MISSOURI 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

Aging and Disability Resource Centers/ No Wrong Door
https://www.n4a.org/adrcs
https://www.acl.gov/node/413

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 (http://www.hhs.gov/acl/index.html) (including AoA (http://www.aoa.gov/) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (http://www.cms.hhs.gov/). 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.

**Missouri Department of Health and Senior Services**
http://health.mo.gov/index.php
912 Wildwood
P.O. Box 570
Jefferson City, MO 65102-0570
Phone: 573-751-6400
Email: info@health.mo.gov

**Missouri Association of Area Agencies on Aging**
http://www.ma4web.org/
1616 Southridge, Ste 203
Jefferson City, MO 65109
Phone: 1-573-668-8824
Email: jpeetz@ma4web.org

**National Center on Elder Abuse (NCEA)**
https://ncea.acl.gov/
National Center on Elder Abuse
c/o University of Southern California Keck School of Medicine
Department of Family Medicine and Geriatrics
1000 South Fremont Avenue, Unit 22, Building A-6
Alhambra, CA 91803
Phone: 1-855-500-3537 (ELDR)
Email: ncea-info@aoa.hhs.gov

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**

**Great Plains ADA Center**
http://www.gpadacenter.org
Great Plains ADA Center
100 Corporate Lake Drive
Columbia, MO 65203
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

Missouri Primary Care Association
www.mo-pca.org
3325 Emerald Lane Suite B
Jefferson City, MO 65109
Phone: 573-636-4222
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.

Health Resources and Services Administration (HRSA): Find a Health Center
http://findahealthcenter.hrsa.gov/
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.
Ranken Jordan – A Pediatric Specialty Hospital
http://www.rankenjordan.org/
11365 Dorsett Road
Maryland Heights, MO 63043
Phone: 314-872-6400
Toll-Free: 866-845-6400
Ranken Jordan is a pediatric bridge hospital providing a continuum of care for medically complicated children and their families.

Crime Victim Assistance

Crime Victims’ Compensation
www.dps.mo.gov/dir/programs/cvc/
Missouri Dept of Public Safety: Crime Victims' Compensation
P.O. Box 1589
Jefferson City, MO 65102-1589
Phone: 573-526-6006
Email: cvc@dps.mo.gov

Victim Assistance
http://ago.mo.gov/
Missouri Attorney General's Office
Supreme Court Building
207 W. High St.
P.O. Box 899
Jefferson City, MO 65102
Phone: 573-751-3321
Email: consumer.help@ago.mo.gov

Safe Horizon’s Links for General Crime Victim Resources/Issues
http://www.safehorizon.org/
Phone: 1-800-621-HOPE (4673)

Domestic Violence Help

National Domestic Violence Hotline 1-800-799-SAFE (7233)

Missouri Domestic Violence Crisis and Support Resources

Statewide Hotline: 800-761-4357

Missouri Coalition Against Domestic & Sexual Violence (MCADSV)
www.mocadsv.org
217 Oscar Dr. Suite A
Jefferson City, MO 65101
Phone: 573-634-4161
Toll Free: 888-666-1911
Easter Seals

Easter Seals Midwest  
www.eastersealsmidwest.org  
11933 Westline Industrial Drive  
St. Louis, MO 63146  
Phone: 800-200-2119  
Email: info@esmw.org

Easter Seals offers a variety of service to help people reach their potential regardless of their disability or challenges. They offer training and placement services to help people prepare for the workforce. They also offer fun and educational programs. Covers St. Louis, Kansas City, Joplin, Columbia, Springfield, Poplar Bluffs, St. Joseph, Cape Girardeau, and Bolivar.

Employment Help

Starkloff Disability Institute  
http://starkloff.org/  
133 S. 11th Street, Suite 500  
Saint Louis, MO 63102  
Phone: 314- 588-7090

Aimed at closing the unemployment gap between disabled and non-disabled workers, The Starkloff Career Academy facilitates the hiring of qualified people with disabilities into mainstream jobs by training disabled job candidates to become highly-competitive job seekers and by educating employers on how to welcome them into their workforce.

Government Offices

Missouri State Web site  
http://www.mo.gov/

Missouri Department of Social Services  
http://dss.mo.gov/cse/  
Broadway State Office Building  
PO Box 1527  
Jefferson City, MO 65102-1527  
Phone: 573-751-3229  
TTD: 800-735-2966

Department of Labor: Missouri Commission on Human Rights  
http://labor.mo.gov/mohumanrights  
421 E. Dunklin  
P.O. Box 1129  
Jefferson City, MO 65102-1129  
Phone: 573-751-3325  
TTD: 800-735-2966  
Email: mchr@labor.mo.gov
The mission of the Missouri Commission on Human Rights is to develop, recommend, and implement ways to prevent and eliminate discrimination and to provide fair and timely resolutions of discrimination claims through enforcement of the Missouri Human Rights Act.

**Missouri Dept of Education: Vocational Rehabilitation**
https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation

Physical Address:
205 Jefferson St.
Jefferson City, MO 65101
Mailing Address:
P.O. Box 480
Jefferson City, MO 65102-0480
Phone: 573-751-3251
Toll free: 877-222-8963
TDD: 573-751-0881
Email: info@vr.dese.mo.gov

C. Jeanne Loyd, Assistant Commissioner
Missouri Vocational Rehabilitation serves eligible Missouri citizens who have disabilities and who want to be employed. Types of services that could be provided include: pre-employment transition services for high school students with disabilities, assistive technology needed for employment, vocational training, transportation costs to help one participate in a training program, job-related tools and licenses, help in developing job-seeking skills, and individual counseling.

**CLAIM**
www.missouriclaim.org
1105 Lakeview Avenue
Columbia, MO 65201
Phone: 800-390-3330

Missouri’s state health insurance assistance program. Provides free, confidential and unbiased health insurance counseling to Medicare enrollees.

**Missouri Medicaid: MO HealthNet Division**
https://dss.mo.gov/mhd/
Department of Social Services of Missouri
615 Howerton Court
PO Box 6500
Jefferson City, MO 65102-6500
Phone: 573-751-3425

**Missouri State Children’s Health Insurance Program (SCHIP)**
MO HealthNet for Kids
http://dss.mo.gov/fsd/mchild.htm
MO HealthNet Division
615 Howerton Ct.
PO Box 6500
Jefferson City, MO 65102-6500
Phone: 573-751-3425

**Missouri Department of Insurance**
http://www.insurance.mo.gov/
301 W. High St., Room 530
Jefferson City, MO 65101
PO Box 690
Jefferson City, MO 65102-0690
Phone: 573-751-4126
Email: consumeraffairs@insurance.mo.gov

**Division of Workers’ Compensation**
http://www.labor.mo.gov/DWC/
http://www.labor.mo.gov/DWC/Injured_Workers/
Division of Workers’ Compensation
3315 W. Truman Blvd.
P.O. Box 58
Jefferson City, MO 65102-0058
Phone: 800-775-2667
E-mail: workerscomp@labor.mo.gov

**Governor’s Council on Disability**
http://disability.mo.gov/gcd/
Governor’s Council on Disability
301 West High Street - Room 620
P.O. Box 1668
Jefferson City, MO 65102
Phone: 1-800-877-8249
Phone: 573-751-2600
Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that’s you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.
http://www.house.gov/representatives/find/
http://whoismyrepresentative.com/

**State LTC Ombudsman**
http://health.mo.gov/seniors/ombudsman/index.php
Department of Health & Senior Services
P.O. Box 570
Jefferson City, MO 65102-0570
Phone: 800-309-3282
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**

**Fannie Mae**  
Phone: 800-232-6643

**Housing and Urban Development**  
[www.hud.gov](http://www.hud.gov)  
451 7th Street, S.W.  
Washington, DC 20410  
Phone: 202-708-1112  
TTY: 202-708-1455

(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](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

**211**  
[www.211.org](http://www.211.org)  
United Way Worldwide  
701 N. Fairfax Street  
Alexandria, VA 22314  
Phone: 703-836-7112  
Email: 211@uww.unitedway.org

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**

**ILRU: State Independent Living Councils (SILCs)**  
**Missouri Statewide Independent Living Council**  
4420 S. 40th Street  
St. Joseph, MO 64503  
Phone: 816-279-8558  
Email: rhonan@meril.org
Independent Living Research Utilization’s directory of Independent Living Centers
http://www.ilru.org

National Council on Independent Living (NCIL)
http://www.ncil.org/
PO Box 31260
Washington, DC 20030
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.

Disabled Citizens Alliance for Independence
http://dcai.us/
PO Box 675
8 Missouri Ave.
Viburnum, MO 65566
Phone & TTY: 573-244-3315
Toll-free: 866-797-6080
Toll Free: 800-844-3316

The Independent Living Center, Inc
http://ilcenter.org/
2639 E. 34th Street
Joplin, MO 64804
Phone: 417-659-8086
Toll Free: 800-346-8951
TTY: 417-659-8702
The Independent Living Center (TILC) is a private, non-residential, not-for-profit corporation devoted to meeting the needs of individuals with disabilities and to serving them, their families and communities.
TILC provides services in the following counties: Barry, Barton, Dade, Jasper, McDonald, and Newton.

The Whole Person
www.thewholeperson.org
3710 Main St.
Kansas City MO 64111
Phone: 816-561-0304
The Whole Person provides services to people with disabilities and their families and strives to help them identify and implement resources appropriate to their situation. Services include brain injury peer support group, consumer advocacy group, LGBTQIA
social support group, Life with Spinal Cord Injuries program, financial management program, home modifications, assistance with obtaining Social Security and other benefits.

They serve the following counties in *Missouri*: Cass, Clay, Jackson and Platte.  
They serve the following counties in *Kansas*: Johnson and Wyandotte.

**Library Services**

**Special Format Library**
Wolfner Library for the Blind and Physically Handicapped  
[www.sos.mo.gov/wolfner](http://www.sos.mo.gov/wolfner)  
P.O. Box 387  
Jefferson City, MO 65102-0387  
Phone: 573-751-8720;  
Toll-free in MO: 800-392-2614  
TDD: 800-347-1379  
Email: wolfner@sos.mo.gov

**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](http://www.ChristopherReeve.org/NRN).

**Peer Support Programs**

**Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)**  
[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)  
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](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.
Protection and Advocacy

Missouri Protection & Advocacy Services
www.moadvocacy.org
925 S. Country Club Drive, Suite B
Jefferson City, MO 65109-4510
Phone: 800-392-8667
TDD: 800-735-2966
Relay Missouri (TDD): 800-735-2966
E-Mail: app.unit@mo-pa.org

Service Dogs

American Service Dog Association
www.americanservicedog.com
Email: info@americanservicedog.com

Duo Dogs
https://duodogs.org/
10955 Linpage Place
Saint Louis, MO 63132
Phone: 314-997-2325
Email: info@duodogs.org

C.H.A.M.P. Assistance Dogs
www.champdogs.org
1968 Craig Rd., Suite 200
St. Louis, MO 63146
Phone: 314-485-1264

P.H.A.R.M. Dog USA (Pets Helping Agriculture in Rural Missouri)
http://pharmdog.org/
P.O. Box 161
Albany, MO 64402
Phone: 660-582-0694
The organization’s goal is to make life easier for farmers and farm family members with disabilities by training service dogs to help with farming related tasks. Those eligible for services may have any type of disability -- physical, cognitive, or illness-related. Their services are not limited to Missouri--they do place dogs in other states.

Sports and Recreation

Disabled Athlete Sports Association
www.dasasports.org
INSIDE Mid Rivers Mall,
Upper level next to Dillards
1600 Mid Rivers Mall Circle, Ste 2272
St. Peters, MO 63376
Phone: 636-477-0716

**Camp Barnabas**  
[www.campbarnabas.org](http://www.campbarnabas.org)  
Camp Barnabas at Teas Trail  
901 Teas Trail  
Purdy, MO 65734

Camp Barnabas Springfield Office  
1323-A E Montclair St.  
Springfield, MO 65804

Mailing Address:  
PO Box 3200  
Springfield, MO 65808  
Phone: 417-476-2565 (camp office, summer only), 417-522-6011  
Email: [info@campbarnabas.org](mailto:info@campbarnabas.org)  
A non-denominational Christian summer camp for children with special needs including spinal cord injuries.

**Life Waters**  
[http://www.lifewaters.org/#contact](http://www.lifewaters.org/#contact)  
1519 Big Bill Rd.  
Arnold, MO 63010  
Phone: 314-326-0419  
Email: [info@lifewaters.org](mailto:info@lifewaters.org)  
LifeWaters program is designed to help improve the lives of our disabled veterans by offering discover scuba and scuba certifications through Scuba Diving International (SDI) (Scubility Program) as part of recreational water therapy. The program is run by dedicated staff volunteers to include SCI therapists, doctors, nurses, veterans and civilians who are passionate about helping our veterans in the sport of diving.

**Midwest Adaptive Sports**  
[www.midwestadaptivesports.org](http://www.midwestadaptivesports.org)  
1800 Genessee St. Ste. 301  
Kansas City, MO 64012-1073  
Phone: 816-287-2011  
Email: [midwestadaptivesports@gmail.com](mailto:midwestadaptivesports@gmail.com)  
Midwest Adaptive Sports (MAS) is a therapeutic recreational and competitive ski program for individuals with disabilities.

**The Miracle League**  
[http://www.themiracleleague.net/](http://www.themiracleleague.net/)  
To find a local Miracle League, contact the corporate office:  
1506 Klondike Road – Suite 105  
Conyers, GA 30094  
Phone: 770-760-1933
Ride On St Louis
http://rideonstl.org/
Physical Address:
8499 Upper Byrnesville Rd
Cedar Hill, MO 63016
Mailing Address:
PO Box 94
Kimmswick, MO 63053
Phone: 636-464-3408
Email: info@rideonstl.org
Ride On St. Louis promotes health and enriches lives through love, joy and holistic healing.

United States Power Soccer Association
http://www.powersoccerusa.org/
Mailing Address:
Lexie Heer
10974 Wintercove Way
Fishers, IN 46038
Email: info@powersoccerusa.org
The USPSA is the governing body for Power Soccer in the United States. Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users.

TREE House of Greater St. Louis
https://thstl.org/
332 Stable Lane
Wentzville, MO 63385
Phone: 636-332-4940
Email: info@thstl.org
TREE House offers a therapeutic horseback riding program. For children of all abilities ages 5 to 18, TREE House offers inclusionary summer camp opportunities at their facility in Wentzville

Unlimited Play Inc.
https://www.unlimitedplay.org/
5988 Mid Rivers Mall Drive Suite 230
St Peters, Missouri 63304
Phone: 636-757-3978
Email: office@unlimitedplay.org
Unlimited Play is a non-profit organization that helps to plan, design and build fully accessible playgrounds that allow all children – regardless of their abilities – to play together.

Variety the Children’s Charity – Adventure Camp
Variety the Children’s Charity of St. Louis has been helping children with physical and Intellectual disabilities reach their full potential for more than 80 years.

United Way Worldwide

United Way Worldwide
http://unitedway.org
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.

Veterans Benefits

Veterans Administration Spinal Cord Injury hospital
https://www.va.gov/st-louis-health-care/locations/
St. Louis VA Medical Center-Jefferson Barracks
1 Jefferson Barracks Dr.
St. Louis, MO 63125-4199
Phone: 314-652-4100

US Dept of Veterans Affairs VA Hospitals
www.stlouis.va.gov
St. Louis Regional Office
Federal Building, 400 South, 18th Street
St. Louis, MO 63103
Phone: 1 (800) 827 1000

John J. Cochran Veterans Hospital
915 North Grand Boulevard
St. Louis, MO 63106-1621
Phone: 314-652-4100

Paralyzed Veterans of America
Gateway Chapter
http://gatewaypva.org/
1311 Lindbergh Plaza Center
St. Louis, MO 63132
ALS

Chapters of the ALS Association:

The ALS Association Mid-America Chapter
https://www.alsa-midamerica.org/
Southern Missouri Office
3259 E Sunshine, Ste V
Springfield, MO 65804
Phone: 417-708-7797
Support Groups

Virtual Support Group
Contact: Tara Dhakal
Phone: 800-878-2062
Email: tdhakal@alsa-midamerica.org
Meet on the first Monday of the month until 12/29/2022

Missouri Caregiver Support Group
Contact: Ashley Smith
Phone: 800-878-2062
Email: asmith@alsa-midamerica.org
Repeat on the first Monday of the month until 12/21/2022

St. Louis Regional Chapter
www.alsa-stl.org
1950 Craig Road, Suite 200
St. Louis, MO 63146
Toll-free: 888-873-8539
Email: info@alsastl.org

Brain Injury

Brain Injury Association of Missouri
http://www.biamo.org/
2265 Schuetz Rd.
St. Louis, MO 63146
Phone: 314-426-4024
Toll-free: 800-444-6443
E-Mail: info@biamo.org

Cerebral Palsy

United Cerebral Palsy
Friedreich’s Ataxia

National Ataxia Foundation
National Ataxia Foundation (NAF) National Office
http://www.ataxia.org/
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020
Email: naf@ataxia.org

Support Groups:

Kansas City Support Group Leaders

Laurie Colby
Kansas City, MO
Phone: 816-429-6456
Email: Lcolby61@gmail.com

Stephanie Wilkins
Lee’s Summit, MO
Phone: 816-623-3318
Email: sfwilkins@yahoo.com

St. Louis Support Group Leaders

Shannon Dunphy Lazo
St. Louis, MO
Phone: 202-306-2738
Email: shan_d@hotmail.com

Guillain-Barré Syndrome/CIDP

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

**Multiple Sclerosis**

**Multiple Sclerosis Association of America (MSAA) South-Central Regional Office**

[www.mymsaa.org](http://www.mymsaa.org)
Alexis Crispino, Director of Education & Healthcare Relations
Austin, TX
Phone: (800) 532-7667 extension 153
E-mail: southcentral@mymsaa.org

**National Multiple Sclerosis Society: Gateway Area Chapter**

[http://www.nationalmssociety.org/Chapters/MOS](http://www.nationalmssociety.org/Chapters/MOS)
10420 Old Olive Street Road Suite 300
Creve Coeur, MO 63141
Phone: 1-800-344-4867
The National MS Society provides professional counseling and peer facilitated support groups, educational programs and seminars, referrals to neurologists and healthcare professionals, national teleconferences and internet programs, services for the homebound, social and recreational programs to assist people with MS and their families in leading productive and fulfilling lives.

**Muscular Dystrophy**

**Muscular Dystrophy Association**

[https://www.mda.org/](https://www.mda.org/)
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**

**Post-Polio Health International (PHI)**

[https://post-polio.org/](https://post-polio.org/)
50 Crestwood Executive Center #440
Saint Louis, MO 63126
Phone: 314-534-0475
Email: info@post-polio.org
Directory lists Health Professionals, Clinics, and Support Groups by state.

**Spina Bifida**

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

Spina Bifida of Greater St. Louis
https://www.sbstl.org/
2705 Dougherty Ferry Road, Suite 200-B
St. Louis, MO 63122
Phone: 314-968-2244

SBAA Clinics:

Children's Mercy Hospital
Spinal Differences Clinic
2401 Gillham Road
Kansas City, MO 64108
Phone (toll free): 866-512-2168

Cardinal Glennon Children’s Hospital
www.cardinalglennon.com
Myelo Clinic
1465 S. Grand Blvd.
St. Louis, MO 63104
Phone: 314-577-5600
Email: cgch.internet@ssmhealth.com

Shriner’s Hospital for Children
https://www.shrinershospitalsforchildren.org/shc/locations
4400 Clayton Ave.
St. Louis, MO 63110
Phone: 314-432-3600

Spinal Cord Injury

Greater Kansas City Spinal Cord Injury Association
http://www.gkcscia.org/
PO Box 8826
Kansas City, MO 64114

SSM Rehabilitation Hospital
https://www.ssmphysicaltherapy.com/contact/find-a-location/mo/bridgeton/bridgeton-day-institute/
12380 Depaul Dr.
Bridgeton, MO 63044  
Phone: 314-447-9710

**Stroke**

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

**American Stroke Foundation**  
6405 Metcalf Ave., Suite 214  
Overland Park, KS 66202  
Phone: 913-649-1776  
Their Next Step program is a wellness program to help stroke survivors continue to improve and regain independence in daily living skills. Next Step offers classes and programs designed to address survivors’ physical, cognitive, social, and emotional well-being in a welcoming group environment. They offer various fitness and aquatics at three locations: Mission, KS, Blue Springs, MO, and Kansas City, MO. There is a monthly fee to participate. Programs are facilitated by occupational therapy staff and students as well as stroke survivors.

**Syringomyelia/Chiari Malformation**

**American Syringomyelia & Chiari Alliance Project**  
PO Box 1586  
Longview, TX 75606-1586  
Phone: 903-236-7079, 800-ASAP-282  
Email: info@ASAP.org  
Please contact them for any support groups in your area.

**Transverse Myelitis**

**Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**  
[www.wearesrna.org](http://www.wearesrna.org)  
Physical Address:  
1787 Sutter Parkway  
Powell, OH 43065-8806  
Mailing Address:  
SRNA  
PO Box 826962  
Philadelphia, PA 19182-6962  
Phone: 855-380-3330
Please contact them for info in your area.

**General Disability Resources**

**Missouri Yellow Pages for Kids with Disabilities**
[http://www.yellowpagesforkids.com/help/mo.htm](http://www.yellowpagesforkids.com/help/mo.htm)

**Missouri Chapter of the American Physical Therapy Association**
[https://www.mopt.org/](https://www.mopt.org/)
205 E. Capitol, Suite 100
Jefferson City, MO 65101
Phone: 573-556-6730
E-Mail: info@mopt.org

**Missouri Chapter of the American Occupational Therapy Association**
[http://www.motamo.net](http://www.motamo.net)
2000 E. Broadway
P.O. Box 169
Columbia, MO 65201

**Association of People Supporting EmploymentFirst: Missouri Chapter**
[www.apsemo.org](http://www.apsemo.org)
P.O. Box 254
Monroe City, MO 63456
Email: moapse@apse.org

**Children’s Mercy Hospital**
2401 Gillham Rd.
Kansas City, MO 64108
Phone: 816-234-3970

Children’s Mercy provides inpatient rehabilitation services for individuals ages 6 months to 21 years with any type of new paralysis (traumatic spinal cord injury, transverse myelitis, spinal cord tumor, spinal cord stroke/vascular malformation, acute flaccid myelitis, MS, etc.) along with other acute injuries, such as brain injury or stroke. Children’s Mercy also offers outpatient comprehensive clinics for spinal cord injury/disorder as well as spina bifida in addition to outpatient therapies (physical therapy, occupational therapy, speech therapy) and equipment and seating clinics.

**Hope Happens for Neurological Disorders**
[www.hopehappens.org](http://www.hopehappens.org)
200 South Hanley Road, Suite 1100
St. Louis, MO 63105
Phone: 314-725-3888
Email: info@hopehappens.org
Their mission is to improve the lives of people with neurodegenerative disorders by funding collaborative, translational research that has the potential to fast-track new treatments and cures.

**Missouri Cures Education Foundation**  
[https://missouricures.org/](https://missouricures.org/)  
PO Box 16580  
St. Louis, MO 63105  
Email: info@missouricures.com  
The Missouri Cures Education Foundation is a statewide nonprofit public education and advocacy alliance working to promote medical advances to improve the health of Missourians and stimulate the economy in our state. Originally formed to protect stem cell research in Missouri, we have broadened our approach to protecting all medical research in the state to ensure that any research that is legal at the federal level is also legal in Missouri.

**MO Better Foundation**  
[https://www.mobetter.org/](https://www.mobetter.org/)  
Assists Missourians (adults and children) with permanent physical disabilities by providing financial assistance to aid in purchasing items to assist in daily living particularly those related to technology, transportation and mobility.

**Moebius Syndrome Foundation**  
[https://moebiussyndrome.org/](https://moebiussyndrome.org/)  
1312 17th Street #976  
Denver, Colorado 80202  
Phone (toll free): 844-663-2487  
Email: info@moebiussyndrome.org  
The Moebius Syndrome Foundation holds conferences every two years and produces free educational DVDs about Moebius syndrome to educate the community.

**ParaQuad**  
5240 Oakland Ave.  
St. Louis, MO 63110  
Phone 314-289-4200

**ThinkFirst National Injury Prevention Foundation**  
[www.thinkfirst.org](http://www.thinkfirst.org)  
1801 N. Mill St. Suite F  
Naperville, IL 60563  
Phone: 630-961-1400  
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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $8,700,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.