Vermont 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.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

https://www.n4a.org/adrcs
https://www.acl.gov/node/413

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living ([http://www.hhs.gov/acl/index.html](http://www.hhs.gov/acl/index.html)) (including AoA ([http://www.aoa.gov/](http://www.aoa.gov/)) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) ([http://www.cms.hhs.gov/](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.

Vermont Department of Disabilities, Aging and Independent Living
http://dail.vermont.gov/
HC 2 South, 280 State Dr.
Waterbury, VT 05671-2020
Phone: 802-241-2401

Area Agencies on Aging
https://dcf.vermont.gov/partners/aaa
Phone: 1-800-642-5119

National Center on Elder Abuse (NCEA)
https://ncea.acl.gov/
National Center on Elder Abuse
c/o University of Southern California Keck School of Medicine
Department of Family Medicine and Geriatrics
1000 South Fremont Avenue, Unit 22, Building A-6
Alhambra, CA 91803
Phone:1-855-500-3537
Email: ncea-info@aoa.hhs.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

Inclusive Arts Vermont
https://www.inclusiveartsvermont.org/
PO Box 419
Saint Albans, VT 05478
Phone: 802-404-1597
Email: info@inclusiveartsvermont.org

Main Street Arts
http://mainstreetarts.org/
35 Main St.
PO Box 100
Main Street Arts is a non-profit arts center that encourages creative expression through a wide range of artistic experiences. *Moving Forward, Moving Up* is MSA’s project to revitalize the center by making it accessible to meet the creative needs of all community members.

**Assistive Technology**

**Vermont Assistive Technology Program**  
[https://dail.vermont.gov/divisions/atp](https://dail.vermont.gov/divisions/atp)  
HC 2 South, 280 State Drive  
Waterbury, VT 05671-2020  
Phone: 1-800-750-6355  
Email: [dail.atinfo@vermont.gov](mailto:dail.atinfo@vermont.gov)

**New England ADA Center (covers Vermont)**  
[http://www.newenglandada.org](http://www.newenglandada.org)  
180-200 Portland St., Suite 1  
Boston, MA 02114  
Phone: 617-695-0085  
Toll Free: 800-949-4232  
Email: [ADAinfo@IHCDesign.org](mailto:ADAinfo@IHCDesign.org)

**Vermont Independence Fund: Loans for Assistive Technology**  
[www.atp.vermont.gov/resources/funding](https://www.atp.vermont.gov/resources/funding)  
[https://www.oppsvt.org/independence-fund/](https://www.oppsvt.org/independence-fund/)  
Opportunities Credit Union  
92 North Ave.  
Burlington, VT 05401  
Phone: 802-654-4540  
Toll-free: 800-865-8328  
The Independence Fund offers affordable financing with flexible repayment terms for all types of assistive technology, equipment, vehicles, and home modifications.

**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).

**Community Health Centers**

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

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

Crime Victim Assistance

Vermont Center for Crime Victim Services
http://www.ccvsv.state.vt.us/
58 South Main St., Suite 1
Waterbury, VT 05676
Toll-free: 800-750-1213 (in state)
Phone: 802-241-1250

Safe Horizon’s Links for General Crime Victim Resources/Issues
www.safehorizon.org
Phone: 1-800-621-HOPE

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

Statewide Hotline: 800-228-7395

Sexual Violence Statewide Hotline: 800-489-7273

Vermont Network Against Domestic and Sexual Violence
http://www.vtnetwork.org/
P.O. Box 405
Easter Seals Offices

Vermont Easter Seals Office
www.easterseals.com/vt
14 North Main St., Suite 3004
Barre, VT 05641
Phone: 802-622-3230
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

Vermont State Website
http://vermont.gov/

Vermont Division of Vocational Rehabilitation
http://vocrehab.vermont.gov
HC2 South, 280 State Dr.
Waterbury, VT 05671-2040
Phone: 866-879-6757

Vermont Agency of Human Services
http://humanservices.vermont.gov/
280 State Dr., Center Bldg.
Waterbury, VT
Phone: 802-241-0440

Vermont Human Rights Commission
http://hrc.vermont.gov/
12 Baldwin Street,
Montpelier, VT 05633
Phone: 802-828-2480
Email: human.rights@vermont.gov
The mission of the Vermont Human Rights Commission is to promote full civil and human rights in Vermont.

Vermont CHIP Program (Children’s Health Insurance Program)
https://www.insurekidsnow.gov/coverage/vt/index.html
Phone: 800-250-8427

Vermont Dept. of Disabilities, Aging and Independent Living
http://dail.vermont.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.


**Vermont Governor’s Committee on Employment of People with Disabilities**
[https://hireus.vermont.gov/](https://hireus.vermont.gov/)
Email: rose.lucenti@vermont.gov

**State LTC Ombudsman**
Vermont Legal Aid, Inc.
264 N. Winooski Avenue
Burlington, Vermont 05401
Phone: (802) 863-5620
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

U.S Department of Housing and Urban Development (HUD)
www.hud.gov
451 7th Street, S.W.
Washington, DC 20410
Phone: 202-708-1112
TTY: 202-708-1455
HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

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

Independent Living

ILRU: State Independent Living Councils (SILCs)
Vermont Statewide Independent Living Council
http://www.ilru.org/projects/silc-net/silc-directory
https://vermontsilc.org/http://www.vtsilc.org/
PO Box 158
Worcester, VT 05682
Phone: 802-560-8091
Email: vtsilcdir@gmail.com

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

National Council on Independent Living (NCIL)
http://www.ncil.org/
PO Box 31260
Washington, DC 20030
Phone: 202-207-0334
Toll-free: 1-844-778-7961
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

**Vermont Department of Libraries**
https://libraries.vermont.gov/able_library
ABLE Library
60 Washington St., Suite 2
Barre VT 05641
Phone: 802-636-0022
Toll-free: 800-479-1711
Email: LIB.AbleLibrary@vermont.gov

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

**Peer Support Programs**

**Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)**
[www.ChristopherReeve.org/Peer](http://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](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.

**Protection And Advocacy**

**Disability Rights Vermont**
[https://disabilityrightsvt.org/](https://disabilityrightsvt.org/)
141 Main St., Suite 7
Service Dogs

Service Dog Central: Vermont Info on Service Dog Laws
https://theservicedogs.com/service-dog-laws-vermont/

Sports And Recreation

Adaptive Martial Arts Association
http://adaptivemartialarts.org/
PO Box 225
Pittsford, VT 05763
Phone: 802-747-8184
E-mail: contact@adaptivemartialarts.org

Adaptive Sports at Mount Snow
http://adaptiveatsnow.org/
PO Box 1092
West Dover, VT 05356
Email: info@adaptiveatsnow.org
Their mission is to provide year-round life enhancing adaptive sports and recreational and educational experiences to individuals with disabilities and their families in the Mount Snow community.

Adaptive Sports New England
http://adaptivesportsne.org/
89 South St, Suite 603
Boston, MA 02111
Phone: 617-690-9103
Email: joe.walsh@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.

Vermont Adaptive Ski and Sports
http://www.vermontadaptive.org/
77 Alpine Dr., Pico Mountain
PO Box 139
Killington, VT 05751
Phone: 802-786-4991
Email: south@vermontadaptive.org
Programs Offered: Adaptive Skiing, horseback riding, canoeing, sailing, rock climbing and others.
United Way Offices

United Way
http://www.unitedway.org/
United Way Worldwide
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter your postal code in the upper right corner 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

Veterans Administration: Facility Locator

US Department of Veterans Affairs VA Hospital
http://www.benefits.va.gov/whiteriverjunction
Physical Address:
163 Veterans Dr
White River Junction, VT 05009
Mailing Address:
215 North Main Street
White River Junction, VT 05009
Phone: 802-827-1000

New England Paralyzed Veterans of America
https://www.newenglandpva.org/
1208 VFW Parkway, Ste. 301
West Roxbury, MA 02132
Phone: 617-942-8678
Toll Free: 800-660-1181

ALS

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

Brain Injury

Brain Injury Association of Vermont
Together with his brother Adam, champion snowboarder Kevin Pearce created the LoveYourBrain Foundation, a non-profit organization that is working to connect, educate and empower people to live a brain healthy lifestyle. Through yoga, meditation and mindfulness programs, LoveYourBrain is improving lives, creating community and optimizing health for everyone they reach.

**Cerebral Palsy**

**United Cerebral Palsy (National Office)**
http://www.ucp.org
1825 K Street NW Suite 600
Washington, DC 20006
Phone: 202-776-0406, 800-USA-5-UCP
Email: info@ucp.org
Please call for local info.

**Friedreich’s Ataxia**

**National Ataxia Foundation (NAF) National Office**
http://www.ataxia.org/
Physical Address:
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Mailing Address:
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020
Email: naf@ataxia.org
Please contact them for info in your area.

**Guillain-Barré Syndrome / CIDP**

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

**Multiple Sclerosis**

**National Multiple Sclerosis Society—Greater New England Chapter**
[https://www.nationalmssociety.org/Chapters/MAM](https://www.nationalmssociety.org/Chapters/MAM)
101A First Ave.
Waltham, MA 02451
Toll-free: 800-344-4867

**Multiple Sclerosis Association of America Northeast Regional Office**
(New Jersey, Delaware, New York, Pennsylvania, Connecticut, Vermont, Rhode Island, Massachusetts, Maine, Maryland, Washington DC, New Hampshire)
Phone: 800-532-7667 ext. 144
Email: northeast@mymsaa.org

**Muscular Dystrophy**

**Muscular Dystrophy Association**
[https://www.mda.org/](https://www.mda.org/)
National Office
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Email: ResourceCenter@mdausa.org
Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

**Post-Polio Syndrome**

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

**Spina Bifida**

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

SBAA Vermont Clinics:
http://spinabifidaassociation.org/clinics/
Children’s Specialty Center, 4th Fl. E. Pavilion
111 Colchester Ave.
Burlington, VT 05401
Phone: 802-847-8840

Spinal Cord Injury

The Kelly Brush Foundation
www.kellybrushfoundation.org
3 Main St., Suite 105
Burlington, VT 05401
Phone: 802-846-5298
E-mail: info@kellybrushfoundation.org
The Kelly Brush Foundation is a private 501(c)3 non-profit organization dedicated to assisting individuals with spinal cord injuries and increasing ski racing safety. The Foundation offers two types of grants, individual http://www.kellybrushfoundation.org/grants-programs/individual-grant-program/ (for adaptive athletic equipment) and club (for ski racing safety improvements).

Stroke

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

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

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)
www.wearesrna.org
1787 Sutter Parkway
General Disability Resources

Vermont Yellow Pages for Kids with Disabilities
http://www.yellowpagesforkids.com/help/vt.htm

Vermont Occupational Therapy Association
http://www.vermontot.org/
VOTA
PO Box 925
Richmond VT 05477
Email: informationvota@gmail.com

APTA Vermont Chapter of the American Physical Therapy Association
http://www.vtapta.org/
Phone: 802-332-3878

Association of People Supporting EmploymentFirst—Vermont Chapter
www.apse.org
https://apse.org/chapter/vermont/
Burlington, VT 05405-1757
Email: vtapse@apse.org

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

First Call 2-1-1
http://www.vermont211.org/
Dial 2-1-1 (anywhere in Vermont) for personal assistance
Vermont 211
P.O. Box 111
Essex Junction, Vermont 05453
Phone: 211
Toll Free: 866-652-4636

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.

Hint: Can only be dialed from a land line. If you dial 211 or your state’s 211 800 number and you are not connected, this service has not yet been provided to your area.
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.

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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