profit organization that advances and defends the civil rights of people with disabilities.

http://www.disabilityrightslegalcenter.org
Disability Rights Legal Center
256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057
Phone: 213-736-1334
TDD: 213-736-8310
Email: DRLC@drlcenter.org

SERVICE DOGS

http://www.berginu.edu/
Bergin University of Canine Studies/Assistance Dog Institute
5860 Labath Avenue
Rohnert Park, CA 94928
Phone: 707-545-3647
Email: info@berginu.edu
Our mission is to advance the human-canine partnership through research and education by offering quality instruction in human and canine studies to postsecondary students worldwide interested in furthering their knowledge of themselves and the role of the dog in human society; through the University’s up-to-date, in-depth academic coursework, to provide students an opportunity to expand their knowledge for scholarly or career purposes or enhance their knowledge of their own specialties through the unique viewpoint provided by human-canine studies.

http://canine-angels.org/
Canine Angels Service Teams
P.O. Box 5256
Diamond Bar, CA 91765
Phone: 888-592-6457; 541-846-6400
Email: info@canine-angels.org

www.cci.org
Canine Companions for Independence: Southwest Regional Center
PO Box 4568
Oceanside, CA 92052
Phone: 760-901-4300
Toll-free: 800-572-2275

Canine Companions for Independence: Northwest Regional Center
PO Box 446
Santa Rosa, CA 95402
Phone: 707-577-1700
TTY: 800-572-2275

http://www.caninesupportteams.org/

**Canine Support Teams**
26500 Scott Rd,
Menifee, CA 92584
Phone: 951-301-3625
Email: cstmain@caninesupportteams.org
Canine Support Teams provides service dogs to increase the ability of someone with disabilities to live independently while simultaneously providing loving companionship.

http://www.discoverydogs.org/

**Discovery Dogs**
P.O. Box 582
Roseville, CA 95661
Phone: 916-295-1828
Email: info@DiscoveryDogs.org

http://www.pawsteams.org/

**Pawsitive Teams**
7031 Carroll Road
San Diego, CA 92121
Phone: Office: 858-558-7297
Email: paws@pawsteams.org

www.protraindog.com

**Pro-Train**
1544 Avohill Drive
Vista, CA 92084
Phone: 877-223-3647
760-749-0897
Email: protraindog@gmail.com

http://www.tenderlovingcanines.org/

**Tender Loving Canines Assistance Dogs**
P.O. Box 1244
Solana Beach, CA 92075
Phone: 858-461-6827
Email: info@tlcad.org

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**SPORTS AND RECREATION**

https://www.abilityfirst.org/
AbilityFirst
1300 E. Green Street
Pasadena, CA 91106
Phone: 626-396-1010
Toll Free: 877-768-4600
Email: info@abilityfirst.org
AbilityFirst provides programs for children and adults with disabilities and special needs services to help participants reach their full potential throughout their lives. They offer a broad range of employment, recreational and socialization special needs programs.

www.accesstr.com
Access to Recreation
8 Sandra Court
Newbury Park, CA 91320
Phone: 800-634-4351
Email: customerservice@accesstr.com

www.AYSO.org/VIP
American Youth Soccer Organization: VIP program
1950 S. Vermont Ave Ste 200
Torrance, CA 90502
Phone: 800-872-2976
Email: vip@ayso.org
Please contact them to find a VIP soccer program for children and adults with mental or physical disabilities.

http://www.ampsurf.org
AmpSurf: Association of Amputee Surfers
P.O. Box 1034
Pismo Beach, CA 93448
Phone: 805-773-0302
E-mail: boardmembers@ampsurf.org
AmpSurf provides learn to surf clinics, adaptive surfing, and fun, safe, outdoor activities to disabled veterans, adults and children.

http://angelcitysports.org/
Angel City Sports
269 S. Beverly Drive, Suite 338
Beverly Hills, CA 90212
Phone: 310-505-5073
Email: info@angelcitygames.org
The mission of Angel City Sports is to create sports opportunities for adults, children, and veterans with physical differences and impairments. Our goals are to encourage physical ACTivity and demonstrate LEADership to strengthen the adaptive sports movement. Our initial programming focus is on Southern California, but our events and programming will draw athletes from all over the country.
http://www.baads.org/
Bay Area Association of Disabled Sailors
Pier 40, The Embarcadero
San Francisco, California 94107
Phone: 415-281-0212

http://www.borp.org/
Bay Area Outreach & Recreation Program
3075 Adeline Street, Suite 200
Berkeley, CA 94703-2578
Phone: 510-849-4663
Email: info@borp.org
Bay Area Outreach & Recreation Program (BОРР) is a 501(c)3 non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. At BОРP, they believe that sports and recreation provide a path to greater achievement to which all people should have access.

https://bawsi.org/
Bay Area Women’s Sports Initiative (BAWSI)
1922 The Alameda, Suite 420
San Jose, CA 95126
Phone: 408-247-2544
BAWSI aims to provide opportunities to serve young girls who aren’t being exposed to organized sports, or physical education classes, and to reach girls in communities where obesity and diabetes are prevalent.

http://www.bestdayfoundation.org/
Best Day Foundation, Inc.
567 Auto Center Dr.
Wastonville, CA 95076
Phone: 800-309-2815
Email: info@bestdayfoundation.org
Best Day Foundation is a volunteer organization that helps children with special needs build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more

http://access.parks.ca.gov
California State Parks: Accessible Features in State Parks
Phone: 916-445-8949
California Aquatic Therapy and Wellness Center, Inc.
6801 Long Beach Blvd.
Long Beach, CA 90805
Phone: 310-537-2224
Email: info@caaquatictherapy.com
The mission of California Aquatic Therapy and Wellness Center is to promote wellness and improve the quality of life for individuals with health needs in an accessible, warm-water aquatic facility.

California Inclusive Sailing
2901 W Coats Highway
Suit 200 Newport Beach, CA 92663

Camp Ronald McDonald
Eagle Lake
2555 49th Street
Sacramento, CA 95817
Phone: 916-734-4230
Email: mdamos@rmhnc.org

Casa Colina Center for Rehabilitation
255 East Bonita Avenue
PO Box 6001
Pomona, CA 91769-6001
Toll-free: 866-724-4127
TDD-TTY-Q: 909-596-3646

Central California Adaptive Sports Center
P.O. Box 147
Shaver Lake, CA 93664
Phone: 559-593-2504
Email: info@centralcaladaptive.org
CCASC provides year-round adaptive recreation and adventure programming. Our programs incorporate the latest equipment and therapeutic recreation practices, facilitate activities in a professional manner, and collaborate with other organizations, with the goal of providing programming that has a lasting impact on the quality of our participant's lives.

Challenged Athletes Foundation (CAF)
CAF’s mission is to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics.

www.disabledsportseasternsierra.org

Disabled Sports Eastern Sierra
1 Minaret Rd.
Mammoth Lakes, CA 93546
Phone: 760-934-0791
Email: info@disabledsportseasternsierra.org

Disabled Sports Eastern Sierra is a volunteer-based nonprofit dedicated to changing the lives of children and adults with disabilities and their families by: offering year-round outdoor sports and activities, creating inspiring challenges, providing expert instruction and adaptive equipment, rallying the community to comfortably accommodate people with disabilities.

http://achievetahoe.org/

Disabled Sports USA Far West
PO Box 8339
Truckee, CA 96162
Phone: 530-581-4161
Email: info@disabledsports.net

Disabled Sports USA Far West’s mission is to provide affordable inclusive physical and recreational activities that build health and confidence.

http://theachievers.org

DS/USA Orange County Chapter --“The Achievers”
PO Box 54546
Irvine, CA 92619
Phone: 949-460-6969
Email: dsoc.trips@gmail.com

www.unrecables.com

DS/USA Los Angeles Chapter --“The Unrecables”
PO Box 24856
Los Angeles, CA 90024-0856
Email: info@unrecables.org

https://www.elsainc.org/

Elsa Inc.
Calabasas, CA 91302
Phone: 310-403-9665
Email: info@elsainc.org
Elsa Inc. is a nonprofit organization that serves children, teens, young adults, families and groups with special needs through the benefits of human-animal interaction in the ranch setting with horses and ranch animals.

http://www.etctrips.org/

Environmental Traveling Companions (ETC)
Fort Mason Center
2 Marina Blvd., Bldg C
San Francisco CA 94123-1284
Phone: 415-474-7662
Environmental Traveling Companions opens the beauty and challenge of the great outdoors to people with disabilities and disadvantaged youth. Every year, more than 2,000 people join ETC to raft whitewater rivers, ski alpine meadows, kayak the waters of the Golden Gate and Tomales Bay, and build leadership skills.

www.fwwaa.org

Far West Wheelchair Athletic Association
3369 Union Ave.
San Jose, CA 95124
Phone: 408-794-6676
The Far West Wheelchair Athletic Association (FWWAA) is a non-profit organization which promotes, develops, and organizes wheelchair sports for individuals with physical disabilities in California, Arizona and Nevada.

https://www.nps.gov/goga/planyourvisit/accessibility.htm

Golden Gate National Recreation Area: Accessibility
Fort Mason, Building 201
San Francisco, CA 94123
Phone: 415-561-4711

www.hsascuba.com

Handicapped Scuba Association International
Jim Gatacre
Phone: 949-498-4540
E-Mail: hsa@hsascuba.com

https://jimmymillerfoundation.org/

Jimmy Miller Memorial Foundation: Wounded Warriors Program
2711 Sepulveda Blvd. #331
Manhattan Beach, CA 90266
Phone: 310-721-3806
E-Mail: info@jimmymillerfoundation.org
The Foundation currently serves Marines of the Wounded Warrior Battalions at Camp Pendleton and 29 Palms with unique, year-round ocean therapy sessions. The adaptive surfing sessions are held on base at Camp Pendleton.
http://www.liferollson.org
Life Rolls On Foundation
2901 Washington Blvd.
Marina del Rey, CA 90292
Phone: 424-272-1992
Provides adaptive surfing and skating to people with disabilities.

http://www.mbv.org
Monterey Bay Veterans Inc. Sports Rehab Center
P.O. Box 481
Monterey, CA 93942
Phone: 831-901-0217
Email: mbvinc@pacbell.net

http://thepaintedturtle.org/
The Painted Turtle
1300 4th Street, Suite 300
Santa Monica, CA 90401
Phone: 310-451-1353
Through innovative, camp-based programs that offer a great big dose of fun and support, children with more than 70 medical conditions visit The Painted Turtle each year, reclaiming the joys of childhood.

www.piedmontyogacommunity.org
Piedmont Yoga Community
575 Dutton Ave.
San Leandro CA 94577
Email: info@piedmontyogacommunity.org
Piedmont is a non-profit organization whose mission is to serve the community by making yoga accessible to people with special needs and disabilities. They offer classes and teacher training workshops. Classes are offered to people with disabilities on a free of charge or sliding scale depending on ability to pay.

www.adaptivesportsandrec.org
San Diego Adaptive Sports and Recreation Association (ASRA)
P.O. Box 153792
San Diego, CA 92195
Phone: 619-336-3018
Email: info@adaptivesportsandrec.org
Adaptive Sports & Recreation Association’s mission is to provide sports and recreation activities for children and adults with physical disabilities to ensure opportunities equal to their peers.

http://shadowhillsridingclub.org/
Shadow Hills Riding Club
Shadow Hills Equestrian Center
Shadow Hills Riding Club offers therapeutic riding programs in which horses are used as a tool for physical therapy, emotional growth and learning for individuals with mental, physical, and/or emotional disabilities.

https://socaltrykers.wixsite.com/ambucs
SoCal Trykers of National Ambucs
Email: SoCalTrykers@gmail.com
Phone: 714-356-4475
To provide children and adults with disabilities the opportunity to participate in activities that promote independence, social interaction, mobility, strength, self-esteem and quality of life, by assisting them in obtaining Amtryke adaptive tricycles, through fundraising and volunteer efforts.

http://www.nchpad.org/Directories/Programs/7943/South~Bay~Wheelchair~Athletic~Program
South Bay Wheelchair Athletic Program
5730 Chambertin Drive
San Jose, CA 95118-3302
Phone: 408-267-0200
TDD: 408-723-2754

Summer’s Excellent Adventures Camp
Recreation, Open Space & Sciences
3864 Middlefield Road
Palo Alto, CA 94301
Phone: 650-618-3351
Email: summergeamps@AbilitiesUnited.org

http://www.shanesinspiration.org/
Shane’s Inspiration
15213 Burbank Boulevard
Sherman Oaks, CA 91411
Phone: 818-988-5676
Email: si@ShanesInspiration.org
Shane’s Inspiration’s mission is to create social inclusion for children with disabilities through the vehicle of inclusive playgrounds and programs.

https://squawalpine.com/adaptive-ski-programs
Squaw Valley /Alpine Meadows Adaptive Ski Programs
Achieve Tahoe
Olympic Valley, CA
http://www.turningpointnation.org

**Turning Point**
403 Pacific Ave
Terrell, TX 75160
Phone: 972-524-4231

Turning Point teaches people with mobility impairments the skills necessary to fully enjoy the outdoors and sponsors a wide variety of activities. The organization has chapters in Texas, Oklahoma, California and North Carolina.

www.up-away.com

**Up & Away**
1458 Lincoln Ave
Calistoga, CA 94515
Phone: 707-836-0171 or 800-711-2988
Email: info@up-away.com
Offers wheelchair accessible hot air ballooning.

www.usarc.org

**U.S. Adaptive Recreation Center**
43101 Goldmine Dr.
Big Bear Lake, CA 92315
Phone: 909-584-0269
Email: mail@usarc.org
USARC is committed to facilitating challenging and adventurous recreational programming for people with disabilities. Winter programs include skiing and snowboarding. Summer programs include wet and wild water skiing, jet skiing, kayaking, sailing and fishing.

http://www.wheelstowater.com/

**Wheels to Water**
2720 Queen St.
Los Angeles, CA 90039
Phone: 608-514-3843
Email: wheelstowater@gmail.com
Wheels to Water provides experiences to people with disabilities through adaptive kayaking trips.

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**UNITED WAY**

http://www.unitedway.org

**United Way**
Enter your postal code for an 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.

VETERANS BENEFITS

https://www.va.gov/directory/guide/home.asp
US Dept of Veterans Affairs VA Hospital Locator
Click on state of California

http://www.calvet.ca.gov
California Dept. of Veterans Affairs
1227 O Street
Sacramento, CA 95814
Phone: 800-952-5626
800-221-8998 (Outside California)
TDD: 800-324-5966

www.pva.org
Paralyzed Veterans of America Chapters & Service Offices: California
Bay Area & Western chapter of PVA
3801 Miranda Ave.
Bldg. 7, Room E-118
Palo Alto, CA 94304-1207
Toll-free: 800-273-6789
Phone: 650-858-3936
Email: sherman@bawpva.org

Cal-Diego Chapter of PVA
VAMC, Room 1a-118
3350 La Jolla Village Dr.
San Diego, CA 92161
Phone: 858-450-1443
Email: info@caldiegopva.org

California Chapter of PVA
5901 E. Seventh St.
Long Beach, CA 90822-5021
Toll-free: 800-497-0565
Phone: 562-826-5713
Email: calpva05@aol.com

http://www.caldiegopva.org/
Cal-Diego Paralyzed Veterans Association
3350 La Jolla Village Dr. #1A-118
San Diego, CA 92161
Phone: 800-423-2778
The organization provides services for the aid and betterment of its members and for improved solutions.

ALS

http://www.alsa.org

The ALS Association National Office
1300 Wilson Blvd., Suite 600
Arlington, VA 22209
Phone: 202-407-8580
Please see this link for support groups in California:
http://webgw.alsa.org/site/PageNavigator/GW_8_SupportGroups.html

Muscular Dystrophy Association’s ALS Research Centers:

Jerry Lewis MDA/ALS Clinical and Research Center
W. King Engel, M.D., Director
University of Southern California
School of Medicine
637 South Lucas Ave.
Los Angeles, CA 91007
Phone: 213-743-1612
E-mail: kengel@usc.edu

MDA/ALS Center at UCLA
Michael C. Graves, M.D., Director
300 UCLA Medical Plaza
Los Angeles, CA 90095-6975
Phone: 310-825-7266
E-mail: mcgraves@ucla.edu

MDA/ALS Center at the University of California, Irvine
200 South Manchester Ave., Suite 110
Orange, CA 92868
Phone: 714-456-5214
E-mail: mozaffar@uci.edu

Forbes Norris MDA/ALS Research Center
Robert G. Miller, M.D., Director
California Pacific Medical Center
2324 Sacramento St., Suite 150
San Francisco, CA 94115
E-mail: rmill@cooper.cpmc.org

MDA/ALS Center at UCSF Fresno
2335 E. Kashian Lane #301
Fresno, CA 93701
Phone: 559-264-9100

MDA/ALS Center at UCSF Medical Center
UCSF Medical Center
400 Parnassus Ave.
Box 0114
San Francisco, CA 94143
Phone: 415-353-2122

http://webla.alsa.org/site/PageServer?pagename=LA_homepage
Amyotrophic Lateral Sclerosis Association-Louisiana/Mississippi Chapter
11725 Industriplex Blvd., Suite 3
Baton Rouge, LA 70809-5190
Phone: 800-891-3746
Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig’s Disease and their families to live fuller lives by providing them with compassionate care and support.

http://www.dreamfoundation.org/
Dream Foundation
1528 Chapala Street, Suite 304
Santa Barbara, CA 93101
Serving terminally-ill adults and their families by providing end-of-life dreams that offer inspiration, comfort and closure.

BRAIN INJURY

http://biacal.org/
California Brain Injury Association
5215 Ashe Rd.
Bakersfield, CA 93313
Phone:661-872-4903

Brain Injury Association of America’s National Family Helpline: 800-444-6443
FamilyHelpline@biausa.org

https://www.scvmc.org/health-care-services/Rehabilitation/Pages/Brain-Injury.aspx
Santa Clara Valley Medical Center
751 South Bascom Avenue
San Jose, CA 95128
Phone: 408-793-6433

www.highhopes.ws
High Hopes Head Injury Program
2953 Edinger Ave.
Tustin, CA 92780
Phone: 949-733-0044
A non-profit organization that offers an adult day care program to people with brain injuries. Their physical programs include conditioning classes, therapeutic swimming at a local pool, nautilus weight training at a local gym, and physical therapy. Rehabilitation activities are offered for cognitive and social challenges. Students manage a "Lunch Express" business that makes lunch twice weekly for students and staff. Other services include vocational art classes, pre-vocational training, music classes, community activities, independent living classes, occupational therapy and speech therapy.

www.jodihouse.org
Jodi House
Brain Injury Support Center
625 Chapala St.
Santa Barbara, CA 93101
Phone: 805-563-2882
Email: info@jodihouse.org

CEREBRAL PALSY

http://www.ucp.org
United Cerebral Palsy (UCP)
1825 K Street NW Suite 600
Washington, DC 20006
Phone: 800-872-5827 / 202-776-0406
Lists 12 California chapters. To find a local chapter, click on “Our Network” then click on “Find a UCP Affiliate Near You”.

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020
click on support groups, click on California

**California Ataxia Support Groups**  
Los Angeles Ataxia Support Group  
Lora Morn  
Santa Monica, CA  
Phone: 310-664-8808  
Email: loramorn@gmail.com

Northern California Support Group  
Jen Buehler  
Fremont, CA 94536  
Phone: 510-468-6474  
Email: jennbuehler@aol.com

Orange County Support Group  
Daniel Navar  
829 W Gary Ave  
Montebello, CA 90640  
Tel: 323-788-7751  
Email: danieln27@gmail.com

**NAF Ambassadors**  
Barbara Bynum  
3801 W Bailey  
Merced, CA 95340  
Phone: (209) 383-1275  
Email: bjb@vtlnet.com

Deborah Dmictin  
26840 Edridge Ave.  
Hayward, CA 94544  
Phone: 510-783-3190  
Email: rsisbig@aol.com

Martha Elliott  
166 Flora Vista Ave.  
Camarillo, CA 93012  
Phone: 805-987-2490  
Email: DOCElliott268@gmail.com

**GUILLAIN-BARRÉ SYNDROME / CIDP**
http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 E. Elm St.
Conshohocken, PA 19428
Phone: 866-224-3301
Call for information in your area

MULTIPLE SCLEROSIS

www.nationalmssociety.org
National Multiple Sclerosis Society (NMSS)
Phone: 800-344-4867

NMSS Chapters:

http://www.nationalmssociety.org/Chapters/CAN
Northern California Chapter
1700 Owens Street, Suite 190
San Francisco, CA 95834
Phone: 415-230-6677
Email: can_info@nmss.org

http://www.nationalmssociety.org/Chapters/CAS
Pacific South Coast Chapter
10089 Willow Creek Rd., Suite 250
San Diego, CA 92131
Phone: 800-486-6762
Email: msinfo@mspacific.org

http://www.nationalmssociety.org/Chapters/CAL
Southern California & Nevada Chapter
5150 W. Goldleaf Circle, Suite 400
Los Angeles, CA 90064
Phone: 310-479-4456
Email: calms@nmss.org

www.mymsaa.org
Multiple Sclerosis Association of America (MSAA)
Phone: 800-532-7667
Email: MSquestions@mymsaa.org

MSAA’s Western Regional Office
1700 7th Ave., #116201
Seattle, WA 98101
Familia Unida
4716 E. Cesar Chavez Ave
Los Angeles, CA 90022
Phone: 323-418-2667
Email: info@familia-unida.org
Familia Unida Living with MS, e.g. Familia Unida provides unconditional love, hope and support to individuals and families living with MS and disabilities to maximize the Quality of Life

Multiple Sclerosis Quality of Life Project
519B Hartnell Street
Monterey, CA 93940
Phone: 831-333-9091
Email: msqlp@sbcglobal.net
Multiple Sclerosis Quality of Life Project (MSQLP) is a social service organization that serves primarily low and moderate-income clients living with MS and Parkinson's disease (PD), their caregivers and family, in the Central Coast area of Monterey, Santa Cruz and San Benito counties. We were founded to address the profound impact MS has on an individual's physical, psychological and social domains. In 2013, we expanded many of our services to families living with PD in Monterey County

MUSCULAR DYSTROPHY

Muscular Dystrophy Association
Phone: 800-572-1717
Enter zip code for California chapters.

POST POLIO SYNDROME

Post-Polio Health International (formerly GINI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
E-mail: info@post-polio.org
PHI offers information for polio survivors and promotes networking among the post-polio community. The organization publishes the quarterly Polio Network News and The Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors.
http://www.post-polio.org/net/pdirhm.html
Lists clinics and support groups that specialize in Post-Polio Syndrome in California

San Francisco Bay Area Polio Survivors
P.O. Box 5104
Concord, CA 94524
Phone: 650-368-8185

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd, #800
Arlington, VA 22209
Phone: 202-944-3285
Email: sbaa@sbaa.org
Please contact them for info in your area

www.sbaofca.org
SBA of California
3250 Wilshire Blvd., Suite 500
Los Angeles, CA 90010
Phone: 310-359-9611

SPINAL CORD INJURY

http://www.liferollson.org
Life Rolls On Foundation
2901 Washington Blvd.
Marina Del Rey, CA 90292
Phone: 424-272-1992
Provides adaptive surfing and skating to individuals with disabilities.

www.norcalsci.org
NorCal SCI Foundation
696 N. Santa Cruz Ave.
Los Gatos, CA 95030
Phone: 408-458-9863
Email: info@norcalsci.org
Provides information and resources for the spinal cord injury/disorder community in Northern California.
Northridge Hospital Medical Center
18300 Roscoe Blvd.
Northridge, CA
Phone: 818-885-8500, ext. 3656
Spinal cord injury education support group

www.placervillemobilitysupportgroup.org
Placerville Mobility Support Group
PO Box 2414
Placerville CA 95667
Contact: Lynn Murray
Phone: 530-295-7620
Email: lynnmurray2684@att.net
This group is the first California chapter of the United Spinal Association. Their mission is to improve the physical, mental and emotional well-being of persons with some form of ambulatory impairment.

www.pushrim.org
Pushrim—Life after Injury
222 S. Figueroa St., Apt. 1212
Los Angeles, CA 90012
Phone: 562-449-6972
Email: info@pushrim.com
Pushrim is a non-profit organization that provides individuals with spinal cord injuries a social media platform to collectively share resources and information. Pushrim hosts a support group every third Thursday at Precision Rehab in Long Beach.

http://www.quadfoundation.org/
QUAD Foundation
306-N West El Norte Parkway #441
Escondido, CA 92026
Email: info@quadfoundation.org

http://dhs.lacounty.gov/wps/portal/dhs/rancho
Rancho Los Amigos National Rehabilitation Center
7601 East Imperial Highway
Downey, CA 90242
Telephone: 562-401-7111|
TTY/TDD: 562-401-8450
Rancho Los Amigos is the Southern California Spinal Cord Injury Model System and is one of the 14 model spinal cord injury facilities in the U.S.

http://www.reeve.uci.edu
Reeve-Irvine Research Center (RIRC)
University of California, Irvine
2107 Gillespie Bldg.
The mission of the RIRC is to find new treatments for spinal cord injury through the collaborative research and educational efforts of prominent scientists and clinicians both at the University of California, Irvine and around the world. The Reeve-Irvine Research Center (RIRC) was launched in 1996 when Mrs. Joan-Irvine Smith provided $1 million to start a spinal cord injury (SCI) research center and invited Christopher Reeve to participate.

www.sacspinalfoundation.org

Sacramento Spinal Foundation
1420 Merkley Ave., Suite #3
West Sacramento, CA 95691
Phone: 916-952-4786
Email: sacspinalfoundation@gmail.com

The Sacramento Spinal Foundation is dedicated to enhancing the lives of individuals with spinal cord injuries and their families in Sacramento and Yolo counties. Their goal is to raise awareness, provide resources and financial assistance to SCI individuals for home safety improvements, smarthome technologies, personal care and intensive physical and occupational therapy.


Santa Clara Valley Medical Center—Spinal Cord Injury Program
Rehabilitation Research Center
Santa Clara Valley Medical Center
751 S Bascom Ave
San Jose CA 95128
Phone: 408-793-6433

http://scvmcrehab.org/article/peer_support_programs

Santa Clara Valley Medical Center’s Peer Support Programs
751 S. Bascom Avenue
San Jose, CA 95128
Phone: 408-885-5000
TTY: 408-971-4068
Email: info@rehabilitationcenter.com

They offer various support groups for people with spinal cord injuries--including one for women and one for the newly injured and their families.

www.triumph-foundation.org

TRIUMPH Foundation
17186 Hickory Ridge Ct.
Santa Clarita, CA 91387
Phone: 661-803-3700
Email: info@Triumph-Foundation.org
A non-profit organization that works to minimize the obstacles one faces after a spinal cord injury by providing information and mentorship. They provide Care Baskets full of resources to newly injured individuals throughout Southern California. They also lead SCI support groups, offer adaptive sports programs, and offer grants to help individuals get necessary adaptive equipment for activities of daily living.

www.facebook.com/groups/scipeersupport/
Bay Area Spinal Cord Injury Peer Group (Berkeley)
Ed Roberts Campus
3075 Adeline St.
Berkeley, CA 94703
Phone: 415-205-3882; 510-868-9175 (Contact Tom Shankle)
Email: spinalnetwork@everydayabilities.org
Meets 2nd Thursday of the month, 6:00-8:30pm.

www.facebook.com/groups/scipeersupport/
San Francisco Bay Area Spinal Network
Independent Living Resources Center of SF
825 Howard St
San Francisco, CA 94103
Phone: 415-205-3882 (Contact Tom Shankle)
Email: spinalnetwork@everydayabilities.org
Meets 4th Thursday of the month, 6:00-8:30pm.

www.ilrscc.org
SCI Peer Support Group of Solano & Contra Costa Counties
1850 Gateway Blvd, Suite 120
Concord, CA 94520
Phone: 925-363-7293 (Contact Michael Hopfe)
Email: Michaelh@ilrscc.org
Meets 2nd Tuesday of the month, 2:00-3:30pm.

www.facebook.com/Napaspinalcordinjurynetwork?ref=hl
Napa Spinal Cord Injury Network
Community Outreach Center
3448 Villa Lane, Suite 102
Napa, CA 94558
Phone: 707-299-9123 (Contact Jim Burnett)
Email: Jburnetttd@aol.com
Meets last Friday of the month, 1:00-2:00pm.

www.placervillemobilitysupportgroup.org
Placerville Mobility Support Group
512 Main St (Round Table)
Placerville, CA 95667
Phone: 530-295-7260 (Lynn Murray)
Email: lynnmurray2684@att.net
Meets 4th Monday of the month, 6:30-8:30pm.

Roseville Area SCI Peer Support Group
6 Medical Plaza Dr.
Roseville, CA 95661
Phone: 916-872-3083 (Contact Todd Boyer)
Email: Toddboyer@comcast.net
Meets 1st Thursday of the month, 6:30-8:00pm.

Sacramento SCI Support Group
SCI-FIT Building
2404 Del Paso Road
Sacramento, CA 95834
Phone: 209-200-7153 (Contact Charlene Vine)
Email: charvine@sbcglobal.net
Meets 1st Wednesday of the month, 6:00-8:00pm.

UC Davis Hospital SCI Peer Support
4860 Y Street, Suite 1700
Sacramento, CA 95817
Davis Tower Room 1704
Phone: 916-734-3467 (Contact Holly Bleasdale)
Email: hdbleasdale@ucdavis.edu
Meets 3rd Wednesday of the month, 3:00-4:00pm.

www.facebook.com/rehabresearchcenter
Santa Clara County: SCI Connections
Bascom Community Cente
1000 S. Bascom Ave
San Jose, CA 95128
Phone: 408-885-2397 (Contact Robert Medel)
Email: Robert.Medel@hhs.sccgov.org
Meets 3rd Thursday of the month, 6:30-8:30pm and available online/Webcast.

www.facebook.com/groups/810812255653338/
Sonoma County SCI Support Group
7 Indigo Dr. # 102
Petaluma, CA 94954 (Location may change)
Phone: 860-614-8351 (Contact Stan Kosloski)
Email: stankosloski@gmail.com
Meets 3rd Monday of the month, 5:00-6:30pm.
STROKE

https://www.stroke.org/
American Stroke Association
Phone: 1-888-478-7653
Please call them for the stroke support group in your area

http://www.strokesocal.org/
Stroke Association of Southern California
PO Box 2098, Santa Monica, CA 90406
Phone: 310-575-1699
Email: contact@strokesocal.org

http://www.stroke.ucla.edu/
UCLA Stroke Center
Ronald Reagan UCLA Medical Center
300 UCLA Medical Plaza, Suite B200
Los Angeles, CA 90095
Phone: 310-794-1195

http://neurology.stanford.edu/stroke/
Stanford University Stroke Center
300 Pasteur Drive
Stanford, CA 94305
Phone: 650-723-6469

SYRINGOMYELIA & CHIARI MALFORMATION

http://www.asap.org
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 800-ASAP-282 (Toll Free)
Email: Info@ASAP.org
Please contact them for support groups 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

http://www.abilityfirst.org/
AbilityFirst
1300 Green Street
Pasadena, CA 91106
Phone: 626-396-1010
Email: info@abilityfirst.org
Carries the endorsement of the Social Service Department of the City of Los Angeles. All centers are licensed by the State of California Department of Social Services. Vocational Services programs are accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and the Resident Camps are accredited by the American Camping Association (ACA).

http://accessnca.org/
Access Northern California
Email: info@accessnca.com
A non-profit organization dedicated to facilitating greater access to travel and recreational opportunities in Northern California for people with physical disabilities.

http://www.touchofunderstanding.org/
A Touch of Understanding
5280 Stirling Street, Suite 102
Granite Bay, CA 95746
Phone: 916-791-4146
Email: volunteer@touchofunderstanding.org
A Touch of Understanding (ATOU) is dedicated in providing disability awareness programs to educate people to accept and respect all individuals.

http://barc-inc.org/
Bakersfield ARC (BARC)
2240 S. Union Ave
Bakersfield, CA 93307-4158
Phone: 661-834-2272; 800-834-3160
Provides essential job training, employment and support services for the intellectually and developmentally disabled and their families as well as more than 15 programs that are designed to provide a full circle of support for adults and seniors in the areas of care, work, advocacy, home, family and recreation.
Be Perfect Foundation
720 Indigo Ct.
Pomona, CA 91767
Phone: 909-621-9309
The Be Perfect Foundation is a non-profit organization with a mission to provide direct financial and emotional aid to individuals living with paralysis.

Break the Barriers
8555 North Cedar Avenue
Fresno, CA 93720
Phone: 559-432-6292
Email: classinfo@breakthebarriers.org
Break the Barriers provides programs through ability awareness, outreach and education via performances, assemblies, conferences, workshops and clinics promoting integrated sports, performing arts, aquatics, and health and fitness programs.

California Advocates for Nursing Home Reform’s Nursing Home Guide
CANHR
650 Harrison St., 2nd Floor
San Francisco CA 94107
Phone: 425-974-5171
Database lets you enter a city and search by some special needs like spinal cord injury, MS, ALS as well as whether the nursing home accepts Medicare or Medi-Cal.

California Health Advocates
5380 Elvas Avenue, Suite 221
Sacramento, CA 95819
Phone: 916-231-5110
Email: news@cahealthadvocates.org
CHA is a non-profit organization dedicated to Medicare advocacy and education for Californians. Their website provides accurate and unbiased information about Medicare benefits and long-term care for people who live in California.

California Healthcare Foundation
1438 Webster Street Suite 400
Oakland, CA 94612
Phone: 510.238.1040
Helps locate and evaluate long-term care, nursing homes, and hospice care in California.
California Institute for Regenerative Medicine (CIRM)
1999 Harrison St. Suite 1650
Oakland, CA 94612
Phone: 510-340-9101
Email: info@cirm.ca.gov

http://www.californiaphones.org/
California Telephone Access Program
Phone: 800-806-1191
This state program provides specialized free phones to eligible Californians. The phones make it easier to dial, call, and hear.

www.disabilityrights-cdr.org
Californians for Disability Rights. Inc.
Phone: 323-691-3991
Email: barnonhill@aol.com
A cross-disability group whose members promote advocacy for people with disabilities.

https://www.cottagehealth.org/services/rehabilitation/junior-wheelchair-sports-camp/
Cottage Rehabilitation Hospital Jr. Wheelchair Sports Camp
2415 De La Vina St.
Santa Barbara, CA 93105
Phone: 805-687-7444
Cottage Rehabilitation Hospital’s camp provides recreational and competitive opportunities for youth athletes ages 6-19 with physical disabilities who use a wheelchair, or could use a wheelchair, to participate in sports and recreation. Sports and recreation activities include basketball, rugby, tennis, swimming, hand cycling, climbing wall and MORE! The five day camp will be held July 15-19, 2019 at the Recreation Center on UCSB campus. One-day Mini Camps are also held twice a year. Camps are free to all participants. For more information call 805-569-8999 x82102.

https://crjohnson.org/
Craig Empowerment Center at the CR Johnson Healing Center
10775 Pioneer Trail #108
Truckee, CA 96161
Phone: 530-587-4453
The CR Johnson Healing Center is a 2,800 sq/ft training facility providing resources for athletes in recovery from life-altering and sport related injuries. On August 10th, 2011, the High Fives Non-Profit Foundation opened the CR Johnson Healing Center as a program service to commemorate the professional skier and beloved Truckee resident’s birthday, CR Johnson. The Healing Center provides a space in which High Fives Athletes and community members can continue to work toward their goals in a private, “no questions asked” facility. Craig Hospital, a world-renowned research and rehabilitation hospital for people who have sustained a spinal cord injury and/or brain injury, along with the high fives foundation unveiled the Craig Empowerment Center in Dec. 2016 – an 800 square-foot addition to the CR Johnson Healing Center in Truckee, Calif. The
center not only adds space and top-of-the-line training equipment, but also provides additional training resources from Craig’s specialized therapy staff.

http://ca.db101.org/
Disability Benefits 101 (for California)
Gives people with disabilities tools and information on health coverage, benefits, and employment.

www.earthquakecountry.org/disability
Earthquake Country Alliance
Phone: 213-740-0362
Email: info@earthquakecountry.org
The Earthquake Country Alliance is a partnership of regional alliances in Southern California, the Bay Area, and the Redwood Coast, administered by the Southern California Earthquake Center at USC. Provides info and resources on earthquake preparedness for people with disabilities.

http://www.easydoesitservices.org/
Easy Does It Emergency Services
3017 Telegraph Ave #210
Berkeley, CA 94705
Phone: 510-845-5513
24-7 Emergency Dispatch Line: 510 704-2111
Email: info@easydoesitservices.org
Easy Does It Emergency Services provides assistance to the elderly and individuals with disabilities living independently in the City of Berkeley. Should a disabled person experience an unforeseen crisis or a temporary lapse in his or her own regular attendant care, that person can call upon Easy Does It for assistance at the time of need. Easy Does It Emergency Services does not provide medical care, and if it is aware of a medical emergency promptly contacts appropriate medical personnel. EDI also provides a wheelchair repair and transportation program.

http://www.inspirit-marin.org
http://www.inspirit-marin.org/pages/assistance.html
In Spirit
Box 383
Woodacre, CA 94973
Phone: 415-488-0477
Email: inspirit@comcast.net
Offers financial aid for Personal Care Attendants to empower quadriplegics in Marin County to sustain their health, continue their participation in their families and communities, and avoid nursing home placement.

http://interwork.sdsu.edu/
Interwork Institute, San Diego State University
Interwork’s core mission is to enable individuals, organizations and communities to support, appreciate and engage diverse members in community integration through education, research and advocacy.

http://www.jonifriends.org/
Joni and Friends International Disability Center
PO Box 3333
Agoura Hills, CA 91376-333
Phone: 818-707-5664
TTY: 818-707-9707

Supports recreational and social programs that include children with and without disabilities in after school programs and community programs like Girl Scouts.

http://www.longbeach.gov/citymanager/ada/cacod/
Long Beach’s Citizens Advisory Commission on Disabilities (CACOD)
Department of Human Resources
333 West Ocean Blvd, 13th Floor
Long Beach, CA 90802
Phone: 562-570-6621
CACOD’s purpose is to advise the Mayor and City Council on the concerns and issues affecting people with disabilities in the community.

http://www.matrixparents.org/
Matrix parents network and resource center.
Empowering families of children with special needs to successfully understand and access the systems that serve them.
94 Galli Dr., Ste. C
Novato, CA 94949
Tel: 800-578-2592 Toll-Free Helpline
Email: info@matrixparents.org

https://onejustice.org/
OneJustice/Legal Aid Association of California
433 California St., Suite 815
San Francisco, CA 94104
Phone: 415-834-0100
Directory of California and Nevada Legal Services Programs

www.ocapica.org
The Orange County Asian and Pacific Islander Community Alliance (OCAPICA)
12900 Garden Grove Boulevard
Suite 214A
Garden Grove, CA 92843
Phone: 714-636-9095

https://www.picf.org/
Partners in Care Foundation
732 Mott Street, Suite 150
San Fernando, CA 91340
Phone: 818-837-3775
Email: srevord@picf.org
The Partners in Care Foundation has many programs that shape health care and social services such as access to care, aging well, end-of-life care, families at-risk, education and advocacy, and prevention programs.

www.php.com
Parents Helping Parents
Sobrato Center for Nonprofits
1400 Parkmoor Ave., Suite 100
San Jose, CA 95126
Phone: 408-727-5775
Toll-free: 855-727-5775
A non-profit organization where parents help parents of kids with special needs.

www.teampossabilities.org
PossAbilities
Loma Linda University
Professional Plaza Bldg A
25455 Barton Rd., Suite 109A
Loma Linda, CA 92354
Phone: 909-558-6384
Email: possabilities@llu.edu
Fitness center, sports program, support group, social activities for the physically disabled.

http://proxyparentfoundation.org/
Proxy Parent Foundation
17602 Seventeenth St., #102-240
Tustin, CA 92780
Email: info@proxyparentfoundation.org
Phone: 888-574-1258
Proxy Parent Foundation safeguards public benefits for disabled persons through the PLAN of California Master Pooled Trust and provides “family like”
Personal Support Services for people with mental illness and other brain disorders.

www.ralphsriders.org
Ralph’s Riders Foundation
800 W. 6th St., Suite 1500
Los Angeles, CA 90017
Phone: 310-929-5083
Email: info@ralphsriders.org
Provides peer support and information to people with spinal cord injuries or paralysis.

http://empoweryourfamily.org
Rowell Family Empowerment of Northern California
2701 Old Eureka Way, Suite 2I
Redding, CA 96001
Phone: 530-226-5129
Supports education and advocacy centers. Connects families of children with special needs.

http://www.supportforfamilies.org/
Support for Families of Children with Disabilities
1663 Mission Street, 7th Floor
San Francisco, CA 94103
Phone: 415-282-7494
Email: info@supportforfamilies.org
Support for Families of Children with Disabilities offers information, education, and parent-to-parent support free of charge to families of children with any kind of disability or special health care need in San Francisco.

www.SwimWithMike.org
Swim With Mike
University of California
3501 Watt Way
Heritage Hall 203B
Los Angeles, CA 90089
Phone: 213-740-4155
Email: info@swimwithmike.org
Swim With Mike offers college scholarships to physically challenged athletes.

http://www.taskca.org
Team of Advocates for Special Kids
100 W. Cerritos Avenue
Anaheim, CA 92805
Phone: 714-533-8275
Toll-free: 866-828-82725
Email: taskca@taskca.org
Team of Advocates for Special Kids (TASK) is a Parent Training and Information Center that Parents & Professionals can turn to for assistance in seeking and obtaining needed early intervention, educational, medical or therapeutic support service for children.

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.

http://www.toolworks.org/
Toolworks
25 Kearny Street, Suite 400
San Francisco, CA 94108
Phone: 415-733-0990
Email: info@toolworks.org
Toolworks, in partnership with people with disabilities, is a human service agency dedicated to providing the tools and resources that promote independence, equality, and personal satisfaction.

http://udlaus.org/
Unification of Disabled Latin Americans
3727 W. 6th St., Suite 511
Los Angeles, CA 90020
Tel: 213-388-8352
Email: udla@sbcglobal.net
UDLA is a non-profit organization, celebrating their 25th anniversary, founded by and for physically challenged and developmentally disabled individuals and their families. As such, UDLA offers various programs and services of which many are provided free of charge. They take donations in the form of wheelchairs, TDD telephones, computers, tax-deductible monetary donation, etc.

http://www.scc.ca.gov/webmaster/project_sites/wheel/index.html
A Wheelchair Rider’s Guide: Los Angeles & Orange County
A Wheelchair Rider’s Guide: San Francisco Bay & Nearby Coast

http://www.wheelchairgetaways.com/california.htm
Wheelchair Getaways of California
Phone: (800) 642-2042
Rents adaptive cars and vans to people with disabilities in the San Diego, Los Angeles, and San Francisco areas.

http://www.metro.net/around/riders-disabilities/

Los Angeles County Metropolitan Transit Authority
One Gateway Plaza
Los Angeles, CA 90012-2952
Phone: 323-466-3876

For phone numbers of Los Angeles’s taxi companies—all of which have accessible cabs visit: www.taxicabsla.org

For a Los Angeles tourist accessibility guide visit: www.latourist.com/accessable.htm

http://apidisabilities.net/

Asians and Pacific Islanders with Disabilities of California
1137 Wilshire Blvd.
Los Angeles, CA 90017
Phone: 213-207-6838
Email: info.apidc@gmail.com
Asians and Pacific Islanders with Disabilities of California (APIDC) gives a voice and a face to Asians and Pacific Islanders (APIs) with physical, mental, and developmental disabilities.

Disabled Resource Center Inc.
2750 E. Spring Street, Ste #100
Long Beach, CA 90806
Phone: 562-427-1000
Email: info@drcinc.org
To empower people with disabilities to live independently in the community, to make their own decisions about their lives and to advocate on their own behalf. DRC provides services to all people with disabilities, regardless of their age, gender, ethnicity, sexual preference or disability type.

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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