New Hampshire 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.aoa.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.

New Hampshire Department of Aging
http://www.dhhs.nh.gov/dcbcs/beas/
New Hampshire Department of Health and Human Services
129 Pleasant Street
Concord, NH 03301-3852

National Center on Elder Abuse (NCEA)
https://ncea.acl.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.

Arts And Creativity

New Hampshire VSA arts
www.vsaartsnh.org/
PO Box 78
Wentworth, NH 03284
Phone/TTY: 603-764-9159

Assistive Technology

Assistive Technology in New Hampshire
http://www.atinnh.org/
Institute on Disability/UAP
10 West Edge Dr., Suite 101
Durham, NH 03824
Phone: 603-862-4320
Toll-free: 800-735-2964

New England ADA Center (covers New Hampshire)
http://www.newenglandada.org
Adaptive Environments Center, Inc.
180-200 Portland St., Suite 1
Boston, MA 02114
Phone: 617-695-0085
Toll Free: 800-949-4232
Email: adainfo@newenglandada.org

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

New Hampshire Office, Bi-State Primary Care Association
http://www.bistatepca.org/
525 Clinton Street
Bow, NH 03304
Phone: 603-228-2830
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.

Crime Victim Assistance

New Hampshire Department of Justice Site
http://www.state.nh.us/nhdoj/index.html
Phone: 603-271-3671

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

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

**National Resource Center on Domestic Violence:** 800-537-2238

**New Hampshire Coalition Against Domestic and Sexual Violence**
http://www.nhcadsv.org/
PO Box 353
Concord, NH 03302-0353
Phone: 603-224-8893
TTY: 800-735-2964
Domestic Violence Hotline: 866-644-3574
Sexual Assault Hotline: 800-277-5570

**Emily’s Place, REACH at YWCA New Hampshire’s Crisis Service Program**
https://www.ywcanh.org/emilys-place
New Hampshire
Phone: 603-668-2299
Emily’s Place is an emergency shelter program where individuals and their children can experience supportive community living while rebuilding their lives after domestic and/or sexual violence.
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

**New Hampshire Easter Seals Offices**
http://www.easterseals.com/nh/
555 Auburn Street
Manchester, NH 03103
(603) 623-8863 (voice/TTY)
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

**New Hampshire State Website**
http://www.nh.gov/

**New Hampshire Medicaid Office**
http://www.dhhs.nh.gov/ombp/medicaid/
129 Pleasant Street
Concord, NH 03301-3852
New Hampshire Department of Health and Human Services  
http://www.dhhs.state.nh.us/  
129 Pleasant Street  
Concord, NH 03301  
For phone numbers, see http://www.dhhs.state.nh.us/contactus/index.htm

New Hampshire Commission for Human Rights  
https://www.nh.gov/hrc/  
2 Industrial Park Dr  
Concord, NH 03301  
Phone: 603-271-2767  
Email: humanrights@nh.gov  
The New Hampshire Commission for Human Rights is a state agency established by RSA 354-A for the purpose of eliminating discrimination in employment, public accommodations and the sale or rental of housing or commercial property, because of age, sex, sexual orientation, race, creed, color, marital status, familial status, physical or mental disability or national origin.

New Hampshire Dept. of Education: Vocational Rehabilitation  
https://www.education.nh.gov/partners/vocational-rehabilitation  
21 South Fruit Street, Suite 20  
Concord, NH 03301  
603-271-3471(V/TTY)  
Toll-free: 800-299-1647  
Email: Lisa.Hatz@doe.nh.gov

New Hampshire SCHIP Program (State Children’s Health Insurance Program)  
http://www.benefits.gov/benefits/benefit-details/1608

New Hampshire Insurance Department  
http://www.nh.gov/insurance/  
21 South Fruit St., Ste 14  
Concord, NH 03301  
Phone: 603-271-2261  
TTY/TDD: 800-852-3416

New Hampshire Department of Labor: Workers’ Compensation Division  
95 Pleasant Street  
Concord, NH 03301  
Phone: 603-271-3176

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/

**New Hampshire Governor’s Committee on Employment of People with Disabilities**
http://www.nh.gov/disability/
54 Regional Drive, Suite 5
Concord, NH 03301
Phone/TTY: 603-271-2773
Toll-free Phone: 800 852-3405
Email: Disability@nh.gov

**State LTC Ombudsman**
http://www.dhhs.nh.gov/oltco/index.htm
Don Rabun
New Hampshire Office of the LTC Ombudsman
129 Pleasant Street
Concord, New Hampshire 03301-3852
Phone: 603-271-4375
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**

**Housing and Urban Development (HUD)**
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.

**211**
www.211.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)**
New Hampshire Independent Living Council
http://www.ilru.org/projects/silc-net/silc-directory
http://www.nh.gov/disability/silc/
21 Chenell Drive
Concord, NH 03301
Phone (Local): 603-228-9680
Toll-Free: 800-852-3405
Email: disability@gcd.nh.gov

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

Granite State Independent Living (GSIL)
www.gsil.org
21 Chenell Dr.
Concord, NH 03301
Phone: 603-228-9680
Toll-free: 800-826-3700
Email: info@gsil.com
Granite State Independent Living offers PCA/PCS services and peer support as well as I&R services and is the only IL center in New Hampshire. Granite State is also the hub for the New Hampshire chapter of the United Spinal Association.

National Council on Independent Living (NCIL)
http://www.ncil.org/
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

New Hampshire State Library
http://www.nh.gov/nhsl/talking_books/
Library Service to Persons with Disabilities
20 Park St.
Concord, NH 03301
Phone: 603-271-3429
TDD: 800-735-2964
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

Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)
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 for more info on qualifying and applying.

Protection and Advocacy

Client Assistance Program
https://www.nh.gov/disability/
Governor’s Commission on Disability
54 Regional Drive, Suite 5
Concord, NH 03301
Phone: 603-271-2773
Toll-free: 800-852-3405
Email: disability@gcd.nh.gov

Disabilities Rights Center
http://www.drcnh.org/
64 North Main, Suite 2, 3rd Floor
Concord, NH 03301-4913
Phone: 603-228-0432
Phone/TDD 800-834-1721
Email: advocacy@drcnh.org
Service Dogs

Assistance Canine Training Services
http://www.assistancecanine.org/
PO Box 52
N. Conway, NH 03860
Phone: 603-383-2073

Dog Guide Users of NH
http://www.dogguideusersnh.org/

Sports And Recreation

Ability Plus, Inc
www.abilityplus.org
PO Box 1447
Glen, NH 03838
Phone: 603-374-2688
Email: info@abilityplus.org

Adaptive Sports New England
http://adaptivesportsne.org/
89 South St, Suite 603
Boston, MA 02111
Phone: 617-982-2763
Email: info@adaptivesportsne.org
Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

Bretton Woods Adaptive
http://www.brettonwoods.com/Activities/Adaptive/overview
Offers adaptive winter and summer sports.

New England Disabled Sports Program
https://nedisabledsports.org/
39 Loon Mountain Road
Lincoln, NH 03251
Phone: 603-745-9333 (Loon Mountain location)
Phone: 603-278-3398 (Bretton Woods location)
Email: info@nedisabledsports.org

New England Handicapped Sports Association
http://www.nehsa.org/
Mt. Sunapee, NH
PO Box 2135
180 Mount Sunapee Rd
Newbury, NH 03255-2135
Offers 12 different adaptive sports and also offers rentals of adaptive sport equipment.

Sunset Hill Educational Institute
https://www.sheinh.org/
P.O. Box 435
South Sutton, NH 03273
Phone: 603-938-2562
SHEI is a non-profit organization that offers a Wheelchair Health in Motion (WHIM) program. WHIM is a free, peer-driven program that provides the tools for increasing quality of life and promoting wellness in individuals living with physical disability or low mobility through innovative upper-body aerobic exercise and positive peer support within their own community. WHIM also offers various social events such as a day at a beach and has 4 locations in New Hampshire.

Touchstone Farm
http://www.touchstone-farm.org/
233 Old Temple Road
Lyndeborough, NH 03082
Phone: 603-654-6308
Touchstone Farm is a non-profit educational and therapeutic organization which fosters a community of belonging for people of all ages, abilities and backgrounds who enter the farm gates. Grounded in a sense of place, mutual respect and well-being, it is a sanctuary which nurtures connections, cooperation, self-confidence and personal growth.

Turtle Ridge Foundation
www.turtleridgefoundation.org
461 Main Street, Suite 6A
PO Box 10
Franconia, NH 03580
Phone: 603-616-5030
The Turtle Ridge Foundation was founded by Bode Miller and seeks to provide a philanthropic platform in the community, support youth & adaptive sports programs and to offer the opportunity for the disabled community and young people to participate in a variety of sports and recreational activities that would not be available to them without help. The Turtle Ridge Foundation is proud to offer grants, scholarships, general funding and our new exclusive TRF MonoSki to the adaptive and youth sports world.
Yoga Caps Inc.
https://yogacaps.org/
Email: info@yogacaps.org
Yoga Caps is an all-volunteer nonprofit organization that brings yoga to people with disabilities with a specialization in seated therapeutic yoga experiences.

United Way Offices

United Way National Headquarters
http://unitedway.org
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

New Hampshire Department of Veterans Affairs VA Facility Locator
https://www.va.gov/directory/guide/state.asp?dnum=ALL&STATE=NH

New England Chapter Paralyzed Veterans of America Office
www.nepva.org
1208 VFW Parkway, Suite 301
West Roxbury, MA 02132
Phone: 617-942-8678
Toll-free: 800-660-1181
Email: info@newenglandpva.org
No chapters available in New Hampshire. See New England PVA Chapter in Massachusetts.

ALS

The ALS Association’s Northern New England Chapter
PO Box 207
Concord, NH 03302-0207
Phone: 603-226-8855
Toll-free: 866-257-6663

Brain Injury

Brain Injury Association of New Hampshire
http://www.bianh.org/
52 Pleasant Street
Concord, NH 03301
Phone: 603-225-8400
Phone: 800-773-8400 (Toll-Free In-state)
Email: mail@bianh.org

Cerebral Palsy

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

Friedreich’s Ataxia

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

Guillain-Barré Syndrome / CIDP

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

Multiple Sclerosis

National Multiple Sclerosis Society’s Central New England Chapter
www.nationalmssociety.org
http://www.nationalmssociety.org/chapters/MAM/about-this-chapter/index.aspx
101A First Ave.
Waltham, MA 02451
Phone: 800-493-9255
Email: nationalmssociety

Multiple Sclerosis Association of America Headquarters
www.mymsaa.org
375 Kings Highway North
Cherry Hill, NJ 08034
Muscular Dystrophy

Muscular Dystrophy Association
https://www.mda.org/
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 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/
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 of America
http://www.spinabifidaassociation.org
1600 Wilson Blvd, Suite 800
Arlington, VA 22209
Phone: 202-944-3285
Toll-free: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

SBA of Greater New England (Formerly SBA of Massachusetts)
http://sbagreaterne.org/
219 East Main St, Suite 100B
Milford, MA 01757
Phone: 508-482-5300
Email: edugan@SBAGreaterNE.org

SBAA New Hampshire Clinics:

Dartmouth Hitchcock Medical Center
Spina Bifida Clinic
One Medical Center Drive, Clinic 6L
Lebanon, NH 03756-0001
Phone: 603-653-9623

Spinal Cord Injury

New Hampshire Chapter, NSCIA
www.spinalcord.org
GSIL 21 Chenell Dr.
Concord, NH 03307
Phone: 603-228-9680

Stroke

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

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project
http://www.asap.org
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-ASAP-282
Email: info@ASAP.org
Please contact them for local info

Transverse Myelitis

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

General Disability Resources

New Hampshire Yellow Pages for Kids with Disabilities
http://www.yellowpagesforkids.com/help/nh.htm

New Hampshire Chapter of the American Occupational Therapy Association
http://www.nhota.org/
17 Depot Street, Suite 3
Concord, NH 03301
Phone: 603-868-7475
Email: nhota@lexian.com

New Hampshire Chapter of the American Physical Therapy Association
www.nhapta.org
4 Liberty Square, #500
Boston, MA 02109
Phone: 857-702-9916
Email: nhapta@libertysquaregroup.com

Association of People Supporting EmploymentFirst (ASPE)
www.apse.org
No NH chapter currently

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

First Call 2-1-1
http://www.211.org
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.

Betty’s Dream: A Foundation for the Physically Handicapped, Inc.
www.bettysdream.org
75 Longmeadow Lane
Portsmouth, NH 03801
Phone 603-436-9357
Special needs living complex.

Harry Allen Gregg Foundation
https://harrygreggfoundation.org/
Dawn Doerr, Grants Administrator
One Verney Drive
Greenfield, NH 03047
Phone: 603-831-8232
Email: hgf@crotchedmountain.org
The Harry Allen Gregg Foundation was established to provide support grants to help the people of New Hampshire with disabilities and their families cover the cost of needed products and services.

**ThinkFirst National Injury Prevention Foundation**

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

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.

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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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