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

https://www.n4a.org/adrcs
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.

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

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

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

ASSISTIVE TECHNOLOGY

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

http://www.crotchedmountain.org/Programs-and-Services/ATECH-Services/ATECH-Services/
Assistive Technology, Education, and Community Health Services (ATECH)
Crotched Mountain Foundation
One Verney Drive
Greenfield, NH 03047
Phone: 603-547-3311
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://www.bistatepca.org/
New Hampshire Office, Bi-State Primary Care Association
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.

http://findahealthcenter.hrsa.gov/
Health Resources and Services Administration (HRSA): Find a Health Center
HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.
CRIME VICTIM ASSISTANCE

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

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

http://www.nhcadsv.org/
New Hampshire Coalition Against Domestic and Sexual Violence
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

https://www.ywcanh.org/emilys-place
Emily’s Place, REACH at YWCA New Hampshire's Crisis Service Program
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

http://www.easterseals.com/nh/
New Hampshire Easter Seals Offices
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

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

http://www.dhhs.nh.gov/ombp/medicaid/
New Hampshire Medicaid Office
129 Pleasant Street
Concord, NH 03301-3852
Phone: 603-271-4344 (Local)

http://www.dhhs.state.nh.us/
New Hampshire Department of Health and Human Services
129 Pleasant Street
Concord, NH 03301
For phone numbers, see http://www.dhhs.state.nh.us/contactus/index.htm

https://www.nh.gov/hrc/
New Hampshire Commission for Human Rights
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.

https://www.education.nh.gov/partners/vocational-rehabilitation
New Hampshire Dept. of Education: 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

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

New Hampshire Governor’s Committee on Employment of People with Disabilities
121 South Fruit St., Suite 101
Concord, NH 03301-8518
Phone/TTY: 603-271-2773
Toll-free Phone: 800 852-3405
Email: Disability@nh.gov

State LTC Ombudsman
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

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

[www.211.org](http://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**
121 South Fruit Street
Concord, NH 03301
Phone (Local): 603-271-2773
Toll-Free: 800-852-3405
Email: [disability@gcd.nh.gov](mailto:disability@gcd.nh.gov)

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

**Independent Living Research Utilization’s** directory of Independent Living Centers

[www.gsил.org](http://www.gsил.org)

**Granite State Independent Living (GSIL)**
21 Chennell Dr.
Concord, NH 03301
Phone: 603-228-9680
Toll-free: 800-826-3700
A non-profit organization and the only Center for Independent Living in NH, GSIL focuses on 5 core services: education, information, advocacy, support and transition services for seniors and people with disabilities.


**National Council on Independent Living (NCIL)**
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 844-778-7961
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.nh.gov/nhsl/talking_books/
New Hampshire State Library
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

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.nh.gov/disability/about/cap.htm
Client Assistance Program (CAP)
Governor’s Commission on Disability
121 South Fruit St., Suite 101
Concord, NH 03301
Phone: 603-271-2773
Toll-free: 800-852-3405

http://www.drcnh.org/
Disabilities Rights Center
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

http://www.assistancecanine.org/
Assistance Canine Training Services
PO Box 52
N. Conway, NH 03860
Phone: 781-856-0055

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

SPORTS and RECREATION

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

http://adaptivesportsne.org/
Adaptive Sports New England  
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.

http://www.brettonwoods.com/Activities/Adaptive/overview

Bretton Woods Adaptive  
Offers adaptive winter and summer sports.

https://nedisabledsports.org/

New England Disabled Sports Program  
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

http://www.nehsa.org/

New England Handicapped Sports Association  
Mt. Sunapee, NH  
PO Box 2135  
Newbury, NH 03255-2135  
Phone: 603-763-9158  
Email: info@nesha.org

http://www.nepassage.org/

Northeast Passage  
121 Technology Dr., Suite 161  
Durham, NH 03824  
Phone: 603-862-0070  
TTY: 800-735-2964  
Email: northeast.passage@unh.edu  
Offers 12 different adaptive sports and also offers rentals of adaptive sport equipment.

https://www.sheinh.org/

Sunset Hill Educational Institute  
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.

http://www.touchstone-farm.org/

**Touchstone Farm**
13 Pony Farm Lane
Temple, NH 03084
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.

www.turtleridgefoundation.org

**Turtle Ridge Foundation**
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.

http://www.yogacaps.net/programs.html

**Yoga Caps Inc.**
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**

http://unitedway.org

**United Way National Headquarters**
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

Enter postal code for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and
one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

**VETERAN BENEFITS**

https://www.va.gov/directory/guide/state.asp?dnum=ALL&STATE=NH

New Hampshire Department of Veterans Affairs VA Facility Locator

www.nepva.org

New England Chapter Paralyzed Veterans of America Office
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.

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**ALS**

www.alsanne.org

The ALS Association’s Northern New England Chapter
The Concord Center
10 Ferry Street, Suite 438
Concord, NH 03301
Phone: 866-257-6663
Toll-free: 603-226-8855

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**BRAIN INJURY**

http://www.bianh.org/

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

http://www.ucp.org/
United Cerebral Palsy (UCP)
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

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 local info.

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
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

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

www.mymsaa.org
MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Email: mda@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

http://www.post-polio.org/net/poldir.pdf
Post-Polio Health International (PHI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-5070
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
Arlington, VA 22209
Phone: 202-944-3285
Toll-free: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

http://sbagreaterne.org/
**SBA of Greater New England** (Formerly SBA of Massachusetts)
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**

[www.spinalcord.org](http://www.spinalcord.org)
New Hampshire Chapter, NSCIA
GSIL 21 Chenell Dr.
Concord, NH 03307
Phone: 603-228-9680

**STROKE**

[https://www.stroke.org/](https://www.stroke.org/)
American Stroke Association
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**

[http://www.asap.org](http://www.asap.org)
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org
Please contact them for local info
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/nh.htm
New Hampshire Yellow Pages for Kids with Disabilities

http://www.nhota.org/
New Hampshire Chapter of the American Occupational Therapy Association
PO Box 842
Durham, NH 03824
Phone: 603-868-7475
Email: nhota@lexian.com

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

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

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

http://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.

[www.bettysdream.org](http://www.bettysdream.org)
Betty’s Dream: A Foundation for the Physically Handicapped, Inc.
75 Longmeadow Lane
Portsmouth, NH 03801
Phone 603-436-9357
Special needs living complex.
Harry Gregg Foundation (HGF)
Dawn Doerr, Grants Administrator
One Verney Drive
Greenfield, NH 03047
Phone: 603-547-1490
Email: [hgf@crotchedmountain.org](mailto:hgf@crotchedmountain.org)
HGF provides financial assistance to improve the lives of people in New Hampshire with physical, intellectual, or emotional disabilities.

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