



New York 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.

National Disability Navigator Resource Collaborative Factsheet: Comparing Health Plans' Benefits and Coverage Summaries (NY)

<http://www.nationaldisabilitynavigator.org/2015/02/12/fact-sheet-1-ny/>

American Association on Health and Disability (AAHD)

110 N Washington Street, Suite 407

Rockville, MD 20850

Phone: 301-545-6140

Email: contact@aahd.us

The National Disability Navigator's fact sheet helps answer specific questions that people with disabilities might ask about benefits and coverage available through the NY State of Health Marketplace.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

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

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

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

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

New York State Office for the Aging

<http://www.aging.ny.gov/>

Mailing Address:

2 Empire State Plaza, 5th Floor

Albany, NY 12223

Phone: 800-342-9871

Email: NYSOFA@aging.ny.gov

Association on Aging in New York

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

515 Broadway, Ste. 402

Albany, NY 12207

Phone: 518-449-7080

Email: advocacy@agingny.org

New York Area Agencies on Aging by County

http://www.carenewyork.org/list10_NY_Aging_Services_senior_centers.htm

National Center on Elder Abuse (NCEA)

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

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537

Email: ncea-info@acl.hhs.gov

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

Arts and Creativity

National Theatre Workshop of the Handicapped (NTWH)

535 Greenwich St

New York, NY 10013

Phone: 212-206-7789

A theater training school for people with disabilities with offices in NYC and Maine.

Angelica Patient Assistance Program

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

243 West 60th Street, # 9

New York, NY 10023

Email: info@angelicaprogram.org

The Angelica Patient Assistance Program's goal is to improve the lives of economically disadvantaged patients and residents in need of long-term medical care and to support long-term medical care facilities in New York City. 'Art for Healing' will enhance and expand the art programs at Coler Hospital and Carter Hospital.

Music Conservatory of Westchester

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

216 Central Avenue

White Plains, NY 10606

Phone: 914-761-3900

Email: info@musiced.org

Music Conservatory of Westchester provides high quality music education for students of all ages, abilities and backgrounds.

Assistive Technology

TRAID Program

New York State Justice Center for the Protection of People with Special Needs

<http://www.justicecenter.ny.gov/>

161 Delaware Ave

Delmar, NY 12054-1310

Phone: 518-549-0200, 800-624-4143 (Language Assistance)

Email: webmaster@justicecenter.ny.gov

Northeast ADA Center

<http://www.northeastada.org>

Yang-Tan Institute on Employment and Disability

Cornell University, ILR School

201 Dolgen Hall

Ithaca, NY 14853

Phone: 607-255-6686 (TTY), 800-949-4232 (Toll-free, TTY)

Email: northeastada@cornell.edu

**ADAPT Community Network (formerly United Cerebral Palsy of New York City):
Assistive Technology Resources**

<https://adaptcommunitynetwork.org/service-options/technology/>

TechWorks Centers

Phone: 718-436-7979, ext. 711

Email: techworks@adaptcommunitynetwork.org

The ADAPT TechWorks Centers, located in Brooklyn and Manhattan, specialize in Assistive Technology devices and services to help people maintain and increase their independence.

Brooklyn Center for Independence of the Disabled

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

25 Elm Place, 5th Floor

Brooklyn, NY 11201

Phone: 718-998-3000, 718-998-7406 (TTY)

Email: info@bcid.org

We exist to improve the quality of life of Brooklyn residents with disabilities through programs that empower them to gain greater control of their lives and achieve full and equal integration into society. We accomplish this through our services, our advocacy for systems change to remove physical, attitudinal and communication barriers to people with disabilities, and through our education and awareness programs.

Caregivers Info

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd, Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734

Email: info@caregiver.com

Well Spouse Association

<https://wellspouse.org/home.html>

63 West Main Street, Suite H

Freehold, NJ 07728

Phone: 732-577-8899

Email: info@wellspouse.org

Upper West Side Well Spouse Support Group

Anche Chesed Synagogue

251 W 100th St

New York, NY, 10025

Support Group Leader: Steven

Phone: 917-596-2707

Community-Based Fitness Programs

Northeast Center for Rehabilitation and Brain Injury

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

300 Grant Avenue

Lake Katrine, NY 12449

Phone: 845-336-3500

Email: ncsc@northeastcenter.com

The Northeast Center for Rehabilitation and Brain Injury offers a special care center designed to serve medically complex and multiply impaired needs such as: brain injury, neurological disease, spinal cord injury, neurobehavioral disorders, complex medical recovery and ventilator care/management.

Push to Walk

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

11 Philips Pkwy

Montvale, NJ 07645

Phone: 201-644-7567

A non-profit organization that provides individualized workouts and resources to people with spinal cord injuries, paralysis, and other neurological conditions including, but not limited to Multiple Sclerosis, traumatic brain injuries, and stroke. Our approach is a cutting edge technique encompassing what the medical community terms Activity Based Training. Our focus is on helping clients maintain and improve their physical and mental health allowing them to regain their independence.

Community Health Centers

Community Health Care Association of New York State

www.chcanys.org

Physical Address:

111 Broadway, Suite 1402

New York, NY 10006

Mailing Address:

PO Box 3186

New York, NY 10008-3186

Phone: 212-279-9686

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

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

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

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

Suburban Adult Services, Inc (sasi)

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

960 W Maple Ct

Elma, NY 14059

Phone: 716-805-1555, 855-805-7274 (Toll-free)

Email: Info@sasinc.org

Crime Victim Assistance

New York State Office of Victim Services

<http://www.ovs.ny.gov/>

Phone: 800-247-8035 (Toll-free)

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

www.safehorizon.org

Phone: 800-621-4673 (24 Hour Hotline)

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233, 800-787-3224 (TTY)

Statewide Hotline

Phone: 800-621-4673, 866-604-5350 (TTY)

The New York State Coalition Against Domestic Violence

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

119 Washington Avenue

Albany, NY 12210

Phone: 518-482-5465 (Albany Office), 585-413-0887 (Rochester Office)

Email: nyscadv@nyscadv.org

Bronx Independent Living Services (BILS)

<https://bils.org>

2330 Hoffman Street

Bronx, NY 10458

Phone: 718-515-2800

Email: info@bils.org

Barrier Free Living (BFL)

<http://www.bflnyc.org>

637 East 138th Street

Bronx, NY 10454

Phone: 212-533-4358 (Voice Hotline), 646-807-4020 (Video Phone Hotline)

Email: info@bflnyc.org

Barrier Free Living (BFL) offers comprehensive support services for survivors of domestic violence with disabilities at its fully accessible BFL Freedom House domestic violence shelter, award-winning BFL Secret Garden domestic violence counseling program, and BFL Apartments that offers permanent homes with support services to survivors with disabilities and their families. BFL is based in New York City.

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

Easterseals National Office

www.easterseals.com

141 W Jackson Blvd, Suite 1400A

Chicago, IL 60604

Phone: 312-726-6200; 800-221-6827 (Toll-free)

Email: info@easterseals.com

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

Easterseals New York

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

633 Third Avenue, 6th Floor

New York, NY 10017

Phone: 212-220-2290

Government Offices for the state of New York

New York State Website

www.ny.gov

Adult Career & Continuing ED Services: ACCES-VR (Vocational Rehabilitation)

<http://www.acces.nysed.gov/vr>

New York State Education Building

89 Washington Ave.

Albany, NY 12234

Phone: 800-222-5627

Vocational and Educational Services for Individuals with Disabilities

Mayor's Office for People with Disabilities (MOPD)

<https://www1.nyc.gov/site/mopd/index.page>

Mailing Address:

100 Gold Street, 2nd Floor

New York, NY 10038

Christina Curry, Commissioner

Phone: 311, 212-639-9675 (Out-of-City), 646-396-5830 (Video Phone)

New York State Department of Health

<https://www.health.ny.gov/>

Mailing Address:

Corning Tower

Empire State Plaza

Albany, NY 12237

Phone: 800-541-2831 (Medicaid Helpline), 800-662-1220 (TDD)

Email: dohweb@health.ny.gov

NY Medicaid Buy-In Program for Working People with Disabilities

https://www.health.ny.gov/health_care/medicaid/program/index.htm

Phone: 800-541-2831 (Medicaid Helpline), 800-662-1220 (TDD)

NYS Office of Temporary and Disability Assistance

<https://otda.ny.gov/>

40 North Pearl Street

Albany, NY 12243

Phone: 518-473-1090

Email: nyspio@otda.ny.gov

New York State Long-Term Care Resources

https://www.health.ny.gov/facilities/long_term_care/

NYS Office for People with Developmental Disabilities

<http://www.opwdd.ny.gov/>

Mailing Address:

44 Holland Ave

Albany, NY 12229

Phone: 866-946-9733

Email: info@opwdd.ny.gov

New York's Child Health Insurance Program (CHIP)

<https://nystateofhealth.ny.gov/>

NYS Department of Health

Child Health Plus

Phone: 855-355-5777, 800-662-1220, 800-698-4543 (Info Line)

Email: chplus@health.ny.gov

**NY State Health Insurance Information Counseling & Assistance Program (HIICAP):
Office for the Aging**

<https://aging.ny.gov/health-insurance-information-counseling-and-assistance-program-hiicap>

Phone: 800-701-0501 (Toll-free Helpline)

Trained HIICAP counselors located in local offices for the aging across the state are available to answer New Yorkers' questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance.

NY State Department of Health: Disability and Health

<https://www.health.ny.gov/community/disability/>

Email: DHP@health.ny.gov

New York State Dept. of Financial Services

<https://www.dfs.ny.gov/>

1 State Street

New York, NY 10004-1511

Main Phone: 800-342-3736

Email: consumers@dfs.ny.gov

Workers' Compensation Board

<http://www.wcb.ny.gov/>

Physical Address:

328 State Street

Schenectady, NY 12305-2318

Mailing Address:

PO Box 5205

Binghamton, NY 13902-5205

Phone: 877-632-4996 (Toll-free)

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.

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

<http://whoismyrepresentative.com/>

NY State LTC Ombudsman Program

<http://www.ltcombudsman.ny.gov/>

Mailing Address:

2 Empire State Plaza, 5th Floor

Albany, NY 12223

Phone: 855-582-6769

Email: ombudsman@aging.ny.gov

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

Housing

U.S. Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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.

U.S. Department of Housing and Urban Development (HUD): New York Offices

https://www.hud.gov/states/new_york/offices

https://www.hud.gov/states/new_york

New York Regional Office

Jacob K. Javits Federal Building

(Broadway Between Duane & Worth Streets)

26 Federal Plaza, Suite 3541

New York, NY 10278-0068

Phone: 212-264-8000, 212-264-0927 (TTY)

Albany Field Office

52 Corporate Circle

Albany, NY 12203-5121

Phone: 518-862-2801

Buffalo Field Office

300 Pearl Street, Suite 301

Buffalo, NY 14202

Phone: 716-551-5755, 716-551-5787 (TTY)

211

www.211.org

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

NYHousingSearch.gov

<http://nyhousingsearch.gov/>

Phone: 877-428-8844 (Toll-free)

Connects people with disabilities to affordable housing in NY

Independent Living

ILRU: State Independent Living Councils (SILCs)

New York State Independent Living Council

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

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

111 Washington Avenue, Suite 101

Albany, NY 12210

Phone: 518-427-1060 (TTY)

Independent Living Research Utilization's Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

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.

Independent Living Center of the Hudson Valley

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

Troy Office:

15-17 Third Street

Troy, NY 12180

Phone: 518-274-0701

The Independent Living Center of the Hudson Valley seeks to help persons with disabilities do for themselves instead of depending on others to do for them.

Westchester Independent Living Center, Inc.

www.wilc.org

10 Country Center Rd, 2nd Floor

White Plains, NY 10607

Phone: 914-682-3926, 914-259-8036 (TTY)

Email: contact@wilc.org

The Westchester Independent Living Center (WILC) is a not-for-profit, community-based, consumer-directed advocacy, resource, and training center that services people of ALL ages with ALL types of disabilities.

Western New York Independent Living, Inc.

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

3108 Main Street

Buffalo, NY 14214

Phone: 716-836-0822, 800-348-8399 (Toll-free)

WNYIL Inc. family of agencies is a catalyst for systems and individual change, enhancing the quality of life for people with disabilities while respecting diversity and promoting choice and alternatives for independent living in our societies.

Library Services

National Library Service for the Blind and Print Disabled (NLS)

<https://www.loc.gov/nls/>

Physical Address:

1291 Taylor Street NW

Washington, DC 20542

Mailing Address:

The Library of Congress

Washington, DC 20542-4962

Phone: 202-707-5100, 800-424-8567 (Toll-free)

Email: nls@loc.gov

NLS administers a free library program of Braille and recorded materials, which are circulated to eligible borrowers through a network of cooperating libraries such as the New York State Talking Book and Braille Library.

The New York State Talking Book and Braille Library (TBBL)

<http://www.nysl.nysed.gov/tbbl/>

Mailing Address:

Cultural Education Center

222 Madison Ave

Albany, NY 12230-0001

Phone: 518-474-5935, 800-342-3688 (Toll-free)

Email: tbbl@nysed.gov

The TBBL lends Braille and recorded books and magazine, and the necessary equipment to play recorded books, to residents of the 55 upstate counties of New York State who are unable to read standard printed materials because of a visual or physical disability.

Brooklyn Public Library: Inclusive Services

<https://www.bklynlibrary.org/inclusive-services>

Flatlands Library

2065 Flatbush Ave

Brooklyn, NY 11234

Phone: 718-253-4948, 718-253-4409

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

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

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

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

Southern Tier's Spinal Cord Injury Support Group

<https://unitedspinal.org/peer-support-groups/>

320 Vestal Parkway East

Vestal Public Library

Vestal, NY 13850

Contact: Derek Vladescu

Phone: 607-727-5032

Email: dvladescu@aol.com

This support group offers emotional, moral, and social support to those living with paralysis, their families, friends, caregivers, and anyone interested in learning about life with paralysis. Meetings are monthly online or at the local public library.

Protection and Advocacy

Center for Disability Rights

<http://cdrnys.org/>

Rochester Office:

497 State Street

Rochester, NY 14608

Phone: 585-546-7510, 585-546-7512 (TTY)

Disability Rights New York

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

Phone: 518-432-7861, 800-993-8982 (Toll-free)

Email: mail@DRNY.org

Albany Office:

725 Broadway, Ste 450
Albany, NY 12207-5001

Brooklyn Office:

25 Chapel St, Ste 1005
Brooklyn, NY 11201

Rochester Office:

44 Exchange Blvd, Ste 110
Rochester, NY 14614

Service Dogs

Canine Companions

<https://canine.org/>

Northeast Training Center (service area includes New York state)
Miller Family Campus
286 Middle Island Rd
Medford, NY 11763
Phone: 631-561-0200, 800-572-2275 (Toll-free)

Canine Helpers

www.caninehelpers.org

5699 Ridge Road
Lockport, NY 14094
Phone/TTY: 716-433-4035
Email: chhdogs@aol.com

America's VetDogs

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

371 East Jericho Turnpike
Smithtown, NY 11787-2976
Phone: 631-930-9090, 866-838-3647 (Toll-free)
Email: info@vetdogs.org

America's VetDogs is a not-for-profit organization that serves the needs of disabled veterans by providing different types of service dogs for support.

Sports and Recreation

Achilles International: NYC Metro Chapters

<http://www.achillesinternational.org/nyc>

315 West 39th Street, Suite 205

New York, NY 10018

Phone: 212-354-0300

Email: nyc@achillesinternational.org

Achilles International provides athletes with disabilities with a community of support through training and specialized programs designed to bring hope, inspiration and joy.

Move United

<https://moveunitedsport.org/>

451 Hungerford Drive, Suite 608

Rockville, MD 20850

Phone: 301-217-0960

Email: info@moveunitedsport.org

Adaptive Sports New England

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-690-9103

Email: joe.walsh@adaptivesportsne.org

Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

Adaptive Sports Foundation

www.adaptivesportsfoundation.org

PO Box 266

100 Silverman Way

Windham, NY 12496

Phone: 518-734-5070

Email: info@adaptivesportsfoundation.org

Programs offered: ski and snowboard lessons, race training

Summer programs: golf, tennis, biking, camping, fishing, swimming, horseback riding

Buffalo Sabres Foundation

<https://www.nhl.com/sabres/community/about>

KeyBank Center

One Seymour H. Knox III Plaza

Buffalo, NY 14203

Phone: 716-855-4703

Email: rich.jureller@sabres.com

The Buffalo Sabres Foundation's mission is to identify and support organizations in Western New York which share our core objectives: serving children and military personnel, caring for the sick, assisting physically and mentally challenged athletes, and supporting youth hockey initiatives. By utilizing financial resources and community

influence, the Buffalo Sabres Foundation assists these organizations and their beneficiaries in realizing their highest potential and succeeding in their endeavors.

Camp HorseAbility

<http://horseability.org/>

PO Box 410-1

Old Westbury, NY 11568

Phone: 516-333-6151

Camp HorseAbility is a week-long riding, learning, and fun-filled day camp for individuals with special needs. The camp takes place annually at the end of August (Mon.-Fri.) from 9:00 a.m. to 3:30 p.m. daily.

Disability Dream and Do (D3Day)

<https://d3day.com/>

85 Denison Pkwy E, #130

Corning, NY 14830

Phone: 607-329-0010

Email: doug@d3day.com

Offers baseball camps for children with disabilities.

Double H Ranch: Camp Inspiration

<http://www.doublehbranch.org/programs/summer-camp/camp-inspiration/>

97 Hidden Valley Road

Lake Luzerne, NY 12846

Phone: 518-696-5676

In the beginning of June, we host Camp Inspiration a weeklong family program for children (ages 5-21 years old) who are BIPAP or ventilator dependent. Camp Inspiration allows campers to participate in typical summer camp activities including swimming, High Ropes, Arts and Crafts, a horse drawn carriage ride and the chance to participate in a camp dance, talent show and campfire. This program is extremely unique and requires the support of nurses, doctors and respiratory therapists many from Albany Medical Center to provide the extensive care our campers require.

GallopNYC

<http://gallopnyc.org/>

Mailing Address:

88-03 70th Road

Forest Hills, NY 11375

Phone: 855-925-5661

Email: info@gallopnyc.org

GallopNYC brings the proven benefits of therapeutic horsemanship to children and adults with disabilities in NYC. Through weekly riding sessions with PATH-certified instructors, we help riders walk, talk, and learn, encouraging each one to live life as fully, productively, and independently as possible.

High & Mighty Therapeutic Riding and Driving Center

<http://high-n-mighty.org/>

71 County Route, 21C

Ghent, NY 12075

Phone: 518-672-4202

Email: info@high-n-mighty.org

High & Mighty is a therapeutic riding and driving farm for children and adults with special needs.

Infinity Dance Theater Company Ltd.

<https://www.infinitydance.com/index.html>

220 West 93rd Street

New York, NY 10025

Phone: 212-254-1109 (Box Office), 917-204-8294

Email: info@infinitydance.com

Infinity Dance Theater is a non-traditional dance company committed to expanding the boundaries of dance by featuring dancers with and without disabilities.

International Paper John Dillon Park

<https://www.paulsmiths.edu/johndillonpark/>

2150 Tupper Rd

Long Lake, NY 12847

Phone: 518-806-9774

Email: dillonpark@paulsmiths.edu

Paul Smith College and International Paper have created International Paper-John Dillon Park. The park is an accessible wilderness facility located in the beautiful Adirondacks of northern New York. They provide fully accessible trails, lean-tos and other services to accommodate all types of disabilities. Their camping experience is designed for people with disabilities.

Lounsbury Adaptive Ski Program

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

6557 Holiday Valley Road

PO Box 370

Ellicottville, NY 14731

Phone: 716-699-3504 (Ski Season Only)

Email: info@lounsburyadaptive.org

Programs offered: winter program only! Ski lessons by appointment, offered daily

Adaptive Sports CNY

<https://cnyadaptivesports.org/>

Mailing Address:

PO Box 83

Baldwinsville, NY 13027

Phone: 315-350-1726

Email: hello@cnyadaptivesports.org

New York State Department of Environmental Conservation

<http://www.dec.ny.gov/outdoor/34035.html>

DO, Bureau of Recreation
625 Broadway
Albany, NY 12233
Phone: 518-402-9295
Email: accessibility@dec.ny.gov
List of Accessible Outdoor Recreation

Rochester Accessible Adventures
www.rochesteraccessibleadventures.org

Mailing Address:
2165 Brighton Henrietta Town Line Rd
Rochester, NY 14623
Phone: 585-491-6011
Email: RAA@rochesteraccessibleadventures.org
RAA's DirectConnect services match people to inclusive opportunities across the western NY region including kayaking, cycling, mountain biking, fencing, pickleball, birding, tennis, basketball, sled hockey, and community centers and libraries. Their Inclusion Partnerships work directly with places of recreation, sports, and tourism to transform them into inclusively operating businesses so that everyone can participate, including individuals with disabilities.

Row New York
www.rownewyork.org
World's Fair Boathouse
30 Meadow Lake Trail
Flushing, NY 11367
Phone: 718-433-3075
Email: info@rownewyork.org
Offers adaptive rowing in Queens.

Saratoga Rowing Association
<https://club.saratogarowing.com/>
543 Union Ave
Saratoga Springs, NY 12866
Phone: 518-587-6697
Email: info@saratogarowing.com
The Saratoga Rowing Association provides education, training and participation in the sport of rowing and developed many programs that offer great opportunities to the entire community.

Spirited Athletes Bold At Heart (SABAH)
<http://www.sabahinc.org/>
2607 Niagara Street
Buffalo, NY 14207
Phone: 716-362-9600
Email: sabah@sabahinc.org

For more than 22 years, SABAH has taught Western New Yorkers who have physical, cognitive, or emotional challenges to ice skate. SABAH provides weekly adaptive ice skating lesson, adaptive ice skating equipment, intense volunteer support, and the opportunity to perform in an annual skating spectacular.

Stay-Focused

<https://stay-focused.org/>

245 East 44th Street, Suite 22B

New York, NY 10017

Phone: 917-332-0014

Email: info@stay-focused.org

Stay-Focused offers a unique, transformational learning experience to teens and young adults with disabilities. Through a SCUBA diving certification program, participants gain confidence, develop leadership skills, and become more independent. Participants learn to challenge themselves, become more aware of their abilities, set higher goals, and form long-term friendships. Stay-Focused is committed to supporting medical research that explores the beneficial aspects of diving on persons with mobility challenges.

Steffi Nossen School of Dance & Center for Movement: Adaptive Dance Programs

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

Music Conservatory of Westchester

216 Central Avenue

White Plains, NY 10606

Phone: 914-328-1900

Email: info@steffinossen.org

The Steffi Nossen School of Dance (SNSD) is a supportive, inclusive dance community committed to sharing the arts with residents throughout Westchester County and beyond. They believe dance is a unique form of education, developing the body, mind, spirit and character.

STRIDE Adaptive Sports

www.stride.org

4482 NY Highway 150

West Sand Lake, NY 12196

Contact Person: Mary Ellen Whitney, CEO & Founder

Phone: 518-598-1279

Email: info@stride.org

Programs offered: skiing, sailing, camping, Little League, bowling, swimming, snowboarding, snowshoeing/hiking, white water rafting. Some of their winter programs are in Massachusetts

Warriors on Wheels

http://www.profilesinpurpose.com/warriors_on_wheels/index.html

230 Green St, 4th Floor

Albany, NY 12202

Contact Person: Ned Norton

Phone: 518-506-1011

Email: warrionsonwheels@yahoo.com

Programs offered: strength training for individuals with disabilities, emphasis on weight training, and junior programs for youth.

Wheelchairs and Veterans Enjoying Summer, Inc (WAVES)

<http://www.kipsboat.org/index.html>

Mailing Address:

754 Shore Walk

Lindenhurst, NY 11757

Phone: 631-957-1838, 631-495-6105

Email: kipsboat@msn.com

A non-profit organization that offers children, adults and veterans with disabilities fishing and boating for free.

World T.E.A.M. Sports

<http://worldteamsports.org/>

93 Summer St, Ste 500

Boston, MA 02110-1207

Phone: 855-987-8326

Email: info@worldteamsports.org

World T.E.A.M. Sports is a 501(c)(3) not-for-profit organization chartered in North Carolina and headquartered in Holbrook, New York. Since 1987, World T.E.A.M. Sports has organized athletic events for disabled and able bodied citizens – mountain climbing, white water rafting, bicycling, and more. We change lives through sports.

United Way Offices

United Way National Headquarters

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

Mailing Address:

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter your postal code for a United Way Office in your area.

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

Veterans Benefits

US Department of Veterans Affairs VA Facility Locator

www1.va.gov/directory/guide/home.asp?isFlash=1

Veteran Benefits Administration: Buffalo Regional Office

<http://www.benefits.va.gov/Bufalo>

130 S Elmwood Ave

Buffalo, NY 14202-2478
Phone: 800-827-1000, 888-442-4551 (Education Benefits)
Serves Counties not served by the New York, NY Regional Office

Veteran Benefits Administration: New York Regional Office

<https://www.benefits.va.gov/newyork/>

201 Varick Street, 4th Floor
New York, NY 10014
Phone: 800-827-1000

Serves the Counties of: Albany, Bronx, Clinton, Columbia, Delaware, Dutchess, Essex, Franklin, Fulton, Greene, Hamilton, Kings, Montgomery, Nassau, New York, Orange, Otsego Putnam, Queens, Rensselaer, Richmond, Rockland, Saratoga, Schenectady, Schoharie, Suffolk, Sullivan, Ulster, Warren, Washington, and Westchester.

Paralyzed Veterans of America (PVA)

<http://www.pva.org>

1875 Eye Street NW, Suite 1100
Washington, DC 20006
Phone: 800-424-8200, 800-795-4327 (TTY)

Email: info@pva.org

<https://pva.org/find-support/national-service-office/>

Locate a chapter in your area on the Find a National Service Office or Chapter page.

ALS

ALS Association

<http://www.alsa.org>

1300 Wilson Boulevard, Suite 600
Arlington, VA 22209
Phone: 800-782-4747

Email: alsinfo@als.org

ALS United: Greater New York Chapter

www.als-ny.org

42 Broadway, Ste 1724
New York, NY 10004
Phone: 212-619-1400

Email: als@als-ny.org

ALS Association: New York

<https://www.als.org/support/states/new-york>

Phone: 315-413-0121

Email: infony@als.org

ALS Association Program at the Hospital for Special Surgery

525 East 71st St.
New York, NY 10021

Phone: 646-797-8917

Stony Brook University Hospital ALS Center

179 Belle Meade Road, Suite 3 East
Setauket, NY 11733
Phone: 516-946-5467

The ALS Center at Mount Sinai Downtown Union Square

Phillips Ambulatory Care Center
Department of Neurology
10 Union Square East, 5th Floor- 5D
New York, NY 10003
Phone: 212-844-6188

The Eleanor and Lou Gehrig ALS Center at Columbia University

<https://www.alscenter.cuimc.columbia.edu/>
Neurological Institute of New York
710 West 168th St
New York, NY 10032
Phone: 212-305-6788
Email: Neuro_ALSCenter@cumc.columbia.edu

ALS Clinic at the University of Rochester Medical Center

<https://www.urmc.rochester.edu/neurology/our-divisions/neuromuscular.aspx>
Neurology Outpatient Clinic
Strong Memorial Hospital, 1st Floor, AC-1
601 Elmwood Avenue, Box 673
Rochester, NY 14642
Phone: 585-275-1200; 585-275-2559
Email: neurology@urmc.rochester.edu

ALS Research and Treatment Center

<https://www.upstate.edu/neurology/index.php>
Upstate Health Care Center
90 Presidential Plaza, 4th Floor
Syracuse, NY 13202
Phone: 315-464-4243

Brain Injury

Brain Injury Association of New York State

www.bianys.org
5 Pine West Plaza, Suite 506
Albany, NY 12205
Phone: 518-459-7911; 800-444-6443 (Family Helpline)
Email: info@bianys.org

Cerebral Palsy

United Cerebral Palsy (UCP)

www.ucp.org

8401 Old Courthouse Road

Vienna, VA 22182

Phone: 800-872-5872, 866-827-1692 (Info and Referral)

Email: info@ucp.org

Center for Disability Services

<http://www.cfdsny.org>

314 South Manning Blvd

Albany, NY 12208

Phone: 518-437-5700

Email: info@cfdsny.org

UCP of Long Island

<https://www.ucp-li.org/>

250 Marcus Blvd

Hauppauge, NY 11788

Phone: 631-232-0011

Email: info@ucp-li.org

Cerebral Palsy Association of Nassau County

<https://cpnassau.org/>

380 Washington Avenue

Roosevelt, NY 11575-1899

Phone: 516-378-2000

Email: info@cpnassau.org

ADAPT Community Network (formerly United Cerebral Palsy of New York City)

<https://adaptcommunitynetwork.org/>

Administrative Offices:

80 Maiden Lane

8th Floor

New York, NY 10038

Phone: 212-683-6700, 877-827-2666 (Programs and Services Inquiries)

Email: info@adaptcommunitynetwork.org

Cerebral Palsy of Westchester

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

1186 King St

Rye Brook, NY 10573

Phone: 914-937-3800

Email: info@cpwestchester.org

CPW is a leading provider of extensive disabilities related services and programs tailored for most individuals with a variety of conditions. Focusing on personal success, community inclusion and the development of everyone's interests.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Please call them for local info.

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

<http://gbs-cidp.org/>

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131; 866-224-3301 (Toll-free)

Please call them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

www.nationalmssociety.org

Phone: 800-344-4867

National MS Society: Greater New York City-Long Island Chapter

<https://www.nationalmssociety.org/Chapters/NYN>

733 Third Avenue, 3rd Floor

New York, NY 10017

Phone: 800-344-4867 (Toll-free)

National MS Society: Upstate New York Chapter

<https://www.nationalmssociety.org/Chapters/NYR>

Physical Address:

1000 Elmwood Avenue, Suite 900

Rochester, NY 14620

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867 (Toll-free)

Multiple Sclerosis Association of America (MSAA): Northeast Regional Office

<https://mymsaa.org/>

375 Kings Highway North, Suite B

Cherry Hill, NJ 08034

Phone: 800-532-7667, ext. 144

Email: northeast@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your zip code in the “Find your local MDA” section to find the clinics that treat MD in your area

Post-Polio Syndrome

Post-Polio Health International (PHI)

<http://www.post-polio.org>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

NYU Langone Orthopedic Hospital

<https://nyulangone.org/locations/nyu-langone-orthopedic-hospital#visit>

Pediatric Orthopedic Service

Center for Children

301 East 17th Street, 3rd Floor

New York, NY 10003

Phone: 212-598-6000, 212-598-6205

Columbia University Irving Medical Center

<https://www.neurology.columbia.edu/>

New York Presbyterian Medical Center

Neurologic Institute of New York

710 West 168th

New York, NY 10032-3784

Phone: 212-305-2500, 646-426-3876 (Appts)

Email: yw2193@columbia.edu

SUNY Upstate Medical University

<https://www.upstate.edu/index.php>

Spina Bifida Clinic (Pediatric only)

Physician's Office Building

725 Irving Ave, Suite 112

Syracuse, NY 13210

Phone: 315-464-6395

Helen Hayes Hospital

<https://helenhayeshospital.org/>

Spinal Cord Injury Rehabilitation (Adult only)

51-55 RT 9 West

West Haverstraw, NY 10993

Phone: 845-786-4535 (Admission); 888-707-3422 (Toll-free), 845-947-3187 (TTY)

Email: info@helenhayeshospital.org

Spinal Cord Injury

Motion Project Foundation

www.motionprojectny.org

Natalie Barnhard Center for SCI Rehabilitation and Recovery

Mailing Address:

4820 Genesee St

Cheektowaga, NY 14225

Motion Project Foundation, formerly Wheels with Wings Foundation, funds Quality of Life Grants for residences of the 17 counties that comprise the Western New York Region of New York State. <http://www.westernny.com/regions.html> The grants help qualifying individuals obtain critical items such as rehabilitation therapy, home and vehicle modifications, and medical equipment.

Mount Sinai Spinal Cord Injury Program

<https://icahn.mssm.edu/research/spinal-cord-injury>

Icahn School of Medicine at Mount Sinai

1 Gustave L. Levy Place

New York, NY 10029-5674

Phone: 212-241-6500

The Mount Sinai Spinal Cord Injury (MS-SCI) Program is one of the U.S. Department of Health and Human Services National Institute on Disability, Independent Living, and

Rehabilitation Research(<http://www.msktc.org/sci/model-system-centers>) 18 Model
Systems of care for persons with spinal cord injury (SCI).

New York City Chapter of the United Spinal Association

www.nycspinalcord.org

PO Box 286444

Yorkville Station

New York, NY 10128-0014

Phone: 866-692-7242

Email: info@nycspinalcord.org

Rochester Spinal Association

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

601 Elmwood Ave

PO Box 664

Rochester, NY 14642

Phone: 585-234-3269

Email: RSA@rochesterspinalassociation.org

Syracuse Spinal Association Inc.

<https://syracusespinalassociation.org/>

PO Box 236

1801 Milton Ave

Syracuse, NY 13209

Phone: 315-751-4682

Email: syracusespinal1@gmail.com

Syracuse Spinal Association's mission is to enhance the quality of life for individuals with SCI and their families by providing advocacy, resources, peer mentorship and financial assistance. They strive to empower individuals by providing support and knowledge.

Spinal Tumor Support Group

<https://brainandspinalcord.org/support-groups-spinal-cord-injury-new-york/>

Upper West Side, NYC

Every Friday, 1:20-2:50 pm

Contact: Deborah Lamberti, A.C.S.W.

Phone: 212-223-7148

Email: supportgroup@neurosource.org

Stroke

American Stroke Association

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

National Center

7272 Greenville Ave

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area or visit the above website and search for a support group with your zip code.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282 (Toll-free)

Email: info@ASAP.org

Please contact them for local chapters and support groups.

Bobby Jones Chiari & Syringomyelia Foundation

<https://bobbyjonescsf.org/>

29 Crest Loop

Staten Island, NY 10312

Phone: 718-966-2593

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for local support in your area.

General Disability Resources

New York Yellow Pages for Kids with Disabilities

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

Accessibility Accelerator

<https://accessibilityaccelerator.org/>

1617 Third Ave

POB 286608

New York, NY 10128

Phone: 833-324-7718

Email: info@accessibilityaccelerator.org

Accessibility Accelerator assists people with disabilities through its support of universal design, accessible travel and advancing technology.

Accessible NYC

www.nycgo.com/accessibility

Accessible NYC is your guide to experiencing the richness of the City's offerings, including arts, entertainment, dining, museums and galleries, family attractions, and sports and recreation.

AHRC New York City Foundation

<http://www.ahrcnycfoundation.org/special-needs-trusts/>

83 Maiden Lane, 11th Floor

New York, NY 10038-4812

Phone: 212-780-2690

Offers two special needs trusts.

Association of People Supporting Employment First: NY State Chapter

www.apse.org

<https://apse.org/chapter/new-york/>

National Office:

7361 Calhoun Place

Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Email: nyapse@apse.org

Axis Project

www.axisproject.org

2162 3rd Ave

New York, NY 10035

Phone: 917-261-2595 (Office)

Email: info@axisproject.org

The Axis Project offers adaptive programming for people with disabilities and seniors.

The Center for Discovery

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

Mailing Address:

PO Box 840

Harris, NY 12742

Phone: 845-794-1400

Email: info@tcfcd.org

A private residential, clinical and day school for children and adults with significant developmental disabilities and medical frailties. Located 90 miles northwest of NYC.

211 Long Island

<https://www.211li.org/>

Phone: 888-774-7633 (Toll-free outside Nassau and Suffolk Counties), 211

An Information and Referral resource for all Long Islanders.

Disability Pride Parade NYC

www.disabilitypridenyc.org

PO Box 1833

New York, NY 10113

Phone: 718-454-9132

Email: DisabilityPrideParadePresident@gmail.com

Disabled in Action of Metropolitan New York

<http://www.disabledinaction.org>

PO Box 1550

New York, NY 10159

Phone: 646-504-4342

Email: info@disabledinaction.org

A civil rights organization committed to ending discrimination against people with disabilities.

Finger Lakes Independence Center

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

215 Fifth Street

Ithaca, NY 14850

Phone: 607-272-2433, 607-216-9683 (Video)

Email: info@fliconline.org

Provides many services and educational programs such as peer counseling, library and loan closet, independent living skills, support groups and more.

INCLUDEnyc

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

520 8th Avenue, 25th Floor

New York, NY 10018

Phone: 212-677-4660 (Help Line), 212-677-4668 (Spanish Help Line)

Email: info@INCLUDEnyc.org

A non-profit organization that provides information and referral, case management, advocacy, training, and library services in NYC.

Mozaic

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

Seneca County

1083 Waterloo-Geneva Road

Waterloo NY 13165

Phone: 315-539-5067

Email: mail@mozaic.org

Mozaic is the largest provider of services for persons with intellectual and other developmental disabilities in the Finger Lakes region of New York.

Museum of DisABILITY History

www.museumofdisability.org

3826 Main Street

Buffalo, NY 14226

Phone: 716-629-3626

New Alternatives for Children

<http://nackidscan.org/home/index.php>

825 7th Avenue

New York, NY 10019

Phone: 212-696-1550

Email: info@NacKidsCan.org

New Alternatives for Children (NAC) is a not-for-profit health and social services agency whose exclusive mission is to serve children with medical disabilities and/or chronic illnesses and their families. They provide comprehensive health and social services to support family preservation, reunification, or adoption.

N. Y. Able News

www.ablenews.com

201 I.U Willets Rd

Albertson, NY 11507

Phone: 516-465-1416

Email: ablenews@viscardicenter.org

Able Newspaper has both New York City and Long Island versions. It is a monthly online newspaper devoted to disability news and advocacy.

New York Chapter of the American Physical Therapy Association

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

PO Box 592

Wynantskill, NY 12198

Phone: 518-459-4499

New York State Occupational Therapy Association

www.nysota.org

PO Box 533

Chester, NY 10918

Phone: 518-301-9187

Open Doors

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

Open Doors supports the creativity and leadership of black and brown people who use wheelchairs and inspires action for safer, more just communities. Open Doors is a network of activists and artists motivated by gun violence prevention, community building, and disability rights.

Self-Advocacy Association of New York State, Inc.

<https://sanys.org/>

500 Balltown Rd, Bldg 12

Schenectady, NY 12304

Phone: 518-382-1454

The Self-Advocacy Association of New York State, Inc., is an organization founded by and led by people with developmental disabilities for people with developmental disabilities.

St. Mary's Healthcare System for Children

<http://www.StMarysKids.org>

29-01 216th St.

Bayside, NY 11360

Phone: 718-281-8800

Email: info@stmaryskids.org

St. Mary's provides specialized care, intensive rehabilitation and education to children. Offers a pediatric day healthcare program as well as weekend and summer programs to help manage a child's medical condition. They were New York City's first certified Pediatric Traumatic Brain Injury and NeuroRehabilitation Program for children.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

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.

Wheeling Forward

www.wheelingforward.org

Phone: 646-450-0077

Email: contact@wheelingforward.org

Wheeling Forward provides guidance and resources to disabled individuals for the purpose of achieving goals today rather than tomorrow, with a focus on educational attainment, employment procurement, health and wellness, community integration, housing acquisition, and personal fulfillment.

Wheels of Progress

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

64 East 111th Street, Suite 907

New York, NY 10029

Phone: 347-645-3265

Email: info@wheelsofprogress.org

Wheels of Progress's mission is create affordable, accessible supportive housing and provide transformative environments, education, and experiences for people living with a spinal cord injury or other physical disabilities.

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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