



Arizona Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.
<https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=arizona>

Aging Resources

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

Aging and Disability Resource Centers/ No Wrong Door

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

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

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the [U.S. Administration for Community Living](#) (including [AoA](#) as of April 2012) and the [Centers for Medicare & Medicaid Services \(CMS\)](#). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

<https://www.azdes.gov/daas/>

**Arizona Department of Economic Security
Division of Aging and Adult Services**

<https://az4a.org/>

Arizona Association of Area Agencies on Aging

<https://www.azdes.gov/daas/aaa/>

Arizona Agencies on Aging by County

<https://ncea.acl.gov/>

National Center on Elder Abuse (NCEA)

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

ARTS AND CREATIVITY

<http://www.vsaaz.org>

VSA arts of Arizona, Inc.

417 West Roosevelt St

Phoenix, AZ 85003

Phone: 602-771-6501

Email: info@vsaaz.org

ASSISTIVE TECHNOLOGY

www.aztap.org

<http://www.azatexchange.org/home.php>

Arizona Technology Access Program (AzTAP)

Institute for Human Development

Northern Arizona University

300 W. Clarendon Ave Ste 475

Phoenix, AZ 85013
Phone: 602-728-9534
TTY: 602-728-9536
Toll-free: 800-477-9921

<http://www.adapacific.org/>

Pacific ADA Center DBTAC (Regional Office)

555 12th Street
Suite 1030
Oakland, CA 94607-4046
Phone: 510-285-5600 or 800-949-4232

<http://aztap.org/at-funding/azlat/>

Arizona Loans for Assistive Technology Program (AzLAT)

Northern Arizona University
Institute for Human Development
300 Clarendon Ave, Suite 475
Phoenix, AZ 85013
Phone: 602-723-9534
Toll-free: 800-477-9921
TTY: 602-728-9536

A program that allows people with disabilities to borrow money at affordable rates for buying assistive technology.

<http://arsobo.org/>

Arizona Sonora Border (ARSOBO)

Francisco “Kiko” Trujillo
Email: Arsobo-ac@hotmail.com
Cell phone from Mexico (631) 315-5585
Office phone from Mexico (631) 314-0136
Cell phone from the U.S. 011521 (631) 315-5585
Office phone from the U.S. 01152 (631) 314-0136

ARSOBO is a non-governmental organization (NGO) registered in Mexico and a direct result of the first Border Conference on Disabilities held in Nogales, Sonora, 2008 and sponsored by the Sonoran UCEDD (University Centers for Excellence in Developmental Disabilities) at the University of Arizona and DIF (Desarrollo Integral de la Familia) held in Nogales, Sonora, 2008. ASORBO trains and employs people with disabilities to create assistive technology including wheelchairs. Subsidizes the cost of creating the assistive technology devices to keep the cost low to people who need them.

CAREGIVERS INFORMATION

<http://www.caregiver.com/regionalresources/states/AZ/index.htm>

Caregiver Support Groups by State

Phone: 954-893-0550

Email: support@caregiver.com

<http://www.wellspouse.org/>

Well Spouse Association, Scottsdale support group

Phone: 602-672-9234

<http://www.azcaregiver.org/>

Arizona Caregiver Coalition

P.O. Box 21623

Phoenix, AZ 85036

Caregiver Resource Line: 888-737-7494

Email: CRL@AZCaaregiver.net

COMMUNITY-BASED FITNESS PROGRAMS

<https://ability360.org/sports/>

Ability 360 Sports and Fitness Center for Persons with Disabilities

5031 E. Washington Street, Suite 200

Phoenix, AZ 85034

Phone: 602-256-2245

The Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood-floor; outdoor aquatics; a climbing wall; and a jogging track.

<https://www.upwardaz.org/>

UPWARD for Children and Families

6306 North 7th Street

Phoenix, AZ 85014

Phone: 602-279-5801

Upward is dedicated to serving severely disabled and/or medically fragile children and their families. At Upward, we make skills development, learning and therapy fun. We are bringing hope and joy to the children we support and helping them achieve their highest potential.

COMMUNITY HEALTH CENTERS

www.aachc.org

Arizona Alliance for Community Health

700 East Jefferson Street, Suite 100

Phoenix, AZ 85034

Phone: 602-253-0090

Email: info@aachc.org

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

<http://findahealthcenter.hrsa.gov/>

Health Resources and Services Administration (HRSA): Find a Health Center

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

CRIME VICTIM ASSISTANCE

<http://www.azcjc.gov/victim-compensation-program>

Arizona Victim Compensation/Assistance

301 W. Jefferson, 9th Floor

Phoenix, AZ 85003

Phone: 602-506-4955

Email: acjc@azcjc.gov

<http://www.safehorizon.org>

Safe Horizon's Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

<http://www.aardvarc.org/dv/states/azdv.shtml>

Arizona Domestic Violence contact information by City/County

Phone: 800-782-6400

Info & Referral Helpline: 800-352-3792

<http://www.azcadv.org/>

Arizona Coalition Against Domestic Violence

2800 N. Central Ave.
Suite 1570
Phoenix, AZ 85004
Phone: 602-279-2900
800-782-6400
TTY: 602-279-7270

<https://www.newlifectr.org/>

Arizona Life Center

P.O. Box 5005
Goodyear, AZ 85338
Phone: 623-932-4404

The Arizona Life Center is looking helping to eliminate domestic and sexual violence through support services, education, and expertise.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

EASTER SEALS OFFICES

<http://www.easterseals.com/blakefoundation>

Easter Seals Blake Foundation

7750 E. Broadway, Suite A200
Tucson, AZ 85710
Phone: 520-327-1529

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

www.swhd.org

Easter Seals Southwest Human Development

2850 North 24th St.
Phoenix, AZ 85008
Phone: 602-266-5976

Email: give@swhd.org

Southwest Human Development serves 135,000 children and families each year through more than 40 programs and services that focus on preventing problems before they start or, when they already exist, providing opportunities to intervene as early and effectively as possible.

GOVERNMENT OFFICES FOR ARIZONA

www.az.gov

Arizona State Website

https://www.azdes.gov/developmental_disabilities/

Arizona Division of Developmental Disabilities

1789 West Jefferson Avenue, Fourth Floor West
Phoenix, Arizona 85007

Mailing Address:

PO Box 6123

1789 West Jefferson Avenue, Site Code 791A

Phoenix, Arizona 85005

Phone: 602-542-0419

Toll-Free: 866-229-5553

Email: dddweb@azdes.gov

www.azdes.gov/ADDPC/Home/

Arizona Developmental Disabilities Planning Council

1740 West Adams St, Ste 410

Phoenix, AZ 85007

Phone: 602-542-8970

The council represents the needs and interests of people with developmental disabilities.

www.dol.gov/odep/contact/state.htm

Arizona Governor's Committee on Employment of People with Disabilities

P.O. Box 16404

Phoenix, AZ 85011

Phone: 602-266-6752

<http://www.azheadspine.org>

Arizona Governor's Council on Spinal and Head Injuries

3425 E. Van Buren St., Suite 102, SC 162Z

Phoenix, AZ 85008

Phone: 602-774-9148

Email: PLeeper@azdes.gov

<http://www.azdes.gov/rsa/>

Arizona Rehabilitation Services Administration

1789 West Jefferson, 4th Floor West

Phoenix, AZ 85007

Toll-Free: 1-800-563-1221

TTY – Outside Maricopa County: 1-855-475-8194

Aids in employment outcomes and enhances independence by offering comprehensive services and support.

<https://www.azahcccs.gov/>

Arizona Medicaid Agency

Arizona Health Care Cost Containment System (AHCCCS)

801 East Jefferson St., MD 4100

Phoenix, AZ 85034

Phone: 602-417-4000

Toll-free in-state: 800-654-8713

Toll-free out of state: 800-523-0231

AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

<https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html>

Arizona CHIP Program (Children's Health Insurance Program)

Arizona KidsCare

Note: This program has been frozen since January 1, 2010 due to lack of funding.

<https://des.az.gov/services/aging-and-adult/state-health-insurance-assistance-program-ship>

Arizona SHIP Program (State Health Insurance Program)

DES Division of Aging and Adult Services

1789 W. Jefferson St. (Site Code 950A)

Phoenix, AZ 85007

Local Phone (602) 542-4446

Statewide Hotline 1 (800) 432-4040 (leave message)

SHIP offers free health benefits counseling service for Medicare beneficiaries and their families or caregivers. Our mission is to educate, advocate, counsel and empower people to make informed benefit decisions. SHIP is an independent program funded by federal agencies and is not affiliated with the insurance industry.

www.cms.gov/ccio/Resources/consumer-assistance-grants/az.html

<http://www.id.state.az.us/>

Arizona Department of Insurance

Consumer Services

2910 N. 44th Street, Ste. 210

Phoenix, AZ 85018-7269

Phone: 602-364-2499

Spanish: 602-364-2977

Toll free: 800-325-2548

Email: consumers@azinsurance.gov

<http://www.azica.gov/>

http://www.azica.gov/Claims/Claims_main.aspx

Arizona Workers Compensation

Phoenix Office

800 West Washington Street

Phoenix, AZ 85007

Phone: 602-542-4661

Tucson Office
2675 East Broadway Blvd.
Tucson, AZ 85716
Phone: 520-628-5181

The Industrial Commission of Arizona is the agency that administers and enforces state laws relating to the protection of life, health, safety and welfare of Arizona's employees. This includes laws relating to workers' compensation, occupational safety and health, payment of wages, and child labor.

<http://www.house.gov/representatives/find/>
<http://whoismyrepresentative.com/>

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

<https://des.az.gov/services/aging-and-adult/independent-living/long-term-care-ombudsman-ltco>

State LTC Ombudsman

Arizona Div. of Aging & Adult Services
1789 West Jefferson St., 950A
Phoenix, AZ 85007
Phone: 602-542-4446

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

HOUSING

www.hud.gov

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

https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org

211

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

INDEPENDENT LIVING

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

ILRU: State Independent Living Councils (SILCs)

Arizona Independent Living Council

5025 East Washington Street, Suite 214

Phoenix, AZ 85034

Phone (Local): 602-262-2900

Toll-Free: 866-262-7452

Email: larry@azsilc.org

TTY: 602-271-4100

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/AZ>

ILRU's Independent Living Centers in Arizona

<http://www.ncil.org/>

National Council on Independent Living (NCIL)

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 877-525-3400

TTY: 202-207-0340

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

LIBRARY SERVICES

<https://azlibrary.gov/talkingbooks>

Arizona State Talking Book Library

1030 North 32nd Street

Phoenix, AZ 85008

Phone: 602-255-5578
800-255-5578

Email: btbl@azlibrary.gov

Provides library materials to people with visual or physical disabilities.

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

www.ChristopherReeve.org/Peer

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

PROTECTION and ADVOCACY

<http://www.acdl.com>

Arizona Center for Disability Law

5025 E. Washington Street, Suite 202

Phoenix, AZ 85034

Phone: 602-274-6287 (voice or TTY)

Toll-free: 800-927-2260

The Arizona Center for Disability Law is the protection and advocacy as well as the client assistance program for the state.

SERVICE DOGS

<http://www.cci.org>

Canine Companions for Independence (CCI)

Southwest Regional Center

P.O. Box 4568

Santa Rosa, CA 95402

Toll-free: 800-572-BARK (2275)

CCI's Southwest Regional Center serves several states, including Arizona.

<http://www.caaainc.org/>

Companion Animal Association of Arizona

PO Box 5006

Scottsdale, AZ 85261-5006

Phone: 602-258-3306

Email: info@caaainc.org

<http://happytailsservicedogs.com/>

Happy Tails Service Dogs, Inc.

1 West Sequoia Drive

Phoenix, AZ 85027-4750

Phone: 623-580-0946

<http://handi-dogs.org/>

Handi-Dogs Inc.

75 South Montego Drive

Tucson, Arizona 85710

Phone: 520-326-3412

Email: service@handi-dogs.org

<http://leashesforliving.com/>

Leashes for Living Assistance Dog School

P.O. Box 156

Tonopah, AZ 85354

Phone: 623-393-8481

E-mail: info@leashesforliving.com

<http://www.topdogusa.org/>

Top Dog

9420 East Gulf Links Rd, Ste 108-355

Tucson, AZ 85730

Phone: 520-323-6677

Toll-free: 888-257-6790

Email: topdogusa1987@gmail.com

Specializes in helping people train their own dog to be a service dog.

SPORTS and RECREATION

<http://www.arizonadisabledsports.com/>

Arizona Disabled Sports

Mesa AZ

Phone: 480-835-6273

Sports currently offered by Arizona Disabled Sports include archery, bowling, cycling, kayaking, power soccer, swimming, track & field, and wheelchair basketball.

<https://www.daring-adventures.org>

Daring Adventures

5031 E Washington St

Phoenix, AZ 85034

Phone: 602-290-0214

Email: jerry@daring-adventures.org

Daring Adventures offers improvements to the quality of life for individuals with disabilities and those facing life challenges through the power of outdoor recreation.

<https://www.k2adventures.org/>

K2 Adventured Foundation

20707 N. Pima Rd.

Suite L130

Scottsdale, AZ 85255

Phone: 480-797-2950

Whether it's through giving or receiving, participants in K2 Adventures Foundation can realize their potential and bring new meaning to their lives. Today, thanks to its supporters, K2 Adventures Foundation funds grants for people with life challenges and provides equipment, supplies, basic necessities and care to children, adults and families both domestically and abroad.

<https://www.phoenix.gov/parks/adaptive-recreation>

Phoenix: Adaptive Recreation

<https://www.daring-adventures.org/>

River of Dreams dba Daring Adventures

1229 E. Washington Street

Phoenix, AZ 85034-1101

Phone: 602-290-0214

Email: info@daring-adventures.org

Email: WWP@daring-adventures.org

Daring Adventures is a nonprofit organization committed to improving the lives of individuals with disabilities and significant life challenges through the power of outdoor recreation.

<http://hunkapi.org/about-hunkapi/>

Hunkapi Program

11250 E. Arabian Park Dr

Scottsdale, AZ 85259

Phone: 480- 626-4134

Email: Info@hunkapi.org

Since our inception in 1996, our horses have helped thousands of children and adults establish more mindful connections with themselves and other people. That’s why we named our program “Hunkapi,” a Native American word that means “I am related to everyone.”

<http://www.scottsdaleaz.gov/sports/adaptive>

Scottsdale: Adaptive Recreation Services

<http://www.surpriseaz.gov/index.aspx?NID=1459>

Surprise: Adaptive Recreation Programs

<http://www.trotarizona.org/>

Therapeutic Riding of Tucson

8920 East Woodland Road

Tuscan, AZ 85749

Phone: 520-749-2360

Email: infor@trotarizona.org

TROT’s Therapeutic Riding Program offers adaptive riding instruction to children and adults with physical and cognitive disabilities

UNITED WAY OFFICES

<http://unitedway.org>

United Way

National Headquarters

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Please contact them for Arizona information.

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities. Enter postal code for a United Way office in your area

VETERAN BENEFITS

<https://www.va.gov/directory/guide/state.asp?STATE=AZ&dnum=ALL>
US Department of Veterans Affairs VA Hospital Locator for Arizona

www.azpva.org

Paralyzed Veterans of America's Arizona Chapter

5015 N. 7th Ave., Suite 2

Phoenix, AZ 85013

Phone: 602-244-9168

800-621-9217

www.lawforveterans.org

Law for Veterans

This website has compiled some legal resources for veterans in Arizona including info on veteran courts and free and reduced fee legal aid sources.

ALS

www.alsa.org

http://webaz.alsa.org/site/PageServer?pagename=AZ_homepage

ALS Association, Arizona Chapter

360 E. Coronado Rd., Suite 140

Phoenix, AZ 85004

Phone: 602-297-3800

866-350-2572

Email: info@alsaz.org

Tucson Patients Only Support Group

Our Savior's Lutheran Church

Tucson, AZ

Phone: 520-404-7762

Tucson Caregiver Only Group

Our Savior's Lutheran Church: Information & Referral Services

Tucson, AZ

Phone: 520-404-7762

Muscular Dystrophy Association's ALS Research Centers:

MDA/ALS Center at St. Joseph's Hospital and Medical Center
Neuromuscular Research Center
Barrow Neurological Institute
350 W. Thomas Rd
Phoenix, AZ 85013
Phone: 602-406-3000

MDA/ALS Center at the Mucio F. Delgado Clinic for Neuromuscular Disorders
University of Arizona
Health Sciences Center
Tucson, AZ
Lawrence Z. Stern, M.D., Director
Email: lstern@u.arizona.edu
Phone: 520-795-3434

MDA/ALS Center at UPH Hospital
University Physicians Healthcare
2800 E. Ajo Way
Tucson, AZ 85710

BRAIN INJURY

<http://www.biaaz.org>
Brain Injury Association of Arizona
5025 E. Washington Street, Suite 108
Phoenix, Arizona 85034
Phone: 602-508-8024
Toll-free: 888-500-9165

CEREBRAL PALSY

www.ucpofcentralaz.org
UCP of Central Arizona
1802 West Parkside Lane
Phoenix, AZ 85027
Phone: 602-943-5472
888-943-5472
Email: info@ucpofcentralaz.org

<http://www.ucpsa.org>
UCP of Southern Arizona
635 N. Craycroft Road
Tucson, AZ 85711-1450
Phone: 520-795-3108

Email: staff@ucpsa.org

FRIEDREICH'S ATAXIA

<http://www.ataxia.org/>

National Ataxia Foundation (NAF)

600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020

Arizona Ataxia Support Groups:

Mary Fuchs
8914 E. Hercules Ct.
Sun Lakes, AZ 85248-9005
Phone: 480-883-7633, 480-212-6424
Email: mary11115@msn.com

Angela Li
Phone: 847-505-4325
Email: angelali1010@gmail.com

GUILLAIN-BARRÉ SYNDROME / CIDP

<http://gbs-cidp.org>

Guillain-Barré Syndrome/ CIDP Foundation International

375 E. Elm St.
Conshohocken, PA 19428
Phone: 610-667-0131
Please contact them for information in your area

MULTIPLE SCLEROSIS

<http://www.nationalmssociety.org/Chapters/AZA>

National Multiple Sclerosis Society's Arizona Chapter

5025 E. Washington Street, Suite 102
Phoenix, AZ 85034-2005
Phone: 800-344-4867
Email: info@aza.nmss.org

<http://mymsaa.org/about-msaa/regional/#Western>

Multiple Sclerosis Association of America Western Regional Office

1700 7th Ave., #116201

Seattle, WA 98101

Phone: 415-260-6420

800-532-7667 ext 155

Email: western@mymsaa.org

MUSCULAR DYSTROPHY

<http://www.mdausa.org/>

Muscular Dystrophy Association

National Headquarters

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Enter your postal code in the "Find your local MDA" section of the website for MD clinics in your area.

POST-POLIO SYNDROME

<http://post-polio.org>

<http://post-polio.org/net/PDIR.pdf>

Post-Polio Health International (PHI)

50 Crestwood Executive Center #440

Saint Louis, MO 63126-1916

Phone: 314-534-0475

Email: info@post-polio.org

Lists Health Professionals, Clinics, and Support Groups. Click USA then choose State to see the Arizona Support Groups

SPINA BIFIDA

<http://www.spinabifidaassociation.org>

Spina Bifida Association of America

1600 Wilson Blvd Ste 800

Arlington, VA 22209

Phone: 202-944-3285; 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

<http://www.sbaaz.org>

Spina Bifida Association of Arizona

1001 East Fairmount
Phoenix, AZ 85014
Phone: 602-274-3323
Email: office@sbaaz.org

Spina Bifida Association of America's Arizona Clinics:

www.childrensclinics.org

Children's Clinic Rehabilitation Services (CCRS)
2600 N Wyatt Drive
Tucson, AZ 85712
Phone: 520-324-5437
Toll-free: 800-231-8261 ext. 45437

www.dmgcrs.org

Children's Rehabilitation Services
Spina Bifida Clinic
3141 N. 3rd Avenue
Phoenix AZ, 85013
Phone: 602-914-1520

SPINAL CORD INJURY

<http://www.azspinal.org>

Arizona Spinal Cord Injury Association

5025 E Washington St #110, Phoenix, AZ 85034
Phone: 602-507-4209
Toll-free: 888-889-2185
E-mail: info@azspinal.org

The Wheel Life Group Support Group at Dignity Health St. Joseph's Hospital and Medical Center

This support group is part of the Arizona Spinal Cord Injury Association and meets the first Wed. of each month from 6-7 pm in the Sontag Pavillion, 350 W. Thomas Rd. Phoenix AZ 85013. Please contact ASCIA at 602-507-4209 for more information.

The **Sedona-Verde Valley Spinal Cord Injury Support Group**, a chapter of the Arizona Spinal Cord Injury Association, meets on an ongoing basis, the second Monday of each month from 2 to 3:30 p.m. in the Village of Oakcreek Association Clubhouse, 690 Bell Rock Blvd. For more information, call 301-1591 or email: supportgroup@kctproject.com.

STROKE

<https://www.stroke.org/>

American Stroke Association

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653

Phoenix office of American Stroke Association:
2929 South 48th St.
Tempe, AZ 85282
Phone: 602-414-5353

Tucson office of American Stroke Association:
2601 N. Campbell Dr., Suite 204
Tucson, AZ 85712
Phone: 520-795-1403

SYRINGOMYELIA and CHIARI MALFORMATION

www.asap.org

American Syringomyelia Alliance Project

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
Toll-free: 800-ASAP-282
Email: info@ASAP.org
Please contact them for support group info in your area

TRANSVERSE MYELITIS

www.wearesrna.org

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

1787 Sutter Parkway
Powell, OH 43065-8806
Toll-free: 855-380-3330
Please contact them for info in your area.

GENERAL DISABILITY RESOURCES

<https://ability360.org/wp-content/uploads/2014/06/Disability-Survival-Guide-FINAL-VERSION-v1.3-low-res-Spreads.pdf>

Arizona Bridge to Independent Living's Disability Survival Guide

booklet covers Arizona disability resources and can be read online.

<http://www.yellowpagesforkids.com/help/az.htm>

Arizona Yellow Pages for Kids with Disabilities

<http://www.aptaaz.org/>

Arizona chapter of the American Physical Therapy Association

1055 N. Fairfax St. Suite 205

Alexandria, VA 22314

Phone: 602-569-9101

800-264-2782 ext 3229

Email: info@aptaaz.org

<http://www.arizota.org/>

Arizona chapter of the American Occupational Therapy Association

ArizOTA--Arizona Occupational Therapy Association

P.O. Box 5214

Peoria, AZ 85385

Phone: 623-937-0920

Email: admin@arizota.org

<http://www.apse.org>

Association of People Supporting EmploymentFirst

Contact them for local chapter info

<http://www.healthboards.com/boards/index.php>

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

<http://www.tempetourism.com/>

Access Tempe

<http://valleylifeaz.org/>

VALLEYLIFE

1142 W. Hatcher Rd

Phoenix, AZ 85021

Phone: 602-371-0806

VALLEYLIFE is a nonprofit organization that provides premier services to individuals with disabilities to enhance their quality of life. We are committed to helping people with

disabilities in our community by enriching their lives with rewarding experiences and valuable opportunities. We enable them to live a life with choices, independence and dignity. Our services are delivered through our caring and dedicated staff, specialized programs and advocacy.

www.thinkfirst.org

ThinkFirst National Injury Prevention Foundation

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400

800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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