

Oregon 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.

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.

Oregon Department of Human Services: Aging and People with Disabilities

https://www.oregon.gov/odhs/agency/Pages/apd.aspx

500 Summer St NE Salem, OR 97301-1073

Phone: 503-945-5822; 800-282-8096 (Toll-free) Email: apd.directorsoffice@odhsoha.oregon.gov

Oregon Association of Area Agencies on Aging and Disabilities

www.o4ad.org/ Mailing Address: PO Box 2777 Salem, OR 97308

Phone: 503-463-8692 Email: <u>info@o4ad.org</u>

Oregon Area Agencies on Aging by County

https://www.oregon.gov/odhs/providers-partners/community-services-supports/Pages/default.aspx

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.

Assistive Technology

iCanConnect Oregon

http://www.accesstechnologiesinc.org

Access Technologies, Inc.

Administrative Offices and Computer Lab

2225 Lancaster Dr NE Salem, OR 97305

Phone: 503-361-1201, 800-677-7512 (Toll-free)

Email: info@accesstechnologiesinc.org

Northwest ADA Center (Covers Oregon)

http://nwadacenter.org/

Center for Continuing Education in Rehabilitation

University of Washington 6912 220th St SW, Suite 105 Mountlake Terrace, WA 98043

Phone: 800-949-4232 Email: nwadactr@uw.edu

Caregivers Information

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

http://www.wellspouse.org

63 West Main Street, Suite H

Freehold, NJ 07728 Phone: 732-577-8899

Email: info@wellspouse.org

Please contact them for local info and support groups

Community-Based Fitness Programs

ADAPT Training

http://www.adapttraining.com/

9923 SW Arctic Drive Beaverton, OR 97005 Phone: 503-755-8558

The ADAPT Advanced training system is offered to people with spinal cord injuries and

other neurological disorders.

Community Health Centers

Oregon Primary Care Association

www.orpca.org

623 SW Oak St, Suite 300

Portland, OR 97205 Phone: 503-228-8852 Email: info@orpca.gov

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

Health Resources and Services Administration (HRSA): Find a Health Center http://findahealthcenter.hrsa.gov/

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

Crime Victim Assistance

Oregon Crime Victim and Survivor Services Crime Victims' Compensation Program/Crime Victims' Rights Program

https://www.doj.state.or.us/crime-victims/

Oregon Department of Justice

1162 Court St NE

Salem, Oregon 97301-4096

Phone: 503-378-5348, 503-378-5938 (TTY), 971-673-1880 (Victims' Rights)

Email: CVSSD@doj.state.or.us

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)

National Resource Center on Domestic Violence

https://www.nrcdv.org/ Phone: 800-537-2238 Email: NRCDV@nrcdv.org

Call To Safety

https://calltosafety.org/ Mailing Address:

PO Box 42610 Portland, OR 97242

Phone: 888-235-5333 (Crisis Line), 503-232-9751 (Office)

Email: support@calltosafety.org

Oregon Coalition Against Domestic & Sexual Violence

http://ocadsv.com/ 9320 SW Barbur Blvd.

Suite #250

Portland, OR 97219 Phone: 503-230-1951 Email: info@ocadsv.org

Easter Seals Offices

Easterseals Oregon

http://www.easterseals.com/oregon/7300 SW Hunziker St, Suite 103

Portland, OR 97223 Phone: 503-228-5108

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

Government Offices

Oregon State Website

http://www.oregon.gov/

Oregon Aging and People with Disabilities

https://www.oregon.gov/odhs/agency/Pages/apd.aspx

Oregon Department of Human Services

500 Summer St. NE Salem. OR 97301-1073

Phone: 503-945-5822; 800-282-8096 (Toll-free) Email: apd.directorsoffice@odhsoha.oregon.gov

Oregon Vocational Rehabilitation Services

http://www.oregon.gov/DHS/vr/pages/index.aspx

Vocational Rehabilitation Central Administration

500 Summer St NE, E87

Salem, OR 97301

Phone: 503-945-5880, 877-277-0513 (Toll-free)

Oregon Medicaid Office

http://www.medicaidoffice.net/oregon-medicaid-office-mo38

Oregon Health Authority

500 Summer Street NE, 3rd Floor

Salem, OR 94310

Phone: 503-945-5944; 800-527-5772

Oregon Health Plan for Children and Teens

https://www.oregon.gov/oha/hsd/ohp/pages/ohpcoversme.aspx

Mailing Address: PO Box 14015 Salem, OR 97309

Phone: 800-273-0557, 800-699-9075 Email: Ask.OHP@odhsoha.oregon.gov

Senior Health Insurance Benefits Assistance (SHIBA)

http://www.oregonshiba.org/

500 Summer St NE E-12

Salem, OR 97301

Phone: 800-722-4134 (Toll-free)

Email: shiba.oregon@odhsoha.oregon.gov

Oregon Division of Financial Regulation

http://dfr.oregon.gov/Pages/index.aspx

Physical Address:

350 Winter St NE, Room 410

Salem, OR 97301-3883

Mailing Address: PO Box 14480

Salem, OR 97309-0405

Phone: 503-378-4140; 888-877-4894 (Toll-free), 503-947-7980 (Admin)

Oregon Workers' Compensation Division

http://wcd.oregon.gov/Pages/index.aspx

350 Winter Street NE

PO Box 14480

Salem, OR 97309-0405

Phone: 503-947-7810; 503-947-7585, 800-452-0288 (Toll-free)

Email: workcomp.questions@dcbs.oregon.gov

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

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

http://whoismyrepresentative.com/

State Long-Term Care Ombudsman

http://www.oltco.org/oltco/index.html

830 D St NE

Salem, OR 97301

Phone: 503-378-6533; 800-522-2602 (Toll-free)

Email: LTCO.info@rights.oregon.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.

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.

Oregon Housing and Community Services

https://www.oregon.gov/OHCS/pages/index.aspx
Rental and Housing Assistance Program
North Mall Office Building

725 Summer Street NE, Suite B

Salem, OR 97301-1266 Phone: 503-986-2000

Email: housinginfo@oregon.gov

Independent Living

ILRU: Statewide Independent Living Councils (SILCs)\

Oregon Statewide Independent Living Council

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

https://www.oregon.gov/odhs/agency/Pages/silc.aspx

500 Summer Street NE, E-87 Salem, OR 97301-1063

Phone: 503-945-6204

Email: oregon.silc@odhs.oregon.gov

Independent Living Research Utilization's Directory of Independent Living Centers

http://www.ilru.org

Quad Inc. (Quadriplegics United Against Dependency)

http://www.quadinc.org

6645 NE 78th Court, C-7 Portland. OR 97218

Phone: 503-287-4260

A non-profit that sponsors independent living centers in the Portland area.

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.

Library Services

Talking Book and Braille Services

https://www.oregon.gov/library/print-disabilities/pages/using-talking-books.aspx

State Library of Oregon

250 Winter Street Northeast

Salem, OR 97301

Phone: 503-378-5389, 800-452-0292 (Toll-free)

Email: talkingbooks.info@slo.oregon.gov

NeuroRecovery Network (NRN)

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

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@Reeve.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

Disability Rights Oregon

https://droregon.org/

Mailing Address:

511 SW 10th Ave, Suite 200

Portland, OR 97205

Phone: 503-243-2081, 800-452-1694 (Toll-free)

Oregon Protection and Advocacy/Client Assistance Program

Service Dogs

Kings Valley Collies

http://www.kingsvalleycollies.com

Physical Address: 39968 Ward Road Kings Valley, OR 97361 Mailing Address: PO Box 56

Philomath, OR 97370 Phone: 541-760-6564

Sports and Recreation

Adaptive Sports Northwest

www.adaptivesportsnw.org

10541 SE Cherry Blossom Dr

Portland OR 97216 Phone: 503-241-0850

Email: info@adaptivesportsnw.org

Adaptive Sports Northwest seeks to empower people with physical disabilities through

sport and fitness.

Adventures Without Limits

www.awloutdoors.com

PO Box #670

Forest Grove, OR 97116

Phone: 503-359-2568 (Office landline), 503-389-0580 (Remote line)

Email: info@awloutdoors.org

Oregon Adaptive Sports

http://oregonadaptivesports.org 63025 O.B. Riley Road, Suite 12

Bend, OR 97703

Phone: 541-848-9390; 541-306-4774 Email: <u>info@oregonadaptivesports.org</u>

Horses of Hope Oregon

www.horsesofhopeoregon.org

2895 Cloverdale Drive SE

Turner, OR 97392 Phone: 503-743-3890

Email: info@hohoregon.org

Adaptive Riding Institute provides equine assisted therapy services, personal

development, therapeutic riding, and related services for people of all abilities.

Oregon Department of Fish and Wildlife

http://www.dfw.state.or.us/

4034 Fairview Industrial Dr SE

Salem, OR 97302

Phone: 503-947-6000; 800-720-6339 (Toll-free)

Email: odfw.info@odfw.oregon.gov

United Way Offices

United Way National Headquarters

https://www.unitedway.org/

701 North Fairfax Street Alexandria, VA 22314 Phone: 703-836-7112

Enter 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.

Veteran Benefits

U.S Dept. of Veterans Affairs: Facility Locator

https://www.va.gov/directory/guide/home.asp

Portland VA Medical Center

http://www.portland.va.gov/

3710 Southwest US Veterans Hospital Road

Portland, OR 97239-2964

Phone: 503-220-8262, 503-273-5187 (Mental health care)

Paralyzed Veterans of America Tri-State Chapter

https://tristatepva.org/ 3700 Silverton Road

Salem, OR 97305

Phone: 503-362-7998

Email: TriStatePVA@TriStatePVA.org

ALS

ALS Association (ALSA)

www.alsa.org

1300 Wilson Blvd, Suite 600

Arlington, VA 22209 Phone: 800-782-4747 Email: alsinfo@als.org

ALS Northwest (Formerly Oregon and SW Washington Chapter)

https://alsoregon.org/

825 NE Multnomah St. #940

Portland, OR 97232

Phone: 503-238-5559

Brain Injury

Brain Injury Alliance of Oregon

http://biaoregon.org/

PO Box 549

Molalla, OR 97038

Phone: 800-544-5243, 503-961-5675

Email: biaor@biaoregon.org

Cerebral Palsy

United Cerebral Palsy (UCP)

http://www.ucp.org

8401 Old Courthouse Road

Vienna, VA 22182

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

Email: info@ucp.org

They may have regional offices.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

http://www.ataxia.org/

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986 Golden Valley, MN 55427

Phone: 763-553-0020 Email: naf@ataxia.org

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 contact them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Oregon and SW Washington Chapter

https://www.nationalmssociety.org/resources/get-connected/in-your-area/orc

Physical Address:

5331 S Macadam Avenue, Suite 290

Portland, OR 97239 Mailing Address: PO Box 54879

Los Angeles, CA 90054 Phone: 800-344-4867

Multiple Sclerosis Association of America

http://www.mymsaa.com

375 Kings Highway N, Suite B

Cherry Hill, NJ 08034 Phone: 800-532-7667

Email: msaa@mymsaa.org

MSAA Western Regional Office

Phone: 800-532-7667, Ext.155 Email: western@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

https://www.mda.org/

National Office

1016 W Jackson Blvd, # 1073

Chicago, IL 60607 Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your state in the "MDA Care Centers" section of the website for MDA Care Centers

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.

PDX Polio Support Group (Portland Metro)

https://www.facebook.com/PDXPolioSupportGroup/

Portland, OR 97035 Phone: 503-358-2032

Email: pdxpolio@gmail.com

Spina Bifida

Spina Bifida Association

http://www.spinabifidaassociation.org

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141 (Toll-free)

Email: sbaa@sbaa.org

Please contact them for info in your area

SBAA Oregon Clinics

Eugene Child Development & Rehabilitation Center

Oregon Health & Science University 74B Centennial Loop, Suite 100

Eugene, OR 97401

Phone: 503-346-1640, 877-346-0640 (Toll-free)

Doernbecher Children's Hospital

Oregon Health and Science University 700 SW Campus Drive Portland, OR 97239

Phone: 503-346-0640

Shriners Children's Portland

3101 SW Sam Jackson Park Road Portland, OR 97239

Phone: 971-414-6438

Spinal Cord Injury

Oregon Spinal Cord Injury Connection

https://www.oregonsci.org/

Mailing Address: PO Box 11927 Portland, OR 97211

Email: contact@oregonsci.org

St. Charles Medical Center SCI Support Group

http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/oregon.html

Meeting Place:

St. Charles Medical Center

2500 NE Neff Rd. Bend, Oregon 97701

Phone: 541-382-4921, Ext. 2682 (Amy King)

This group meets on the third Tuesday of the month from 6:00 pm to 7:30 pm. It is led by

a Recreational Therapist.

Stroke

American Stroke Association

https://www.stroke.org/

National Center 7272 Greenville Avenue

Dallas, TX 75231 Phone: 888-478-7653

Please call them for the stroke support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

http://www.asap.org

PO Box 1586

Longview, TX 75606-1586

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

Email: info@ASAP.org

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 info in your area.

General Disability Resources

Oregon Yellow Pages for Kids with Disabilities

http://www.yellowpagesforkids.com/help/or.htm

Occupational Therapy Association of Oregon (OTAO)

http://www.otao.com

PO Box 86231

5010 SE Foster Road Portland, OR 97286

Phone: 971-266-4328

Email: otaoinfo@gmail.com

APTA Oregon: Chapter of the American Physical Therapy Association

https://www.aptaoregon.org/

9600 SW Oak Street, Suite 565

Tigard, OR 97223

Phone: 503-262-9247, 877-452-4919 (Toll-free)

Email: info@aptaoregon.org

Association of People Supporting Employment First (APSE)

http://www.apse.org/

7361 Calhoun Place, Suite 680

Rockville, MD 20855 Phone: 301-279-0060 Email: info@apse.org

Please contact them for local info.

211

www.211.org Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Healthboards.com

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

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

Incight

http://incight.org/

PO Box 82056

Portland, OR 97282 Phone: 971-244-0305

They aim to unlock the potential of people with disabilities by providing employment and

education services.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

E-mail: 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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