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.

[Website Link]

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.

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[Website Link]
http://www.infiniteflowdance.org/

Infinite Flow Dance
14622 Ventura Blvd, #102-373
Sherman Oaks, CA 91403
Phone: 949-267-8751
Email: info@infiniteflowdance.org

Infinite Flow Dance 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.

http://niadart.org/
Nurturing Independence Through Artistic Development (NIAD)
551 23rd Street
Richmond, CA 94804
Phone: 510-620-0290

NIAD’s visual art program promotes meaningful independent living by artists with disabilities—while its artists create remarkable contemporary art.

http://project-resiliency.org/
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.

http://www.sinsinvalid.org/
Sins Invalid
San Francisco, CA area
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

http://www.semel.ucla.edu/nadc

UCLA: National Arts and Disability Center (NADC)
760 Westwood Plaza
Los Angeles, CA 90095

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.

www.wheelchairdancers.org

Wheelchair Dancers Organization
Beverly Weurding
ASSISTIVE TECHNOLOGY

http://www.adapacific.org/
Pacific ADA Center DBTAC (Region 9)
555 12th Street
Suite 1030
Oakland, CA 94607-4046
Phone: 510-285-5600 or 800-949-4232

www.AbleCloset.com
Able Closet
6070 Enterprise Drive, Unit C
Diamond Springs, CA
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
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
Email: info@cforat.org
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.

https://www.dor.ca.gov/  
California AT Loan Program  
AT Unit  
California State Department of Rehabilitation  
PO Box 944222  
Sacramento, CA 94244-2220  
Phone: 916-324-1313  
800-952-5544  
TTY: 844-729-2800

http://www.californiareuse.org/  
California Assistive Technology Reuse Coalition  
1000 G Street, Suite 100  
Sacramento, CA 95814  
Phone: 800-390-2699  
TTY: 800-900-0706  
Email: staff@californiareuse.org  
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.

https://momentum4humanity.org/  
Momentum Wheels for Humanity  
9509 Vassar Avenue, Unit A  
Chatsworth, CA 91311  
Phone: 818-255-0100  
Email: info@momentum4humanity.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  
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  
The Family Caregiver Support Center  
USC Leonard Davis School of Gerontology
Mailing Address:
3715 McClintock Ave.
Los Angeles, CA 90089
Physical Address:
3335 S. Figueroa Street, Suite E
Los Angeles, California 90007
Phone: 800-540-4442

http://www.caregiveroc.org
Caregiver Resource Center OC
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 240
Colton, CA 92324
Phone: 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
800-827-1008
E-mail: scrc@caregivercenter.org

http://www.cottagehealth.org/services/rehabilitation/community-resources-support/caregiver-services/
Cottage Health
Santa Barbara Cottage Hospital
Physical Address:
400 W. Pueblo Street
Santa Barbara, CA 93105
Mailing Address:
P.O. Box 689
Santa Barbara, CA 93102-0689
Phone: 805-682-7111

http://www.delmarcaregiver.org/
Del Mar Caregiver Resource Center
150 Cayuga St. Suite 3
Salinas, CA 93901
Phone: 800-624-8304

http://www.caregiver.org
Family Caregiver Alliance
101 Montgomery St., Suite 2150
San Francisco, CA 94104
Phone: 800-445-8106 (Toll-free)
   415-434-3388 (Local)

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

http://www.passagescenter.org/
Passages
25 Main Street
Chico, CA 95928
Phone: 800-822-0109 or 530-898-5923

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
     800-644-2666 (Toll-free)
TTY:  510-848-1005
Email: tlg@lookingglass.org
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
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
Email: info@nextstepfitness.org
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
Every Body Fitness (formerly 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.)
9631 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. Ste. 101
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.

http://www.challengecenter.org/about-us

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

www.cpca.org
California Primary Care Association
1231 I Street, Suite 400
Sacramento, CA 95814
Phone: 916-440-8170
Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

http://findahealthcenter.hrsa.gov/

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

http://victims.ca.gov/victims/
California Victim Compensation Board
PO Box 3036
Sacramento, CA 95812
Email: info@victims.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
3200 Fifth Avenue
Sacramento, CA 95817
Phone or Text: 800-842-8467
TTY: 916-739-7083
Email: 1800VICTIMS@pacific.edu
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)

https://www.valor.us/
ValorUS (formerly California Coalition Against Sexual Assault)
1215 K St, Suite 1850
Esquire Plaza
Sacramento, CA 95814
Phone: 916-446-2520

http://www.cpedv.org/
California Partnership to End Domestic Violence
Phone: 916-444-7163
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 4 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
Physical Address:
721 Capitol Mall
Sacramento, CA 95814
Mailing Address:
P.O. Box 944222
Sacramento, CA 94244-2220
Phone: 916-324-1313
800-952-5544
TTY: 844-729-2800

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 State Council on Developmental Disabilities**
3831 North Freeway Blvd., #125
Sacramento, CA 95834
Phone: 916-263-7919
Toll-Free: 833-818-9886
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**
Mailing Address:
980 9th Street, Suite 500
Sacramento, CA 95814-2725
Physical Address:
980 9th Street, Suite 600
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 Social Services IHSS (In Home Supportive Services) Program**
744 P Street
Sacramento, CA 95814
Phone: 916-651-8848
Email: piar@dss.ca.gov
See this link for a list of county IHSS offices:
https://www.cdss.ca.gov/inforesources/county-ihss-offices

www.benefitscal.org

**BenefitsCal**
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 138008
Sacramento, CA 95813-8008
Phone: 800-541-5555
916-636-1980
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
300 South Spring Street, 14th Floor
Los Angeles, CA 90013
Phone: 800-927-HELP (4357)
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 Long-Term Care (LTC) Ombudsman
California Dept. of Aging
1300 National Dr. Suite 200
Sacramento, CA 95834
Phone: 800-231-4024 (LTC Ombudsman CRISISline)
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 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.

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/sile-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
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.

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

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
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 94704-1204
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
1541 Wilshire Blvd., Ste 400
Los Angeles, CA 90017
Phone: 213-736-1334 (Central Intake Line)
213-736-1031
866-999-3752 (Toll-Free)
Email: DRLC@drlcenter.org

SERVICE DOGS

http://www.berginu.edu/
Bergin University of Canine Studies/Assistance Dog Institute
10201 Old Redwood Highway
Penngrove, CA 94951
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

https://canine.org/
Canine Companions: Southwest Training Center
The Dean, Gerda and Trixie Koontz Campus
124 Rancho del Oro Drive
Oceanside, CA 92057
Phone: 760-901-4300
Toll-free: 800-572-2275

Canine Companions: Northwest Training Center
Jean and Charles Schulz Campus
2965 Dutton Avenue
Santa Rosa, CA 95407
Phone: 707-577-1700
Toll-free: 800-572-2275

http://www.caninesupportteams.org/

**Canine Support Teams**
Physical Address:
26500 Scott Rd
Menifee, CA 92584
Mailing Address:
PO Box 891767
Temecula, CA 92589
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.pawsteams.org/

**Paws’itive 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
Email: info@protraindog.com

https://www.guidedogsofamerica.org/

**Guide Dogs of America/Tender Loving Canines**
Headquarters
13445 Glenoaks Boulevard
Sylmar, CA 91342
Phone: 818-362-5834
800-459-4843
Tender Loving Canines San Diego Office
Phone: 858-461-6827
Email: mail@guidedogsofamerica.org
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
AccessTR.com (formerly Access to Recreation)
8 Sandra Court
Newbury Park, CA 91320
Phone: 800-634-4351
805-498-7535
Email: customerservice@accesstr.com

www.AYSO.org/VIP
American Youth Soccer Organization: VIP Program
19750 S. Vermont Ave Ste 200
Torrance, CA 90502
Phone: 800-872-2976
Please contact them to find a VIP soccer program for children and adults with mental or physical disabilities.

http://www.ampsurf.org
AmpSurf:
P.O. Box 1034
Pismo Beach, CA 93449
Phone: 805-441-5271
E-mail: surf@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
2355 Westwood Boulevard #1139
Los Angeles, CA 90064
Phone: 424-286-4227
Email: INFO@ANGELCITYSPORTS.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 #16
San Francisco, CA 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 (BORP) 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 BORP, 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
Email: bawsi@bawsi.org
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
http://www.caaquatictherapy.com/
California Aquatic Therapy and Wellness Center, Inc. (dba Pools of Hope)
6801 Long Beach Blvd.
Long Beach, CA 90805
Phone: 310-537-2224
Email: pools@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.

http://www.cisail.org/
California Inclusive Sailing
2901 W Coast Highway
Suit 200 Newport Beach, CA 92663
Phone: 949-391-SAIL (7245)
Email: welcome@cisail.org

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

http://www.casacolina.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

http://www.centralcaladaptive.org/
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.

http://www.challengedathletes.org
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
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.

https://www.achievetahoe.org/

Achieve Tahoe
Mailing Address:
PO Box 8339
Truckee, CA 96162
Physical Address:
2680 Alpine Meadows Road, B3686
Alpine Meadows, CA 96146
Phone: 530-581-4161
Email: Info@achievetahoe.org
Disabled Sports USA Far West’s mission is to provide affordable inclusive physical and recreational activities that build health and confidence.

http://theachievers.org

The Achievers, Orange County Chapter of Move United
PO Box 54546
Irvine, CA 92619
Phone: 949-460-6969
Email: info@theachievers.org

www.unrecables.com

The Unrecables
PO Box 24856
Los Angeles, CA 90024-0856
Email: communications@unrecables.org

https://www.elsainc.org/
Elsa Inc.
Agoura Hills, CA  
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.ectrips.org/  
**Environmental Traveling Companions (ETC)**  
Fort Mason Center  
2 Marina Blvd., Suite C385  
San Francisco CA 94123  
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  
Email: info@fwwaa.org  

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: 415-561-4958

www.hsascuba.com  
**Handicapped Scuba Association**  
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: 424-290-1953  
Email: volunteer@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
P.O. Box 45770
Los Angeles CA 90045
Phone: 424-272-1992
Provides adaptive surfing and skating to people with disabilities.

http://www.mbv.org
Monterey Bay Veterans Inc.
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
866-451-5367 (Toll Free)
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
Nest Yoga
3976 Piedmont Ave.
Oakland, CA
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
Adaptive Sports and Recreation Association (ASRA)
P.O. Box 153792
San Diego, CA 92195
Phone: 619- 336- 1806
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
10263 La Canada Way
Shadow Hills, CA 91040
Phone: 213-761-0549
Email: info@shadowhillsridingclub.org
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 Chapter of National Ambuc
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.

https://inclusionmatters.org/
Inclusion Matters by Shane’s Inspiration
15213 Burbank Boulevard
Los Angeles, CA 91411
Phone: 818-988-5676
Email: info@inclusionmatters.org
Inclusion Matters by Shane’s Inspiration is an international non-profit fostering a bias-free world for children with disabilities through the creation of inclusive playgrounds and educational programs that unite children of all abilities worldwide.

https://squawalpine.com/adaptive-ski-programs
Squaw Valley /Alpine Meadows Adaptive Ski Programs
Achieve Tahoe
1960 Squaw Valley Road
Olympic Valley, CA 96146
Phone: 800-403-0206

http://www.turningpointnation.org
Turning Point
403 Pacific Ave
Terrell, TX 75160
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
4086 Byway E.
Napa, CA 94558
Phone: 707-836-0171
Email: info@up-away.com
Offers wheelchair accessible hot air ballooning.

www.usarc.org
U.S. Adaptive Recreation Center
Physical Address:
43101 Goldmine Dr.
Big Bear Lake, CA 92315
Mailing Address:
PO Box 2897
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.

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**
Physical Address:
1227 O Street
Sacramento, CA 95814
Mailing Address:
P.O. Box 942895
Sacramento, CA 94295
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

*Cal-Diego Chapter of PVA*
VAMC, Room 1a-118
3350 La Jolla Village Dr.
San Diego, CA 92161
Phone: 858-450-1443
  800-423-2778 (Toll Free)

*California Chapter of PVA*
5901 E. Seventh St.
Building 150., Room R-204
Long Beach, CA 90822-5021
Toll-free: 800-497-0565
Phone: 562-826-5713

http://www.caldiegopva.org/

**Cal-Diego Paralyzed Veterans Association**
3350 La Jolla Village Dr. #1A-118
San Diego, CA 92161
Phone: 858-450-1443
The organization provides services for the aid and betterment of its members and for improved solutions.
http://www.alsa.org
The ALS Association National Office
1300 Wilson Blvd., Suite 600
Arlington, VA 22209
Phone: 800-782-4747
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:

UCI Health ALS & Neuromuscular Center
200 South Manchester Ave., Suite 110
Orange, CA 92868
Phone: 714-456-2332

Forbes Norris MDA/ALS Research and Treatment Center
Van Ness Campus Medical Office Building
1100 Van Ness Ave.
6th Floor
San Francisco, CA 94115
Phone: 415-600-3604
E-mail: ALSCenter@sutterhealth.org

UCSF ALS & Neurodegenerative Disease Center
400 Parnassus Ave., 8th Floor
San Francisco, CA 94143
Phone: 415-353-2122

http://webla.alsa.org/site/PageServer?pagename=LA_homepage

Amyotrophic Lateral Sclerosis Association-Louisiana/Mississippi Chapter
14241 Coursey Blvd. Ste A12, #374
Baton Rouge, LA 70817
Phone: 225-343-9880
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
Phone: 888-437-3267
Serving terminally-ill adults and their families by providing end-of-life dreams that
offer inspiration, comfort and closure.

BRAIN INJURY

http://biacal.org/
Brain Injury Association of California
5215 Ashe Rd.
Bakersfield, CA 93313
Phone: 833-636-3824
833-Mend-TBI

Brain Injury Association of America’s National Family Helpline: 800-444-6443

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: 408-885-5000
TTY: 408-971-4068

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 Office
Physical Address:
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Mailing Address:
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020
Email: naf@ataxia.org
Click on support groups, click on California

California Ataxia Support Groups
Los Angeles Area Support Group
Harvey and Julie Kahn
Whittier, CA
Phone: 562-789-5776
E-mail: jkhk@aol.com

Northern California Area Support Group
Fernando and Rocio Wu
Danville, CA
Email: northerncalataxia@gmail.com
Facebook Group: https://www.facebook.com/groups/592006361008986/

Orange County Area Support Group
Cindy De Mint
Yorba Linda, CA
Phone: 714-329-4437
E-mail: cindycataxia@gmail.com
Support Group Website: http://orangecountyAtaxia.org/
Facebook Group: https://www.facebook.com/groups/1980393985511432
NAF Ambassadors
Darrell Owens
Davis, CA
Phone: 530-601-7583
E-mail: droopydog36@hotmail.com
Facebook Group: https://www.facebook.com/groups/1803967426554127/

Deborah Levi
Morro Bay, CA
Phone: 805-407-0437
E-mail: Debbielevi213@yahoo.com

Deborah Omictin
Hayward, CA
Phone: 510-783-3190
E-mail: rsisbig@aol.com

Martha Elliott
Camarillo, CA
Phone: 805-987-2490
E-mail: DOCElliott268@gmail.com

G U I L L A I N - B A R R E S Y N D R O M E / C I D P

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

M U L T I P L E S C L E R O S I S

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

NMSS Chapters:
http://www.nationalmssociety.org/Chapters/CAN
Northern California Chapter
4153 Northgate Blvd
Suite 6
Sacramento, CA 95834
Phone: 800-344-4867

http://www.nationalmssociety.org/Chapters/CAS
Pacific South Coast Chapter
San Diego & Hawaii Office
10089 Willow Creek Rd., Suite 250
San Diego, CA 92131
Phone: 800-344-4867

Santa Ana Office
2000 E. 4th Street, Suite 202
Santa Ana, CA 92705
Phone: 800-344-4867

http://www.nationalmssociety.org/Chapters/CAL
Southern California & Nevada Chapter
5150 W. Goldleaf Circle, Suite 400
Los Angeles, CA 90056
Phone: 800-344-4867

https://mymsaa.org/
Multiple Sclerosis Association of America (MSAA)
Phone: 800-532-7667
Email: msaa@mymsaa.org

MSAA’s Western Regional Office
Seattle, WA
Phone: 800-532-7667, extension 155
415-260-6420
Email: western@mymsaa.org

http://msfamiliaunida.org
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

MUSCULAR DYSTROPHY

http://www.mda.org/locate/
Muscular Dystrophy Association
Phone: 800-572-1717
Enter zip code for California chapters.

POST POLIO SYNDROME

http://www.post-polio.org/
Post-Polio Health International
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
E-mail: info@post-polio.org
Their Post-Polio Directory lists health professionals, clinics, and support groups:

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association
1600 Wilson Blvd, Suite 800
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

https://www.spinabifidaassociation.org/chapter/spina-bifida-association-of-california/
SBA of California
Christina Berlin
Phone: 310-359-9611
Email: cberlin@sbaa.org

SPINAL CORD INJURY
http://www.liferollson.org
Life Rolls On Foundation
P.O. Box 45770
Los Angeles, CA 90045
Phone: 424-272-1992
Provides adaptive surfing and skating to individuals with disabilities.

www.norcalsci.org
NorCal SCI Foundation
Phone: 408-458-9863
Email: info@norcalsci.org
Provides information and resources for the spinal cord injury/disorder community in Northern California.

http://www.northridgehospital.org/index.htm
Northridge Hospital Medical Center
18300 Roscoe Blvd.
Northridge, CA 91328
Phone: 877-854-3479
Spinal cord injury education support group

https://unitedspinal.org/group/placerville-mobility-support-group/
Placerville Mobility Support Group
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 Foundation -- Life after Injury
5280 E. Beverly Blvd Suite c209
Los Angeles, CA 90022
Phone: 424-210-7797
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
The Rally4Reilly Wellness Fund provides financial support to people affected by spinal cord injuries. Grants are awarded quarterly and are contingent upon available funds. Approved applicants, many of whom have no insurance or inadequate coverage, will receive an annual grant that can be used for a variety of items and services such as wheelchairs, vans, ramps, voice-activated systems, in-home help, and bills.

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.

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.

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: 408-885-5000
TTY Phone: 408-971-4068

Santa Clara Valley Medical Center’s Peer Support Programs
751 S. Bascom Avenue
San Jose, CA 95128
Phone: 408-885-2397
Email: Robert.Medel@hhs.sccgov.org
They offer various support groups for people with spinal cord injuries—including one for women and one for the newly injured and their families.

TRIUMPH Foundation
27811 Avenue Hopkins, Unit 5
Valencia, CA 91355
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.

Bay Area Spinal Cord Injury Peer Group (Berkeley)
Ed Roberts Campus
3075 Adeline St.
Berkeley, CA 94703
Phone: 510-693-2689 (Walter)
510-868-9175 (Tom)
Email: walter@everydayabilities.org
Meets 2nd Thursday of the month, 6:00-8:30pm.
San Francisco, CA 94103
Phone: 510-693-2689 (Walter)
      510-868-9175 (Tom)
Email: walter@everydayabilities.org
Meets 4th Thursday of the month, 6:00-8:30pm.

www.ilrscc.org
Independent Living Resources of Solano & Contra Costa Counties
Peer Counseling & Support
1850 Gateway Blvd, Suite 170
Concord, CA 94520
Phone: 925-363-7293

www.facebook.com/Napaspinalcordinjurynetwork?ref=hl
Napa Spinal Cord Injury Network

https://norcalsci.org/roseville
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.

https://health.ucdavis.edu/medicalcenter/patients/support_groups.html
UC Davis Hospital SCI Peer Support Group
UC Davis Medical Center
Sacramento, CA
Phone: 916-734-3467 (Contact Holly Bleasdale)
Meets every Wednesday from 3:00-4:00pm.

https://www.scvmc.org/health-care-services/rehabilitation/peer-support/spinal-cord-injury
Santa Clara County: SCI Connections
Santa Clara Valley Medical Center
Phone: 408-885-2397 (Contact Robert Medel)
Email: Robert.Medel@hhs.sccgov.org
Meets 3rd Thursday of every other month, 6:30-8:30pm

https://www.facebook.com/groups/SoCoSCI support/about
Sonoma Marin SCI Support Group
Sequoia Senior Solutions
1372 N. McDowell Blvd Suite-S
Petaluma, CA
Update: Meets 3rd Monday of every month, 4:00-5:30pm
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
Stanford Neuroscience Health Center
213 Quarry Rd, MC 5957
Palo Alto, CA 94304
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)
903-236-7079
Email: Info@ASAP.org
Please contact them for support groups in your area.

TRANSVERSE MYELITIS
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 E Green Street
Pasadena, CA 91106
Phone: 626-396-1010
  877-768-4600
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
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.

http://beperfectfoundation.org/

Be Perfect Foundation
720 Indigo Ct.
Pomona, CA 91767
Phone: 909-621-9309
Email: support@beperfectfoundation.org
The Be Perfect Foundation is a non-profit organization with a mission to provide direct financial and emotional aid to individuals living with paralysis.

https://breakthebarriers.org/

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.

http://www.canhr.org/NH_Data/index.html

California Advocates for Nursing Home Reform’s Nursing Home Guide
CANHR
650 Harrison St., 2nd Floor
San Francisco CA 94107
Phone: 415-974-5171
800-474-1116 (Toll-free; consumers only)
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.

www.CalAgrAbility.ucdavis.edu

California AgrAbility
University of California, Davis
One Shields Ave.
Davis, CA 95616-5294
Toll-free: 800-477-6129
Phone: 530-752-1613
Email: calagra@ucdavis.edu
CalAgrAbility serves individuals with disabilities who are part of rural America including those who work in agriculture (farmers, agricultural farm workers, and ranchers). Provides information and links people with disabilities to assistance services. Also provides services in Spanish.
http://www.cahealthadvocates.org/
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.

www.chcf.org
California Health Care 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.

http://www.cirm.ca.gov
California Institute for Regenerative Medicine (CIRM)
1999 Harrison St. Suite 1650
Oakland, CA 94612
Phone: 510-340-9101
Email: info@cirm.ca.gov

https://californiaphones.org/
California Telephone Access Program
CTAP Contact Center
P.O. Box 30310
Stockton, CA 95213
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.
Mailing Address:
C/O Susan Chandler
1193 17th Street
Los Osos, CA 93402
Phone (text only): 805-441-8031 or 323-684-4233
Email: barnonhill@icloud.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
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: 530-562-4270
Email: info@highfivesfoundation.com
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
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
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: inspirit1@comcast.net
In Spirit 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
6367 Alvarado Ct., Suite 350
San Diego, CA 92120
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.joniandfriends.org/
Joni and Friends International Disability Center
Mailing Address:
PO Box 3333
Agoura Hills, CA 91376-333
Physical Address:
30009 Ladyface Ct.
Agoura Hills, CA 91301
Phone: 818-707-5664

https://www.kit.org/
Kids Included Together San Diego, Inc. (KIT)
2820 Roosevelt Road, Suite 202
San Diego, CA 92106
Phone: 858-225-5693
Supports recreational and social programs that include children with and without disabilities in after school programs and community programs like Girl Scouts.


**Long Beach’s Citizens Advisory Commission on Disabilities (CACOD)**
411 W. Ocean Blvd.
Long Beach, CA 90802
Phone: 562-570-6257
Email: heather.vanwijk@longbeach.gov
CACOD's purpose is to advise the Mayor and City Council on the concerns and issues affecting people with disabilities in the community.


**Matrix Parent Network and Resource Center**
2400 Las Gallinas Avenue, Suite 115
San Rafael, CA 94903
Phone: 800-578-2592 (Toll-Free Helpline) 415-884-3535 (General Information)
Email: info@matrixparents.org helpline@matrixparents.org
Empowering families of children with special needs to successfully understand and access the systems that serve them.

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

**OneJustice/Legal Aid Association of California**
433 California St., Suite 815
San Francisco, CA 94104
Phone: 415-834-0100
Email: development@one-justice.org
Directory of California and Nevada Legal Services Programs

[www.ocapica.org](http://www.ocapica.org)

**The Orange County Asian and Pacific Islander Community Alliance (OCAPICA)**
12912 Brookhurst St.
Suite 410
Garden Grove, CA 92840
Phone: 714-636-9095

[https://www.picf.org/](https://www.picf.org/)

**Partners in Care Foundation**
732 Mott Street, Suite 150
San Fernando, CA 91340
Phone: 818-837-3775
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
Email: info@php.com
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
714-997-3310
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
Update address: 707 Wilshire BLVD. Suite 360. 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.

https://rfenc.org/Home/
Rowell Family Empowerment of Northern California
3330 Churn Creek Rd., Suite A-1
Redding, CA 96002
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, Suite 700
San Francisco, CA 94103
Phone: 415-282-7494 (General)
        415-920-5040 (Warmline)
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 Foundation
P.O. Box 51000
Pasadena, CA 91115
Phone: 626-390-7675
Email: info@swimwithmikefoundation.org
Swim With Mike offers college scholarships to physically challenged athletes.

http://www.taskca.org
Team of Advocates for Special Kids
3040 Saturn St., #103
Brea, CA 92821
Phone: 714-533-8275
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://www.scc.ca.gov/webmaster/project_sites/wheel/index.html
A Wheelchair Rider’s Guide: Los Angeles & Orange County

http://www.wheelchairgetaways.com/california.htm
Wheelchair Getaways of California
Phone: 888-432-6414
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 Transportation Authority
One Gateway Plaza
Los Angeles, CA 90012-2952
Phone: 213-922-6000
For a Los Angeles tourist accessibility guide visit:
www.latourist.com/accessable.htm

http://apidisabilities.net/
Asians and Pacific Islanders with Disabilities of California
905 E. 8th St.
Los Angeles, CA 90021
Phone: 213-207-6838
Email: info@apidisabilities.org
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.

https://drcinc.org/
Disabled Resources Center Inc.
2750 E. Spring Street
Long Beach, CA 90806
Phone: 562-427-1000
TTY: 562-427-1366
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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