Hawaii 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.

http://health.hawaii.gov/eoa/
Hawaii Executive Office of Aging
250 South Hotel Street, Suite 406
Honolulu, HI 96813
Phone Number: 808-586-0100
Email: eoa@doh.hawaii.gov

http://www.hawaiicounty.gov/aging/
Hawaii Area Agencies on Aging by County

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

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

http://www.atrc.org/
Assistive Technology Resource Centers of Hawaii
200 North Vineyard Boulevard, Suite 430
Honolulu, HI 96817
Phone/TTY: 808-532-7112
Toll-Free: 888-202-4449
Email: barbara@atrc.org
Empowering people to maintain dignity and control in their lives by promoting technology through advocacy, information, and education.
Caregivers

https://caregiver.com/
Caregiver.com

www.wellspouse.org
Well Spouse Association
Please check with them for any local support groups

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to www.ChristopherReeve.org/NRN.

Community Health Centers

www.hawaiipca.net
Hawaii Primary Care Association
1003 Bishop Street
Puaahi Tower Suite 1810
Honolulu, HI 96813
Phone: 808-536-8442
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://ag.hawaii.gov/cpja/

Victim Assistance
Crime Prevention & Justice Assistance Division
Department of the Attorney General
235 South Beretania Street, Suite 401
Honolulu, HI 96813
Phone: 808–586–1150

http://ovc.ncjrs.gov/findvictimservices/search.asp

Office for Victims of Crime’s Directory of Crime Victim Services
Choose Your State and the Type of Assistance you are looking for

https://www.safehorizon.org/

Safe Horizon’s Links for General Crime Victim Resources/Issues

Domestic Violence Help

http://www.hscadv.org/

Hawaii State Coalition Against Domestic Violence
P.O. Box 214
Honolulu, HI 96810
Phone: 808-832-9316
Email: info@hscadv.org

http://www.hawaiipolice.com/services/domestic-violence-services

Hawaii County Police’s Domestic Violence Services
This site lists services and phone numbers for East and West Hawaii. Contact information for a safe place to stay, emergency medical care, someone to talk to, regular medical care, legal assistance, help in keeping and attacker away, and contacting the police.

Easter Seals Offices

www.EasterSealsHawaii.org

Easterseals Hawaii
Corporate Office
710 Green Street
Honolulu, HI 96813
Phone: 808-536-1015
Email: info@eastersealshawaii.org

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. Please check website for list of service areas.

**Government Offices for Hawaii**

https://portal.ehawaii.gov/
**Official Website for the state of Hawaii**

http://humanservices.hawaii.gov/
**Hawaii’s Department of Human Services**
1390 Miller Street, Room 209
Honolulu, HI 96813
Phone for Oahu only: 808-586-4993

http://www.hawaiiadrc.org/
**Hawaii Aging and Disability Resource Center**
ADRC Statewide Phone No.: 808-643-2372
TTY Line: 808-643-0899
Email: ADRC@doh.hawaii.gov
HADRC helps older adults, individuals with disabilities, and family caregivers find options for long-term care and support services available to them in the State of Hawaii.

www.med-quest.us/
**State Children’s Health Insurance Program (SCHIP)**
Med-QUEST Division
PO Box 3490
Honolulu, HI 96811-3490
808-587-3540

http://www.med-quest.us/
**Hawaii Medicaid Office/Med-QUEST Division**
Phone: 808-524-3370 (Oahu)
TTY/TDD: 808-692-7182 (Oahu)
Phone: 800-316-8005 (Neighbor Islands)
TTY/TDD: 800-603-1201 (Neighbor Islands)
Please check website for the Med-QUEST Eligibility Branch office located on your island.

http://health.hawaii.gov/
**State of Hawaii Department of Health**
1250 Punchbowl Street
Honolulu, Hawaii 96813
Phone: 808-586-4400
This site provides general and contact information for caregiving support, home and community services, long term care (Ombudsman), and Hawaii’s State Insurance Program (Sage PLUS).

http://health.hawaii.gov/cshcn/
Department of Health, Children with Special Health Needs Branch
741 Sunset Avenue
Honolulu, Hawaii 96816
Phone (or TTY): 808-733-9055
Programs for Children with Special Health Care Needs

http://health.hawaii.gov/ddd/
Hawaii Dept. of Health, Developmental Disabilities Division
Physical Address:
1250 Punchbowl St., Room 463
Honolulu, HI 96813
Mailing Address:
P.O. Box 3378
Honolulu, HI 96801
Phone: 808-733-9172

https://hawaiiship.org/about-us/
Hawaii Senior Health Insurance Assistance Program (SHIP)
Executive Office on Aging
No. 1 Capitol District
250 South Hotel Street, Suite 406
Honolulu, Hawaii 96813-2831
Phone (Oahu only): 808-586-7299
Phone (other islands): 888-875-9229
TTY: 866-810-4379
Counsels seniors at no cost on Medicare options

http://cca.hawaii.gov/ins/
Hawaii Insurance Commissioner
Physical Address:
King Kalakaua Bldg.
335 Merchant St., Room 213
Honolulu, HI 96813
Mailing Address:
Insurance Division
P.O. Box 3614
Honolulu, Hawaii 96811
Phone: 808-586-2790
Email: insurance@dcca.hawaii.gov

http://hawaii.gov/labor/dcd/aboutwc.shtml
Hawaii Workers Compensation
Gary S. Hamada, Administrator
Disability Compensation Division
Department of Human Resources Development
Physical Address:
830 Punchbowl Street, Room 209
Honolulu, HI 96813
Mailing Address:
P. O. Box 3769
Honolulu, HI 96812
Phone: 808-586-9151

http://www.hawaii.gov/health/dcab/home/

Hawaii Disability and Communication Access Board (DCAB)
1010 Richards St., Room 118
Honolulu, HI 96813
Phone: 808-586-8121
TTY: 808-586-8162
Email: dcab@doh.hawaii.gov

DCAB serves as a public advocate of persons with disabilities by providing advice and
recommendation on legislation, rules, policies, procedures (i.e., Grant Endorsements),
and plans relating to persons with disabilities and their civil rights or service needs.

http://www.house.gov/representatives/find/
http://whoismyrepresentative.com/

Find your elected officials to contact them on legislation that is important to you. Each
member of Congress maintains at least one office in his or her home state or district.
Most have multiple offices throughout the state or district. These offices are designed for
direct contact with constituents (that's you!). This is your opportunity to advocate and
make your voice heard in Congress without traveling to Washington, DC. Congressional
offices are also a great resource for handling problems with federal agencies. You have a
constitutionally guaranteed right to petition your government, and home offices provide
you an opportunity to use that right.

https://www.hi-ltc-ombudsman.org/

Hawaii Long-Term Care Ombudsman
Executive Office on Aging
Hawaii State Department of Health
No. 1 Capitol District
250 South Hotel Street, Suite 406
Honolulu, HI 96813-2831
Phone: 808-586-7268
888-229-2231 (Statewide Toll-Free Helpline)
Email: info@hi-ltc-ombudsman.org

The mission of the state long-term care ombudsman is to protect the health, safety,
welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

www.hud.gov

Housing and Urban Development (HUD)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org

211

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

http://www.ilru.org/projects/silc-net/silc-directory

http://www.hisilc.org/

ILRU: State Independent Living Councils (SILCs)

Statewide Independent Living Council of Hawaii
841 Bishop Street, Suite 201
Honolulu, HI 96813
Phone (Local): 808-585-7452
TTY: 808-585-7452
Email: silced886@gmail.com

http://www.ilru.org

Independent Living Research Utilization’s directory of Independent Living Centers

http://www.ncil.org/

National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 844-778-7961
Email: ncil@ncil.org
The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

**Library Services**

https://www.libershawaii.org/branch/library-for-the-blind-and-print-disabled/

**Hawaii State Library for the Blind and Print Disabled**
402 Kapahulu Avenue
Honolulu, HI 96815
Phone: 808-733-8444

**NeuroRecovery Network (NRN)**

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

**Peer Support Programs**

www.ChristopherReeve.org/Peer

**Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)**
636 Morris Turnpike, Suite 3A
Short Hills, NJ 07078
Phone: 800-539-7309
Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation’s national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation’s Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.
Protection and Advocacy

www.hawaiidisabilityrights.org
Hawaii Disability Rights Center
1132 Bishop St., Suite 2102
Honolulu, HI 96813
Phone/TTY:  808-949-2922
   800-882-1057
Email: info@hawaiidisabilityrights.org
Also provides Client Assistance Program (CAP).

Service Dogs

www.assistancedogshawaii.org
Assistance Dogs of Hawaii
PO Box 1803
Makawao, HI 96768
Phone: 808-298-0167
Email: info@assistancedogshawaii.org

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

Hawaii Fi-Do
P.O. Box 757
Kahua, HI 96731
Phone: 808-638-0200
Email: info@hawaiifido.org

Sports and Recreation

http://www.accesssurf.org
AccesSurf
PO Box 15152
Honolulu, Hawai‘i 96830
Phone: 808-236-4200  
Email: info@AccesSurf.org  
AccesSurf is a non-profit organization that provides beach access and therapeutic ocean activities such as surfing, swimming, snorkeling and shoreline flotation to kids and adults with any type of disability.

http://www.honolulu.gov/parks/beach-parks/beach-wheelchair-access.html  
http://www.honolulu.gov/parks/program/182-site-dpr-cat/1693-tru.html  
**City & County of Honolulu: Dept. of Parks and Recreation**  
Accessible recreational activities in Honolulu.

**United Way Offices**

https://www.unitedway.org/  
**United Way (National Office)**  
Enter your postal code for a United Way 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.

http://hiuw.org/  
**Hawaii Island United Way**  
Physical Address:  
688 Kino’ole St., Suite 201  
Hilo, HI 96720  
Mailing Address:  
PO Box 745  
Hilo, Hawaii 96721  
Phone: 808-935-6393  
Email: info@hiuw.org

**Veterans Benefits**

https://www.hawaii.va.gov/  
**Veterans Benefits Administration** in Honolulu

http://dod.hawaii.gov/ovs/  
**Office of Veterans’ Services**  
State of Hawaii  
459 Patterson Road  
E-Wing, Room 1-A103  
Honolulu, HI 96819-1522  
Phone: 808-433-0420
ALS

www.als-hawaii.org
ALS Association’s Golden West Chapter covers California and Hawaii
PO Box 565
Agoura Hills, CA 91376
Phone: 866-750-2572

Brain Injury

https://www.biausa.org/find-bia/hawaii
Brain Injury Association of Hawaii
1221 Kapiolani Boulevard, PH 50
Honolulu, HI 96814
Phone: 808-633-8144
  808-633-8149
Email: braininjuryofhawaii@gmail.com
Please contact them for any support groups in your area.

Cerebral Palsy

https://www.unitedcerebralpalsyhawaii.org/
United Cerebral Palsy Association of Hawaii
414 Kuwili Street, Suite 105
Honolulu, HI 96817-5362
Phone:  808-532-6744

Friedreich’s Ataxia

http://www.ataxia.org/
National Ataxia Foundation (NAF) 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
Please contact them for any support groups in your area.
Guillain-Barré Syndrome / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St.
Coshocton, PA 19428
Phone: 610-667-0131; 866-224-3301
Please contact them for any support groups in your area.

Multiple Sclerosis

http://www.nationalmssociety.org/Chapters?chapters=6514
National Multiple Sclerosis Society Pacific South Coast chapter (covers Hawaii)
10089 Willow Creek Rd., Suite 250
San Diego, CA 92131
Phone: 800-344-4867

http://mymsaa.org/
http://mymsaa.org/about-msaa/regional/#Western
Multiple Sclerosis Association of America
Western Regional Office (covers Hawaii)
Seattle, WA
Toll-free: 800-532-7667 extension 155
Phone: 415-260-6420
Email: western@mymsaa.org

Muscular Dystrophy

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

POST-POLIO SYNDROME

http://www.post-polio.org/
Post-Polio Health International (PHI)
Spina Bifida

http://www.spinabifidaassociation.org

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

Spinal Cord Injuries

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

**Rehabilitation Hospital of the Pacific’s SCI Support Group**
226 N. Kuakini St.
Honolulu, HI 96817
Phone: 808-531-3511 Recreational Therapy Dept.
This Spinal Cord Injury (SCI) Support Group, where free monthly meetings include educational topics, peer support, caregivers and family members support, and open forums for discussion, meets on the first Thursday of each month from 12:30-1:30 p.m. The Rehabilitation Hospital of the Pacific also offers a driver training program for people with need to drive with adaptations.

Stroke

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

**American Stroke Association**
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-4-STROKE
Please call them for Stroke Support Groups in your area
Syringomyelia/Chiari Malformation

www.asap.org
American Syringomyelia Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

Transverse Myelitis

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

General Hawaii Disability Resources

http://www.yellowpagesforkids.com/help/hi.htm
Hawaii Yellow Pages for Kids with Disabilities

http://www.cds.hawaii.edu/
Center on Disability Studies
University of Hawai‘i at Manoa
College of Education
1410 Lower Campus Rd., #171F
Honolulu, HI 96822
Phone: 808-956-5142
Email: cdsweb@hawaii.edu

http://spinhawaii.org
Special Parent Information Network (SPIN): Hawaii
1010 Richards St., Room 118
Honolulu, HI 96813
Phone: 808-586-8126
E-mail: spin@doh.hawaii.gov
https://aptahawaii.org/
Hawaii Chapter of the American Physical Therapy Association
Mailing Address:
208 Rogers St NW
Olympia, WA 98501
Phone: 800-554-5569 x113 (Toll- Free)
Email: nicole@aptahawaii.org

https://otassociationofhawaii.org/
Occupational Therapy Association of Hawaii
Email: otassociationofhawaii@gmail.com

http://www.pacrim.hawaii.edu/
Pacific Rim Conference on Disabilities held annually in Hawaii.

MedlinePlus: Asian-American Health (including Pacific Islanders info)

www.rehabhospital.org
Rehabilitation Hospital of the Pacific
226 North Kuakini St.
Honolulu, HI 96817
Phone: 808-531-3511
The only acute care rehabilitation organization in Hawaii.

http://www.auw211.org/
First Call 2-1-1
Phone: 211
Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., Suite F
Naperville IL 60563
Phone: 630-961-1400
800-THINK56
Email: thinkfirst@thinkfirst.org
ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of
making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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