ONLINE RESOURCES

This list is to provide information and listings only which we hope are helpful. Shepherd Center is not responsible for any User decisions that are made with the information provided. The views and opinions expressed on any website do not necessarily state or reflect those of Shepherd Center.
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Caregiver / Independent Living / Driving

**Caregiver**
Assist Guide Information Service
Provides suggestions for finding a caregiver.

**Caregiver.com**
[www.caregiver.com](http://www.caregiver.com)
954-893-0550; 800-829-2734
A site for, about and by caregivers.

**Caregiver Action Network**
[http://caregiveraction.org](http://caregiveraction.org)
An organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

**Caring.com**
[www.caring.com/articles/how-to-find-a-private-caregiver](http://www.caring.com/articles/how-to-find-a-private-caregiver)
Provides advice on how to find and hire a private caregiver.

**Family Caregiver Alliance**
[www.caregiver.org](http://www.caregiver.org)
800-445-8106
What you can do to be more prepared to be a caregiver. Site includes tips and fact sheets under Caregiver Education that may be of interest.

**Rosalynn Carter Institute for Caregiving**
[www.rosalynncarter.org](http://www.rosalynncarter.org)
229-928-1234
The Institute serves and supports both professional and family caregivers.

**Independent Living**

**Disability Resource Center**
[www.disabilityresourcecenter.org](http://www.disabilityresourcecenter.org)
706-778-5355; 888-534-7144
A private, non-profit organization committed to providing services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons.

**Center for Universal Design**
[www.ncsu.edu/ncsu/design/cud](http://www.ncsu.edu/ncsu/design/cud)
A resource for home modifications.

**Home Modification and Repair Resources National Directory**
[www.homemods.org](http://www.homemods.org)
213-740-1364
A university-based and non-profit effort, this site is dedicated to promoting aging in place and independent living for persons of all ages and abilities.

Member of the Family
www.memberofthefamily.net
Nursing Home Registry has information about nearly 16,000 Medicare/Medicaid-certified nursing homes in the United States.

National Council on Independent Living
www.ncil.org
voice: 202-207-0334; 877-525-3400
tty: 202-207-0340
National Council on Independent Living advances independent living and the rights of people with disabilities.

New Lifestyles
www.newlifestyles.com
From independent living to skilled nursing care, a simple search will show you the options in the area where you need help.

Personal Assistance Services
www.paseap.com
This site addresses research, training, dissemination and technical assistance on issues related to personal assistance services (guide to using personal assistants) and contact information and program descriptions for state waiver programs.

Phillips Lifeline
www.lifelinesystems.com
800-543-3546, ext.3050
Provides medical alert service allowing a direct, immediate link to assistance, 24 hours per day/ seven days per week.

Senior Advisor
www.senioradvisor.com
800-805-3621
A resource for senior citizens and their families, to help find assisted living facilities both anywhere in America and in their price range. You can look for centers by the services they offer, ranging from hospice care to if they have Wi-Fi.

SocialServe Georgia
704-334-8722; 877-428-8844 Spanish: 877-428-8844
A National Accessible Apartment Clearinghouse (NAAC) that provides connections for individuals with disabilities with apartments that have been designed for them, or adapted to meet their needs.

Tech Guide
www.usatechguide.org/techguide.php
Tech Guide is a web-guide to Wheelchairs & Assistive Technology.

US Housing and Urban Design, Disability Resource Page
www.hud.gov/groups/disabilities.cfm
This page is designed to answer frequently asked questions on the housing rights of people with disabilities and the responsibilities of housing providers and building and design professionals under federal law.
Visitation
www.concretechange.org
Concrete Change / Visitability is an international network whose goal is making ALL new homes “visit-able,” not just “special” homes.

Driving
Association for Driving Rehab Specialists
www.added.net
866-672-9466
This site can be used to locate local driving specialists/programs, as well as general info under the “Disabilities and Driving Fact Sheets” section.

Disabled Dealer Magazine
www.Disableddealer.com
Lists classified ads by owners looking to buy and sell wheelchair accessible vehicles and medical equipment.

Shepherd Center Adapted Driving Services
www.shepherd.org/patient-programs/outpatient-clinics/ adapted-driving-services
Shepherd Center helps clients and their families evaluate, prepare for and utilize transportation options available to them.
Government Benefits / Employment / Advocacy

Government Benefits

Benefits.gov
www.benefits.gov
Site offers the option to search for benefits according to category, location, or federal agency.

Benefits Navigator
www.benefitsnavigator.org
800-283-1848
Benefits Navigator Program provides accurate work incentive information to people between the ages of 14 and full retirement age who receive Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), or both.

Birth Certificates
www.vitalchek.com
Obtain official birth certificate for SSA application purposes through this service or visit your birth state’s Office of Vital Records.

Disability.gov
www.disability.gov
The site connects people with disabilities, their families and caregivers to helpful resources on topics such as how to apply for disability benefits, find a job, get health care or pay for accessible housing.

Georgia Vocational Rehabilitation
https://gvra.georgia.gov
800-436-7442
Any citizen of Georgia who has a physical or mental disability that impacts his/her ability to go to work, and who can benefit from VR services to go to work is eligible.

Georgia Waiver Programs
http://dch.georgia.gov/waivers
These programs help people who need help to live in their home or community. Each program offers several services, e.g., assistance with daily living activities, home health aide, and care giver relief.

Indian Health Services
www.ihs.gov
301-443-3024
Federal health program that provides information on health services to Native Americans and Alaskan natives.

Mexcare
http://mexcare.com
760-839-2370
This group assists with transitioning illegal immigrants back to Mexico, connecting them with services and the hospital system in Mexico. bbarraza@mexcare.com

Social Security Administration
www.ssa.gov
800-772-1213
Coordinate interviews for patients to apply for SSI and SSDI. Gather and submit paperwork required to complete the application process.

Ticket for Work  
[www.ssa.gov/work](http://www.ssa.gov/work)  
Information on return to work incentive programs for people receiving SSI/Medicaid and/or SSDI/Medicare.

Volunteer Income Tax Assistance  
These are volunteers who help with tax preparation for families who are income eligible.

**Employment**

**Disabled Person**  
[www.disabledperson.com](http://www.disabledperson.com)  
Job board for people with disabilities; updated daily with postings from all over the U.S. by companies who are looking to hire people with disabilities.

**Hands On Atlanta**  
[www.handsonatlanta.org](http://www.handsonatlanta.org)  
Helps individuals, families, corporate and community groups strengthen Greater Atlanta through service at more than 400 nonprofit organizations and schools.

**Hire Heroes USA**  
[www.hireheroesusa.org](http://www.hireheroesusa.org)  
Free service that works with U.S. military members, veterans and spouses to succeed in the civilian workforce.

**Job Accommodation Network**  
[http://askjan.org/](http://askjan.org/)  
Free consulting service to increase employability of people with disabilities. They can provide worksite accommodation solutions, technical assistance with ADA and education on self-employment options.

**O*NET Online**  
[www.onetonline.org](http://www.onetonline.org)  
O*NET Online is the nation's primary source of occupational information on hundreds of standardized and occupation-specific descriptors. The database is available at no cost, provides Career Exploration Tools, assessment instruments for workers & students.

**United Way**  
[www.unitedway.org](http://www.unitedway.org)  
Find volunteer opportunities in your neighborhood.

**Volunteer Match**  
[www.volunteermatch.org](http://www.volunteermatch.org)  
Find a community organization in need of volunteers based on your interests.
Advocacy

ADAPT
www.adapt.org
A national grassroots community that organizes disability rights activists to engage in nonviolent direct action, including civil disobedience, to assure the civil and human rights of people with disabilities to live in freedom.

American Association of People with Disabilities
http://www.aapd.com
800-840-8844
The American Association of People with Disabilities (AAPD) is a convener, connector, and catalyst for change, increasing the political and economic power of people with disabilities.

American Civil Liberties Union
www.aclu.org
212-549-2500
The ACLU works in the courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States.

Americans with Disability Act
www.ada.gov
800-514-0301
The website includes federal resources and ADA publication. It breaks the law down into different sections so it is easy to find answers to your questions.

Coalition for the Advancement of Medical Research
www.camradvocacy.org
CAMR’s advocacy and education outreach focuses on stem cell research, somatic cell nuclear transfer, and related research fields in which the mission is to develop treatments and cures for individuals with life-threatening illnesses and disorders.

Disability, Abuse & Personal Rights Project
http://disability-abuse.com
This group seeks to identify ways to reduce the risk of abuse, to promote healing for victims, and to seek justice for those who have been victimized.

Disability Rights Advocates
www.dralegal.org
212-644-8644
With offices in California and New York, this is one of the leading nonprofit disability rights legal centers in the nation. Its mission is to advance equal rights and opportunity for people with all types of disabilities nationwide.

Equal Employment Opportunity Commission
www.eeoc.gov
800-669-4000
The U.S. Equal Employment Opportunity Commission (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.
Model Systems Knowledge Translation Center
www.msktc.org
Summarizes research, identifies health information needs, and develops information resources to support the Model Systems programs in meeting the needs of individuals with traumatic brain injury (TBI), spinal cord injury (SCI), and burn injury.

National Council on Disability
www.ncd.gov
An independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities.

National Disabled Students Union
http://disabledstudents.org
National Disabled Students Union is a national, cross-disability, student organization dedicated to social justice for all.

National Rehabilitation Information Center
www.naric.com
This center collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects funded by National Institute on Disability, Independent Living, and Rehabilitation Research.

National Youth Leadership Network
http://nyln.org
Provides a blog on a variety of topics such as leadership, disability and inspiration. Includes videos.

United States Access Board
www.access-board.gov
800-872-2253
A United States Access Board is federal agency that promotes equality for people with disabilities through leadership in accessible design and the development of accessibility guidelines and standards.
Grants / Medication Assistance

Grants

Amy van Dyken Foundation
www.amyvandyken.org
This foundation is specifically for durable medical equipment funding.

Blood Brothers Foundation
www.bloodbrothersfoundation.org
303-882-7469
Blood Brothers Foundation is non-profit that can partially assist with funding for vehicle modifications. They do require that all the modifiers of vehicles are NMEDA certified.

Brain & Spinal Injury Trust Fund Commission
www.bsitf.state.ga.us
888-233-5760
Brain & Spinal Injury Trust Fund Commission enhances the lives of Georgians with traumatic brain and spinal cord injuries. Guided by the aspirations of people with traumatic injuries, the Commission supports lives of meaning and independence.

Bryon Riesch Paralysis Foundation
http://www.brpf.org
262-547-2083
The Bryon Riesch Paralysis Foundation funds Charitable grants are reviewed quarterly in January, March, June, and September. Funds are limited and we generally cannot support charitable grants over $10,000. Request should be for a specific item.

Challenged Athletes Foundation
www.challengedathletes.org
858-866-0959
Stepping in where medical treatment, rehabilitation, and health insurance ends, the Challenged Athletes Foundation provides equipment like adaptive sports wheelchairs, handcycles, and monoskis.

CMMS Deshae Lott Ministries Inc.
www.deshae.org/cmms
Provides some financial support for medically-necessary home-health-care services not covered by insurance, private or governmental, and not covered by any other non-profit organization.

Dream2Walk Foundation
dream2walk.org
214-417-8466
The Dream2Walk Foundation awards scholarships to Spinal Cord Injury Patients in need of financial assistance at approved recovery based therapy facilities.
Dreams of Recovery
www.dreamsofrecovery.org
770-675-6565
The Cindy Donald Dreams of Recovery Foundation is committed to creating a positive change for those individuals facing the many challenges which accompany spinal cord and/or brain injury.

Friends of Man
www.friendsofman.org
303-798-2342
Friends of Man, the charitable arm of the Institute for the New Man, gives help to people who find themselves in a situation where they have nowhere else to turn. Offers help with mobility equipment, medical equipment and procedures, and more.

Georgia Crime Victim Trust Fund
http://cjcc.georgia.gov/victims-compensation
800-547-0060
Helps victims and their families through the emotional and physical aftermath of a crime by easing the monetary impact placed upon them by providing financial benefits for expenses such as medical bills, loss of earnings, etc.

Gridiron Heroes
www.gridironheroes.org
210-735-2249
Provides immediate, as well as, long term resources and support to individuals that have sustained a catastrophic SCI through activities associated with high school football.

Joni and Friends
www.joniandfriends.org
800-736-4177
Assists with financial needs of individual as well as to strengthen existing relationship between individual and his/her church congregation. Provides funds for Health and Wellness, Education and Ministry/Evangelism.

Joseph S Groh Foundation
http://josephgrohfoundation.org
214-998-9749
The Joseph S Groh Foundation is dedicated to providing financial support to those connected with the construction trades industry (plumbing, HVAC, electrical, roofing, etc.) who are living with life altering injuries.

Kelly Brush Foundation
http://kellybrushfoundation.org
802-846-5298
This foundation provides adaptive sports equipment to individuals and supports ski clubs in their safety efforts. To qualify, an applicant must be living in the U.S., give information about their SCI, source of income, & description of desired equipment.
LensCrafters OneSight
www.lenscrafters.com/onesight#sd
877-753-6727
This program is through Lens Crafters and provides glasses, frames and eye exams for patients in need. Referrals need to come through Social Worker/Case Manager.

MobilityWorks Foundation
www.themobilityworksfoundation.org
The MobilityWorks Foundation is a non-profit organization that will provide financial assistance and or equipment to selected individuals requiring adaptive vehicles or driving aids. The Foundation will provide financial assistance and/or equipment to selected, qualified applicants requiring adaptive vehicles or driving aids.

National Organization for Victim Assistance (NOVA)
www.trynova.org
800-879-6682
Victims of a violent crime can receive funds towards equipment or other needs.

Ralph Braun Foundation
https://ralphbraunfoundation.org
574-607-5995
The Ralph Braun Foundation - an organization dedicated to assisting folks with purchasing mobility transportation equipment. The Ralph Braun Foundation was created for a simple purpose: to assist those with mobility needs through education, information and product acquisition.

Repair and Rehabilitation Grant
www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants
A US Department of Agriculture grant is available to dwelling owner/occupant who is 62 years of age or older. Funds may only be used for repairs or improvements to remove health and safety hazards, or to complete repairs to make the dwelling accessible for household members with disabilities.

SCORE
www.scorefund.org
323-655-8298
This is a nonprofit organization that supports the rehabilitation of young people with SCI. They can assist with down payments of a van, home modifications adaptive sport equipment, etc.

Sparrow Clubs
www.sparrowclubs.org
541-312-6830
Provides financial assistance for children 17 and younger in need.

Swim with Mike Foundation
www.swimwithmike.org
213-740-4155
College tuition scholarships, ramps, van mods, peer support, etc. for persons with SCI.
Three Sixty Five Foundation  
www.threesixtyfivefoundation.org  
Provides, through financial and non-financial means, assistance to physically challenged individuals returning to an active lifestyle during the first year of their recovery.

Tighten the Drag Foundation  
www.tightenthedragfoundation.org  
The foundation supports “Out of the Box” aggressive therapy and exercise programs for people with Spinal Cord Injuries that are not normally covered by insurance.

Travis Roy Foundation  
www.travisroyfoundation.org  
Provides initial grants to individuals with SCI for van modifications or purchase, DME, computers/ adaptive equipment, and home modifications. Average grants are from $4,000-$7,000.

Triumph Foundation  
www.triumph-foundation.org  
Triumph Foundation sponsors individual's recovery from SCI by determining needs and helping to find solutions. We pair individuals with sponsors who can help meet their needs.

UCP Elsie S. Bellows Fund  
http://ucp.org/resources/assistive-technology/the-ucp-elsie-s-bellows-fund  
The UCP Elsie S. Bellows fund is a national program operated by UCP that provides grants for purchasing or repairing assistive-technology equipment for individuals with disabilities.

Wheels With Wings Foundation  
www.wheelswithwings.org  
716-668-4724  
Individual grant awards, education, resources, awareness and advocacy.

Wounded Warrior Project  
www.woundedwarriorproject.org  
877-832-6997  
What started as a program to provide comfort items to wounded service members has grown into a complete rehabilitative effort to assist warriors as they recover and transition back to civilian life.

Fundraising Resources

Give Forward  
www.giveforward.com  
Give Forward is an online fundraising website and one of the easiest ways to raise money for a loved one in need. We are the #1 platform to start a medical fundraiser and the only site with fundraising coaches who provide fundraising ideas and guidance.

GOFUNDME  
www.gofundme.com  
GoFundMe is a crowdfunding platform that allows people to raise money for events ranging from life events such as graduations to challenging circumstances like accidents and illnesses.
HelpHOPELive
www.helphopelive.org
800-642-8399
Provides consultation needed to raise funds to bridge the gap between what health insurance will pay and what is actually needed to heal, live and thrive. They work with families to provide step by step instructions on fundraising that is tax deductible.

You Caring
www.youcaring.com
You Caring is a crowdfunding platform that allows people to raise money for a variety of needs.

Medication Assistance

Community Assistance Program, USA Drug Plan
www.caprxprogram.org
877-459-8474
Savings from 10% to 85% off all FDA approved brand name and generic drugs. Most pharmacies accept this card (Walgreens, CVS, Wal-mart, Costco, Albertsons, etc).

Diabetic Drug Store
www.diabeticdrugstore.com
Website for ordering inexpensive medical ID bracelets.

EX
www.becomeanex.org
The free EX plan is based on personal experiences from ex-smokers and the latest scientific research.

Freedom from Smoking
www.ffsonline.org
Online program specifically designed for adults who want to quit smoking. Adapted from the American Lung Association clinic.

NeedyMeds
www.needymeds.org
National non-profit information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

Partnership for Prescription Assistance
www.PPARX.org
800-477-2669
This program works with America’s pharmaceutical companies to make medications available for people who cannot afford them. Meds are either free or at a discounted rate based on the manufacturer.

Pfizer RSVP (Reimbursement Solutions, Verification and Payment Helpline)
www.rxresource.org/prescription-assistance/pfizer-rsvp-program.html
888-327-7787
Free or highly discounted ZYVOX, Vfend, Revatio, and Pfizer HIV meds. Referral for these meds needs to come from your physician.
Quit for Life
www.quitnow.net/Program
Program through the American Cancer Society to help smokers quit, provides coaching.

The Medicine Program
www.themedicineprogram.com
A patient advocacy organization helping individuals and families across America get access to up to 2,500 prescription medications available today for free or nearly free of charge through Patient Assistance Programs.
Assistive Tech / Equipment / Service Animals

Assistive Technology
AbleData
www.abledata.com
800-227-0216
Provides comprehensive information on products, solutions and resources to improve productivity and ease life’s tasks.

Agribility
www.agribility.org
Provides assistive technology and farm site modifications for farmers with disabilities to allow continued involvement in production agriculture.

Center for Assistive Technology and Environmental Access
www.catea.gatech.edu/index.php
404-894-4960
Center dedicated to enhancing the health, activity and participation of people with functional limitations through the application of assistive and universally designed technologies in real world environments, products and devices.

Disabilities, Opportunities, Internetworking, and Technology
www.washington.edu/doit
888-972-3648; TTY: 206-685-3648
Promotes the success of individuals with disabilities in post-secondary education and careers using technology as an empowering tool.

National Mobility Equipment Dealers Association
www.nmeda.org
Provides information about the types of adaptive equipment and mobility solutions available, as well as how to obtain equipment.

Equipment
Access to Recreation
www.accessr.com
Purchase adaptive devices for recreation and leisure activities such as bowling, exercise, fishing, golf, gardening, and swimming.

Disability Products
www.disabilityproducts.com
Adaptive products for sale to assist with bathing, dressing, eating, help at home, and community mobility.

Eagle Sportschairs
www.eaglesportschairs.com
Provides elite sports equipment that is highly usable and affordable by the professional and recreational athlete.
Friends of Disabled Adults and Children
www.fodac.org
866-977-1204
Friends of Disabled Adults and Children provides refurbished equipment and services for disabled adults and children to improve their overall quality of life.

Sammons Preston
www.sammonspreston.com
A great resource for adaptive equipment and supplies. It ranges from daily living equipment to exercise and mobility. Check it out for all your adaptive equipment.

Tools for Life
www.gatfl.gatech.edu
404-894-0541
Dedicated to increasing access to and acquisition of assistive technology devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

Service Animals
America’s Vet Dogs
www.VetDogs.org
866-838-3647
Organization that serves the needs of disabled veterans from all eras who have honorably served our country.

Canine Companions for Independence
www.caninecompanions.org
800-572-2275
Organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

Canine Partners for Life
www.k94life.org
610-869-4902
Organization dedicated to training service dogs, home companion dogs, and residential companion dogs to assist individuals who have a wide range of physical and cognitive disabilities.

Helping Hands - Monkey Helpers
www.monkeyhelpers.org
Organization that helps adults with SCI and other mobility impairments live more independent and engaged lives by providing them with a highly trained capuchin monkey.

Service Animal Registry of America
www.saraorg.com
972-854-2479
Organization that promotes the use of service animals by people with disabilities. They are also advocates of public awareness of the rights concerning service animals.
Travel / Sports / Entertainment

Travel

AbleRoad
https://ableroad.com
Finding and rating accessible places – restaurants, shops, hotels, medical practices and many other venues. You can access AbleRoad at the website or by using the FREE Apple and Android Apps.

Access-Able Travel Source
www.access-able.com
We provide information about: disabled travel, wheelchair travel, disabled holidays, disability travel, handicapped travel, accessible travel, and vacations for disabled, mature travel.

Access Aloha Travel
www.accessalohatravel.com
800-480-1143
Get Hawaii travel information from a locally owned travel agency, with over 30 years travel industry experience! Access Aloha Travel offers general travel services and specializes in travel plans for the disabled community.

Accessible Journeys
www.disabilitytravel.com
800-846-4537
Accessible Journeys is a vacation planner and tour operator exclusively for wheelchair travelers, their families and friends. Since 1985, wheelchair accessible vacation travel has been our only job.

ACCOMABLE
www.accomable.com
Browse (and book) over 500 listings for accessible accommodations in over 35 countries in the Americas, Eastern and Western Europe, United Kingdom, Mediterranean, Africa, Asia Pacific.

Barrier Free Travels Blog & Link
www.barrierfreetravels.com
Blog for travelers in wheelchairs, slow walkers and baby boomers.

Delta Airlines
Delta specific links for traveling with special needs. Training video- www.youtube.com/watch?v=1vsayUb9iQ0

Gimp on the Go
www.gimponthego.com
Comprehensive list of disability – friendly ground transportation and tour operators for the most common ports of call for both sea cruises and river cruise worldwide.

Matching Houses
www.matchinghouses.com/index.php
Holiday house exchange where people with disabilities swap houses with other people who have the same accessibility needs.
Medical Travel Inc
www.medicaltravel.org
407-447-6345
Long distance non-emergency medical transportation service.

National Park Service Access Pass
www.nps.gov/planyourvisit/passes.htm
Application for a free lifetime pass ($10 mail process fee) to national parks available to U.S. citizens/permanent residents who have a permanent disability that limits one or more major life activities.

Savvy Traveler
http://savvytraveler.publicradio.org/before/disability-resource.shtml
Compilation of disability travel resources.

Society for Accessible Travel & Hospitality
www.sath.org
212-447-7284
Organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities.

Sports
American Association of Adapted Sports Programs
http://adaptedsports.org
A not-for-profit association that represents a standardized approach to interscholastic sports programming for students with physical disabilities.

Catalyst Sports
www.teamcatalyst.org
404-692-0933
Catalyst Sports is dedicated to providing adaptive adventure opportunities to anyone with a physical disability.

Disabled Sports USA
www.disabledsportsusa.org
Providing adaptive sports opportunities for people with disabilities to develop independence, confidence and fitness through sports.

Freedom’s Wings
www.freedomswings.org
717-335-0458
Provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, w ther as a passenger or member of the flight training program.

Handicapped Scuba Association
www.hsascuba.com
949-498-4540
Association dedicated to improving the physical and social well-being of people with disabilities through the sport of scuba diving.
International Tennis Federation - Wheelchair Division
www.itftennis.com/wheelchair
Organization that promotes wheelchair tennis around the world with 11 tournaments.

Lakeshore Foundation
www.lakeshore.org
205-313-7400
An organization which serves people with physical disabilities by advancing and promoting the impact of positive, long-term physical and emotional effects of physical fitness on people with disabilities.

National Center on Physical Activity and Disability
www.ncpad.org
800-900-8086
Seeks to help people with disability achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.

National Sports Center for the Disabled
www.nscd.org
303-316-1518
One of the largest outdoor therapeutic recreation and adaptive sports agencies in the world, based out of Winter Park Resort and Sports Authority Field at Mile High in Colorado.

National Wheelchair Basketball Association
www.nwba.org
719-266-4082
Provides qualified individuals with physical disabilities the opportunity to play, learn, and compete in the sport of wheelchair basketball.

National Wheelchair Softball Association
www.wheelchairsoftball.org
Official governing body for wheelchair softball in the United States and around the world.

Sports ‘N Spokes Magazine
www.pvamagazines.com/sns
888-888-2201
A bimonthly publication produced by the Paralyzed Veterans of America. S'NS reports on competitive sports and recreation for wheelchair users.

U.S. Paralympics
http://paralympics.teamusa.org
719-632-5551
Dedicated to becoming the world leader in the Paralympic Movement and promoting excellence in the lives of people with Paralympic-eligible impairments, including physical disabilities and visual impairments.

Wheelchair Sports USA
www.wsusa.org
Provides adaptive sports information and assistance for people with disabilities.
Wheelchair Sports Federation  
www.wheelchairsportsfederation.org  
917-519-2622  
Provides opportunities for the disabled and wheelchair-bound adults and youth to play sports recreationally and competitively.

US Electric Wheelchair Hockey Association  
www.usewha.org  
763-535-4736  
Their mission is to provide a quality hockey program for persons requiring the use an an electric (power) wheelchair in daily life.

US Quad Rugby Association  
www.quadrugby.com  
248-850-8973  
Provides opportunity, support and structure for competitive wheelchair rugby to people with disabilities. We are here to help people get involved in the fasted growing wheelchair sport in the world.

Entertainment

A Day's Work Music Education  
www.adaysworkmusiceducation.com  
352-861-0510  
A company that designs and constructs classroom musical instruments and adaptive equipment for musical instruments.

Abilities United - Film, Video, TV Productions  
www.abilitiesunited.com  
818-854-2112  
A motion picture and television production company exclusively providing an authentic voice and representation of paraplegics to mainstream entertainment.

Ability Magazine  
www.abilitymagazine.com  
949-854-8700  
From Diabetes to Spinal Cord Injury and celebrity interviews to CEO profiles, ABILITY covers the latest on Health, Environmental Protection, Assistive Technology, Employment, Sports, Travel, Universal Design, Mental Health and much more.

Disabled Drummers Association  
www.disableddrummers.org  
An organization dedicated to serving drummers with disabilities and helping them to be a positive part of the music industry, as well as to help change the way disabled musicians are viewed and treated in the industry today.

Future-Link  
www.future-link.com  
A directory of musicians with disabilities along with music samples.
National Arts and Disability Center
http://nadc.ucla.edu
A leading consultant in the arts and disability community, and the only center of its kind aimed at artists with disabilities, arts organizations /administrators, disability / performing arts organizations, art centers, universities, and arts educators.

New Mobility
www.newmobility.com
800-404-2898
A colorful, award-winning lifestyle magazine that encourages the integration of active wheelchair users into mainstream society with articles on health, advocacy, travel, employment, relationships, recreation, media, products and more.

OUCH! - BBC Disability Talk
www.bbc.co.uk/ouch
Website and podcasts on a variety of topics related to disability.

Paraplegia News
http://pvamag.com/pn
888-888-2201
A monthly publication that spans the globe, PN continues to be an invaluable resource for people with spinal-cord injuries, family members and caregivers alike.

Project Resiliency
www.project-resiliency.org
An organization based in Malibu, CA established in 2001 by drummer Rick Allen of Def Leppard and Lauren Monroe to empower people through drumming and personal healing.

Ragged Edge Magazine
www.ragged-edge-mag.com
A website that offers thousands of articles on a variety of topics.

VSA Arts – Kennedy Center
http://education.kennedy-center.org/education/vsa/
800-444-1324
An international organization on arts and disability founded to provide arts and education opportunities for people with disabilities and increase access to the arts for all.
Sexuality/ Relationships / Parenting

Foundation for SCI prevention, care, and cure
www.fscip.org
800-342-0330
This website offers a wide variety of resources from disability to sexuality.

Georgia Adult Protective Services
http://aging.dhs.georgia.gov/adult-protective-services
888-774-0152
Service in Georgia to report abuse of disabled adults or elder persons.

Male Fertility following Spinal Cord Injury: a guide for patients
www.themiamiproject.org/research/areas-of-research/fertility
305-243-7108
A useful patient education tool from the Miami Project that addresses the questions related to research and treatment of male infertility.

Parents with Disabilities Online
www.disabledparents.net
Provides information, support and resources to parents with disabilities.

Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children
www.ncd.gov/publications/2012/Sep272012
The National Council on Disability and the Christopher & Dana Reeve Foundation produced this report to assist parents with disabilities to know their rights so they may retain custody of their children.

Sexual Health
www.sexualhealth.com/disabilities-chronic-conditions
855-739-4325
Interactive site devoted to address general and sexuality related questions.

Sexuality Resources
www.disabilityresources.org/SEX.html
Compiled list of websites that provide information and support relating to the sexual concerns of men and women with disabilities, and of parents of children with disabilities.

Through the Looking Glass
http://lookingglass.org
800-644-2666
Provides direct services, information and referral to a diverse group of parents with disabilities and their families.
Mental Health/Spirituality

CALM
www.thecalmzone.net
Campaign Against Living Miserably for men aged 15-45 to help prevent suicide in the UK.

Chaplains on Hand
www.chaplainsonhand.org
844-242-7524
Find information and resources from professional chaplains who accept without judgment the person who is pain’s own beliefs, faith and practice as well as their doubts and misgivings.

Defense Center of Excellence for Psychological Health & Traumatic Brain Injury
www.dcoe.mil
866-966-1020
The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) provides the Military Health System with current and emerging psychological health and traumatic brain injury clinical and educational information.

Depression Alliance
www.depressionalliance.org
At Depression Alliance we bring people together to end the loneliness and isolation of depression. We also campaign to end the stigma of depression and to raise awareness of what it means to live with it. Online self-help groups.

Georgia Department of Behavioral Health & Developmental Disabilities
https://dbhdd.georgia.gov/about-dbhdd
404-657-2252
Provides treatment and support services to people with mental health challenges and substance use disorders, and assists individuals who live with intellectual and developmental disabilities.

The Mental Health Foundation
www.mentalhealth.org.uk
Provides information and support for anyone with mental health problems or learning disabilities.

Military Crisis Line
www.veteranscrisisline.net/ActiveDuty.aspx
800-273-8255
Free online chat, and text-messaging service to all Service members, even if you are not registered/enrolled in VA health care system.

Mind
www.mind.org.uk
We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

National Institute of Mental Health
www.nimh.nih.gov
Transforming the understanding and treatment of mental illnesses.
National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
800-273-8255
No matter what problems you are dealing with you will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Real Warriors Life Chat
www.realwarriors.net/livechat
866-966-1020
A trained health resource consultant is ready to talk, listen and provide the guidance and resources you’re looking for.

Rethink Mental Illness
www.rethink.org
We help millions of people affected by mental illness by challenging attitudes, changing lives.

Samaritans
www.samaritans.org
We know a lot about what can help you through tough times. We can help you explore your options, understand your problems better, or just be there to listen.

Tennessee Department of Mental Health
https://tn.gov/behavioral-health
855-274-7471
Division of Mental Health Services. Crisis Services and Suicide Prevention.
Spinal Cord Injury Resources

American Spinal Injury Association
www.asia-spinalinjury.org
Promotes SCI care, research and education.

CareCure Community
http://sci.rutgers.edu
This site includes frequently asked questions, original articles, information on clinical trials, equipment and services and forums on a number of SCI-related topics.

Christopher & Dana Reeve Paralysis Resource Center
www.paralysis.org
This site addresses paralysis of all forms and includes information on choosing a rehabilitation center.

Crawford Research Institute, Shepherd Center
www.shepherd.org/research/spinal-cord-injury
Lists ongoing research trials and includes a registration form for future trial notices.

Facing Disability
www.facingdisability.com
312-284-2525
Provides Internet-based information and support for people with spinal cord injuries and the members of their families.

Miami Project to Cure Paralysis
www.miamiproject.miami.edu
This site, part of the University of Miami, includes basic information on SCI, statistics and research.

National Spinal Cord Injury Association
www.spinalcord.org
This site includes fact sheets, resource listings, and an insurance guide.

SCI Model System Information Network
www.uab.edu/medicine/sci/
Promotes knowledge in the areas of research, health and quality of life for people with SCI, their families, and SCI professionals.

Spinal Cord Injury Information Network
www.spinalcord.uab.edu
Information on SCI statistics and medical and psychosocial issues.

United Spinal Association
www.spinalcord.org
Dedicated to enhancing the quality of life of all people living with SCI/D, including veterans, and providing support and information to loved ones, care providers and professionals.
Brain Injury Resources

**American Association of Neurological Surgeons**  
http://www.aans.org/Patient%20Information.aspx  
847-378-0500; 888-566-2267  
This website has current information available on a wide range of neurosurgical conditions and diseases, such as prevalence and incidence statistics, risk factors, symptoms, diagnosis, and both surgical and nonsurgical treatment options.

**Brain Injury Association of America**  
www.biausa.org  
703-761-0750  
Great for state contact information for brain injury support groups and resources. Includes information on brain injury, research, special events, and more.

**Brain Injury Association of Georgia**  
http://braininjurygeorgia.org  
404-712-5504  
This is the specific brain injury state affiliate for Georgia. The website was created to provide education, advocacy and support for persons affected by brain injury.

**Brain Injury Peer Visitor Association**  
www.braininjurypeervisitor.org  
770-330-8416  
This group is an all-volunteer team of brain injury survivors and caregivers to offer hope, support, empathy, and education to all types of brain injury survivors and their families/caregivers, including strokes. All services are provided at no cost.

**Brain Injury Resource Center**  
www.headinjury.com  
Services and resources on this site reflect the best practices in the field of Traumatic Brain Injury.

**Center for Neuro Skills**  
www.neuroskills.com  
800-922-4994  
A resource for higher level research in the area of brain injury. Great resources for: continuing education, book recommendations, news, and events, and publications on all brain injuries.

**Flag House**  
www.flaghouse.com  
800-793-7900  
A global supplier of resources for physical activity, recreation, education and special needs so you can continue to work on goals of arousal including tactile and sensory stimulation.

**Music Therapy**  
www.musictherapy.org  
301-589-3300  
Information about music therapy: what it is, who it benefits, and what research is available. Find a music therapist near your home.

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TBI Community
www.tbicommunity.org
713-797-7105; 713-797-7100
Offers information on research projects, resources, and a newsletter regarding community reintegration. (Also in Spanish)

TBI Model Systems National Data and Statistical Center
https://www.tbindsc.org/
The primary purpose of the TBINDSC is to advance medical rehabilitation by increasing the rigor and efficiency of scientific efforts to longitudinally assess the experience of individuals with traumatic brain injury.
Adolescent Brain Injury Resources

CNN Student News
www.cnn.com/studentnews
Designed for middle and high school classrooms with current news stories summarized each day in video format.

New York Times Learning Network
www.nytimes.com/learning
Daily news stories and interactive activities to help students engage with the news and the world.

Scholastic
www.scholastic.com/parents/activities-and-printables
Printable activity sheets to help with problem solving and reading for young children.

SuperKids
www.superkids.com/aflowtools
A collection of easy-to-use, free educational resources, for home and school. Also has iPad app suggestions.

TeAchnology
www.teach-nology.com
Provides free and easy to use activity worksheets for teachers dedicated to improving the education of today's generation of students.
Disorders of Consciousness Resources

Abilitations
www.abilitations.com
888-388-3224
Adaptive products for a variety needs including educational resources for return to school or to help with focus at home.

Sensory Gardens
www.naturalearning.org/sensory-gardens
919-515-8345
Information about sensory gardens: what it is, who it benefits, and resources about this type of garden. It provides affordable options to create your own sensory garden.
**Stroke Resources**

**American Diabetes Association**
www.diabetes.org
800-342-2383

The ADA leads the fight against the deadly consequences of diabetes. Learn more about how to manage high blood pressure and the risk of a second stroke and other health problems.

**American Stroke Association**
http://www.strokeassociation.org
888-478-7653

The American Stroke Association funds scientific research, help people better understand and avoid stroke, encourage government support, guide healthcare professionals and provide information to enhance the quality of life for stroke survivors.

**Canadian Stroke Network**
www.strokengine.ca

It can be used to find the most current information about the value of the various interventions, psychometric, and pragmatic properties of assessment tools used in stroke rehabilitation.

**Canadian Stroke Best Practices Recommendations**
www.strokebestpractices.ca

These recommendations are intended to provide up-to-date evidence-based guidelines for the prevention and management of stroke, and to promote optimal recovery and reintegration for people who have experienced stroke (patients, families, informal caregivers).

**Centers for Disease Control**
www.cdc.gov/stroke
800-232-4636; TTY: 888-232-6348

Information from the Centers for Disease Control regarding Stroke

**Health Hope Network**
http://hopenetwork.org
800-695-7273; TTY: 800-649-3777; Neuro Rehabilitation: 855-407-7575

The Health Hope Network provides neuro-rehabilitation, behavioral health, developmental and support services that give people a chance to overcome life’s challenges.

**National Aphasia Association**
www.aphasia.org

Provides access to research, education, rehabilitation, therapeutic and advocacy services to individuals with aphasia and their caregivers. The NAA acts as a syndicate of resources, promoting sense of community among individuals and caregivers.
The National Institute of Neurological Disorders and Stroke promotes the timely dissemination of scientific discoveries and their implications for neurological health to the public, health professionals, researchers, and policy-makers.

National Stroke Association
www.stroke.org
800-787-6537
Provides stroke education and programs to survivors, caregivers, and the healthcare community. We believe that caregivers and the survivor’s circle of support is the core to their recovery. Programs and material are free.

Nutrition.gov
www.nutrition.gov
A gateway to information on nutrition, healthy eating, physical activity, and food safety. It provides science-based dietary guidance is critical to enhance your ability to make healthy choices to reduce obesity and other food related diseases.

StrokEngine
http://strokengine.ca
For families and health professionals who work in the field of stroke rehabilitation. This website offers a detailed review of the effectiveness of over 45 stroke rehabilitation interventions.

Stroke Network
www.strokenetwork.org
An online stroke support and information group designed to help everyone in the stroke family. The stroke support group is available 24/7. The purpose of the organization is to provide online support for stroke survivors and caregivers of adult stroke.

Stroke Support Meetup Groups
www.meetup.com/topics/strokesupport
Meet with local people who've suffered a stroke (or are caring for someone who has) for discussion of topics like rehab and re-learning, as well as for information and support.
Military Resources
Coaching into Care
http://www.mirecc.va.gov/coaching
Coaching into Care is a free and confidential coaching service to help callers discover new ways to talk with a Veteran in their life about their concerns and about treatment options.

Defense & Veterans Brain Injury Center
http://dvbic.dcoe.mil
800-870-9244
The underlying goal of the Defense & Veterans Brain Injury Center is to ensure that active duty and veterans with brain injury receive the best evaluation, treatment, and follow-up.

Heroes Care
http://heroescare.org
636-600-0096
H.E.R.O.E.S. Care combines the power of national organizations dedicated to providing emergency financial aid, employment opportunities, and mental health care services through a network of specially trained caregivers before, during & after deployment.

Horses for Heroes
www.horsesforheroes.org
505-798-2535
We provide a unique environment and opportunity in which post 9/11 and active military can Reconnect, Recreate and Reintegrate essentially giving them a New Mission.

Military OneSource
www.militaryonesource.mil
800-342-9647
Military OneSource is your central hub and go-to-place for the military community. Get to know your benefits and prepare for the big stuff—deployments, reintegration, moves, parenthood, retirement and more.

National Military Family Association
www.militaryfamily.org
703-931-6632
An advocacy organization for military families that provides programs, and is a respected voice on Capitol Hill, at the Pentagon and Veterans Administration.

National Resource Directory
www.nrd.gov
The DoD site provides access to services and resources at the national, state and local levels for our service members, veterans and their families.
We are committed to serving our wounded, injured and ill combat veterans and their families by building relationships and identifying and supporting immediate needs and interests.

Paralyzed Veterans of America
www.pva.org
800-424-8200
Assists with home modifications, home health, DME, medications, wide variety of resources, and in some instances, pensions. If benefits are applied for while at Craig Hospital or Shepherd Center, the rep will send paperwork to your local branch.

Project Healing Waters
www.projecthealingwaters.org
301-830-6450; 866-251-7252
Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings.

Real Warriors
www.realwarriors.net
The Real Warriors Campaign seeks to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

Team Red White and Blue
www.teamrwb.org
Team Red White and Blue’s mission is to enrich lives of America’s veterans by connecting them to their community through physical and social activity.

Team River Runner
www.teamriverrunner.org
301-534-4877
Team River Runner’s mission is to create an environment of healthy adventure, recreation and camaraderie for healing active duty, veteran service members and their families through adaptive kayaking.

Wounded Warrior Project
www.woundedwarriorproject.org
202-558-4302
Wounded Warrior Project provides free programs and services focused on the physical, mental, and long-term financial well-being of this generation of injured veterans, their families and caregivers.