New York Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to [https://www.healthcare.gov/](https://www.healthcare.gov/) to find out more about the Health Insurance Marketplace and the options available in your state.

National Disability Navigator Resource Collaborative Factsheet: Comparing Health Plans’ Benefits and Coverage Summaries (NY)
[http://www.nationaldisabilitynavigator.org/2015/02/12/fact-sheet-1-ny/](http://www.nationaldisabilitynavigator.org/2015/02/12/fact-sheet-1-ny/)

American Association on Health and Disability (AAHD)
110 N. Washington Street, Suite 328J
Rockville, MD 20850
Phone: 301-545-6140
Email: contact@aahd.us

The National Disability Navigator’s fact sheet helps answer specific questions that people with disabilities might ask about benefits and coverage available through the NY State of Health Marketplace.

Aging Resources

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

New York State Office for the Aging
http://www.aging.ny.gov/
2 Empire State Plaza
Albany, NY 12223-1251
Phone: 800-342-9871

New York Association of Area Agencies on Aging
http://www.agingny.org/
515 Broadway Ste. 402
Albany, NY 12207
Phone: 518-449-7080

Area Agencies on Aging by County
http://www.carenewyork.org/list10_NY_Aging_Services_senior_centers.htm

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

National Theatre Workshop of the Handicapped (NTWH)
535 Greenwich St.
New York, NY 10013
Phone: 212-206-7789
A theater training school for people with disabilities with offices in NYC and Maine.

**Roll Call Wheelchair Dance**
[https://www.rollcallwheelchairdance.org/](https://www.rollcallwheelchairdance.org/)
Nyarzechek's Dance Centre
55 E. Central Ave.
Pearl River, NY 10965
Phone: 845-735-1400 or 201-391-9498
Email: rollcall99@hotmail.com
Provides dance instruction for wheelchair users who want to dance for fun or compete.

**Angelica Patient Assistance Program**
[https://www.angelicaprogram.org/](https://www.angelicaprogram.org/)
c/o Duval & Stachenfeld
555 Madison Ave, 6th Floor
New York, NY 10022
Email: info@angelicaprogram.org
The Angelica Patient Assistance Program's goal is to improve the lives of economically disadvantaged patients and residents in need of long-term medical care and to support long-term medical care facilities in New York City. 'Art for Healing' will enhance and expand the art programs at Coler Hospital and Carter Hospital.

**Music Conservatory of Westchester**
216 Central Avenue
White Plains, NY 10606
Phone: 914-761-3900
Email: info@musiced.org
Music Conservatory of Westchester provides high quality music education for students of all ages, abilities and backgrounds.

**Seneca Cayuga ARC**
1083 Waterloo-Geneva Road
Waterloo NY 13165
Phone: 315-539-5067
Arc of Seneca Cayuga is comprised of people dedicated to assisting and supporting individuals with disabilities, their families and the community in Seneca and Cayuga Counties, New York. We provide opportunities and choices for treatment, employment, education, recreation and community living to assist individuals with disabilities in realizing a productive and fulfilling life.

**Assistive Technology**

**TRAID Program**
New York State Justice Center for the Protection of People with Special Needs  
161 Delaware Ave.  
Delmar, NY 12054  
Phone: 518-549-0200  
Toll-free: 800-624-4143

Northeast ADA Center  
[http://www.northeastada.org](http://www.northeastada.org)  
Employment and Disability Institute  
Cornell University  
IRL School  
201 Dolgen Hall  
Ithaca, NY 14853  
Phone: 607-255-6686 (TTY)  
Toll free: 800-949-4232 (TTY)  
Email: northeastada@cornell.edu

ADAPT Community Network (formerly United Cerebral Palsy of New York City): Assistive Technology Resources  
[https://adaptcommunitynetwork.org/service-options/technology/](https://adaptcommunitynetwork.org/service-options/technology/)  
TechWorks Centers  
Phone: 718-436-7979, ext. 711  
Email: techworks@adaptcommunitynetwork.org  
The ADAPT TechWorks Centers, located in Brooklyn and Manhattan, specialize in Assistive Technology devices and services to help people maintain and increase their independence.

Brooklyn Center for Independence of the Disabled  
27 Smith Street, Suite 200  
Brooklyn, NY 11201  
Phone: 718-998-3000  
Email: info@bcid.org  
We exist to improve the quality of life of Brooklyn residents with disabilities through programs that empower them to gain greater control of their lives and achieve full and equal integration into society. We accomplish this through our services, our advocacy for systems change to remove physical, attitudinal and communication barriers to people with disabilities, and through our education and awareness programs.

Caregivers Info

Caregiver.com  
[https://caregiver.com/](https://caregiver.com/)  
3920 Riverland Road  
Fort Lauderdale, FL 33312  
Tel: (954) 893-0550  
1-800-829-2734
Well Spouse Association
www.wellspouse.org

White Plains Well Spouse Support Group
Helen Goodman and Judie Meisels
Phone: 914-949-4936

Upper West Side Well Spouse Support Group
Manhattan
Steve Hoffman
Phone: 917-596-2707

Uptown NY Well Spouse Support Group
Mary Beth Coudal
Phone: 347-415-3707

Community-Based Fitness Programs

Northeast Center for Special Care (NCSC)
http://www.northeastcenter.com/
300 Grant Avenue
Lake Katrine, NY 12449
Phone: 845-336-3500
Email: ncsc@northeastcenter.com
The Northeast Center for Special Care offers a special care center designed to serve medically complex and multiply impaired needs such as: brain injury, neurological disease, spinal cord injury, neurobehavioral disorders, complex medical recovery and ventilator care/management.

Push to Walk
http://www.pushtowalknj.org/
100 Bauer Drive
Oakland, NJ 07436
Phone: 201-644-7567
A non-profit organization that provides individualized workouts and resources to people with spinal cord injuries, paralysis, and other neurological conditions including, but not limited to Multiple Sclerosis, traumatic brain injuries, and stroke. Our approach is a cutting edge technique encompassing what the medical community terms Activity Based Training. Our focus is on helping clients maintain and improve their physical and mental health allowing them to regain their independence

Community Health Centers

Community Health Care Association of New York State
www.chcanys.org
111 Broadway, Suite 1402
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.

Suburban Adult Services Inc
http://www.sasinc.org/
960 Maple Rd
Elma, NY 14059
Phone: 716-805-1555
Email: Foundation@sasinc.org

Crime Victim Assistance

New York State Office of Victim Services
http://www.ovs.ny.gov/
Phone: 800-247-8035

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

Domestic Violence Help

National Domestic Violence Hotline: 800-799-SAFE (7233); TTY: 800-787-3224

Statewide Hotline: 800-621-HOPE; TTY: 866-604-5350

The New York State Coalition Against Domestic Violence
http://www.nyscadv.org/
119 Washington Avenue, 3rd Floor
Albany, NY 12210
Barrier Free Living (BFL)
http://www.bflnyc.org
637 East 138th Street Bronx NY 10454
Phone: 212-677-6668 (voice/TTY)
Email: info@bflnyc.org
Barrier Free Living (BFL) offers comprehensive support services for survivors of domestic violence with disabilities at its fully accessible BFL Freedom House domestic violence shelter, award-winning BFL Secret Garden domestic violence counseling program, and BFL Apartments that offers permanent homes with support services to survivors with disabilities and their families. BFL is based in New York City.
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

Easter Seals
www.easterseals.com
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 New York
http://www.easterseals.com/newyork/
633 Third Ave, 6th Floor
New York, NY 10017
Phone: 212-220-2290

Government Offices for the state of New York

Official Website for New York State
www.ny.gov
New York State Commission on Quality of Care and Advocacy for Persons with Disabilities
401 State Street
Schenectady, NY 12305
Phone: 800-624-4143 (toll-free)
TTY: 518-388-2892

Adult Career & Continuing Education Services (Vocational Rehabilitation) ACCES-VR
http://www.acces.nysed.gov/vr
New York State Education Department
Special Education Services
89 Washington Ave.
Albany, NY 12234
Phone: 800-222-JOBS (5627)
Vocational and Educational Services for Individuals with Disabilities

Mayor’s Office for People with Disabilities (MOPD)
https://www1.nyc.gov/site/mopd/index.page
100 Gold Street, 2nd Floor
New York, NY 10038
Victor Calise, Commissioner
Phone: 311
Call 212-NEW-YORK (Out-of-City)
Call 711 (Relay Service for Deaf/Hard of Hearing)
Email link: https://www1.nyc.gov/site/mopd/about/email-the-commissioner.page

New York State Department of Health
http://www.health.state.ny.us/nysdoh/medicaid/medicaid.htm
Office of Medicaid Management
Governor Nelson A. Rockefeller Empire State Plaza
Corning Tower Building
Albany, NY 12237
Phone: 518-747-8887, 800-541-2831
TTY: 800-662-1220

Medicaid Buy-in Program in NY
http://www.health.state.ny.us/nysdoh/medicaid/buy_in/buy_in_work_disabled.htm

NY Office of Temporary and Disability Assistance
http://www.otda.state.ny.us/

New York State: Long Term Care Resources
http://www.health.state.ny.us/nysdoh/long_term_care/index.htm

NYS Office for People with Developmental Disabilities
http://www.opwdd.ny.gov/
44 Holland Ave.
Albany, NY 12229
Phone: 866-946-9733

New York’s Child Health Insurance Program (CHIP)
https://nystateofhealth.ny.gov/
Child Health Plus
NYS Health Department
Box 2000
Albany, NY 12220
Phone: 855-355-5777
TTY: 800-662-1220

New York State Health Insurance Information Counseling & Assistance Program (HIICAP) Office for the Aging
https://aging.ny.gov/health-insurance-information-counseling-and-assistance-program-hiicap
Trained HIICAP counselors located in local offices for the aging across the state are available to answer New Yorkers’ questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance.

NY State Department of Health’s site on Disability and Health in NY
http://www.health.state.ny.us/nysdoh/prevent/main.htm

New York State Dept. of Financial Services: Health Insurance Policies and Programs
One State Street
https://www.dfs.ny.gov/consumers/health_insurance/new_york_health_insurance_policies__programs
New York, NY 10004-1511
Main Phone: 212-480-6400

Workers Compensation Office
http://www.wcb.ny.gov/

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://www.ltcombudsman.ny.gov/
Mark Miller
New York State Office for the Aging
2 Empire State Plaza
Albany, New York 12223-1251
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

Dept of 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.

Housing and Urban Development (HUD) in New York
https://www.hud.gov/states/new_york/offices
https://www.hud.gov/states/new_york

New York City Regional Office
Jacob K. Javits Federal Building
(Broadway-Between Duane & Worth Streets)
26 Federal Plaza, Suite 3541
New York, NY 10278-0068
Phone: 212-264-8000
TTY: 212-264-0927

Albany Field Office
52 Corporate Circle
Albany, NY 12203
Phone: 518-862-2801

Buffalo Field Office
Lafayette Court
465 Main Street, 2nd Floor
Buffalo, NY 14203-1780
Phone: 716-551-5755
TTY: 716-551-5787

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.

NY Housing Search
http://nyhousingsearch.gov/
Connects people with disabilities to affordable housing in NY

**Mayor’s Office for People with Disabilities: Project Open House**
https://www1.nyc.gov/site/mopd/initiatives/project-open-house.page
Project Open House (POH), administered by the Mayor's Office for People with Disabilities (MOPD), removes architectural barriers in the homes of people with permanent disabilities. POH is funded with Community Development Block Grant (CDBG) money from the Department of Housing and Urban Development. Program participants must meet Federal Section 8 income guidelines and reside within the five boroughs. Individual eligibility is determined by evaluating income and disability, and is on a first come, first served basis. MOPD conducts outreach into the disability community to seek participants. Applicants must have a permanent disability and reside in one of the five boroughs of New York City. Please see the website for other requirements.

**Independent Living**

**ILRU: State Independent Living Councils (SILCs)**
New York Independent Living Council
http://www.ilru.org/projects/silc-net/silc-directory
http://www.nysilc.org/
111 Washington Avenue, Suite 101
Albany, NY 12210
Phone and TTY: 518-427-1060
In state only: 1-877-397-4126
Email: (Executive Director) bradw@nysilc.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/
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 877-525-3400
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.

**Independent Living Center of the Hudson Valley**
http://www.ilchv.org/
The Independent Living Center of the Hudson Valley seeks to help persons with disabilities do for themselves instead of depending on others to do for them.

Westchester Independent Living Center
www.wilc.org
10 Country Center Rd, 2nd Floor
White Plains, New York 10607
Phone: 914-682-3926
TTY: 866-933-5390
Email: contact@wilc.org
The Westchester Independent Living Center (WILC) is a not-for-profit, community-based, consumer-directed advocacy, resource, and training center that services people of ALL ages with ALL types of disabilities.

Western New York Independent Living
http://www.wnyil.org/
3108 Main Street
Buffalo, NY 14214
Phone: 716-836-0822
WNYIL Inc. family of agencies is a catalyst for systems and individual change, enhancing the quality of life for people with disabilities while respecting diversity and promoting choice and alternatives for independent living in our societies.

Library Services

National Library Service for the Blind and Physically Handicapped (NLS)
https://www.loc.gov/nls/
The Library of Congress
NLS administers a free library program of Braille and recorded materials, which are circulated to eligible borrowers through a network of cooperating libraries such as the New York State Talking Book and Braille Library.
Phone: 202-707-5100
Toll-free: 800-424-8567
TDD: 202-707-0744
Email: General: nls@loc.gov, Reference: nlsref@loc.gov, Music Section: nlsm@loc.gov

The New York State Talking Book and Braille Library (TBBL)
http://www.nysl.nysed.gov/tbbl/
Cultural Education Center
222 Madison Ave
Albany, NY 12230-0001
Phone: 518-474-5935
Toll-free: 800-342-3688
Email: tbbl@nysed.gov
The TBBL lends Braille and recorded books and magazine, and the necessary equipment to play recorded books, to residents of the 55 upstate counties of New York State who are unable to read standard printed materials because of a visual or physical disability.

**Brooklyn Public Library: Inclusive Services**
https://www.bklynlibrary.org/inclusive-services
2065 Flatbush Ave.
Brooklyn, NY 11234
Phone: 718-253-4948
TTY: 718-253-5034

**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.

**Southern Tier Paralysis Support Group**
Vestal NY 13850
Phone: 607-727-5032
Email: Derek Vladescu at derekvladescu@gmail.com
This support group offers emotional, moral, and social support to those living with paralysis, their families, friends, caregivers, and anyone interested in learning about life with paralysis. Meetings are monthly online or at the local public library.
Protection and Advocacy

Center for Disability Rights
http://cdrnys.org/
Rochester Administrative:
497 State Street
Rochester, NY 14608
Phone: 585-546-7510
TTY: 585-546-7512

Disability Rights New York
http://www.drny.org/
Phone: (518) 432-7861
TTY: (518) 512-3448
Toll Free: (800) 993-8982
Fax: (578) 427-6561
Email: mail@DRNY.org

725 Broadway Ste 450
Albany, NY 12207

25 Chapel St Ste 1005
Brooklyn, NY 11201

44 Exchange Blvd Ste 110
Rochester, NY 14614

Service Dogs

Canine Companions for Independence
https://canine.org/
Northeast Training Center (service area includes New York state)
Miller Family Campus
286 Middle Island Rd.
Medford, NY 11763
Phone: 631-561-0200
Toll-free: 800-572-BARK (2275)

Canine Helpers for the Handicapped, Inc.
www.caninehelpers.org
5699 Ridge Road
Lockport, NY 14094
Phone/TTY: 716-433-4035
Email: chhdogs@aol.com

America’s VetDogs: The Veteran’s K-9 Corps
http://www.vetdogs.org/
371 East Jericho Turnpike
Smithtown, NY 11787-2976
Phone: 631-930-9090
Toll-free: 866-VETDOGS (838-3647)
Email: info@vetdogs.org
America’s VetDogs is a not-for-profit organization that serves the needs of disabled veterans by providing different types of service dogs for support.

Sports and Recreation

Achilles International New York Chapter
http://www.achillesinternational.org/nyc-chapter/
42 West 38th Street, 4th Floor
New York, NY 10018
Phone: 212-354-0300
Email: cmclaughlin@achillesinternational.org
Achilles International provides athletes with disabilities with a community of support through training and specialized programs designed to bring hope, inspiration and joy.

Disabled Sports USA, click on Chapters
http://www.disabledsportsusa.org

Adaptive Sports New England
http://adaptivesportsne.org/
89 South St, Suite 603
Boston, MA 02111
Phone: 617-982-2763
Email: joewalsh@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.

Adaptive Sports Foundation
www.adaptivesportsfoundation.org
100 Silverman Way
PO Box 266
Windham, NY 12496
Phone: 518-734-5070
Email: info@adaptivesportsfoundation.org
Programs offered: ski and snowboard lessons, race training
Summer programs: golf, tennis, biking, camping, fishing, swimming, horseback riding

A.S.P.I.R.E (New York/Long Island)
http://www.aspirecenterforlearning.com
63 Old East Neck Road
Melville, Long Island, NY 11747
Phone: 613-923-0923
Email: info@aspirecenterforlearning.com
Programs offered: self-help support groups, track training, sport-specific training, and junior competition training.

**Buffalo Sabres Foundation**  
https://www.nhl.com/sabres/community/about  
KeyBank Center  
One Seymour H. Knox III Plaza  
Buffalo, New York 14203  
Phone: 716-855-4703  
Email: rich.jurelle@sabres.com  
The Buffalo Sabres Foundation’s mission is to identify and support organizations in Western New York which share our core objectives: serving children and military personnel, caring for the sick, assisting physically and mentally challenged athletes, and supporting youth hockey initiatives. By utilizing financial resources and community influence, the Buffalo Sabres Foundation assists these organizations and their beneficiaries in realizing their highest potential and succeeding in their endeavors.

**Camp Horseability**  
http://horseability.org/  
PO Box 410-1  
Old Westbury, NY 11568  
Phone: 516-333-6151  
Email: info@horseability.org  
Camp Horseability is a week-long riding, learning, and fun-filled day camp for individuals with special needs. The camp takes place annually at the end of August (Mon. - Fri.) from 9:00 a.m. to 3:30 p.m. daily.

**Camp Huntington**  
http://www.camphuntington.com/  
Camper Inquires:  
Alex Mellor  
56 Bruceville Road  
High Falls, NY 12440-5100  
Phone: 845-687-7840; 855-707-CAMP (2267)  
Email: amellor@camphuntington.com  
Serves learning and developmentally disabled ages 7-21 years.

**Dave Clark Foundation, Ltd**  
www.daveclarkfoundation.org  
171 East Market Street, Suite 201  
Corning, NY 14830  
Phone: 607-329-0010, 877-230-4523  
Email: info@daveclarkfoundation.org  
Offers baseball camps for children with disabilities.

**Double H Ranch – Camp Inspiration**  
http://www.doublehranch.org/programs/summer-camp/camp-inspiration/
In the beginning of June, we host Camp Inspiration a weeklong family program for children (ages 5-21 years old) who are BIPAP or ventilator dependent. Camp Inspiration allows campers to participate in typical summer camp activities including swimming, High Ropes, Arts and Crafts, a horse drawn carriage ride and the chance to participate in a camp dance, talent show and campfire. This program is extremely unique and requires the support of nurses, doctors and respiratory therapists many from Albany Medical Center to provide the extensive care our campers require.

**GallopNYC**
88-03 70th Road
Forest Hills, NY 11375
Phone: 855-925-5661
Email: info@gallopnyc.org

GallopNYC brings the proven benefits of therapeutic horsemanship to children and adults with disabilities in NYC. Through weekly riding sessions with PATH-certified instructors, we help riders walk, talk, and learn, encouraging each one to live life as fully, productively, and independently as possible.

**High & Mighty Therapeutic Riding and Driving Center**
[http://high-n-mighty.org/](http://high-n-mighty.org/)
71 County Route, 21C
Ghent, NY 12075
Phone: 518-672-4202
Email: info@high-n-mighty.org

High & Mighty is a therapeutic riding and driving farm for children and adults with special needs.

**Infinity Dance Theater Company Ltd.**
220 West 93rd Street
New York, NY 10025
Phone: (212) 877-3490
Email: info@infinitydance.com

Infinity Dance Theater is a non-traditional dance company committed to expanding the boundaries of dance by featuring dancers with and without disabilities.

**International Paper John Dillon Park**
[https://www.paulsmiths.edu/johndillonpark/](https://www.paulsmiths.edu/johndillonpark/)
2150 Tupper Rd.
Long Lake, NY 12847
Phone: 518-524-6226
Email: dillonpark@paulsmiths.edu
Paul Smith College and International Paper have created International Paper-John Dillon Park. The park is an accessible wilderness facility located in the beautiful Adirondacks of northern New York. They provide fully accessible trails, lean-tos and other services to accommodate all types of disabilities. Their camping experience is designed for people with disabilities.

**Lounsbury Adaptive Ski Program**  
http://www.lounsburyadaptive.org/  
PO Box 340  
Ellicottville, NY 14731  
Contact Person: Mary Ellen Racich  
Phone: 440-782-3100  
Email: laspski@hotmail.com  
Programs offered: winter program only! Ski lessons by appointment, offered daily

**Move Along Inc.**  
http://movealonginc.org/  
PO Box 83  
Baldwinsville, NY 13027

**New York State Department of Environmental Conservation**  
http://www.dec.ny.gov/outdoor/34035.html  
List of Accessible Outdoor Recreation

**Outdoors Unlimited**  
http://www.nyoutdoorsunlimited.com/  
1126 Ridge Rd  
Ontario, NY 14519  
gbolender@nyoutdoorsunlimited.com  
Hunting for people with disabilities.

**Rochester Accessible Adventures**  
www.rochesteraccessibleadventures.org  
2165 Brighton Henrietta Townline Rd.  
Rochester, NY 14623  
Phone: 585-491-6011  
Email: RAA@rochesteraccessibleadventures.org  
RAA’s CHI initiatives transform businesses to operate inclusively so that everyone can participate, including individuals with a variety of disabilities. RAA supports adaptive sports teams and athletes in their pursuit of team and individual development.

**Row New York**  
www.rownewyork.org  
World’s Fair Boathouse  
30 Meadow Lake Trail  
Flushing, NY 11367  
Phone: 718-433-3075
Offers adaptive rowing in Queens.

**Saratoga Rowing Association**  
543 Union Ave,  
Saratoga Springs, NY 12866  
Phone: 518-587-6697  
Email: [info@saratogarowing.com](mailto:info@saratogarowing.com)  
The Saratoga Rowing Association provides education, training and participation in the sport of rowing and developed many programs that offer great opportunities to the entire community.

**Skating Athletes Bold At Heart (SABAH)**  
2607 Niagara Street  
Buffalo, NY 14207  
Phone: 716-362-9600  
Email: [sabah@sabahinc.org](mailto:sabah@sabahinc.org)  
For more than 22 years, SABAH has taught Western New Yorkers who have physical, cognitive, or emotional challenges to ice skate. SABAH provides weekly adaptive ice skating lesson, adaptive ice skating equipment, intense volunteer support, and the opportunity to perform in an annual skating spectacular.

**Stay Focused, Inc**  
245 East 44th Street, Suite 22B  
New York, New York 10017  
Phone: 917-332-0014  
Email: [info@stay-focused.org](mailto:info@stay-focused.org)  
Stay-Focused offers a unique, transformational learning experience to teens and young adults with disabilities. Through a SCUBA diving certification program, participants gain confidence, develop leadership skills, and become more independent. Participants learn to challenge themselves, become more aware of their abilities, set higher goals, and form long-term friendships. Stay-Focused is committed to supporting medical research that explores the beneficial aspects of diving on persons with mobility challenges.

**Steffi Nossen Dance Foundation adaptive Dance Programs**  
[http://www.steffinossen.org/outreach/](http://www.steffinossen.org/outreach/)  
216 Central Avenue  
White Plains, NY 10606  
Phone: 914-328-1900  
Email: [shelley@steffinossen.org](mailto:shelley@steffinossen.org)  
The Steffi Nossen School of Dance (SNSD) is a supportive, inclusive dance community committed to sharing the arts with residents throughout Westchester County and beyond. They believe dance is a unique form of education, developing the body, mind, spirit and character.

**STRIDE (Sports and Therapeutic Recreation Instruction/Developmental Education)**
www.stride.org
4482 NY Highway 150
West Sand Lake, NY 12196
Contact Person: Mary Ellen Whitney, CEO
Phone: 518-598-1279
Email: info@stride.org
Programs offered: skiing, sailing, camping, Little League, bowling, swimming, snowboarding, snowshoeing/hiking, white water rafting. Some of their winter programs are in Massachusetts

Warriors on Wheels
http://www.profilesinpurpose.com/warriors_on_wheels/index.html
PO Box 5427
230 Green St., 4th Floor
Albany, NY 12202
Contact Person: Ned Norton
Phone: 518-506-1011
Email: warriorsonwheels@yahoo.com
Programs offered: strength training for individuals with disabilities, emphasis on weight training, and junior programs for youth.

WAVES (Wheelchairs and Veterans Enjoying Summer) Inc.
http://www.kipsboat.org/index.html
754 Shore Walk
Lindenhurst, NY 11757
Phone: 631-957-1838
A non-profit organization that offers children, adults and veterans with disabilities fishing and boating for free.

World T.E.A.M. Sports
http://worldteamsports.org/
4250 Veterans Memorial Hwy, Ste. 420 E
Holbrook, NY 11741-4020
Phone: 855-987-8326
World T.E.A.M. Sports is a 501(c)(3) not-for-profit organization chartered in North Carolina and headquartered in Holbrook, New York. Since 1987, World T.E.A.M. Sports has organized athletic events for disabled and able bodied citizens – mountain climbing, white water rafting, bicycling, and more. We change lives through sports.

United Way Offices
Enter your 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.
http://www.unitedway.org/
Veterans Benefits

US Department of Veterans Affairs VA Hospital Locator
www1.va.gov/directory/guide/home.asp?isFlash=1

Veteran Benefits Administration
http://www.benefits.va.gov/Buffalo
Buffalo Regional Office
130 S. Elmwood Ave.
Buffalo, NY 14202
Phone: 800-827-1000 (C & P Benefits)
Education Benefits: 888-442-4551
Serves Counties not served by the New York, NY Regional Office

Veterans Benefits
New York Regional Office
245 West Houston Street
New York, NY 10014
Phone: 800-827-1000
C & P Benefits, Loan Guaranty, VR & E: 212-807-7229

PVA Offices
http://www.pva.org
The closest Paralyzed Veterans of America Offices to the State of New York:

New England PVA Chapter
www.nepva.org
1208 VFW Parkway
Suite 301
West Roxbury, MA 02132
Phone: 617-942-8678; 800-660-1181 (toll-free)
Email: info@nepva.org

Keystone PVA
www.kpva.org
1113 Main St.
Pittsburgh, PA 15215-2407
Phone: 412-781-2474, 800-775-9323
Email: keystonePVA@comcast.net

ALS

The ALS Association National Office
http://www.alsa.org
1300 Wilson Boulevard - Suite 600  
Arlington, VA 22209  
Phone: 800-782-4747

Chapters

Greater New York Chapter
www.als-ny.org  
42 Broadway, Ste. 1724  
New York, NY 10004  
Phone: 800-672-8857  
Email: als@als-ny.org

Upstate New York Chapter
http://webuny.alsa.org/site/PageServer?pagename=UNY_homepage  
135 Old Cove Road, Suite 213  
Liverpool, NY 13090  
Phone: 315-413-0121; 866-499-7257  
Email: info@alsupstateny.org

Clinics

ALS program at Hospital for Special Surgery  
525 East 71st St.  
New York, NY 10021  
Phone: 646-714-6135

Stony Brook University Hospital  
ALS Center  
179 Belle Meade Road, Suite 3  
East Setauket, NY 11733  
Phone: 631-444-4623

Centers

The ALS Center Beth Israel Medical Center  
Stephen Scelsa, MD  
10 Union Square East  
New York, NY 10003  
Phone: 212-844-6188

Muscular Dystrophy Association’s ALS Research Centers:

The Eleanor and Lou Gehrig at Columbia University  
www.columbiaALS.org  
MDA/ALS Research Center Department of Neurology  
710 West 168th St.
New York, NY 10032-3784
Phone: 212-305-6939
E-mail: alscenter@columbia.edu or lgoldsmith@neuro.columbia.edu

MDA/ALS Center at Mount Sinai Hospital and Medical Center
http://www.mountsinai.org
1 Gustave L. Levy Place
New York, NY 10029-6574
Phone: 212-241-6500

MDA/ALS Center at the University of Rochester Medical Center
https://www.urmc.rochester.edu/neurology/clinical-services/als.aspx
Neurology Outpatient Clinic
Strong Memorial Hospital, 1st Floor, AC-1
601 Elmwood Avenue, Box 673
Rochester, NY 14642
Phone: 585-275-1200; 585-275-2559
E-mail: Charles_Thornton@urmc.rochester.edu

MDA/ALS Center at SUNY Upstate Medical University
Upstate Healthcare Center, 4th Floor
90 Presidential Plaza,
Syracuse, NY 13202
Phone: 315-464-4243
E-mail: shefnerj@upstate.edu

Brain Injury

Brain Injury Association of New York
www.bianys.org
10 Colvin Avenue
Albany, NY 12206
Phone: 518-459-7911; 800-228-8201
Email: info@bianys.org
President: Barry Dain

Cerebral Palsy

United Cerebral Palsy (UCP)
www.ucp.org
New York Affiliates:

Center for the Disabled
http://www.cfdsny.org
314 South Manning Blvd
Albany, NY 12208
Phone: 518-437-5700
UCP of Long Island  
https://www.ucp-li.org/  
250 Marcus Blvd  
Hauppauge, NY 11788  
Phone: 631-232-0011  
Email: info@ucp-li.org

UCP of Nassau County  
http://www.ucpn.org/  
380 Washington Avenue  
Roosevelt, NY 11575-1899  
Phone: 516-378-2000  
Email: info@ucpn.org

ADAPT Community Network (formerly United Cerebral Palsy of New York City)  
https://adaptcommunitynetwork.org/  
Administrative Offices:  
80 Maiden Lane  
8th Floor  
New York, NY 10038  
Phone: 212-683-6700  
Email: info@adaptcommunitynetwork.org

Cerebral Palsy of Westchester  
http://www.cpwestchester.org/  
1186 King St  
Rye Brook, NY 10573  
Phone: 914-937-3800  
CPW is a leading provider of extensive disabilities related services and programs tailored for most individuals with a variety of conditions. Focusing on personal success, community inclusion and the development of everyone’s interests.

Friedreich’s Ataxia

National Ataxia Foundation (NAF) National Office  
600 Hwy 169 S, Ste 1725  
Minneapolis, MN 55426  
Phone: 763-553-0020  
Please call 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; 866-224-3301 (toll-free)
Please call them for information in your area

Multiple Sclerosis

The National Multiple Sclerosis Society
www.nationalmssociety.org
Phone: 800-344-4867

National MS Society Greater New York City - Long Island Chapter
https://www.nationalmssociety.org/Chapters/NYN
733 Third Avenue, 3rd Floor
New York, NY 10017
Phone: 800-344-4867

National MS Society Upstate New York Chapter
https://www.nationalmssociety.org/Chapters/NYR
1000 Elmwood Avenue, Suite 900
Rochester, NY 14620
Phone: 800-344-4867

Multiple Sclerosis Association of America (MSAA) Northeast Regional Offices
https://mymsaa.org/
375 Kings Highway North
Cherry Hill, NJ 08034
Toll-free: 800-532-7667 ext. 144
Phone: 856-488-4500
Email: northeast@mymsaa.org

MSAA Support Groups

Carmel
Putnam Independent Living Center
1961 Route 6, 2nd Floor
Joanne O'Neil
854-225-9818
Third Thursday 10am-12

New York City
New York City Library
New York City
Suzanne Brix
845-634-9064
Second Thursday 10:30 am

Seaford
Community Room
Salisbury Park Drive
Anne Mennella
516-679-8298  
Third Wednesday 7pm  

**Valley Stream**  
Hendrickson Park  
Valley Stream Recreation Center  
Valley Stream  
Tracy Ofri  
516-791-7440  
First and Third Tuesday 7:30pm  

### Muscular Dystrophy

**Muscular Dystrophy Association – USA**  
[https://www.mda.org/](https://www.mda.org/)  
National Headquarters  
161 N. Clark, Suite 3550  
Chicago, IL 60601  
Phone: 800-572-1717  
Enter your zip code in the “Find your local MDA” section to find the clinics that treat MD in your area  

### Post-Polio Syndrome

**Post-Polio Health International (PHI)**  
[http://www.post-polio.org](http://www.post-polio.org)  
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

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

**Clinics**  

**NYU Hospital for Joint Diseases**  
Pediatric Orthopedic Service  
301 East 17th Street  
New York, NY 10003
Phone: 212-598-6000

Columbia University Medical Center
New York Presbyterian Medical Center
Neurologic Institute
710 West 168th
New York, NY 10032
Phone: 212-305-1879

Strong Memorial Hospital
Andrew J. Kirch Developmental Services Center
601 Elmwood Avenue, Box 671
Rochester, NY 14642
Phone: 585-275-2100

SUNY Upstate Medical University Hospital (pediatric only)
Spina Bifida Clinic
Physician’s Office Building
725 Irving Ave., suite 112
Syracuse, NY 13210
Phone: 315-464-6395

Helen Hayes Hospital (adult only)
Spinal Cord Clinic
RT 9 West
West Haverstraw, NY 10993
Phone: 845-786-4535; 888-70-REHAB
TTY: 845-947-3187

Spinal Cord Injury

Motion Project Foundation
www.motionprojectny.org
Natalie Barnhard Center for SCI Rehabilitation and Recovery
4820 Genesee St.
Cheektowaga NY 14225
Motion Project Foundation, formerly Wheels with Wings Foundation, funds Quality of Life Grants for residences of the 17 counties that comprise the Western New York Region of New York State. http://www.westernny.com/regions.html The grants help qualifying individuals obtain critical items such as rehabilitation therapy, home and vehicle modifications, and medical equipment.

Mount Sinai Spinal Cord Injury Model System
http://www.mssm.edu/research/programs/mount-sinai-spinal-cord-injury-model-system/about-us
Kristjan T. Ragnarsson, MD
Mount Sinai School of Medicine
Department of Rehabilitation Medicine
One Gustave L. Levy Place
New York, NY 10029-6574
Contact: James Cesario
Phone: 212-659-9369
Email: james.cesario@mssm.edu

New York City Chapter of United Spinal Association
www.nycspinalcord.org
P.O. Box 286444
Yorkville Station
New York, NY 10128-0014
Phone: 1-866-NYC-SCIA (692-7242)

Regional Support Group
Spinal Tumor Support Group
Upper West Side, NYC
Every Friday 1:20-2:50 pm
Deborah Lamberti, A.C.S.W.
Phone: 212-243-2299

Rochester Spinal Association
https://www.rochesterspinalassociation.org/
P.O. Box 664
Rochester, NY, 14642
Phone: 585-234-3269
Email: rsa@rochefsterspinalassociation.org

Stroke

American Stroke Association
https://www.stroke.org/
Phone: 1-888-478-7653
Call them for the stroke support group in your area or visit the above website and search for a support group with your zip code.

Saint Vincent’s Aphasia Support Group (NYC)
Phone: 347-992-6171
One Saturday per month 10 – 11:00 am Conversation
11:00am – 1:00 pm Small Groups
1:00pm – 2:00pm Support Group
Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project
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 chapters and support groups.

Bobby Jones Chiari & Syringomyelia Foundation
https://bobbyjonesscf.org/
Staten Island, NY
Phone: 718-966-2593

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 local support in your area.

General Disability Resources

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

Accessibility Accelerator (formerly known as Friends of Access Israel)
https://accessibilityaccelerator.org/
1617 Third Ave.
New York, NY 10128
Phone: 833-324-7718
Email: info@accessibilityaccelerator.org
Accessibility Accelerator assists people with disabilities through its support of universal design, accessible travel and advancing technology.

Accessible NYC
www.nycgo.com/accessibility
Accessible NYC is your guide to experiencing the richness of the City’s offerings, including arts, entertainment, dining, museums and galleries, family attractions, and sports and recreation.

AHRC New York City Foundation
http://www.ahrcnycfoundation.org/special-needs-trusts/
83 Maiden Lane
New York, NY 10038
Phone: 212-780-2690
Offers two special needs trusts.

**Association of People Supporting Employment First** – NY State Chapter
[www.apse.org](http://www.apse.org)
[https://apse.org/chapter/new-york/](https://apse.org/chapter/new-york/)

**Axis Project**
[http://wheelingforward.org](http://wheelingforward.org)
[www.axisproject.org](http://www.axisproject.org)
4224 Church Ave.
Brooklyn NY 11203
Phone: 646-450-0077 (Manhattan)
Phone: 646-844-2947 (Brooklyn)
Email: info@axisproject.org
Email: info@wheelingforward.org
The center provides spinal mobility exercise classes, assistive technology computing lab and an advocacy desk for people with questions about employment, benefits and more. The Axis Project is part of Wheeling Forward and Wheels of Progress organizations.

**The Center for Discovery**
PO Box 840
Harris, NY 12742
Phone: 845-794-1400
A private residential, clinical and day school for children and adults with significant developmental disabilities and medical frailties. Located 90 miles northwest of NYC.

**211 Long Island**
[https://www.211li.org/](https://www.211li.org/)
Phone: 888-774-7633 (toll-free outside Nassau and Suffolk Counties)
Dial 2-1-1
An Information and Referral resource for all Long Islanders.

**Disabled in Action** of Metropolitan New York
[http://www.disabledinaction.org](http://www.disabledinaction.org)
PO 30954
New York, NY 10011-0109
Phone: 718-261-3737
A civil rights organization committed to ending discrimination against people with disabilities.

**Finger Lakes Independence Center**
215 Fifth Street
Ithaca, NY 14850
Phone: 607-272-2433
Email: contact@fliconline.org
Provides many services and educational programs such as peer counseling, library and loan closet, independent living skills, support groups and more.

**INCLUDEnyc**
http://www.includenyc.org/
116 E. 16th St., 5th Floor
New York, NY 10003
Phone: 212-677-4650
Email: info@INCLUDEnyc.org
A non-profit organization that provides information and referral, case management, advocacy, training, and library services in NYC.

**Museum of DisABILITY History**
www.museumofdisability.org
3826 Main Street
Buffalo, NY 14226
Phone: 716-629-3626

**New Alternatives for Children**
http://nackidscan.org/home/index.php
37 West 26th Street
New York, NY 10010
Phone: 212-696-1550
Email: info@NacKidsCan.org
New Alternatives for Children (NAC) is a not-for-profit health and social services agency whose exclusive mission is to serve children with medical disabilities and/or chronic illnesses and their families. They provide comprehensive health and social services to support family preservation, reunification, or adoption.

**N.Y. Able News**
www.ablenews.com
PO Box 395
Old Beth Page, NY 11804
Phone: 516-939-2253
Able Newspaper has both New York City and Long Island versions. It is a monthly online newspaper devoted to disability news and advocacy.

**New York chapter of the American Physical Therapy Association**
http://www.nypta.org/
971 Albany Shaker Rd
Latham, NY 12110
Phone: 518-459-4499
Email: kgarceau@nypta.org

**New York State Occupational Therapy Association**
www.nysota.org
Open Doors
https://www.opendoorsnyc.org/
Open Doors supports the creativity and leadership of black and brown people who use wheelchairs and inspires action for safer, more just communities. Open Doors is a network of activists and artists motivated by gun violence prevention, community building, and disability rights.

Self-Advocacy Association of New York State
https://sanys.org/
500 Balltown Rd., Bldg. 12
Schenectady, NY 12304
Phone: 518-382-1454
The Self-Advocacy Association of New York State, Inc., is an organization founded by and led by people with developmental disabilities for people with developmental disabilities.

St. Mary’s Healthcare System for Children
http://www.StMarysKids.org
29-01 216th St.
Bayside, NY 11360
Toll-free: 888-KIDS.NYS
Phone: 718-281-3653
St. Mary’s provides specialized care, intensive rehabilitation and education to children. Offers a pediatric day healthcare program as well as weekend and summer programs to help manage a child’s medical condition. They were New York City’s first certified Pediatric Traumatic Brain Injury and NeuroRehabilitation Program for children.

ThinkFirst National Injury Prevention Foundation
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.

Wheeling Forward
www.wheelingforward.org
Phone: 646-450-0077
E-mail: info@wheelingforward.org
Wheeling Forward provides guidance and resources to disabled individuals for the purpose of achieving goals today rather than tomorrow, with a focus on educational attainment, employment procurement, health and wellness, community integration, housing acquisition, and personal fulfillment.

**Wheels of Progress**  
[https://www.wheelsofprogress.org/](https://www.wheelsofprogress.org/)  
64 East 111th Street, Suite 907  
New York, NY 10029  
Phone: 347-645-3265  
Email: info@wheelsofprogress.org  
Wheels of Progress’s mission is create affordable, accessible supportive housing and provide transformative environments, education, and experiences for people living with a spinal cord injury or other physical disabilities.

**Videos**

The Brooklyn Public Library has various programs for people with disabilities, the garden program is one of them.

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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