North Carolina 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.ncdhhs.gov/divisions/daas**  
North Carolina Department of Aging

2101 Mail Service Center  
Raleigh, NC 27699-2001  
Phone: 919-855-4800

**http://www.ncdhhs.gov/assistance/senior-services/area-agencies-on-aging**  
North Carolina Area Agencies on Aging

**https://ncea.acl.gov/**  
National Center on Elder Abuse (NCEA)  
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

**ARTS & CREATIVITY**

**http://commotionnc.org**  
ComMotion – Community in Motion  
Raleigh NC  
Phone: 919-526-0195  
ComMotion – Community in Motion’s mission is to enable everyone to get a chance to experience the many benefits of dance, regardless of their age, ability, or circumstances. Dance promotes strength, flexibility & coordination while also reducing pain, depression, and stress. Founded by a cancer survivor and disabled veteran who found health and happiness through dance and wanted to share it with others, they have taught more than 10,000 students of all ages and abilities, including veterans, cancer survivors, seniors, and kids. Their programs are completely portable and adaptable to any space and size of group, so they can bring our classes directly to the people they serve, eliminating logistical challenges of traveling to a dance studio as well as the fear and uncertainty of a new space and group of people. They have taught online and in hundreds of different locations including hospitals, community centers, VFW halls, memory care and Alzheimer’s units, schools, churches, and parks.

**ASSISTIVE TECHNOLOGY**

**https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program**  
North Carolina Assistive Technology Program
http://www.adasoutheast.org/

Southeast ADA Center (covers NC)
1419 Mayson Street NE
Atlanta, Georgia 30324
Phone: 800-949-4232 (voice/TTY); 404-541-9001
Email: adasoutheast@law.syr.edu

CAREGIVERS INFORMATION

http://www.caregiver.com/regionalresources/states/NC/index.htm

North Carolina Support Groups

Well Spouse Association
Chapel Hill/Research Triangle Park Support Group
Russell Wiener
109 TW Alexander D.
Durham, NC 27709
Phone: 919-358-6453

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

www.ncchca.org

North Carolina Community Health Center Association
4917 Waters Edge Drive, Suite 165
Raleigh, NC 27606
Phone: 919-469-5701

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status
ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

http://findahealthcenter.hrsa.gov/

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

CRIME VICTIM ASSISTANCE

https://www.ncdps.gov/DPS-Services/Victim-Services/Crime-Victim-Compensation
North Carolina Crime Victim Compensation
Phone: 919-733-7974
Toll-free: 800-826-6200

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); TTY: 800-787-3224
National Resource Center on Domestic Violence: 800-537-2238

http://www.nccadv.org/
North Carolina Coalition Against Domestic Violence
3710 University Dr., Suite 140
Durham, NC 27707
Phone: 919-956-9124
Toll-free: 888-997-9124

EASTER SEALs OFFICES

www.nc.eastersealsucp.com
Easter Seals UCP North Carolina- State Office
5171 Glenwood Ave., Suite 400
Raleigh, NC 27612
Phone: 800-862-7119
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.nc.gov/
North Carolina State Website

http://www.nccdd.org
North Carolina Council on Developmental Disabilities
3125 Poplarwood Ct., Suite 200
Raleigh, NC 27604
Phone/TDD: 919-850-2901; 800-357-6916
TTY: 800-357-6919

https://medicaid.ncdhhs.gov/
North Carolina Medicaid Office
North Carolina Department of Health and Human Services
1918 Umstead Drive
Kirby Building
Raleigh, NC 27603-2001
Phone: 919-857-4011; 800-662-7030
Email: care.line@ncmail.net

http://www.ncdoi.com/Consumer/SHIIP/SHIIP.asp
North Carolina SHIIP Program (Seniors’ Health Insurance Information Program)
11 South Boylan Ave.
Raleigh, NC 27603
Phone: 800-443-9354; 919-807-6900
Toll-free: 855-408-1212
SHIIP Counselors are available to help citizens with a variety of senior insurance issues including Medicare, Medicare supplements and long-term care insurance.

http://www.ncdoi.com/
North Carolina Department of Insurance
Dobbs Building
430 N. Salisbury Street
Raleigh, NC 27603-5926
Phone: 800-546-5664; 919-807-6750

http://www.ic.nc.gov/
North Carolina Industrial Commission—Workers Compensation
Mailing address
Mail Service Center  
Raleigh, NC 27699-4340  
Email: infospec@ic.nc.gov

Street address:  
Dobbs Building, 6th Floor  
430 North Salisbury Street  
Raleigh, NC 27603  
Phone: 919-807-2500; 800-688-8349 (toll-free)

http://www.house.gov/representatives/find/  
http://whoismyrepresentative.com/  
Find your elected officials to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

https://www.ncdhhs.gov/assistance/adult-services/long-term-care-ombudsman  
State LTC Ombudsman  
NC Division of Aging & Adult Services  
2001 Mail Service Center  
Room 307  
Raleigh, North Carolina 27699-2001  
Phone: 919-855-4800  
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 and choose your state from the drop down box.

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.

Multiple Sclerosis Association of America (MSAA) owns and operates five barrier-free apartment complexes in North Carolina.

**MSAA Suites at Jacksonville**
1711 Hargett St.
Jacksonville, NC 28540
Phone: 910-938-3632

**Independent Living**

http://www.ilru.org/projects/silc-net/silc-directory
http://ncsilc.org/

**ILRU: State Independent Living Councils (SILCs)**
North Carolina Independent Living Council
505 Oberlin Road, Suite 206
Raleigh, NC 27605
Phone: 919-835-3636
Email: kboate@ncsilc.org

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

http://www.ncil.org/
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 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.

**LIBRARY SERVICES**

http://statelibrary.ncdcr.gov/lbph/
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/Pear

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.disabilityrightsncc.org/
Disability Rights North Carolina
3724 National Dr., Suite 100
Raleigh, NC, 27612
Phone: 919-856-2195
Toll-free: 877-235-4210
TYY: 888-268-5535
Email: info@disabilityrightsnc.org

http://cap.state.nc.us/
North Carolina Client Assistance Program (CAP)
North Carolina Department of Health and Human Services
2806 Mail Service Center
Raleigh, NC 27699-2806
Phone: 919-855-3600
     800-215-7227
Email: NCCAP@dhhs.nc.gov

SERVICE DOGS

http://www.caninesforservice.org/
Carolina Canines For Services
PO Box 12643
Wilmington, NC 28405
Phone: 910-362-8181
Toll-free: 866-910-3647
Email: information@caninesforservice.org

SPORTS and RECREATION

http://www.disabledsportsusa.org
Disabled Sports USA National Headquarters
451 Hungerford Drive
Suite 100
Rockville, MD 20850
Phone: 301-217-0960
Please check with them for any NC programs.

www.bridge2sports.org
Bridge II Sports
3729 Murphey School Rd.
Durham, NC 27705
Phone: 866-880-2742
Email: admin@bridge2sports.org

https://www.crashquadrugby.com/
Carolina Crash Quad Rugby
The Carolina Crash is a wheelchair/quad rugby team that competes throughout the United States and is based in Charlotte. The Carolina Crash was founded in 1995 as part of an overall vision of Carolinas Rehabilitation to serve the sport and recreational needs of its patients through the Adaptive Sports and Adventure Program, ASAP. Additional founding program partners include the hospital and its Foundation as well as several veteran players. The Carolina Crash incorporated as its own non-profit in 2007. The team remains closely linked to the hospital, which still provides funding as well as recreational therapeutic staff for practices, competitive travel and equipment transportation.

https://recreation.duke.edu/outdoor-adventures/adaptive-climbing

Duke Outdoor Adventures
Duke University- Wilson Recreation Center
Phone: 919-684-8111
Email: dukeoutdooradventures@gmail.com
Provides adaptive climbing.

http://www.prancing-horse.org/

Prancing Horse Inc.
PO Box 327
Southern Pines, NC 28388
Phone: 910-246-3202
Email: Prancinghorseinfo@yahoo.com
Prancing Horse works to enhance the lives of individuals with special needs by providing a safe environment for therapeutic horsemanship.

http://www.horsepower.org/

HORSEPOWER, Inc.
4537 Walpole Rd.
High Point, NC 27265
Phone: 336-931-1424
HORSEPOWER’s mission is to promote and enhance the welfare of individuals with disabilities by providing a program of therapeutic, educational and recreational value, and further, to empower individuals who are intellectually, physically, emotionally and/or socially challenged through the use of horses, while providing therapeutic benefits in a safe and controlled atmosphere.

https://sudsdiving.org/

Soldiers Undertaking Disabled Scuba (SUDS)
PO Box 2504
Beaufort, NC 28516
Phone: 202-341-9750
SUDS is a non-profit organization that trains wounded warriors for this challenging and rewarding activity of diving in order to help facilitate the rehabilitation process and promote their mobility.

http://trianglespecialhockey.org/
Triangle Special Hockey Association
434 Fincastle Drive
Raleigh, NC 27607
Email: tsha.info@gmail.com
TSH is open to all individuals with developmental or physical disabilities who want to participate in ice hockey. We create a supportive, encouraging environment adapted to the level of ability of the participants. Hockey is a great way to develop coordination and concentration, and being on a team gives us all opportunities to learn how to work well with others

http://www.wingsofeaglesranch.org/
Wings of Eagles Ranch
4800 Faith Trails
Concord, NC 28025
Phone: 704-784-3147
Email: wingsofeaglesranch@gmail.com
Wings of Eagles Ranch is a non-profit organization that offers therapeutic horseback riding sessions for children and adults with special needs. The sessions provide numerous benefits to the riders including increased flexibility and balance, increased confidence and self-esteem, normalization of high or low muscle tone, enhanced socialization skills and more.

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/find-locations/
Veterans Administration: Facility Locator

http://www.benefits.va.gov/winstonsalem/
VA Benefits Administration - Winston-Salem Regional Office
Federal Building, 251 N. Main Street
Winston-Salem, NC 27155
Phone: 800-827-1000

http://www.southeasternpva.org/
Southeastern Chapter PVA Offices (covers NC which has no separate chapter)
4010 Deans Bridge RD.
Hephzibah, GA 30815
Phone: 706-796-6301
800-292-9335

PVA Winston-Salem National-Regional Office
251 North Main Street, Rm 424
Winston-Salem, NC 27155
Phone: 336-251-0836
Toll-free: 800-795-3622

ALS

http://webnc.alsa.org/site/PageServer?pagename=NC_homepage
ALS Association- North Carolina Chapter
4 N. Blount St., Suite 200
Raleigh, NC 27601
Phone: 919-755-9001; 877-568-4347 (toll-free)
Email: info@alsnc.org

Muscular Dystrophy Association’s ALS Research Centers:

MDA/ALS Center at Carolinas Medical Center
1010 Edgehill Rd N.
Charlotte, NC 28207
Phone: 704-446-6254

MDA/ALS Center at Duke University
932 Monreene Rd
Durham, NC 27705
Phone: 919-668-2875

BRAIN INJURY

www.bianc.net
Brain Injury Association of North Carolina
6604 Six Forks Rd. Suite 104
Raleigh, NC 27615
Atrium HealthCare System
Rehabilitation from Brain Injury
401 Medical Park Drive
Concord, NC 28025
Phone for Inpatient Services: 704-355-3558
Phone for Outpatient Therapy: 980-402-1970
Atrium Health’s nationally recognized Carolinas Rehabilitation offers some of the highest intensive therapy hours during inpatient rehabilitation of any facility in the nation (up to four and a half hours per day). Our goal is to help get patients back to living as independently and fully as possible. Carolinas Rehabilitation is proud to be a TBI Model System follow-up site. TBI Model System’s Project plays a pivotal role in building national capacity for high-quality treatment and research serving persons with TBI, their families and the communities in which they reside.

CEREBRAL PALSY

http://www.nc.eastersealsucp.com
Easter Seals UCP North Carolina
5171 Glenwood Ave., Suite 400
Raleigh, NC 27612
Phone: 800-662-7119
Email: info@nceastersealsucp.com

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

Tarheel Ataxia Support Group
Ron & Donna Smith
Garnet, NC
Phone: 919-779-0414
Email: dsmith@sa-pr.com
GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
375 E. Elm St., Suite 101
Conshohocken, PA 19428
Phone: 610-667-0131; 866-224-3301 (toll-free)
Please call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Chapters/NCT
National Multiple Sclerosis Society’s Greater Carolinas Chapter
3101 Industrial Drive, Suite 210
Raleigh, NC 27609
Phone: 919-834-0678; 800-344-4867 (toll-free)
Email: nct@nmss.org

www.mymsaa.org
Multiple Sclerosis Association of America’s Southeast Regional Office
Florida, Georgia, North Carolina, South Carolina, Virginia, Alabama, Tennessee, Mississippi
Phone: 800-532-7667 x160
Email: southeast@mymsaa.org

MUSCULAR DYSTROPHY

https://www.mda.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

POST-POLIO SYNDROME

http://www.post-polio.org
Post-Polio Health International (PHI)
4207 Lindell Blvd., #110
St. Louis, MO 63108-2915
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
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://www.sbancsc.org/
North Carolina Spina Bifida Association of America Chapter
Phone: 800-621-3141 x20
Email: mnethercutt@sbaa.org

SBAA North Carolina Clinics:

Olson Huff Center
11 Vanderbilt Park Dr.
Asheville, NC 28803
Phone: 828-213-1780

UNC School of Medicine
Spina Bifida Clinic
Campus Box 7220
Chapel Hill, NC 27599-7200
Phone: 919-966-8813

Terry Des Reivines
Levine Children’s Specialty Center
Medical Center Plaza (Pediatric only)
1001 Blythe Boulevard
Charlotte, NC 28203
Phone: 704-381-8855

Duke University Medical Center
Myelodysplasia Clinic
3000 Erwin Road
Durham, NC 27710
Phone: 919-681-5456
East Carolina University—Spina Bifida Clinic
ECU-SOM Dept. Phys Med Rehab
600 Moye Blvd
Greenville, NC 27858
Phone: 252-847-6606

SPINAL CORD INJURY

http://www.ncscia.org/
North Carolina Spinal Cord Injury Association
7980 Chapel Hill Rd, Suite 101
Cary, NC 27513
Phone: 919-234-4171
Email: support@ncscia.org

STROKE

https://www.stroke.org/
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653; 888-474-VIVE
Please call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please call them for any support group in your area

TRANSVERSE MYELITIS

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

GENERAL DISABILITY RESOURCES

https://sites.duke.edu/ptot/outpatient-services/wheelchair-evaluation-and-seating-clinic/

Duke Wheelchair and Seating Clinic
Duke University Health System
Dept of Physical Therapy and Occupational Therapy
Lenox Baker Children’s Hospital
3000 Erwin Rd.
Durham, NC 27707
Phone: 919-684-2445 (for appointments)

http://www.yellowpagesforkids.com/help/nc.htm
North Carolina Yellow Pages for Kids with Disabilities

www.ncbam.org
http://www.ncbam.org/rampinup.html
North Carolina Baptist Aging Ministry
201-A Idol St.
Thomasville, NC 27360
Phone: 877-506-2226
They have a Rampin Up program which provides ramps to individuals.

http://www.ncota.org/home
North Carolina chapter of the American Occupational Therapy Association (NCOTA)
PO Box 20432
Raleigh, NC 27619
Phone: 919-785-9700
Email: office@ncota.org

www.ncpt.org
North Carolina Chapter of the American Physical Therapy Association
316 West Millbrook Rd., Suite 101
Raleigh, NC 27609
Phone: 919-841-0268
Email: ncpta@ncpt.org

http://www.ncapse.org/
North Carolina chapter of Association of People Supporting EmploymentFirst
SET/UCP Bridget Hassan- Executive Board President
134 Wind Chime Court
Raleigh, NC 27615  
Phone: 919-368-1463  
Email: bridget.hassan@eastersealsucp.com

**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.  
*Available in Forsyth, Guilford, Randolph, Rockingham, Davie and Davidson Counties.*

www.theservantcenter.org  
**The Servant Center**  
1312 Lexington Avenue  
Greensboro, NC 27403  
Phone: 336-275-8585  
Their mission is to empower the homeless and disabled, particularly veterans, to become independent, contributing members of the community through housing, healthcare, and restorative services.

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  
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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