



Online Resources

Our goal in creating these listings is to provide you with resources. 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.

Links for our patients, families, and clients



Shepherd Center

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Caregiver/Independent Living/Driving

Caregiver

- **ARCH National Respite Network and Resource Center**
archrespite.org/caregiver-resources
Provides resources and suggestions for caregivers.
- **Assist Guide Information Service (AGIS)**
agis.com/Document/19/resources-for-finding-a-caregiver.aspx
Provides suggestions for finding a caregiver.
- **Caregiver Media Group**
caregiver.com | P. 954-893-0550 | P. 800-829-2734
Caregiver Media Group is a leading provider of information, support, and guidance for family and professional caregivers.
- **Caregiver Action Network**
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**
caring.com/articles/how-to-find-a-private-caregiver
Provides advice on how to find and hire a private caregiver.
- **Community Care Services Program**
aging.georgia.gov | P. 800-759-2963
Community Care Services Program provides in-home and community-based services for people who are elderly or are otherwise functionally impaired or disabled. Funding provides in-home care for those who would otherwise receive services in an institution such as a nursing facility, personal care home or group home. CCSP program provides an average of 3-5 personal support hours per day. CCSP serves all areas.
- **Family Caregiver Alliance**
caregiver.org | P. 800-445-8106
What can you do to be more prepared to be a caregiver? Site includes tips and fact sheets under Caregiver Education that may be of interest.
- **Independent Care**
medicaid.georgia.gov/programs/all-programs/waiver-programs | P. 800-982-0411
Independent Care offers services that help a limited number of adult Medicaid recipients with physical and cognitive disabilities live in their own homes or in the community instead of an institution such as a nursing home. There is a waiting list for services. Independent care provides an average of 6-10 hours per day of in-home care.
- **Rosalynn Carter Institute for Caregiving**
rosalynncarter.org | P. 229-928-1234
The Institute serves and supports both professional and family caregivers.

- **SOURCE (Service Options Using Resources in Community)**

dch.georgia.gov/sites/dch.georgia.gov/files/related_files/document/17SOURCE.pdf | P. 866-552-4464

SOURCE is designed for frail elderly and disabled Georgians who require the level of care typically provided in a nursing home. However, this program allows eligible individuals to receive care in their homes or communities (such as in assisted living facilities, also referred to as personal care homes) and avoid using a long-term nursing home.

Independent Living

- **Department of Community Affairs**

dca.ga.gov | P. 800-359-4663

The Georgia Department of Community Affairs (DCA) operates various state and federal grant programs, including Section 8.

- **Department of Housing and Urban Development (HUD)**

hud.gov | P. 800-225-5342

Homeownership Centers insure single-family FHA mortgages and oversee the selling of HUD homes

- **Georgia Housing Search**

georgiahousingsearch.org | P. 877-428-8844

Sponsored by the Georgia Department of Community Affairs, GeorgiaHousingSearch.org provides detailed information about rental properties and helps people find housing to best fit their needs.

- **Independent Living Disability Resource Center**

disabilityresourcecenter.org | P. 770-534-6656

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.

- **Fall Prevention Center of Excellence (FPCE)**

homemods.org | P. 213-740-1364

FPCE is dedicated to promoting aging in place and independent living for persons of all ages and abilities. It offers research, training, and technical assistance opportunities for professionals who wish to respond to the increasing demand for home modification services and address fall prevention in the home environment.

- **National Council on Independent Living**

ncil.org | P: 202-207-0334 | Toll-Free: 1-844-778-7961

National Council on Independent Living advances independent living and the rights of people with disabilities.

- **New Lifestyles**

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**

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.

- **Lifeline**
lifeline.com | P. 800-543-3546, ext.3050
Provides medical alert service allowing a direct, immediate link to assistance, 24 hours per day/ seven days per week.
- **MyHousingSearch**
myhousingsearch.com | P. 704-334-8722 | P. 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.
- **Senior Advisor**
senioradvisor.com | P. 866-273-4054
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.
- **Statewide Independent Living Council of GA, Inc.**
silcga.org | P. 770-270-6860
The SILC of Georgia is a non-profit, non-governmental, consumer-controlled organization that provides disability information, financial support, and technical assistance to a network of seven Centers for Independent Living (CILs) located throughout the state.
- **US Housing and Urban Design, Disability Resource Page**
hud.gov/groups
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.
- **Visitability**
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**
aded.net | P. 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**
disableddealer.com
Lists classified ads by owners looking to buy and sell wheelchair accessible vehicles and medical equipment.
- **Shepherd Center Adapted Driving Services**
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**

[benefits.gov](https://www.benefits.gov)

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

- **Birth Certificates**

[vitalchek.com](https://www.vitalchek.com)

Obtain official birth certificate for SSA application purposes through this service or visit your birth state's Office of Vital Records.

- **Georgia Department of Education**

[gadoe.org](https://www.gadoe.org) | P. 404-656-3963

Provides information about parental rights for students receiving special education services, eligibility for services and special education contact information for each county, contact the Georgia DOE. The Georgia DOE serves students with disabilities from ages 3-22.

- **Georgia Vocational Rehabilitation**

[gvra.georgia.gov](https://www.gvra.georgia.gov) | P. 844-367-4872

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.

- **The Georgia Department of Community Health (DCH)**

[dch.georgia.gov](https://www.dch.georgia.gov) | P. 404-656-4507

DCH is one of Georgia's four health agencies serving the state's growing population of over 10 million people. DCH serves as the lead agency for Medicaid and PeachCare for Kids®, and also oversees the State Health Benefit Plan, Healthcare Facility Regulation Division and State Office of Rural Health, impacting one in four Georgians.

- **Indian Health Services**

[ihs.gov](https://www.ihs.gov)

Federal health program that provides information on health services to Native Americans and Alaskan natives.

- **Medicaid**

[medicaid.gov](https://www.medicaid.gov) | P. 877-267-2323

Medicaid provides medical assistance (doctors, pharmacists, and hospitals) to people who can't afford to pay for some or all of their medical bills.

- **Medicare**

[medicare.org](https://www.medicare.org) | P. 800-633-4227

Medicare provides health insurance (hospital and doctor's services) to people 65 years of age and older, and some disabled people under 65 years of age (eligibility begins two years after the date of injury).

- **Mexcare**
mexcare.com | P. 760-839-2370
This group assists with transitioning illegal immigrants back to Mexico, connecting them with services and the hospital system in Mexico. Email bbarraza@mexcare.com for more information.
- **Social Security Administration**
ssa.gov | P. 800-772-1213
Coordinate interviews for patients to apply for SSI and SSDI. Gather and submit paperwork required to complete the application process.
- **Ticket to Work Program**
ssa.gov/work
This program supports career development for people ages 18 through 64 who receive Social Security disability benefits and want to work. The Ticket Program is free and voluntary and helps people with disabilities move toward financial independence and connects them with the services and support they need to succeed in the workforce.
- **Volunteer Income Tax Assistance (VITA)**
irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers
These are volunteers who help with tax preparation for families who are income eligible.

Employment

- **AgrAbility**
agrability.org | P. 800-825-4264
The vision of AgrAbility is to enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.
- **Disabled Person**
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.
- **Georgia Vocational Rehabilitation Agency**
gvs.georgia.gov | P. 844-367-4872
Operates five integrated and interdependent statutory programs that share a primary goal — to help people with disabilities to become fully productive members of society by achieving independence and meaningful employment.
- **Hire Heroes USA**
hireheroesusa.org
Free service that works with U.S. military members, veterans, and spouses to succeed in the civilian workforce.
- **Job Accommodation Network**
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**
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**
unitedway.org
Find volunteer opportunities in your neighborhood.
- **Volunteer Match**
volunteermatch.org
Find a community organization in need of volunteers based on your interests.

Advocacy

- **ADAPT**
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**
aapd.com | P. 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**
aclu.org | P. 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**
ada.gov | P. 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**
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 Minus Abuse**
disability-abuse.com
This group strikes to improve public awareness, education and training, policy development, law enforcement, and professional consulting for the prevention of disability abuse.

- **Disability Rights Advocates**
dralegal.org | P. 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 (EEOC)**
eeoc.gov | P. 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.
- **Georgia Advocacy Office**
thegao.org | P: 404-206-5175

The Georgia Advocacy Office is a non-profit organization that provides advocacy to people with disabilities who have been abused or neglected or may need assistance in getting out of an institution.
- **Georgia RSVP Clinic**
garsvpclinic.org | P: 404-721-3292

The Georgia Advocacy Office is a non-profit organization that provides advocacy to people with disabilities who have been abused or neglected or may need assistance in getting out of an institution.
- **Model Systems Knowledge Translation Center**
msktc.org | P. 202-403-5600

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**
ncd.gov | P. 202-272-2004

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 Rehabilitation Information Center**
naric.com | P. 800-346-2742

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**
nyln.org

Provides a blog on a variety of topics such as leadership, disability and inspiration. Includes videos.
- **Southeast ADA Center**
adasoutheast.org | P. 800-949-4232

The Southeast ADA Center promotes awareness about the Americans with Disabilities Act (ADA), accessible information technology, and the rights and abilities of people with disabilities.

- **State of Georgia ADA Coordinator's Office**

ada.georgia.gov | P. 404-657-7313

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.

- **United States Access Board**

access-board.gov | P. 202-272-0080

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

- **Andee's Army**

andeesarmy.org/grants-resources

Andee's Army is proud to manage our Patient Assistance Grant Program, offering tailored to the unique individual recovery of each patient applicant. Past grants have covered occupational, physical and speech therapies, durable equipment, assistive technology, home health aid, basic home modifications as well as other specialized therapy and care.

- **Brain & Spinal Injury Trust Fund Commission**

bsitf.georgia.gov | P. 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**

brpf.org | P. 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**

challengedathletes.org | P. 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.

- **Chive Charities**

chivecharities.org

Chive Charities is committed to championing those most in need, targeting four cause categories: veterans, military families, first responders, and rare medical diagnoses. Grants to fill the gaps where insurance and other resources cannot, to provide adaptive tricycles and robotic walkers to service dogs, wheelchair-accessible vans, and a wide range of mobility items. Chive Charities fills the gaps where insurance and other resources cannot

- **CMMS Deshae Lott Ministries Inc.**
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.
- **Dreams of Recovery**
dreamsofrecovery.org | P. 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**
friendsofman.org | P. 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**
cjcc.georgia.gov/victims-compensation | P. 404-657-1956
 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**
gridironheroes.org | P. 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**
joniandfriends.org | P. 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**
josephgrohfoundation.org | P. 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**
kellybrushfoundation.org | P. 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**
lenscrafters.com/onesight#sd | P. 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**
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.
- **Motion Project**
motionprojectny.org | P. 716-668-4724
 Motion Project inspires those with spinal cord injuries to rise above their challenges by promoting physical independence; and providing emotional support and spiritual healing to foster hope for a successful and fulfilling life.
- **National Organization for Victim Assistance (NOVA)**
trynova.org | P. 800-879-6682
 Victims of a violent crime can receive funds towards equipment or other needs.
- **NOVA - National Organization for Vehicle Accessibility**
novafunding.org
 The National Organization for Vehicle Accessibility was created for a simple purpose: to assist those with mobility needs through education, information and product acquisition. The National Organization for Vehicle Accessibility works nationally to provide vehicle modification grants to individuals with disabilities in need of financial assistance.
- **Single Family Housing Repair Loans & Grants**
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**
scorefund.org
 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.
- **Special Kids Fund**
specialkidsfund.org | P. 541-312-8630
 Provides Wheelchair Van Assistance Program to help needy families nationwide access handicap vans for their disabled family member. Applications open for children, seniors and veterans with a disability.
- **Sparrow Clubs**
sparrowclubs.org | P. 541-312-8630
 Provides financial assistance for children 17 and younger in need.
- **Swim with Mike Foundation**
swimwithmike.org | P. 626-390-7675
 College tuition scholarships, ramps, van mods, peer support, etc. for persons with SCI.

- **Tighten the Drag Foundation**
tightenthedragfoundation.org | P. 813-743-2827
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.
- **Triumph Foundation**
triumph-foundation.org | P. 661-803-3700
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.
- **United Cerebral Palsy of Georgia (UCP of Georgia)**
ucpga.org/resources
UCP of Georgia is a comprehensive service organization offering a wide range of supports for people living with many intellectual and developmental disabilities, including cerebral palsy, autism, Down syndrome, spina bifida, traumatic brain injury, and more.
- **Wounded Warrior Project**
woundedwarriorproject.org | P. 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

- **GoFundMe**
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**
helphopelive.org | P. 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.

Medication Assistance

- **Community Assistance Program, America’s Drug Card**
americasdrugcard.org/index | P. 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**
diabeticdrugstore.com
Website for ordering inexpensive medical ID bracelets. They work with families to provide step by step instructions on fundraising that is tax deductible.
- **EX**
becomeanex.org
The free EX plan is based on personal experiences from ex-smokers and the latest scientific research.

- **Freedom from Smoking**
freedomfromsmoking.org
 Online program specifically designed for adults who want to quit smoking. Adapted from the American Lung Association clinic.
- **Georgia Partnership for Caring**
gacares.org | P.404-602-0068
 Georgia Partnership for Caring assists uninsured residents of Georgia with non-emergency health care assistance and prescription assistance.
- **Medicare Part D Low-Income Subsidy (Extra Help)**
medicare.gov/basics/costs/help/drug-costs
 Medicare recipients with limited income and resources may be able to get Extra Help to pay monthly premiums, annual deductibles, and co-payments for Prescription Drug Plan (Medicare Part D).
- **Medicare State Pharmaceutical Assistance Program**
medicare.gov/plan-compare/#/pharmaceutical-assistance-program/
 Medicare recipients with limited income and resources may be able eligible for assistance in some states.
- **NeedyMeds**
needymeds.org
 National non-profit information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.
- **PhRMA-Pharmaceutical Research and Manufacturers Association**
helpingpatients.org | P. 888-477-2669
 Helping Patients brings together pharmaceutical companies, doctors, patient advocacy organizations, and civic groups to help low-income, uninsured patients get free or nearly free, brand-name medicines. This site provides access to 275+ public and private assistance companies, including 150+ programs offered by pharmaceutical companies.
- **Professional Prescription Advice**
PPARX.org | P. 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)**
rxresource.org/prescription-assistance/pfizer-rsvp-program.html | P. 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**
quitnow.net/Program
 Program through the American Cancer Society to help smokers quit, provides coaching.
- **The Medicine Program**
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

- **Center for Inclusive Design and Innovation**
cidi.gatech.edu/ | P. 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**
washington.edu/doit | P. 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**
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**
accesstr.com
Purchase adaptive devices for recreation and leisure activities such as bowling, exercise, fishing, golf, gardening, and swimming.
- **Disability Products**
disabilityproducts.com
Adaptive products for sale to assist with bathing, dressing, eating, help at home, and community mobility
- **Eagle Sportschairs**
eaglesportschairs.com
Provides elite sports equipment that is highly usable and affordable by the professional and recreational athlete.
- **Envisioning Access**
envisioningaccess.org | P. 617-787-4419
Envisioning Access provides innovative technologies and quality of life opportunities to those living with physical disabilities.
- **Friends of Disabled Adults and Children**
fodac.org | P. 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.

- **Tools for Life**

gatfl.gatech.edu | P. 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**

VetDogs.org | P. 866-838-3647

Organization that serves the needs of disabled veterans from all eras who have honorably served our country.

- **Canine Companions**

canine.org | P. 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**

k94life.org | P. 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.

Travel/Sports/Entertainment

Travel

- **My Blind Spot**

myblindspot.org | P. 212-363-0330

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.

- **AccessibleGo**

accessiblego.com

One stop shop for all your disability travel needs. Offers an online community forum.

- **Accessible Travel Solutions**

accessibletravelsolutions.com

Committed to providing accessible travel experiences that balance economic, social, and environmental impacts while meeting the needs of travelers with disabilities, host communities, and the environment. Travel agent led group trips.

- **Explore Georgia**

exploregeorgia.org

Wheelchair and sensory friendly travel planning.

- **iAccess/life**

- iaccess.life

- Find Accessible Places Near You! iAccess Life is a mobile app that lets users with disabilities rate, review, and research places based on their accessibility. This app provides users with a wealth of knowledge around the accessibility of establishments such as restaurants, hotels, concert venues, and sporting arenas so they can easily find wheelchair accessible places and establishments that accommodate their needs. The app will allow our users to “know before they go” and feel confident making plans with their friends, colleagues, and loved ones. Now available in the iOS and Google Play app store.

- **Life Rolls On**

- liferollson.org

- Life Rolls On is dedicated to improving the quality of life for people living with various disabilities. Believing that adaptive surfing, skating, and fishing could inspire infinite possibilities beyond any disability.

- **Matching Houses**

- matchinghouses.com

- Holiday house exchange where people with disabilities swap houses with other people who have the same accessibility needs.

- **Medical Travel Inc**

- medicaltravel.org | P. 800-308-2503

- Long distance non-emergency medical transportation service. Also offer adapted van rentals in Florida

- **National Park Service Access Pass**

- nps.gov/planyourvisit/passes

- 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**

- savvytraveler.publicradio.org/before/disability-resource

- Compilation of disability travel resources.

- **Society for Accessible Travel & Hospitality (SATH)**

- sath.org | P. 866-322-4400

- 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.

- **Wheel:Life**

- wheel-life.com

- Wheel:Life is a global initiative that assists people in addressing the many questions and challenges that come with using a wheelchair. Resources include adaptive equipment, assistive technology, home modification and travel.

Sports

- **American Association of Adapted Sports Programs (AAASP)**

- adaptedsports.org | P. 404-294-0070

- A not-for-profit association that represents a standardized approach to interscholastic sports programming for students with physical disabilities.

- **Catalyst Sports**

catalystsports.org | P. 404-692-0933

Catalyst Sports' mission is to give people with physical disabilities access to the life-changing impact of adventure within a supportive and inclusive community.

- **Crested Butte Adaptive Sports Center (ASC)**

adaptivesports.org | P. 970-349-2296

The Crested Butte Adaptive Sports Center (ASC) is a full-fledged therapeutic recreation program that operates year-round, with adaptive activities ranging from mountain biking and skiing to ice climbing and kayaking.

- **Freedom's Wings**

freedomswings.org | P. 848-227-1957

Provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, wither as a passenger or member of the flight training program.

- **Handicapped Scuba Association**

hsascuba.com | P. 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**

itftennis.com/wheelchair

Organization that promotes wheelchair tennis around the world with 11 tournaments.

- **Lakeshore Foundation**

lakeshore.org | P. 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 | P. 866-866-8896

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 (NCHPAD)**

nscd.org | P. 303-515-6723

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**

nwba.org | P. 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**

wheelchairsoftball.org

Official governing body for wheelchair softball in the United States and around the world.

- **Move United**
moveunitedsport.org | P. 301-217-0960
Move United uses sports to push what's possible so everyone, regardless of ability, has equal access to sports and recreation in their community.
- **Sports 'N Spokes Magazine**
sportsnspokes.com
A bimonthly publication produced by the Paralyzed Veterans of America. Reports on competitive sports and recreation for wheelchair users.
- **U.S. Paralympics**
teamusa.org/us-paralympics | P. 719-632-5551 | P. 719-866-2030
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 Federation**
wheelchairsportsfederation.org | P. 917-519-2622
Provides opportunities for the disabled and wheelchair-bound adults and youth to play sports recreationally and competitively.
- **U.S. Electric Wheelchair Hockey Association**
usewha.org | P. 763-535-4736
Their mission is to provide a quality hockey program for persons requiring the use an electric (power) wheelchair in daily life.
- **United States Wheelchair Rugby Association (USWRA)**
uswra.org | P. 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

- **Abilities United - Film, Video, TV Productions**
abilitiesunited.com | P. 818-854-2112 | 2573 W. Valley View Dr. Tremonton, UT 84337 | Larry@AbilitiesUnited.com
A motion picture and television production company exclusively providing an authentic voice and representation of paraplegics to mainstream entertainment.
- **Ability Magazine**
abilitymagazine.com | P. 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**
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.

- **National Arts And Disability Center (NADC)**
communitypartnerships.ucla.edu/program/national-arts-and-disability-center-nadc
P. 310-825-5054
Consultation, training and resources aim to strengthen the capacity of the arts community and promote the professional development of artists with disabilities. NADC aims to promote inclusion of audiences and artists with disabilities into all facets of arts community
- **New Mobility**
www.newmobility.com | P. 800-404-2898 ext. 7255
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.
- **Raven Drum Foundation**
<https://ravendrumfoundation.org/>
Raven Drum Foundation serves, educates, and empowers trauma survivors and communities in crisis, with a focus on Veterans and First Responders. By integrating advocacy, storytelling, music and arts programs and events, we bring the tools and experiences of complementary and alternative medicine (CAM) to support and inspire mental health, resiliency, and unity.
- **VSA Arts – Kennedy Center**
education.kennedy-center.org/education/vsa | P. 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

- **Georgia Department of Human Services Division of Aging Services**
aging.dhs.georgia.gov/adult-protective-services | P. 866-552-4464
Service in Georgia to report abuse of disabled adults or elder persons.
- **Parent to Parent of Georgia**
p2pga.org | P.800-229-2038
Parent to Parent provides support and information to parents of children with disabilities. In addition to other resources, parents are matched with a supporting parent based on the child's disability, health care need or special concerns. Regional offices are listed on the website.
- **Sexuality Resources**
disabilityresources.org/SEX
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.
- **The Miami Project - Male Fertility Following Spinal Cord Injury: A Guide For Patients**
themiamiproject.org/research/areas-of-research/fertility | P. 305-243-7108
A useful patient education tool from the Miami Project that addresses the questions related to research and treatment of male infertility.

- **Through the Looking Glass**

lookingglass.org | P. 510-848-1112

Provides direct services, information and referral to a diverse group of parents with disabilities and their families.

Mental Health/Spirituality

- **CALM**

thecalmzone.net

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

- **Department of Defense - inTransition Program**

health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition | P. 866-966-1020

The inTransition program is a free, confidential program that offers specialized coaching and assistance for active duty service members, National Guard members, reservists, veterans and retirees who need access to mental health care when: Relocating to another assignment, returning from deployment, transitioning from active duty to reserve component or reserve component to active duty, preparing to leave military service, or any other time they need a new mental health provider or need a provider for the first time.

- **Empowerline**

empowerline.org | P. 404-463-3333

Empowerline is a free Information and Referral Assistance program for older adults and people with disabilities. Trained professionals provide information about services from a vast database about programs appropriate for an individual's situation, including housing options, in-home services, retirement planning, home-delivered meals, utility assistance, leisure and volunteer opportunities, and much more.

- **Georgia Department of Behavioral Health & Developmental Disabilities**

dbhdd.georgia.gov | P. 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.

- **Georgia Crisis & Access Line (GCAL)**

dbhdd.georgia.gov/access-services | P. 1-800-715-4225

Georgia offers a statewide toll-free call center for consumers to access services. The call center operates 24/7 and has the capacity to screen and assess callers for intensity of service response.

- **The Mental Health Foundation**

mentalhealth.org.uk

Provides information and support for anyone with mental health problems or learning disabilities

- **Military Crisis Line**

veteranscrisisline.net/ActiveDuty | P. 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**
[mind.org.uk](https://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**
[nimh.nih.gov](https://www.nimh.nih.gov)
Transforming the understanding and treatment of mental illnesses.
- **National Suicide Prevention Lifeline**
[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) | P. 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.
- **Rethink Mental Illness**
[rethink.org](https://www.rethink.org)
We help millions of people affected by mental illness by challenging attitudes, changing lives.
- **Samaritans**
[samaritans.org](https://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**
[tn.gov/behavioral-health](https://www.tn.gov/behavioral-health) | P. 855-274-7471
Division of Mental Health Services. Crisis Services and Suicide Prevention.
- **The Mental Health Foundation**
[mentalhealth.org.uk](https://www.mentalhealth.org.uk)
Provides information and support for anyone with mental health problems or learning disabilities.

Spinal Cord Injury Resources

- **American Spinal Injury Association**
[asia-spinalinjury.org](https://www.asia-spinalinjury.org)
Promotes SCI care, research, and education.
- **CareCure Community**
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 Foundation - National Paralysis Resource Center**
[christopherreeve.org/todays-care/paralysis-help-overview/about-the-paralysis-resource-center](https://www.christopherreeve.org/todays-care/paralysis-help-overview/about-the-paralysis-resource-center) | P. 800-225-0292 | P. 973-467-8270
The National Paralysis Resource Center is a free, comprehensive, national source of informational support for people living with paralysis and their caregivers. Their primary goals are to foster involvement in the community, promote health, and improve quality of life.

- **Crawford Research Institute, Shepherd Center**
shepherd.org/research/spinal-cord-injury
Lists ongoing research trials and includes a registration form for future trial notices.
- **Facing Disability**
facingdisability.com | P. 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**
themiamiproject.org
The Miami Project, a Center of Excellence at the University of Miami Miller School of Medicine, is considered one of the premier research programs conducting cutting-edge discovery, translational and clinical investigations.
- **National Spinal Cord Injury Association (NSCIA)**
spinalcord.org | P. 800-962-9629
NSCIA is a national non-profit organization that strives to provide individuals with spinal cord injuries with information and resources available to help educate and empower them to maintain a higher level of independence, health and personal fulfillment.
- **SCI Model System Information Network**
uab.edu/medicine/sci
This is a resource to promote knowledge in the areas of research, health and quality of life for people with spinal cord injuries, their families, and SCI-related professionals.
- **United Spinal Association**
unitedspinal.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**
aans.org/en/Patients | P. 847-378-0500 | P. 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.
- **American Music Therapy Association**
musictherapy.org | P. 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.
- **Brain Injury Association of America**
biausa.org | P. 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**
braininjurygeorgia.org | P. 800-444-6443 | P. 470-834-4426
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**
braininjurypeervisitor.org | P. 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 are free.
- **Center for Neuro Skills**
neuroskills.com | P. 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.
- **Love Your Brain**
loveyourbrain.com
The LoveYourBrain Foundation is a non-profit organization that improves the quality of life of people affected by traumatic brain injury and raises awareness about the importance of brain health.
- **School Speciality: FlagHouse**
schoolspecialty.com/shop-flaghouse | P. 888-388-3224
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.
- **TBI Model Systems National Data and Statistical Center**
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

- **New York Times Learning Network**
nytimes.com/learning
Daily news stories and interactive activities to help students engage with the news and the world.
- **Scholastic**
scholastic.com/parents/activities-and-printables
Printable activity sheets to help with problem solving and reading for young children.
- **SuperKids**
superkids.com/aweb/tools
A collection of easy-to-use, free educational resources, for home and school. Also has iPad app suggestions.

- **TeAchnology**

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

- **School Specialty Select**

select.schoolspecialty.com | P. 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**

naturalearning.org/sensory-gardens | P. 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**

diabetes.org | P. 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**

strokeassociation.org | P. 800-242-8721

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.

- **Brain Injury Peer Visitor Association**

braininjurypeervisitor.org | P. 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 are free.

- **Canadian Stroke Network**

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**

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**
[cdc.gov/stroke](https://www.cdc.gov/stroke) | P. 800-232-4636 | TTY: 888-232-6348
 Information from the Centers for Disease Control regarding Stroke
- **Health Hope Network**
hopenetwork.org | P. 800-695-7273 | TTY: 800-649-3777 | **Neuro Rehabilitation: P. 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**
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.
- **National Institute of Health**
[DASH Eating Plan | NHLBI, NIH](#)
 Provides Dietary Approaches to Stop Hypertension (DASH). The DASH eating plan can help you lower your blood pressure and eat healthier.
- **National Institute of Neurological Disorders and Stroke**
ninds.nih.gov | P. 800-352-9424; | P. 301-496-5751
 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.
- **Nutrition.gov**
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**
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**
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**
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**

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**

P. 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.

- **U.S. Department of Veteran Affairs - Mental Health: Effects of TBI**

mentalhealth.va.gov/tbi | P. 800-698-2411

A sub-page on the U.S. Department of Veteran Affairs that gives information about the effects of TBI.

- **H.E.R.O.E.S. Care**

heroescare.org | P. 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**

horsesforheroes.org | P. 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**

militaryonesource.mil | P. 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**

militaryfamily.org | P. 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**

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.

- **Operation Second Chance**

operationsecondchance.org | P. 301-972-1080 | P. 888-672-4838

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**

pva.org | P. 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**

projecthealingwaters.org | P. 301-830-6450 | P. 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**

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.

- **Semper Fi & America's Fund**

thefund.org/our-programs/get-assistance

Semper Fi & America's Fund cares for our Nation's critically wounded, ill, and injured service members, veterans, and military families. Supporting all branches of the U.S. Armed Forces, we provide one-on-one case management, connection, and lifetime support.

- **SHARE Military Initiative**

shepherd.org/SHARE

SHARE provides evidence-based rehabilitation for military veterans, service members, and first responders who are ready to accept help and healing for their daily struggle with traumatic brain injuries and mental health concerns. This is all available at no cost to those we serve.

- **Team Red White and Blue**

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**

teamriverrunner.org

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**

woundedwarriorproject.org | P. 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.

Multiple Sclerosis Resources

- **Can Do MS**

cando-ms.org | P. 800-367-3101

An organization delivering health and wellness education programs to help families living with MS thrive through in-person, virtual and hybrid programs.

- **Consortium of Multiple Sclerosis Centers (CMSC)**

mscare.org | P. 201-487-1050 x104

A resource for medical providers to access research, conferences and continuing education

- **Multiple Sclerosis Association of America (MSAA)**

mymsaa.org | P. 800-532-7667

MSAA is a national, nonprofit organization dedicated to improving lives today through ongoing support and direct services to individuals with MS, their families, and their care partners. MSAA provides programs and services including education, safety and mobility equipment, cooling vests, MRI scans, transportation and advocacy programs.

- **Multiple Sclerosis Foundation (MSF)**

msfocus.org | P. 888-673-6287

Known in the MS community as MS Focus, MSF is a nonprofit organization focused on providing free services that address the critical needs of people with MS and their families, helping them maintain the best quality of life. Offerings and services including education, support groups and grants for health, wellness, disease-modifying therapies, cooling products, assistive technology and other community services.

- **Multiple Sclerosis Foundation (MSF) - Grants**

msfocus.org/Get-Help

Multiple grants available for people with multiple sclerosis, including emergency assistance, homecare assistance, cooling program supplies, assistive technology and items to improve quality of life.

- **National Multiple Sclerosis Society (NMSS)**

nationalmssociety.org | P. 800-344-4867

The NMSS is an organization that provides educational content, peer support, prescription assistances and improved access to resources for people living with MS.

- **RealTalk MS**

realtalkms.com | P. 310-526-2283

RealTalkMS provides a comprehensive list of resources for patients and caregivers affected by multiple sclerosis. This resource hub includes information on managing symptoms, accessing treatments, and connecting with support networks.

- **We Are ILL (WAI)**

weareillmatic.com

We Are ILL is a patient advocacy organization with a mission to redefine what sick looks like for Black women living with multiple sclerosis (MS). WAI has a fearless community that creates culturally conscious educational materials and events that facilitate more robust discussions about the experiences of Black women living with MS. **Paralyzed Veterans of America**