Nebraska 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://dhhs.ne.gov/Pages/aging.aspx
Nebraska Department of Aging
P.O. Box 95026
Lincoln, Nebraska 68509
Phone: 402-471-2307
Email: DHHS.Aging@nebraska.gov

http://www.nebaaaa.org/
Nebraska 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.

ASSISTIVE TECHNOLOGY

www.gpadacenter.org
Great Plains ADA Center (covers Nebraska)
ADA Project of Missouri/ Columbia
100 Corporate Lake Drive
Columbia, MO65203
Phone/TTY: 573-882-3600
Toll free: 800-949-4232
Email: adacenter@missouri.edu

http://www.atp.ne.gov/
Nebraska Assistive Technology Partnership
3901 N. 27th St., Suite 5
Lincoln, NE 68521
Phone/TTY: 402-471-0734
Toll-free: 877-713-4002
Email: atp@nebraska.gov

http://ne.easterseals.com/site/PageServer?pagename=NEDR_loan
Nebraska Alternate Financing Loan Program
Easter Seals Nebraska
12565 West Center Rd., Suite 100
Omaha, NE 68144
Phone: 402-462-3031; 800-471-6425

CAREGIVERS INFORMATION

http://www.caregiver.com/regionalresources/states/NE/index.htm
Nebraska Caregiver Support Groups
Phone: 954-893-0550
Click on the state that you live in to find a support group near you.

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

http://hcanebraska.org
Health Center Association of Nebraska
3929 S. 147th Street, Suite 100 A
Omaha, NE 68144
Phone: 402-932-3389
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

https://ncc.nebraska.gov/crime-victim-reparations
Nebraska Crime Victim Compensation and Assistance
Nebraska Crime Commission
301 Centennial Mall South
PO Box 94946
Lincoln, NE 68509
Phone: 402-471-2828

http://www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

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

https://www.nebraskacoalition.org/
Nebraska Coalition to End Sexual and Domestic Violence
245 South 84th St., Suite 200
Lincoln, NE 68510
Phone: 402-476-6256

EASTER SEALS OFFICES

http://www.ne.easterseals.com
Easter Seals Nebraska 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.

Easter Seals Nebraska
Corporate Office
12565 West Center Road / Suite 100
Omaha, NE 68144-3810
(402) 462-3031 phone
(800) 471-6425 toll free

Easter Seals Nebraska
Lincoln Office
211 N. 14 Street
Lincoln, NE 68508
Phone: 402-462-3031
**Easter Seals Nebraska**  
Hastings Office  
2727 West 2nd Street / Suite 203  
Hastings, NE  68901  
(402) 462-3031 phone  
(800) 471-6425 toll free

**Easter Seals Nebraska**  
Geneva Office  
PO Box 106, 1320 G St.  
Geneva, NE 68361  
Phone: 402-462-3031

**GOVERNMENT OFFICES**

[www.state.ne.us](http://www.state.ne.us)  
**Nebraska State Website**

[http://dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx](http://dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx)  
**Nebraska Division of Medicaid and Long-Term Care**  
Department of Health and Human Services System  
PO Box 95026  
Lincoln, NE 68509-5044  
Phone: 402-471-3121 (Local)

[http://dhhs.ne.gov/](http://dhhs.ne.gov/)  
**Nebraska Department of Health and Human Services**  
301 Centennial Mall South  
Lincoln, NE 68509  
Phone: 402-471-3121

[https://www.insurekidsnow.gov/coverage/ne/index.html](https://www.insurekidsnow.gov/coverage/ne/index.html)  
**Nebraska CHIP Program** (Children’s Health Insurance Program)  
301 Centennial Mall South  
Lincoln, Nebraska 68509  
Phone: 1-855-632-7633

**Nebraska SHIP Program** (Senior Health Insurance Information Program)  
Nebraska Department of Insurance Terminal Building  
PO Box 82089  
Lincoln, NE 68501-2089  
Phone: 402-471-2841

Vocational Rehabilitation
Nebraska Department of Education
P.O. Box 94987
Lincoln, NE 68509
Phone: 402-471-3644
Toll-free: 877-637-3422

http://www.doi.ne.gov/
Nebraska Department of Insurance
PO Box 82089
Lincoln, NE 68501-2809
Phone: 402-471-2201
Toll-free: 877-564-7323

http://www.wcc.ne.gov/
Workers Compensation Office
Nebraska Workers’ Compensation Court
1221 N St., Suite 402
Lincoln, NE 68508

Mail to:
PO Box 98908
Lincoln, NE 68509-8908
Phone: 402-471-6468
Toll-free phone: 800-599-5155

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.

http://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx
State LTC Ombudsman Program
Department of Health & Human Services
P.O. Box 95026
Lincoln, NE 68509
Phone: 402-471-2307
800-942-7830 (Nebraska only)
Email: DHHS.LTCOmbudsman@nebraska.gov
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

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
https://www.nesilc.org/
ILRU: State Independent Living Councils (SILCs)
Nebraska Independent Living Council
215 Centennial Mall South, Suite 519
Lincoln, NE 68508
Phone: 402-438-7979
Email: info@nesilc.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
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

http://www.nlc.state.ne.us/tbbs/
Nebraska Library Commission
Talking Book and Braille Service
The Atrium
1200 N Street, Suite 120
Lincoln, NE68508-2023
Phone/TDD: 402-471-4038
Phone: 800-742-7691

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.
SPORTS and RECREATION


CHI Health: Junior Wheelchair Sports Camp
Please contact Jena Munson at 402-572-2276 for info
Email: Jena.Munson@alegent.org

http://hetra.org/

Heartland Equine Therapeutic Riding Academy
10130 S. 222nd Street
Gretna, Nebraska 68028
Phone: (402) 359-8830
Horseback riding for people with disabilities, also has a Horses for Heroes programs for disabled veterans.

https://nebraskaadaptablesports.org/youth-wheelchair-sports-camp/

Nebraska Adaptive Sports: Youth Wheelchair Sports Camp
Please contact Jena Munson at 402-572-2276 for info
Email: Jena.Munson@alegent.org

UNITED WAY OFFICES

http://unitedway.org

United Way National Headquarters
701 North Fairfax Street
Alexandria, VA22314
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

https://www.pva.org/find-a-national-service-office-or-chapter
Nebraska Paralyzed Veterans of America (PVA) Service Offices

www.greatplainspva.org
Great Plains Chapter of PVA
Phone: 402-398-1422

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ALS

www.alsa-midwest.org
Mid-America Chapter of the ALS Association
Nebraska Branch Office
900 S. 74 PLZ, Suite 106
Omaha, NE 68114
Phone: 402-991-8788

BRAIN INJURY

http://www.biausa.org
Brain Injury Association of America: State chapters

http://www.biane.org/
Brain Injury Alliance Nebraska
PO Box 22147
Lincoln, NE 68542
Phone: 402-423-2463
Email: info@biane.org

CEREBRAL PALSY

http://www.ucp.org
http://www.ucpnebraska.org/
United Cerebral Palsy of Nebraska
920 S. 107th Avenue, Suite 302
Omaha, NE, 68114
Phone: 402-502-3572
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 contact them for info in your state

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 East Elm St.
Conshohocken, PA 19428
Phone: 866-224-3301
Please call them for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/KSG
Mid America Chapter of National Multiple Sclerosis Society
2020 W 89th Street
Suite 100
Leawood, KS 66206
Phone: 913-432-3926
Toll Free: 1-800-344-4867

http://www.mymsaa.org/
Multiple Sclerosis Association of America Headquarters
375 Kings Hwy North
Cherry Hill, NJ 08034
Phone: 800-532-7667

http://www.mymsaa.org/about-msaa/regional/
MSAA Midwest Regional Office (covers Nebraska)
Phone: 800-532-7667 extension 150
E-mail: midwest@mymsaa.org

MUSCULAR DYSTROPHY
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)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org

Directory lists Health Professionals, Clinics, and Support Groups by state.

**SPINA BIFIDA**

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd., Suite 800
P.O. Box 17427
Arlington, VA 22216
Phone: 202-944-3285
Toll-free: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

SBAA clinics in Nebraska:

**MHCP Mid-line Clinic** (pediatric and adult)
412 S. Saddlecreek Rd.
Omaha, NE68509
Phone: 402-559-6418
SPINAL CORD INJURY

http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/nebraska.html
BrainandSpinalCord.org: Nebraska support groups listing
Madonna Rehabilitation Hospital
5401 South St.
Lincoln, NE 68506
Contact: Diane Ulmer at 402-486-8296 or dulmer@madonna.org

wwwqliomaha.com or www.teamqli.com
Quality Living Inc. (QLI)
6404 N. 70th Plaza
Omaha, NE 68104
Phone: 402-573-3700
Email: qli@qliomaha.com
QLI is a specialized post-acute rehabilitation center for individuals with spinal cord injuries and brain injuries. Their program recognizes that great rehabilitation is more than just the science of physical recovery – it is the art of rebuilding a life. They offer the clinical expertise, state-of-the-art technology and research-supported therapies. They manage medical needs but also provide therapies in a real-world, non-hospital setting to go beyond the traditional therapy room to a truly functional approach.

STROKE

http://www.strokeassociation.org
American Stroke Association
7272 Greenville Avenue
Dallas, TX75231
Phone: 1-800-242-8721
Please contact them for the stroke support group 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
Please contact them for info in your area.

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/ne.htm
Nebraska Yellow Pages for Kids with Disabilities

http://www.notaonline.org
Nebraska chapter of the American Occupational Therapy Association
PO Box 540881
Omaha, NE 68154

www.npta.org
Nebraska Chapter of the American Physical Therapy Association
PO Box 24133
Omaha, NE68154-0427
Phone: 402-491-3660
Email: info@aptanebraska.org

www.apse.org
http://www.apse.org/chapter/nebraska/
Nebraska chapter of Association of People Supporting Employment First (APSE)
Cheryl Montgomery, Secretary
Email: neapse@apse.org

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

http://www.ne211.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 Street, 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.

http://www.qliomaha.com/

Quality Living, Inc.
6404 N 70th Plaza
Omaha, NE 68104
Phone: 402-573-3700
Good rehabilitation services improve function. Great rehabilitation services rebuild lives. QLI has become one of the nation’s premier post-hospital centers for brain and spinal cord injury rehabilitation by embracing the concept that great rehabilitation is more than just the science of physical recovery – it is the art of rebuilding a life.

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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