Pennsylvania 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.aging.pa.gov
Pennsylvania Department of Aging
Two S. 2nd St.
Harrisburg, PA 17101
Email: aging@pa.gov
Phone: 717-780-6130

www.p4a.org
Pennsylvania Association of Area Agencies on Aging
2 North Second St.
Harrisburg, PA 17101
Phone: 717-780-6130

http://www.aging.pa.gov/local-resources/Pages/AAA.aspx
Area Agencies on Aging by County

http://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

http://americandancewheels.org
American DanceWheels Foundation
PO Box 88
Bala Cynwyd, PA 19004
Phone: 215-588-6671
Email: info@americandancewheels.org
Provides the social, rehabilitative, and competitive activity of Wheelchair Ballroom and Latin Dance to partnerships comprised of one seated and one standing dancer, training individuals with disabilities, able-bodied partners, dance teachers, and adaptive sports professionals and therapists.

http://www.cultureworksphila.org/
CultureWorks Greater Philadelphia
1315 Walnut Street, Suite 320
Philadelphia, PA 19107
Phone: 267-597-3804
Email: info@cultureworksphila.org
CultureWorks provides affordable shared management resources to the arts, heritages, and creative communities of Greater Philadelphia.
ASSISTIVE TECHNOLOGY

http://disabilities.temple.edu
Pennsylvania's Initiative on Assistive Technology (PIAT)
Institute on Disabilities
1755 North 13th St.
Student Center, Room 411S
Temple University
Philadelphia, PA 19122
Phone: 215.204.1356
TTY: 215-204-1805
Email: iod@temple.com

http://www.adainfo.org
Mid-Atlantic ADA Center (covers Pennsylvania)
12300 Twinbrook Parkway, Suite 350
Rockville, MD 20852
Phone/TTY: 301-217-0124
Toll Free: 800-949-4232

http://www.patf.us
Pennsylvania Assistive Technology Foundation
1004 West Ninth Avenue, #130
King of Prussia, PA19406
Phone: 484-674-0506
888-744-1938 (National)
Email: patf@patf.us

Caregivers Info

http://www.caregiver.com/regionalresources/states/PA/support/index.htm
Caregiver.com – List support groups for Pennsylvania

www.wellspouse.org
Well Spouse Association Support Groups

Main Line/Valley Forge Well Spouse Group
King-of-Prussia
Dave Goldenberg
Phone: 215-200-6443

Northeast Philadelphia/Abington Support Group
Abington
Jeanne Riman  
Phone: (215) 478-1689  

Lehigh Support Group  
Allentown  
Rodney Schall  
Phone: (610) 776-3213  

Pittsburgh Well Spouse Support Group  
Pittsburgh  
Edie Brozanski  
Phone: (724) 733-0034  

**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](http://www.ChristopherReeve.org/NRN).

[https://mageerehab.jeffersonhealth.org/](https://mageerehab.jeffersonhealth.org/)  
**Magee Rehabilitation at Riverfront: Gaining Ground program**  
1500 S. Columbus Blvd.  
Philadelphia PA 19147  
Phone: 215-218-3900  
Offers an activity-based program that helps individuals regain strength and function, improve endurance and enhance well-being.

**Community Health Centers**

[www.pachc.com](http://www.pachc.com)  
**Pennsylvania Association of Community Health Centers**  
1035 Mumma Road, Suite 1  
Wormleysburg, PA 17043  
Phone: 717-761-6443  
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
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.

Allied Services Foundation
100 Abington Executive Park
Clarks Summit, PA 18411
Phone: 1.888.REHAB.PA
As a comprehensive, integrated health system, at Allied Services we can provide the services patients require and ensure smooth and seamless transitions between levels of care.

Crime Victim Assistance

Victim Compensation/Victim Assistance
3101 North Front Street
Harrisburg, PA 17110
Phone for Services: 717-783-0888
Phone for Compensation: 800-233-2339
Toll-free: 800-692-7292

Office for Victims of Crime’s Directory of Crime Victim Services
Choose Your State and the Type of Assistance you are looking for

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

Pennsylvania Domestic Violence Crisis and Support Resources
Statewide Hotline: 800-932-4632
Pennsylvania Coalition Against Domestic Violence
3605 Vartan Way, Suite 101
Harrisburg, PA 17110
Toll-free: 800-553-2508
Phone: 717-545-6400; 800-932-4632 (toll-free)

Alle Kiski Area HOPE Center Inc.
P.O. Box 67
Tarentum, PA 15084
Phone: 888-299-4673
Email: hopecenter@akhopecenter.org
The Alle-Kiski area HOPE Center, Inc. is an organization of social change whose mission is the safe elimination of domestic violence through intervention, prevention, and collaboration. 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.

SafeNet
P.O. Box 1436
Erie, PA 16512
Phone: 814-454-8161
Email: info@safeneterie.org
SafeNet is Erie’s only accredited domestic violence agency. SafeNet has been providing services to victims of domestic violence for 40 years and provides these comprehensive services free of charge. SafeNet is committed to ending domestic violence through our programs, training and educational initiatives. We believe every individual has the right to be respected and to live a life free from abuse. 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.

Domestic Abuse Project of Delaware County Inc.
14 West Second Street
Media, PA 19063
Phone: 610-565-4590
Email: info@dapdc.org
The Domestic Abuse Project of Delaware County works to prevent domestic violence and empower victims to move towards self-sufficiency. 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

http://www.easterseals.com

Easter Seals National Office
141 W. Jackson Blvd., Suite 1400A
Chicago, IL 60604
Phone: 312-726-6200
     800-221-6827
Email: info@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.

http://www.easterseals.com/connect-locally/?state=PA

Pennsylvania Easter Seals Offices

Government Offices for Pennsylvania

http://www.pa.gov/
Commonwealth of Pennsylvania Website

http://www.dhs.pa.gov/
Pennsylvania Department of Human Services
Office of Social Programs
PO Box 2675
Harrisburg, PA 17105-2675

http://medicaidoffice.net/pennsylvania-medicaid-office-mo39
Pennsylvania Department of Health: Nursing Home Care
Nursing Home locator http://app2.health.state.pa.us/commonpoc/nhLocatorie.asp

https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx
Pennsylvania Medicaid Office
Department of Human Services of Pennsylvania
Health and Welfare Building, Room 515
PO Box 2675
Harrisburg, PA 17105
Phone: 800-692-7462

http://www.chipcoverspakids.com/
Pennsylvania SCHIP Office
Pennsylvania’s Children’s Health Insurance Program
1142 Strawberry Square
Harrisburg, PA 17120
SHIIP (Senior Health Insurance Information Program) for seniors
Commonwealth of Pennsylvania
Department of Aging
555 Walnut Street, 5th Floor
Harrisburg, PA17101-1919
Phone: 717-783-1550
Email: aging@pa.gov

Pennsylvania Insurance Department/ State Insurance Commissioner
1326 Strawberry Square
Harrisburg, PA 17120
Toll-free: 877-881-6388

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.

State LTC Ombudsman
Wilmarie Gonzalez
Pennsylvania Department of Aging
555 Walnut Street, 5th Floor
Harrisburg, Pennsylvania 17101-1919
Phone: 717-783-8975
The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

Housing and Urban Development (HUD)
HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want
info on public housing, click here: 
https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org
211
211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

http://www.phfa.org/
Pennsylvania Housing Finance Agency
Home Modification & Assistive Tech Program
211 N. Front St.
Harrisburg, PA 17101
Phone: 717-780-3800
Toll-free: 800-654-5984

http://www.inglis.org/
Inglis Foundation
2600 Belmont Avenue
Philadelphia, PA 19131
Phone: 215-878-5600
TDD/TTY: 215-878-5337
Inglis House is a specialty nursing care facility providing long-term, residential care for 297 adults with physical disabilities, including multiple sclerosis, cerebral palsy, spinal cord injury and stroke, among others. Residents receive rehabilitative medical and nursing care; occupational and speech therapies; and a selection of more than 20 social enrichment and therapeutic recreation programs every day.

Independent Living

http://www.ilru.org/projects/silc-net/silc-directory
http://www.pasilc.org/
ILRU: State Independent Living Councils (SILCs)
Pennsylvania Independent Living Councils
207 House Avenue, Suite 107 Room 14
Camp Hill, PA 17011
Phone (Local): 717-364-1732
Toll-Free: 800-670-7307
TTY: 717-236-5733
Email: susant318@yahoo.com

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://www.statelibrary.pa.gov/Pages/default.aspx

Commonwealth of Pennsylvania libraries

http://freelibrary.org/lbph/

Special Format Library
Library for the Blind and Physically Handicapped
Free Library of Philadelphia
1500 Spring Garden St., Suite 230
Philadelphia, PA 19130
Phone: 215-683-3213; 800-222-1754 (toll-free)
E-mail: flpblind@library.phila.gov

NeuroRecovery Network (NRN)

Magee Rehabilitation Hospital
Philadelphia, PA
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. For more info on qualifying for the program, 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
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.

https://mageerehab.jeffersonhealth.org/
Magee Rehabilitation Hospital
1513 Race St.
Philadelphia PA 19102
Magee’s Peer Mentor program offers specially trained volunteers who live with a spinal cord injury, brain injury, stroke or amputation. They are matched with newly diagnosed patients to share tips and resources that have helped them along the way.

https://www.pennstatehealth.org/
Penn State Health Department of Physical Medicine and Rehabilitation
500 University Dr., PO Box 850
Hershey, PA 17033
Phone: 717-531-0003 ext 282538
Email: nlokey@pennstatehealth.psu.edu
Virtual SCI support group every other Thursday from 6-7 pm for those with SCI as well as families, friends and caregivers. SCI peer mentoring program for mentors and mentees. Contact Nancy Lokey RN, CRRN, CBIS for details and questions.

Protection and Advocacy

www.equalemployment.org
Center for Disability Law & Policy (Client Assistance Program)
1515 Market St., Suite 130
Philadelphia, PA 19102
Phone: 215-557-7112
Toll-free: 888-745-2357
Email: info@equalemployment.org

Center for Disability Law & Policy
207 House Ave., Suite 107A
Camp Hill, PA 17011
Phone: 717-731-1077 (V/TTY)
Toll-free: 800-323-66060 ext 240

http://disabilityrightspa.org/
Disability Rights Pennsylvania
Harrisburg Office
301 Chestnut St., Suite 300
Harrisburg, PA 17101
Phone: 800-692-7443; 717-236-8110
TDD-877-375-7139
Email: drnpa-hbg@drnpa.org
There are also offices in Philadelphia and Pittsburgh

http://www.lcdphila.org/
The Legal Clinic for the Disabled
1513 Race Street
Philadelphia, PA 19102
Phone: 215-587-3350
Email: legalinfo@lcdphila.org
The Legal Clinic for the Disabled (LCD) provides free high quality legal services to low-income people with physical disabilities and to the deaf and hard of hearing in Philadelphia, Bucks, Chester, Delaware and Montgomery Counties.

Service Dogs

http://amazingservicedogs.com
Amazing Tails, LLC
651 Scroggy Rd.
Oxford, PA 19363
Phone: 717-288-7190
Email: emailsupport@amazingservicedogs.com

www.k94life.org
Canine Partners for Life
Darlene Sullivan
PO Box 170
334 Faggs Manor Rd.
Cochranville, PA19330
Phone: 610-869-4902
Email: info@k9life.org
C&M Care-9s, Inc.
Carole and Michael Artim
Merger Mountain
51 Hausman Rd.
Lenhartsville, PA19354
Phone: 610-756 -6211
Email: care9s@fsi.net

http://www.keystonehumanservices.org/susquehanna-service-dogs/
Keystone Human Services: Susquehanna Service Dogs
124 Pine Street
Harrisburg, PA 17101
Susquehanna Service Dogs raises and trains services dogs to assist children and adults with disabilities to become more independent.

https://pawshealingheroes.org
Paws Healing Heroes
P.O. Box 414
Glassboro, NJ 08028
A non-profit organization that provides service dogs to veterans in need.

http://www.livingwellwithidisability.org
Serve us Canines
Sabina Hower
564 Sickman Mill Road
Conestoga, PA 17516
Phone: 717- 872-2771
Email: Sabina_dogs@yahoo.com

Susquehanna Service Dogs
Nancy Fierer
1078 Gravel Hill Rd.
Grantville, PA 17028
Phone: 717-599-5920
Email: ssd@keystonhumanservices.org

Sports and Recreation

http://www.allridersup.org/
All Riders Up
265 Mattson Road
Garnet Valley, PA 19060-1410
Phone: 610-459-0879
Email: allridersup@comcast.net
All Riders Up is a non-profit charitable organization that has been established to provide area residents with special needs a way to exercise, improve balance and coordination, strengthen core muscles, and develop self-confidence by learning to ride beautiful horses.

http://www.americandancewheels.org
American DanceWheels Foundation, Inc.
PO Box 88
Bala-Cynwyd, PA19004
Phone: 215-588-6671
E-mail: info@americandancewheels.org
At Camp Victory, partner groups with specialized knowledge and training operate camps for children who live with chronic health disadvantages. The children receive the greatest possible care, support and personal growth, have fun and make many friends.

Disabled Sports USA-- pick Chapters, pick state
451 Hungerford Drive, Suite 100
Rockville, MD 20850
Phone: 301-217-0960
Email: info@dsusa.org

Ivy Hills Therapeutic Equestrian Center offers therapeutic riding, also known as Equine-Assisted Therapy, Equine-Facilitated Therapy, or Riding for the Disabled, to achieve a variety of goals that are cognitive, physical, social, educational and behavioral.

Magee Rehabilitation Hospital’s Recreation Resource Guide to Pennsylvania for the Disabled
For information on any program contact Meg Rider at 215-587-3186

Mighty Penguins Sled Hockey is a fun, therapeutic and competitive program for physically disabled children and adults. We aim to develop character, sportsmanship and physical fitness – while promoting and encouraging both educational and cultural experiences.
The Steelwheelers, Inc. is a non-profit organization [501(C)(3)], founded in 1977 as one of the first of its kind, which provides programs for physically challenged athletes from Western Pennsylvania, Eastern Ohio and Northern West Virginia who desire to participate in competitive sports such as Quad Rugby, Wheelchair Basketball and Hand Cycling. It provides an opportunity for persons with disabilities to achieve the sense of well being and fulfillment that the players once enjoyed prior to their injuries.

Three Rivers Adaptive Sports (TRAS)
PO Box 38235
Pittsburgh, PA 15238
Phone: 412-848-8896

United Spinal: Sport & Recreation
Philadelphia Regional Office
5000 Wissahickon Avenue
Philadelphia, PA 19101
Phone: 215-381-3037

Upper Main Line YMCA
Adaptive Swim Lessons
1416 Berwyn-Paoli Road
Berwyn, PA19312
Phone: 610-647-9622
Mainstream swim lessons and drown proofing techniques for youth and adults with special needs.
United Way of America
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

Enter your postal code for a United Way 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.

Veterans

US Dept of Veterans Affairs VA Hospital Locator
Click on PA for VA facilities in your area

Keystone Paralyzed Veterans of America
1113 Main St.
Pittsburgh, PA 15215-2407
412.781.2474 / 800.775.9323
Email: keystonepva@comcast.net

Victory Therapeutic Horsemanship
PO Box 413
Bellwood PA 16617
Email: victoryhorsemanship@gmail.com
Victory Therapeutic Horsemanship is one of the few therapeutic riding organizations that serve veterans exclusively. We offer a completely different perspective compared to other programs due to VTH being founded and ran by a combat veteran that has experienced firsthand the benefits of healing with horses

ALS

Chapters of the ALS Association (www.alsa.org):

Greater Philadelphia Chapter
321 Norristown Rd.
Suite 260
Ambler, PA 19002
Phone: 215-643-5434; 877-434-7441 (toll-free)
Email: alsassoc@alsphiladelphia.org
Leading the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig’s Disease and their families to live fuller lives by providing them with compassionate care and support.

http://webwpawv.alsa.org/site/PageServer?pagename=WPAWV_homepage

**Western Pennsylvania Chapter**
416 Lincoln Ave.
Pittsburgh, PA 15209
Toll-free: 800-967-9296
Phone: 412-821-3254
Email: info@cure4als.org

**ALS Support Groups:**

**Harrisburg Resource Group**
Hershey Medical Center, Neuroscience Bldg.
30 Hope Dr.
Hershey, PA 17033
Phone: 215-643-5434

**Lancaster Resource Group**
Lancaster General Health Suburban Outpatient Pavilion
2100 Harrisburg Pike
Lancaster, PA 17601
Phone: 717-557-5357
Email: delyaramamedova@gmail.com

**Lehigh Valley Resource Group**
Lehigh Valley Hospital-Cedar Crest
Kaysch Family Pavilion- ECC #10
S. Cedar Crest Blvd & I-78
Allentown, PA 18103
Wendy Barnes
Phone: 610-797-2102

**Williamsport Support Group**
Williamsport YWCA
815 West Fourth Street
Williamsport, PA 17701
Phone: 570-323-4637

**Ambler Area Support Group, For Women Only - Women with ALS Support Group**
Greater Philadelphia Chapter Office, Springhouse Corporate Center
321 Norristown Road, Ste-260
Ambler, PA 19002  
Phone: 215-664-4177  
Email: anne@alsphiladelphia.org

Greater Harrisburg Caregiver Support Group  
Joni Fulkerson, LCSW  
Phone: 717-385-2758  
Email: wherehopehappens@gmail.com

ALS Clinics

Allegheny Neurological Associates  
420 E. North Ave  
Suite 206  
Pittsburgh, PA 15212  
Medical Director - Sandeep Rana, MD  
Phone: 412-359-8867

John P. Murtha Neuroscience and Pain Institute  
Conemaugh Memorial Medical Center  
1450 Scalp Avenue, Suite 003A  
Johnstown, PA 15904  
Medical Director – Dr. Nicholas Lanciano  
Phone: 814-269-5061  
Email: lpenatze@conemaugh.org

ALS Clinic at Geisinger Medical Center, Danville  
Dept of Neurology  
100 North Academy Ave  
Danville, PA 17822-1405  
Medical Director - Scott M. Friedenberg, MD  
Phone 1: 570-271-6472  
Phone 2: 570-271-6590

University of Pittsburgh ALS Clinic  
Department of Neurology  
Suite 810, Kaufmann Building  
3471 Fifth Ave.  
Pittsburgh, PA 15213  
Medical Director - David Lacomis MD  
Phone: 412-692-4920

Neuromuscular and ALS Center for Comprehensive Care at Lehigh Valley Hospital  
Lehigh Neurology  
1210 S. Cedar Crest Blvd.  
Allentown, PA 18103  
Medical Director - Glenn Mackin, MD
Muscular Dystrophy Association’s ALS Research Centers:

MDA/ALS Center of Hope at Drexel
University College of Medicine
Philadelphia
Phone: 267-507-2585
E-mail: heiman@drexel.edu

MDA/ALS Center at the University
Of Pittsburgh Medical Center
Phone: 412-647-1706
E-mail: lacomisd@upmc.edu

http://www.alshf.org/
ALS Hope Foundation
P.O. Box 40777
Philadelphia, PA 19107
Phone: 215-568-2426
Email: info@alshopefoundation.org
ALS is a degenerative neurological disease that leads to progressive weakness. ALS does not discriminate on the basis of race, religion, gender, nationality, or economic status. The cause of ALS is still unknown, and there is no cure... However, there is hope.

Brain Injury

www.biapa.org
Brain Injury Association of Pennsylvania, Inc.
950 Walnut Bottom Rd., Suite 15-229
Carlisle, PA 17015
Phone: 866-635-7097
Email: info@biapa.org

http://www.tbindingc.org
http://www.tbindingc.org/CentersDetail.aspx?Id=7
Moss TBI Model System
Moss Rehab
50 Township Line Road
Elkins Park, PA 19027
Phone: 215-663-6153
Magee Rehabilitation Hospital
1513 Race St.
Philadelphia PA 19102
Offers brain injury rehabilitation services

Cerebral Palsy

http://www.ucp.org
United Cerebral Palsy
1825 K St., NW, Suite 600
Washington, DC 20006
Phone: 800-872-5827 or 202-776-0406
TTY: (202) 973-7197
E-mail: national@ucp.org
Please contact National Office for a Chapter in your area

http://www.margaretmoul.org
Margaret E. Moul Home
(York County Cerebral Palsy Home, Inc.)
2050 Barley Road
York, PA 17408-1577
Phone: 717-767-6463
Email: dkramer@margaretmoul.org

Friedreich’s Ataxia

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

NAF Support Groups:
Central Pennsylvania Ataxia support group
Dowington, PA
Phone: 610-996-5814
Email: michaelcammer62@hotmail.com (Michael Cammer)

Western Pennsylvania Support Group
Ed Schwartz
Venetia, PA
Phone: 724-941-2210
Email: eas@ataxia.org

Guillain-Barré Syndrome/CIDP

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

Multiple Sclerosis

www.nmss.org
National Multiple Sclerosis Society

www.nationalmssociety.org/pae/
NMSS-- Greater Delaware Valley
30 South 17th St., Suite 800
Philadelphia, PA 19103
Phone: 215-271-1500
Email: pae@nmss.org

www.nationalmssociety.org/chapters/PAX/
National MS Society -- Western Pennsylvania
1501 Reedsdal St., Suite 105
Pittsburgh, PA 15233
Phone: 412-261-6347
800-344-4867 (toll-free)
Email: nyw@nmss.org

https://mymsaa.org/
Multiple Sclerosis Association of America

MSAA Northeast Regional Office
375 Kings Hwy North
Cherry Hill, NJ 08034
800-532-7667, ext. 144
Phone: (856) 488-4500
E-mail: northeast@mymsaa.com
Muscular Dystrophy

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Enter a zip code in the “Find your local MDA” section to find clinics that treat MD in your area.

Post-Polio Syndrome

http://www.post-polio.org
Post-Polio Health International (PHI)
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

Clinics

www.conemaugh.org
Conemaugh Health System
Conemaugh East Hills
1086 Franklin St.
Johnstown, PA 15904
Phone: 814-269-5061

Spina Bifida

http://www.spinabifidaassociation.org
Spina Bifida Association of America
P.O. Box 17427
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

www.sbadv.org
SBA of the Delaware Valley
PO Box 1235
Clinics:

**Geisinger Medical Center (pediatric only)**
Spina Bifida Clinic  
100 N. Academy Ave.  
Danville, PA 17822  
(570) 271-8055  
[www.geisinger.org](http://www.geisinger.org)

**Shriners Hospital for Children-Erie**
Spina Bifida Clinic (pediatric to age 21)  
1645 W. 8th St.  
Erie, PA 16435  
814-875-8700  
[https://www.shrinershospitalsforchildren.org/erie](https://www.shrinershospitalsforchildren.org/erie)

**Penn State Hershey Medical Center**
Spina Bifida Services (pediatric and adult)  
500 University Dr.  
Hershey, PA 17033  
(800) 243-1455  
[https://hmc.pennstatehealth.org/](https://hmc.pennstatehealth.org/)

**Children's Hospital of Philadelphia**
Spina Bifida Program (pediatric and adult)  
34th and Civic Center Blvd.  
Philadelphia, PA 19104  
(215)-590-1760  
[https://www.chop.edu/centers-programs/spina-bifida-program](https://www.chop.edu/centers-programs/spina-bifida-program)

**Moss Rehabilitation Center for Adults**
Adult Spina Bifida Clinic (adult only)  
60 Township Line Rd.  
Elkins Park, PA 19027  
(215) 663-6677  
[https://www.mossrehab.com/locations/elkins-park](https://www.mossrehab.com/locations/elkins-park)
Shriners Hospital for Children
3551 N. Broad St., 4th Floor (pediatric only)
Philadelphia, PA 19140
(215) 430-4028

St. Christopher's Hospital for Children
Spina Bifida Clinic (pediatric only)
Erie Ave. and Front St.
Philadelphia, PA 19134-1095
(215) 427-5531
https://www.stchristophershospital.com/SitePages/Home.aspx

Children's Hospital of Pittsburgh of UPMC
Spina Bifida Department (pediatric to age 22)
1 Children's Hospital Dr.
4401 Penn Ave.
Pittsburgh, PA 15224
(412) 692-5096
https://www.chp.edu/

University of Pittsburgh Medical Center
UPMC Mercy PM&R Office
Adult Spina Bifida Clinic-Adult SB and PM&R (adult only)
1400 Locust St., Building D, Ste. G103
Pittsburgh, PA 15219
(412) 232-8903
(877) 647-3438
http://www.upmc.com/Pages/default.aspx

Spinal Cord Injury

https://mageerehab.jeffersonhealth.org/community/support-groups/spinal-cord-injury-support/

Magee Rehabilitation Hospital SCI Resource & Support Group
1513 Race Street
Philadelphia, PA19102
Phone: 215-587-3174
Meetings are held at Magee Rehabilitation at 6:00 PM twice a month. Individual family matches can also be arranged. SCI Family PEER group meets two Wednesdays each month at 6:00 PM in room 571. For more information, call 215-587-3030 or email rblack@mageerehab.org.

https://ryanshazierfund.org
Ryan Shazier Fund for Spinal Rehabilitation
Pittsburgh PA area
Phone: 412-356-2057
Shazier was a Pittsburgh Steeler who was injured during a game in 2017. This foundation gives those with spinal cord injuries and their caregivers, support, resources and funding they need to live independent and meaningful lives. It helps those injured in sports-related or vehicular accidents in western Pennsylvania.

Stroke
https://www.stroke.org/
American Stroke Association
NationalCenter
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653; 888-474-8483
Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation
www.asap.org
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-2727-282
Email: info@ASAP.org
Please contact them for local and online support groups

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 any local support groups.

General Disability Resources
The Wanna Play Program
8701A West Chester Pike
Upper Darby, PA 19082
Phone: 610-853-2898
Email: mail@wannaplayprogram.com

Pennsylvania chapter of the American Physical Therapy Association
4646 Smith St.
Harrisburg, PA 17109-1525
Phone: 800-962-7782
Email: kannibali@ppta.org

Pennsylvania chapter of the American Occupational Therapy Association
600 West Germantown Pike, Suite 400
Plymouth Meeting, PA 19462
Phone: 1-800-871-7682
Email: help@pota.org

Association of People Supporting EmploymentFirst (APSE)
Pennsylvania Chapter

Abilities in Motion (AIM)
210 North Fifth St.
Reading, PA 19601
Phone: 610-376-0010
TTY: 610-288-2301
Is a center for independent living that provides help with advocacy, independent living skills, and peer counseling.

Fighting Back Scholarship Program
http://www.fightingbacksp.org/
400 East King St.
Malvern, PA 19355
Phone: 610-688-8868
Email: scottd@fitnesstrainersinc.com
provides scholarships for people to continue their rehabilitation. Please contact them for eligibility requirements.
www.pealcenter.org
Parent Education & Advocacy Center (PEAL)
2325 East Carson St.
Suite 100-A
Pittsburgh, PA 15203-2109
Phone: 412-281-4404
Toll-free: 866-950-1040
A family led organization that provides assistance to parents of children from birth to age 26. They advise parents of children who receive early intervention services.

http://reagansjourney.org/our-mission/
Reagan’s Journey
Mailing Address:
436 4th Ave.
Ford City, PA 16226
Lending Closet Address:
140 Pennyslvania Ave.
Oakmont, PA 15139 (Inside the Blessing Board)
Email: info@reagansjourney.org
Reagan’s Journey was established to address financial, informational, and networking needs for families of children with special needs. In addition, they strive to support and encourage families as they struggle to endure, adjust and cope with the demands of these special and sometimes fatal needs. Reagan’s Journey also offers a lending closet of children’s equipment.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., 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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $8,700,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.