Idaho 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
www.eldercare.acl.gov

Aging and Disability Resource Centers/ No Wrong Door

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS’ Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS, and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a “one-stop shops” or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous
improvement. ADRCs perform these functions by integrating, coordinating, and
strengthening different pieces of the existing long term supports and services systems,
including Area Agencies on Aging, Centers for Independent Living, state and local
Medicaid offices, and other community-based organizations.

http://www.aging.idaho.gov/
Idaho Commission on Aging
6305 W. Overland Rd. #110
Boise, ID 83709
Phone: 208-334-3833
or 877-471-2777

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

ARTS and CREATIVITY

http://www.ipulidaho.org/
Idaho Parents Unlimited, Inc.
4619 Emerald, Ste. E
Boise, ID 83706
Phone: 208-342-5884
E-mail: parents@ipulidaho.org
Idaho Parents Unlimited is an affiliate of VSA, the arts organization for people with
disabilities.

ASSISTIVE TECHNOLOGY

https://idahoat.org/
Idaho Assistive Technology Project
Center on Disabilities and Human Development
University of Idaho
1187 Alturas Dr.
Moscow, ID 83843
Phone: 800-432-8324 (Toll-free)
Email: idahoat@uidaho.edu

http://nwadacenter.org/
Northwest ADA Center (covers Idaho)
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.idahopca.org
Idaho Primary Health Care Association
1087 W River Street, Suite 160
Boise, ID 83702
Phone: 208-345-2335
Email: info@idahopca.org

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://www.crimevictimcomp.idaho.gov/
Idaho Crime Victims Compensation Program
Mailing Address:
Idaho Industrial Commission
P.O. Box 83720
Boise, Idaho 83720-0041
Phone: 208-334-6000; 800-950-2110

http://www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues
Phone: 800-621-4673

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Resource Center on Domestic Violence: 800-537-2238
Statewide Hotline: 888-293-6118

http://www.idvsa.org/
Idaho Coalition Against Sexual & Domestic Violence
1402 W. Grove St.
Boise, ID 83702
Phone: 208-384-0419
Email: info@engagingvoices.org

EASTER SEALS OFFICES

http://www.easterseals.com/connect-locally/?state=ID
Go to Search by State drop down box and click on Idaho
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.

www.esgw-nrm.easterseals.com
Easter Seals-Goodwill Northern Rocky Mountain, Montana
425 1st Ave. N.
Great Falls, MT 59401
Phone: 406-761-3680

www.esgw-nrm.easterseals.com
Easter Seals-Goodwill Store
1105 Caldwell Blvd
Nampa, ID 83651
Phone: 208-461-4084

www.esgw-nrm.easterseals.com
Easter Seals-Goodwill Working Solutions/
Clinical Services
1613 N Park Centre Place
Nampa, ID 83651
Phone: 208-466-2671

GOVERNMENT OFFICES

http://www.state.id.us/
Idaho State Website

http://www.vr.idaho.gov/
Idaho Division of Vocational Rehabilitation
650 W. State St., Room 150
Boise, ID 83720
Phone: 208-334-3390
Email: department.info@vr.idaho.gov

http://humanrights.idaho.gov/
Idaho Commission on Human Rights
317 West Main Street
Boise, ID 83735-0660
Phone: 208-334-2873
Toll-free: 888-249-7025
Email: inquiry@ihrc.idaho.gov
The Idaho Human Rights Commission (IHRC) is an independent agency established by the Idaho legislature to help protect persons within the state from illegal discrimination.

http://www.healthandwelfare.idaho.gov/
Idaho Dept. of Health and Welfare
450 W. State St.
Boise, ID 83720-0036
Phone: 208-334-5500

http://healthandwelfare.idaho.gov/Medical/Medicaid/tabid/123/default.aspx
Idaho Medicaid Office
3232 Elder St.
Boise, ID 83705-4711
Phone: 877-456-1233

Idaho Children: A Gateway to Children’s Services and Information
Idaho Dept. of Health and Welfare

http://healthandwelfare.idaho.gov/Medical/Medicaid/IdahoHealthPlanforChildren/tabid/219/default.aspx
Idaho CHIP Program (Children’s Health Insurance Program)
450 W. State St.
Boise, ID 83720-0036
Phone: 877-456-1233
The Children’s Health Insurance Program (CHIP) is a low-cost health coverage program for children under age 19 whose family income is too high to qualify for Medicaid. There may be a small monthly premium ($10 or $15, depending on income) for each child enrolled in CHIP.

https://doi.idaho.gov/shiba/
Idaho SHIBA Program (Senior Health Insurance Benefit Advisors Program)
PO Box 83720
Boise, ID 83720-0036
Phone: 800-247-4422
SHIBA Is Idaho’s State Health Insurance Assistance Programs (SHIP), a program that helps states enhance and support a network of local staff and volunteers to assist people with Medicare.

https://doi.idaho.gov/Consumer/Health/Individual
Individual Health Insurance Availability Act
Department of Insurance
700 West State Street 3rd Floor
P.O. Box 83720
Boise, ID 83720-0043
Phone: 208-334-4250
Idaho High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

http://www.doi.idaho.gov/
Idaho Insurance Commissioner
https://iic.idaho.gov/find-the-current-workers-compensation-rate/
Idaho Workers Compensation
Phone: 208-334-6000

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.

www.idahoaging.com
http://www.idahoaging.com/ombudsman/index.html

**State Long-Term Care (LTC) Ombudsman**
Cathy Hart
Idaho Commission on Aging
P.O. Box 83720
341 W. Washington 3rd Floor
Boise, ID 83720
Phone: 208-334-3833
Toll-free: 800-926-2588
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**

https://www.hud.gov/states/idaho

**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.silc.idaho.gov/
ILRU: State Independent Living Councils (SILCs)
Idaho Independent Living Council
120 S. Cole Rd.
Boise, ID 83709
Phone: 208-334-3800
Toll-free: 800-487-4866
TTY: 208-334-3800
Email: dean@idlife.org

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

http://www.ncil.org/
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 844-778-7961
TTY: 202-207-0340
Email: ncil@ncil.org
The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

LIBRARY SERVICES

Idaho State Library: Talking Book Services
325 W. State Street
Boise, ID 83702
Phone: 208-334-2150
800-458-3271 (In State)

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

http://www.disabilityrightsidaho.org/
Idaho Protection and Advocacy / Client Assistance Program (CAP)
Comprehensive Advocacy, Inc.
4477 Emerald St., Suite B-100
Boise, ID 83706-2066
Phone: 208-336-5353
Toll-free: 866-262-3462
Email: info@disabilityrightsidaho.org

SERVICE DOGS

http://www.cci.org
Canine Companions for Independence (CCI)
National Headquarters
P.O. Box 446
Santa Rosa, CA 95407
Phone: 866-224-3647
Toll-free: 800-572-BARK (2275)
CCI’s Northwest Regional Center serves people in several states, including Idaho.
http://www.genesisservicedogs.com/
Genesis Service Dogs
Meridian ID
Phone: 208-761-4884
Email: info@genesisservicedogs.com

SPORTS and RECREATION

https://www.isu.edu/outdoor/cw-hog/
Cooperative Wilderness Handicapped Outdoor Group
Idaho State University
921 South 8th Ave.
Pocatello, ID 83209
Phone: 208-282-8912

https://parks.cityofboise.org/activities-classes-and-sports/adaptive-recreation/
City of Boise, Adapted Recreation

http://www.highergroundsv.org/
Higher Ground
160 7th Street W
Ketchum, ID 83340
Phone: 208-726-9298
Email: info@HigherGroundSV.org
Higher Ground is a veteran rehabilitation program that combines sports, family and coping therapies to restore and rehabilitate servicemen and women who have been severely wounded in Iraq and Afghanistan.

http://www.snridaho.org
Specialized Needs Recreation
3700 N. Government Way, Suite J
Coeur d’Alene, Idaho 83815
Phone: 208-755-6781 or 208-664-7735
Specialized Needs Recreation offers various recreation programs for youth and adults who have challenges participating in other programs because of a learning disability, sensory impairment, mental, emotional of physical handicap.

https://www.facebook.com/awesomeadaptive
Adaptive Wilderness Sports of McCall (AWeSOMe!)
P.O. Box 2151
McCall, ID 83638
Phone: 208-315-4275
Adaptive Wilderness Sports of McCall (AWeSOMe!) is a non-profit organization whose mission is to empower people of all abilities through high quality outdoor experiences.
UNITED WAY OFFICES

http://unitedway.org
United Way (National Headquarters)
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter 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.

VETERAN BENEFITS

https://www.va.gov/directory/guide/home.asp
US Department of Veterans Affairs VA Hospital Locator

http://www.nwpva.org/
Paralyzed Veterans of America’s Northwest Chapter Office (Services AK, ID, WA)
616 SW 152nd Street
Burien, WA 98166
Phone: 206-241-1843
Toll-free: 800-336-9782
Email: pvachnw@mindspring.com
mail@nwpva.org

ALS

http://www.alsa.org/
The ALS Association National Office
1275 K Street NW, Suite 250
Washington, DC 20005
Phone: 202-407-8580

http://www.alsa-ec.org
The ALS Association’s Idaho Evergreen Chapter
19226 66th Avenue S
#L-105
Kent, WA 98032
Phone: 866-786-7257
Email: info@alsa-ec.org

BRAIN INJURY

http://www.biaid.org/
Brain Injury Association of Idaho
P.O. Box 9804
Boise, ID 83707
Phone: 208-385-3013
Toll-free: 800-444-6443
Email: info@biaid.org

CEREBRAL PALSY

www.ucp.org
United Cerebral Palsy
1825 K Street NW Suite 600
Washington, DC 20006
Phone: (800) 872-5827 or (202) 776-0406
Please contact them for local info.

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020
Please call them for information in your area

GUILLAIN-BARRÉ SYNDROME / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 E. Elm St.
Conshohocken, PA 19428
Phone: 610-667-0131; 866-224-3301
Please call them for information in your area
MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters?chapters=6549,6553
National Multiple Sclerosis Society, Greater Northwest Chapter (covers Northern Idaho)
192 Nickerson St., Ste. 100
Seattle, WA 98109

National Multiple Sclerosis Society, Utah-Southern Idaho Chapter
1440 Foothill Drive, Suite 200
Salt Lake City, UT 84108
Phone: 801-424-0113
Email: utah.idaho@nmss.org

http://www.mymsaa.org/about-msaa/regional/
Multiple Sclerosis Association of America Northwest Regional Office (ID, MT, WY)
14902 Preston Rd., Suite 404-345
Dallas, TX 75254
Phone: 800-532-7667 ext.137
E-mail: northwest@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60606
Phone: 800-572-1717
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) Directory of Support Groups
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Their directory lists various support groups for polio survivors
SPINA BIFIDA

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

http://spinabifidaassociation.org/clinics/
SBAA Idaho Clinics
St. Luke's Regional Medical Center
Children's Special Health - Spina Bifida Clinic
100 E Idaho, Suite 200
Boise ID 83712
Phone: 208-381-7122

SPINAL CORD INJURY

https://www.spinalcord.com/sci-support-groups/idaho
SpinalCord.com: Idaho SCI support groups

STROKE

https://www.stroke.org/
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION

http://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
TRANVERSE MYELITIS

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

GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/id.htm
Idaho Yellow Pages for Kids with Disabilities

http://www.icdd.idaho.gov/
Idaho State Council on Developmental Disabilities

https://id-ota.org/
Idaho Chapter of the American Occupational Therapy Association
P.O. Box 7364
Boise, ID 83707
Phone: 208-388-4682
Email: info@id-ota.org

www.ptidaho.org
Idaho Chapter of the American Physical Therapy Association
Phone: 800-765-7848
Email: idaho@apta.org

http://dacnw.org/contact/moscow-id/
Disability Action Center – NW
505 N. Main St
Moscow ID, 83843
Phone: 208-883-0523
Toll-free: 800-475-0070
DAC prides itself on having an extremely diverse and adaptable board of directors, staff and volunteers. These people, many of whom have a disability, form the partnership to work to promote the independence and equality of all individuals with disabilities in all aspects of society.

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

www.211.org
www.211.idaho.gov
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.

Please note: Can only be dialed from a land line. If you dial 211 or your state’s 211 800 number and you are not connected, this service has not yet been provided to your area.

http://www.idahocareline.org/
Idaho Careline (211)

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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author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.