Kentucky Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to [https://www.healthcare.gov/](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.n4a.org/adrcs)
[https://www.acl.gov/node/413](https://www.acl.gov/node/413)

**Aging and Disability Resource Centers/ No Wrong Door**

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

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

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

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

https://chfs.ky.gov/agencies/dail/Pages/default.aspx
Kansas Department of Aging and Independent Living
Cabinet for Health and Family Services
Office of the Secretary
275 E. Main St.
Frankfort, KY 40621
Toll-Free: 800-372-2973
TTY (for hearing impaired) 800-627-4702

https://chfs.ky.gov/agencies/dail/Pages/aaail.aspx
Kentucky Association of Area Agencies on Aging

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

https://www.artsforallky.org/
Arts for All Kentucky
P.O. Box 3320
Bowling Green, KY 42103
Phone: 270-792-0023

ASSISTIVE TECHNOLOGY

http://www.katsnet.org
Kentucky Assistance Technology Services (KATS) Network
8412 Westport Rd
Louisville, KY 40242
Phone: 800-327-5287

http://www.adasoutheast.org/
Southeast ADA Center (covers Kentucky)
1419 Mayson Street NE
Atlanta, GA 30324
Phone: 800-949-4232 (voice/TTY)
CAREGIVERS INFORMATION

Kentucky Caregiver Support Groups
Tel: (954) 893-0550
1-800-829-2734
Email: support@caregiver.com

Barren Heights Retreat
177 Graham Ave
Bowling Green, KY 42102
Phone: 800-395-7654; 270-782-9223
A non-profit organization that provides weekend retreats for family caregivers of a physically disabled child at no cost to the family. This is a Christian charity that focuses on strengthening family identity and Christian community.

www.wellspouse.org
Well Spouse Association: Support Groups

COMMUNITY-BASED FITNESS PROGRAMS

http://kentuckyonehealth.org/rehabilitationcarefrazier
Frazier Rehab Institute
200 Abraham Flexner Way
Louisville, KY 40202
Phone: 502-587-4011
A Reeve Foundation NRN center.

COMMUNITY HEALTH CENTERS

https://k pca.net/
Kentucky Primary Care Association
226 W Main Street
Frankfort, KY 40601
Phone: 502-227-4379
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://cvcb.ky.gov/Pages/default.aspx
Kentucky Claims Commission/Kentucky Crime Victim Compensation
500 Mero St., 25C1
Mayo-Underwood Bldg.
Frankfort, KY 40601
Phone: 502-573-2290

www.justice.ky.gov/Pages/victim-services.aspx
Victim Services
Toll-free Victim Line: 800-221-5991

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Resource Center on Domestic Violence: 800-537-2238
Statewide Hotline: 502-695-2444

www.kcadv.org
Kentucky Domestic Violence Association
111 Darby Shire Circle, Frankfort, KY 40601
Phone: 502-209-KDVA (5382)
Email: info@kcadv.org
https://www.cvdvs.org/
Cumberland Valley Domestic Violence Services Inc.
P.O. Box 2162
London, KY 40743
Phone: 1-800-755-5348
Email: info@cvdvs.org
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.

EASTER SEALS OFFICES

http://www.easterseals.com/connect-locally/?state=KY
Go to Search by State drop down box and pick Kentucky
lists 10 Kentucky Easter Seals Offices
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

www.kentucky.gov
Kentucky State Website

http://chfs.ky.gov/default.htm
Kentucky Cabinet for Health and Family Services
Office of the Secretary
275 East Main Street
Frankfort, KY 40621
Phone: 1-800-372-2973
TTY: 1-800-627-4702

https://kcc.ky.gov/Vocational-Rehabilitation/Pages/default.aspx
Kentucky Office of Vocational Rehabilitation
Mayo-Underwood Bldg.
500 Mero St., 4th Floor NE
Frankfort, KY 40621
Phone/TTY: 800-372-7172
**Kentucky Medicaid Office**
275 East Main Street
Frankfort, KY 40621
Phone/TTY: 502-564-4321
TTY: 800-372-7172

**Kentucky CHIP Program** (State Children’s Health Insurance Program)
275 E. Main Street 6E-A
Frankfurt, KY 40621
Phone: 877-524-4718
502-564-0509
Email: chs.kchip@mail.state.ky.us

**Kentucky SHIP Program** (State Health Insurance Program - for Seniors)
Office of Aging
Kentucky Cabinet for Health Services
Phone: 877-293-7447
The Kentucky State Health Insurance Assistance Program (SHIP) provides information, counseling and assistance to seniors and disabled individuals, their families and caregivers. This service is provided at no charge by local, well-trained counselors.

**Kentucky Commission on Human Rights**
332 W. Broadway, Floor 14
Louisville, KY 40202
Phone: 502-595-4024
Toll-free: 800-292-5566
Email: kchr.mail@ky.gov
The agency receives, initiates, investigates, conciliates and rules upon jurisdictional complaints alleging violations of the Kentucky Civil Rights Act.

**Kentucky Office of Insurance**
215 W. Main Street
Frankfort, KY 40601
Phone: 502-564-3630
Toll-free: 1-800-595-6053
TTY: 1-800-648-6056
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.

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://silc.ovr.ky.gov/Pages/default.aspx
ILRU: State Independent Living Councils (SILCs)
Kentucky Independent Living Council
1525 Bull Lea Road, Suite 160
Lexington, KY 40511
Phone: 859-977-4050

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: 202-207-0334
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.
NeuroRecovery Network (NRN)

Frazier Rehab Institute
Louisville, KY
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. For more info on qualifying for the program, 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.kypa.net/
Kentucky Protection and Advocacy
Office for Public Advocacy Division for P&A
5 Mill Creek Park
Frankfort, KY 40601
Phone: 502-564-2967
TDD: 1-800-372-2988

http://kycap.ky.gov/
Kentucky Client Assistance Program (CAP)
300 Sower Blvd. 4th Floor
4CSW 20
Frankfort, KY 40601
Phone: 502-564-8035, 502-316-9363 or 800-633-6283

SERVICE DOGS

AIM HI Service Dog Training Center (Animals in the Military Helping Individuals)
Bldg. 1489 Eisenhower Ave.
Fort Knox, KY 40121-5520
Phone: 502-624-3945
Areas served: International (Military dependents and veterans only)

http://www.cci.org
Canine Companions for Independence (CCI)
North Central Regional Center
4989 State Route 37 East
Delaware, OH 43015
Phone: 740-833-3700 (voice/TTY)
Toll-free: 800-572-BARK (2275)
CCI’s North Central Regional Center serves several states, including Kentucky.

SPORTS and RECREATION

http://www.disabledsportsusa.org/
Disabled Sports USA National Headquarters
451 Hungerford Drive
Suite 100
Rockville, MD 20850
Phone: 301-217-0960
No Kentucky chapter listed
BlazeSports Louisville
Frazier Rehab Institute
200 Abraham Flexner Way
Louisville, KY 40202
Phone: (502) 582-7618

https://www.uoflhealthnetwork.org/adaptive-sports-resources

Frazier Rehab Institute
200 Abraham Flexner Way
Louisville, KY 40202
Phone: 502-582-7400
Offers an adaptive sports program

http://www.ckrh.org/
Central Kentucky Riding for Hope
PO Box 13155
Lexington, KY 40583
Phone: 859-231-7066
CKRH is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities with horses.

UNITED WAY

https://www.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

VA Medical Centers:

www.lexington.va.gov
Lexington VA Medical Center
1101 Veterans Drive  
Lexington, KY 40502-2236  
Phone: 859-233-4511

Louisville VA Medical Center  
800 Zorn Avenue  
Louisville, KY 40206  
Phone: 502-287-4000

http://kipva.org  
**Kentucky-Indiana Chapter Paralyzed Veterans of America (PVA) Regional Service Office**  
4781 Paoli Pike, Suite 2  
Floyd Knobs, IN 47119  
Phone: 502-635-6539  
Email: vlincks@kipa.org

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**ALS**

http://www.alsaky.org/  
**Kentucky Chapter of ALS Association**  
8640 Haines Dr. Ste F  
Florence, KY 41042  
Phone: 800-406-7702

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**BRAIN INJURY**

www.biak.us  
**Brain Injury Alliance of Kentucky**  
7321 New LaGrange Road, Suite 100  
Louisville, Kentucky 40222  
Phone: 502-493-0609  
Toll-free: 800-592-1117

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**CEREBRAL PALSY**

www.steppingstonesohio.org  
**Stepping Stones**  
5650 Given Road  
Cincinnati, OH 45243  
Phone: 513-831-4660
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

GUILLAIN-BARRÉ SYNDROME

http://gbs-cidp.org/
Guillain-Barré Syndrome/CIDP Foundation International
375 East Elm St., Suite 101
Conshohocken PA 19428
Phone: 610-667-0131
Toll-free: 866-224-3301
Call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org
National Multiple Sclerosis Society (NMSS)
800-FIGHT-MS

http://www.nationalmssociety.org/Chapters/INI
Indiana Chapter of NMSS
3500 DePauw Blvd.
Suite 1040
Indianapolis, IN 46268
Phone: 317-870-2500
The Indiana State Chapter works to improve the quality of life for people affected by MS in Indiana and northwestern Kentucky and raise funds for critical MS research.

Kentucky Chapter
1201 Story Avenue, Suite 200
Louisville, KY 40206
Phone: 502-451-0014
Email: KYW@NMSS.org

http://www.mymsaa.org
Multiple Sclerosis Association of America (MSAA)
MSAA Midwest Regional Office
The Midwest office covers Ohio, Illinois, Indiana, Kentucky, Michigan, Minnesota, West Virginia, Wisconsin, Iowa, North Dakota, South Dakota, and Nebraska.

**MUSCULAR DYSTROPHY**

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, Illinois 60601
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**

www.post-polio.org
Post-Polio Health International (PHI)
50 Crestwood Executive Center. #440
St. Louis, MO 63126
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

**Kentucky Post Polio Support Group**
Polio Survivors Organization, Inc.
William P. Williamson II MD
220 Abraham Flexner Way, Ste. 300
Louisville, KY 40202
Phone: 502-584-3480

**SPINA BIFIDA**

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd
Arlington, VA 22209
Phone: 202-944-3285
Email: sbaa@sbaa.org
Please contact them for info in your area
Spina Bifida Association of Kentucky (chapter of Spina Bifida Association of America)
982 Eastern Pkwy. Box 18
Louisville, KY 40217
Phone: 866-340-SBAK; 502-637-7363
Email: sbak@sbak.org

SBAA Kentucky Clinics:

Frazier Rehab Institute Adult Spina Bifida Clinic (Adults Only)
220 Abraham Flexner Way
Louisville, KY 40202
Phone: 502-584-3377

Norton Children’s Hospital
231 E. Chestnut Street
Louisville, KY 40202
Phone: 502-637-7363

SPINAL CORD INJURY

Kentucky Spinal Cord Injury Research Center
University of Louisville
511 S. Floyd Street
Louisville, KY 40202
Phone: 502-852-8060

Frazier Rehab Institute: Spinal Cord Medicine Program
220 Abraham Flexner Way
Louisville, KY 40202
Phone: 502-582-7400

Kentucky Appalachian Rural Rehabilitation Network (KARRN)
KARRN is a community centered collaborative team formed in 2008 who investigate neurological conditions (e.g. spinal cord injury, stroke, brain injury) and identify, develop and disseminate information and strategies, and maximize resources to improve outcomes and quality of life.

https://independenceplaceky.org/ky-congress-on-spinal-cord-injury/
Kentucky Spinal Cord Injury Congress
Advocacy group for Kentuckians with SCI.

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

http://www.jointcommission.org/certification/primary_stroke_centers.aspx
Primary Stroke Care Centers accredited by Joint Commission on Accreditation of Healthcare Organizations (JCAHO):

Jewish Hospital
200 Abraham Flexner Way
Louisville, KY 40202
Phone: 502-587-4011

University of Kentucky Hospital
800 Rose Street, Room C 101
Lexington, KY 40536-0293
Phone: 859-257-1000

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

https://bobbyjonescsf.org/
Bobby Jones Chair & Syringomyelia Foundation
TRANSVERSE 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/ky.htm
Kentucky Yellow Pages for Kids with Disabilities

http://www.kotaweb.org
Kentucky Chapter of the American Occupational Therapy Association
P.O. Box 5531
Louisville, KY 40255
Phone: 1-888-987-5682
Email: kota@kotaweb.org

http://www.kpta.org/
Kentucky Chapter of the American Physical Therapy Association
15847 Teal Road
Verona, KY 41092
Phone: 859-485-2812
Email: info@kpta.org

http://www.apse.org/chapter/kentucky/
Kentucky chapter of the Association of People Supporting EmploymentFirst (ASPE)
Katie Wolf-Whaley, President
Email: kwolf@uky.edu

http://www.lexcare.org/
Lex-Care, Inc.
P.O. Box 1328
Lexington, KY 40588
Phone: 859-699-9859
E-mail: lexcare.org@gmail.com
Lex-Care is a non-profit organization that helps Kentucky residents in need of transportation, diapers, etc. Lex-Care maintains a fund to assist people with financial and material needs when no other source is available. The fund is supported solely by private contributions. To receive support, the referral must come from a social worker. The fund specifically does not help pay for drugs.

https://agrability.ca.uky.edu/
**Kentucky AgrAbility**
University of Kentucky
N122 Ag Science North
Lexington, KY 40546-0091
Phone: 859-257-1126
Toll-free phone: 800-333-2814
Provides technical assistance with modifying tools, equipment or machinery, provides information and professional training to farmers with disabilities.

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

www.211.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. 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.

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.
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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