Adults who live with disabilities are at higher risk of being a victim of violence than people who do not live with disabilities. The same holds true for children with disabilities. The higher risk of violence stems from issues such as stigma, discrimination, and physical defenselessness as well as a lack of social support for their caregivers or partners. Financial problems and the stress of little to no respite may make the situation ripe for abuse. The World Health Organization reports that disabled children are almost four times more likely to experience violence than children who do not have disabilities.
They also report that adults with disabilities are 1.5 times more likely to experience violence than those without a disability.

Women with a disability are more likely to experience violence or abuse compared to women without a disability. Some studies show that women with a disability may be more likely to experience violence or abuse by a current or former partner compared to women without disabilities. Abuse may come from partners or spouses as well as personal care assistants or paid caregivers.

Domestic violence and abuse can take many forms including sexual abuse, emotional abuse, and physical abuse. Other types of abuse may be more subtle such as withholding needed care, medicine or assistive technology, isolating a person from family and friends, and not allowing a person to control their finances. Men are also victims of domestic violence and should know there is assistance regardless of gender.

If you are being abused, call 911 if you are in immediate danger. If you are not in immediate danger but still need more help to get out of a relationship that is harmful to you, call the National Domestic Violence Hotline at 800-799-7233. If you live in a nursing home or other institution, you can get help from the state or regional long-term care ombudsman. If you live in your own home, you may want to contact the Adult Protective Services office in your state—they are there to help protect the elderly and people living with disabilities.

When you call for help, you may want to use a computer or phone outside of your home so your calls and emails can’t be traced. Try to get in touch with family members or friends who may be able to help you. You may need to look into finding an accessible shelter or getting a restraining order. Your safety plan should be one that minimizes the danger of leaving the person who is being abusive.

Sources: World Health Organization (general violence statistics), Dept. of Health and Human Services’ Office on Women’s Health

**National Domestic Violence/Sexual Assault Hotlines**

http://www.thehotline.org/

National Domestic Violence Hotline
Phone: 800-799-7233 (Toll-free), 800-787-3224 (TTY)

www.rainn.org

National Sexual Assault Hotline
Operated by RAINN (Rape, Abuse & Incest National Network)
Phone: 800-656-HOPE

**Domestic Violence – General**
www.avp.org/index.php
Anti-Violence Project: National Coalition of Anti-Violence Programs
Phone: 212-714-1141

https://www.domesticshelters.org/help?page=1
Domestic Shelters.org
Features a shelter locator where you can enter your zip code to find the closest shelter. It also has information on filing a personal protection order, domestic violence stats, as well as information on what abuse and abusers look like.

http://www.facetheissue.com/watch.html
Face the Issue
This site serves as resource for those with a friend or loved one who is suffering alone. Starting a conversation is the first step in supporting those with mental illness and helping to guide them toward recovery. Face the Issue first launched in 2003 as an online resource for mental health sufferers. With animated shorts narrated by celebrities like Nicole Kidman and Halle Berry and a forum for anonymous group support, the site was a huge success both in building a community and raising awareness around mental health issues. This site has some information on abuse.

Helpguide: Domestic Violence and Abuse
This page has a lot of information on domestic violence, including physical and emotional abuse, and signs of abuse.

http://www.napsa-now.org/get-help/how-aps-helps/
National Adult Protective Services Association
1612 K Street NW #200
Washington DC 20006
Phone: 202-370-6292
Adult Protective Services (APS) is a social services program provided by state or local governments to serve the elderly and adults with disabilities. APS offices can investigate reports of abuse and violence. NAPSA does not investigate cases itself. Abuse must be reported to the office of APS in the state in which the abused person lives. NAPSA provides a state office locator: http://www.napsa-now.org/get-help/help-in-your-area/. This locator also lists the Long-Term Care Ombudsman for each state if the abuse is taking place in an institution such as a nursing home facility.

http://www.ncadv.org/
National Coalition Against Domestic Violence (NCADV)
One Broadway, Suite B210
Denver, CO 80203
Phone: 303-839-1852, 303-839-8459 (TTY)
Email: mainoffice@ncadv.org
NCADV works to eliminate domestic violence, empower battered women and children, educate the public on how to recognize domestic violence and what to do about it, and support programs that provide community-based, non-violent alternatives for battered women and their children.

http://www.minorityhealth.hhs.gov/omh/content.aspx?ID=160&lvl=1&lvlid=3
Office of Minority Health: Violence Related Trauma Resources

https://www.womenshealth.gov/relationships-and-safety/other-types/violence-against-women-disabilities#6
Office on Women’s Health: Violence Against Women with Disabilities

Office on Women’s Health: Relationships, Safety and Violence

Domestic Violence and People with Disabilities

Barrier Free Living: People with Disabilities Experience Domestic Violence Too

https://www bcm.edu/research/centers/research-on-women-with-disabilities/topics/violence
Center for Research on Women with Disabilities: Abuse and Women with Disabilities
This page has links to articles and information on the prevalence of Emotional, physical, and sexual abuse of women with physical disabilities; guidelines to help physicians and independent living centers detect abuse; information on programs that serve abused women with disabilities; and more.

This guide is based on the real experiences of women with disabilities and includes personal stories and advice. It helps women identify warning signs of abuse and what to do if someone is hurting them. The guide also offers advice on how service providers can support women with disabilities. The main text of the guide is available in Arabic, Vietnamese, Mandarin and Greek.

https://www.endabusepwd.org/problem/alarming-rates/
End Abuse of People with Disabilities: Violence Against People with Disabilities Occurs at Alarming Rates

http://www.joyfulheartfoundation.org/blog/intersections-disability-and-violence
Joyful Heart Foundation: The Intersections of Disability and Violence
This page has a manual on disability and violence, *Two Paths – One Journey*, which can be read online or downloaded. The report covers sexual and physical abuse as well as safety planning.

New Jersey Coalition for Battered Women: Domestic Violence Shelters and the ADA article by Marc Dubin, Esq.

Office on Women’s Health: Violence Against Women with Disabilities

SafeLives: Disability and Domestic Violence

Local Resources

U.S. Department of Justice Office on Violence Against Women: Local Resources

This page lists state domestic violence coalitions, tribal coalitions, and state sexual assault coalitions by state, as well as Washington, D.C., Guam, Puerto Rico, and the Virgin Islands.

Arizona

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

Arkansas

[http://uofapartners.uark.edu/](http://uofapartners.uark.edu/)
**University of Arkansas for Medical Services/Partners for Inclusive Communities**
322 Main St., Suite 501
Little Rock, AR 72201
Phone: 501-301-1100
Toll-free: TTY 800-342-2923
Email: partners@uark.edu
Partners for Inclusive Communities supports individuals with disabilities and their families. The organization works with domestic violence and sexual assault service providers to help them serve people with disabilities.

[http://serenityinc.org/](http://serenityinc.org/)
**Serenity Domestic Violence Support & Shelter**
1015 Hwy 62
W. Mountain Home, AR 72653
Phone: 870-424-7576
The goal at Serenity Inc. is to help survivors of domestic violence heal and regain their personal strength and power. Today, Serenity employs 12 professionals and a dedicated group of over 40 volunteers who provide emergency shelter services, assistance with protection orders, and advocacy toward independence (housing, education, employment and healthcare), support group programs, and client transportation. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Colorado

**Domestic Violence Initiative (DVI)**
899 Logan St., Suite 310
Denver, CO 80208
Phone: 303-839-5510
Toll-free: 877-839-5510
Email: info@theinitiativeco.org
DVI is dedicated to the survival and safety of Colorado’s people with disabilities and their children who are victims of domestic violence, sexual assault, caregiver abuse, elder abuse and other crimes. The organization provides advocacy, information, support and safety planning.
SafeHouse Denver assists adults, children, and youth in reclaiming their right to a life free from domestic violence. SafeHouse Denver works to eliminate domestic violence in our communities by providing shelter and counseling to survivors of abuse, working with public and community agencies to improve the way our systems respond to domestic violence and by offering educational programming to prevent future violence.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

The Crisis Center exists to end domestic violence through advocacy, education, and prevention; while helping communities live free of violence.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

House of Ruth offers comprehensive support for women, children and families. Our continuum of services encompasses enriched housing for families and single women, trauma-informed daycare for children, and free counseling to empower anyone, regardless of gender, who is a survivor of trauma and abuse. Our programs provide individualized support to rebuild safe, independent, and sustainable lives.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Women in Distress of Broward County, Inc. Jim & Jan Moran Family Center
Women in Distress is the only nationally accredited, state-certified, full service domestic violence center serving Broward County, Florida. Their mission is to stop domestic violence abuse for everyone through intervention, education and advocacy. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Georgia

https://www.wrcdv.org/
Women’s Resource Center to End Domestic Violence
PO Box 171
Decatur, GA 30031
Phone: 404-688-9436
Email: info@wrcdv.org
Women’s Resource Center to End Domestic Violence strives to meet the immediate and long-term needs of the diverse community of battered women and their children with programs that promote safety, compassion, connection, advocacy, and prevention. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Illinois

https://asafeplaceforhelp.org/
A Safe Place
2710 17th Street
Zion, IL 60099
Phone: 847-249-4450
Email: info@asafeplaceforhelp.org
A Safe Place provides a 24-hour crisis line, case management, legal advocacy, emergency shelter, individual and group therapy, art therapy, affordable transitional and permanent housing, scattered site housing, outreach and supportive services to survivors of domestic violence and their children, mentoring for adolescent boys, supervised custody exchanges, supervised family visitations, education for teens on healthy relationships, community and professional education, and intervention services for abusers to learn accountability for their choices and actions. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Kentucky

https://www.cvdvs.org/
Cumberland Valley Domestic Violence Services Inc.
P.O. Box 2162
London, KY 40743
Cumberland Valley Domestic Violence Services, Inc., seeks to decrease the number of domestic violence and abuse incidents by empowering victims through advocacy and education, and to raise awareness by involving the community in solutions to ending abuse. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Massachusetts

http://www.mass.gov/dppc/
Disabled Persons Protection Commission (DPPC)
300 Granite Street, Suite 404
Braintree, MA 02184
Phone: 617-727-6465
24 hour hotline: 800-426-9009 (Toll-free), 888-822-0350 (TTY)
The DPPC’s mission is to protect adults with disabilities from the abusive acts or omissions of their caregivers through investigation oversight, public awareness and prevention. In cases of physical, emotional and sexual abuse or neglect of a person with a disability, the DPPC ensures that the appropriate protective services are provided when abuse has been substantiated or risk is determined.

Michigan

http://www.safeplaceshelter.org/
S.A.F.E Place
P.O. Box 199
Battle Creek, MI 49016
Phone: 888-664-9832
Email: info@safeplaceshelter.org
S.A.F.E. Place believes that people are best able to make their own choices leading to the safest outcomes for their unique situation. Staff encourage survivors to explore their choices while learning of new resources. In doing so survivors become confident and empowered. Staff always remain non-judgmental when working with survivors because we realize each person’s life should be self-determined. The programs offered are voluntary and free of charge. A survivor may choose to participate in any, all, or none of the programs. Survivors may change their mind whenever they would like to and can be assured that their values, lifestyles and life choices will be honored. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

New York

http://www.bflnyc.org
Barrier Free Living (BFL)
Barrier Free Living (BFL) offers comprehensive support services for survivors of domestic violence with disabilities at its fully accessible BFL Freedom House domestic violence shelter, award-winning BFL Secret Garden domestic violence counseling program, and BFL Apartments that offers permanent homes with support services to survivors with disabilities and their families. BFL is based in New York City. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

http://www.bils.org/

Bronx Independent Living Services (BILS)
4419 Third Avenue, Suite 2C
Bronx, NY 10457
Phone: 718-515-2800
TTY: 718-515-2803
BILS is a non-profit, community based organization dedicated to empower all people with disabilities to understand and exercise their civil and human rights in order to live fully integrated lives in mainstream society. BILS offers services to victims of crime and domestic violence in the following areas: education of victim rights, assistance with filing claims, counseling, advocacy, home visit/hospital visit/follow ups, mediation, and shelter assistance. They also provide women’s support groups and men’s support groups.

http://www.safeembrace.org/

SafeEmbrace
780 East Lincoln Way
Sparks, NV 89434
Phone: 775-322-3466
Email: INFO@SAFEEMBRACE.ORG
Safe Embrace is a 501(c)(3) nonprofit corporation dedicated to educating our community and providing services to survivors of domestic and sexual violence. For over 17 years, we have been committed to ending the cycle of intimate partner violence with innovative intervention and prevention services in Reno, Nevada. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

New Hampshire

https://www.ywcanh.org/emilys-place

Emily’s Place, REACH at YWCA New Hampshire's Crisis Service Program
New Hampshire
Phone: 603-668-2299
Emily’s Place is an emergency shelter program where individuals and their children can experience supportive community living while rebuilding their lives after domestic and/or sexual violence. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Ohio

https://openarmsfindlay.com/
Open Arms Domestic Violence and Rape Crisis Services
401 West Sandusky St.
Findlay, OH 45840
Phone: 419-422-4766
Serving individuals affected by domestic violence and sexual assault through crisis intervention, emergency shelter, outreach, advocacy, prevention, and education. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.mspathens.org/
My Sister's Place
PO Box 1158
Athens, OH 45701
Phone: 1-800-443-3402
Email: mspathens@gmail.com
MSP believes that all persons have a right to a violence-free life. MSP is committed to advocating for those policies and practices that promote safety and self-determination for persons who are battered and/or abused. Recognizing the link between domestic violence and other forms of oppression, MSP remains committed to collectively working toward equality and justice. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Pennsylvania

http://www.akhopecenter.org/
Alle Kiski Area HOPE Center Inc.
P.O. Box 67
Tarentum, PA 15084
Phone: 888-299-4673
Email: hopecenter@akhopecenter.org
The Alle-Kiski area HOPE Center, Inc. is an organization of social change whose mission is the safe elimination of domestic violence through intervention, prevention, and collaboration.
This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

http://www.safeneterie.org/
SafeNet
P.O. Box 1436
Erie, PA 16512
Phone: 814-454-8161
Email: info@safeneterie.org
SafeNet is Erie’s only accredited domestic violence agency. SafeNet has been providing services to victims of domestic violence for 40 years and provides these comprehensive services free of charge. SafeNet is committed to ending domestic violence through our programs, training and educational initiatives. We believe every individual has the right to be respected and to live a life free from abuse.
This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.dapdc.org/
Domestic Abuse Project of Delaware County Inc.
14 West Second Street
Media, PA 19063
Phone: 610-565-4590
Email: info@dapdc.org
The Domestic Abuse Project of Delaware County works to prevent domestic violence and empower victims to move towards self-sufficiency.
This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

South Carolina

https://safeharborsc.org/
Safe Harbor
PO Box 174
Greenville, SC 29602
Phone: 800-291-2139
Our mission is to provide a continuum of services to victims of domestic violence and their children. To eliminate cultural acceptance of domestic violence through a coordinated community response, education, and prevention. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.
South Dakota

http://www.wbcws.org/
White Buffalo Calf Woman Society, Inc. (WBCWS)
P.O. Box 227
Mission, SD 57555
Crisis Line: 605-856-2317
Toll-free: 844-856-2317
E-mail: contactus@wbcws.org
WBCWS serves victims of domestic violence and sexual assault through shelter, information and advocacy.

Tennessee

http://www.bridgesdvc.org/
Bridges Domestic Violence Center *Unable to Provide Transportation Services
Post Office Box 1592
Franklin, TN 37065
Phone 615-599-5777
Email: info@bridgesdvc.org
Bridges Domestic Violence Center serves women, men, and their children affected by domestic violence, ensuring a safe transition to successful independent living through education, intervention, and case management. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Texas

https://www.rccgc.org/
Resource and Crisis Center of Galveston County Inc.
1204 45th Street
Galveston, TX 77550
Phone: 888-919-SAFE (7233)
Email: info@rccgc.org
The mission of the Resource & Crisis Center of Galveston County, Inc. is to promote the safety, well-being and best interests of victims of family violence, sexual assault and child abuse, while advocating for the prevention of such crimes. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

http://www.safeaustin.org/safeplace
Safe Place
PO Box 19454
Austin, TX 78760
Phone: 512-267-7233 (24 hour hotline)
E-mail: info@safeplace.org
Safe Place is working to end sexual and domestic violence through prevention and social change, by providing safety for individuals and families affected by sexual and domestic violence, and by helping victims heal. The organization offers Disability Services ASAP (A Safety Awareness Program) – an abuse prevention and counseling program for people with disabilities, their families, caregivers and professionals working in the sexual assault, domestic violence, disability and criminal justice fields.

Utah

https://www.capsa.org/
CAPSA
P.O. Box 3617
Logan, UT 84323-3617
Phone: 435-753-2500
Email: info@capsa.org
CAPSA is a non-profit domestic violence, sexual abuse, and rape recovery center serving Cache County and the Bear Lake area. We provide support services for women, men, and children impacted by abuse. All of our services are FREE and confidential. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.canyoncreekservices.org/
Canyon Creek Services *One Accessible Room
95 N. Main St. Ste. 22
Cedar City, UT 84720
Phone: 435-0233-5732
Email: adminassistant@ccwcc.org
Our organization provides free and strictly confidential services to any victim of domestic violence as well as sexual assault. We offer our services to any victim, regardless of age, gender identity, ethnicity, sexual orientation, and so on whether they are in current crisis or seeking other support and guidance. Our current services include 24 hour crisis intervention, a 24 hour hotline, sexual assault hospital response, emotional support and advocacy, legal advocacy, medical advocacy, systems advocacy, housing assistance, emergency shelter, support groups, classes, case management, programming, and other life-situation support and advocacy with the goal of helping survivors achieve emotional healing and financial independence. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Virginia

https://choicesofpagecounty.org/
CHOICES of Page County
216 West Main Street
Luray, VA 22835  
Phone: 540-743-4414  
Email: hotline@choicesofpagecounty.org  
To prevent both domestic and sexual violence through public awareness and education, and to serve as a resource and safe haven to those affected. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.empowerhouseva.org/  
**Empowerhouse**  
P.O. Box 1007  
Fredericksburg, VA 22402.  
Phone: 540-373-9373  
Email: office@empowerhouseva.org  
Empowerhouse empowers survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. We give victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

http://www.thelaurelcenter.org/  
**The Laurel Center**  
PO Box 14  
Winchester, VA 22604  
Phone: 540-667-6466  
Email: tlc.info@thelaurelcenter.org  
Working together in our community to stop the cycle of domestic and sexual violence. Providing services to domestic and sexual violence survivors in the City of Winchester, Frederick County and Clarke County and to sexual violence survivors in Warren County, we are committed to "being there" when people need us most. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.lcsj.org/  
**Loudoun Abused Women’s Shelter (LAWS)**  
105 East Market Street  
Leesburg, VA 20176  
Phone: 703-777-6552  
The mission of Loudoun Citizens for Social Justice/ Loudoun Abused Women’s Shelter (LAWS) is to provide victims of domestic violence, sexual assault and child abuse with safety, hope and empowerment services to live as survivors free from the effects of violence. LAWS’ vision statement is as follows: We envision a community that is free of domestic violence, sexual assault, and child abuse.
This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

https://www.shelterforhelpinemergency.org/

Shelter for Help in Emergency
P.O. Box 1013
Charlottesville, VA 22902
Phone: 434-293-8509
Email: info@shelterforhelpinemergency.org

The Shelter for Help in Emergency works to support and empower victims of domestic violence through a combination of residential, community-based and outreach services. The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential, and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources as well as the skills needed to make informed decisions for themselves and their families.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Washington

https://dvs-snoco.org/

Domestic Violence Services of Snohomish County
PO Box 7
Everett, WA 98206
Phone: 425-252-2873
Email: info@dvs-snoco.org

Domestic Violence Services is a non-profit organization serving Snohomish County since 1976. We are the only program in Snohomish County providing emergency shelter and comprehensive, confidential services to all victims of domestic abuse. Domestic Violence Services provides individual and community awareness programs.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

Wisconsin

http://www.disabilityrightswi.org/

Disability Rights Wisconsin (DRW)
Toll-free: 800-928-8778

DRW is working with the Wisconsin Coalition Against Domestic Violence and Wisconsin Coalition Against Sexual Assault to address domestic and sexual violence against women with disabilities and Deaf/deaf women. Activities and efforts have relied on two primary strategies: elevating collaboration within pilot communities among sexual
assault, domestic violence and disability programs; and enhancing the community’s capacity to serve women victims with disabilities and Deaf women in a manner that is accessible, supportive and culturally affirmative.

Wyoming

https://sites.google.com/a/wyo.gov/wy-ag/victim-services-home-page

Wyoming Office of the Attorney General: Division of Victim Services
320 West 25th, 2nd Floor
Cheyenne, WY 82001
Phone: 307-777-7200
Victim Helpline: 888-996-8816 (Toll-free, voice/TTY)

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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