



Texas 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.

Texas Department of Aging and Disability Services

<https://www.hhs.texas.gov/services/aging>

Phone: 855-937-2372

Area Agencies on Aging

<https://www.hhs.texas.gov/providers/long-term-care-providers/area-agencies-aging-aaa>

Email: AAA.help@hhsc.state.tx.us

Texas Aging and Disability Services

<http://tcdd.texas.gov/tag/texas-department-of-aging-and-disability-services/>

6201 E. Oltorf, Suite 600

Austin, TX 78741-7509

Phone: 512-437-5432

Toll Free: 800-262-0334

Email: tcdd@tcdd.texas.gov

National Center on Elder Abuse (NCEA)

<https://ncea.acl.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

Art Spark Texas

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

3710 Cedar Street

Box 7, Room # 128

Austin, TX 78705

Phone: 512-454-9912

E-mail: info@artsparktx.org

Art Spark Texas challenges perceptions of how people contribute by creating an arts-inspired, inclusive community of individuals with diverse abilities.

Assistive Technology

Southwest ADA Center

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

TIRR Memorial Hermann

1333 Moursund

Houston, TX 77030

Toll Free: 800-949-4232

Phone: 713-520-0232 v/tty

Texas Technology Access Program

<http://techaccess.edb.utexas.edu>

Texas Center for Disability Studies
The University of Texas at Austin, L4000
Commons Learning Center, Suite 1.154
10100 Burnet Road
Austin, TX 78758-4445

Phone: 512-232-0740, 800-828-7839 (Toll-free)

TTY: 512-232-0762, 800-735-2989 (Toll-free)

E-mail: techaccess@teachnet.edb.utexas.edu

Texas Assistive Technology Network (TATN)

<http://www.texasat.net/>

Kirk D. Behnke, MEd., ATP, Senior Education Specialist
Special Education Services
Region 4 Education Service Center
7145 West Tidwell
Houston, TX 77092-2096
Phone: 713-462-7708

TATN consists of representatives from each of the Texas Education Services Centers, and the Texas Education Agency. The organization provides professional development and technical assistance. Works to ensure that students with disabilities receive AT devices and services when needed to benefit from a free, appropriate public education.

Caregivers

Caregiver.com

<https://caregiver.com/>

3920 Riverland Road
Fort Lauderdale, FL 33312
Tel: (954) 893-0550, 1-800-829-2734
Email: info@caregiver.com

Well Spouse Association

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

Dallas Fort Worth
Graham Lomax
Phone: 214-422-9706

Houston South, TX
10030 Scarsdale Blvd
Jennifer Miller
Phone: 713-724-2360

Houston WSA Support Group

Debbie Poynter
Phone: 832-773-0747

Community-Based Fitness Programs

Neurological Recovery Center

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

6913 Camp Bowie #141

Fort Worth, TX 76116

Phone: 682-312-7693

Email: jenniferzoll@neurologicalrecoverycenter.com

The Neurological Recovery Center is a PT practice whose professionals are dedicated to serving a clientele seeking the highest level of personalized one-on-one care. They have some of the most advanced robotics systems for intensive gait therapy as well as upper extremity functional rehabilitation.

Dream 2 Walk

<http://dream2walk.org/>

1904 Webster Dr

Plano, Texas 75075

Phone: (214) 417-8466

Neuro Fitness Foundation

www.neurofitnessfoundation.org

1361 West Eules Blvd #101

Eules, TX 76040

Phone: 817-571-1323

Email: info@neurofitnessfoundation.org

This is a gym with specialized equipment for individuals living with neurological impairments. They offer space for those who share similar conditions and who are working to improve their health, strength, and independence. They have a range of adaptive exercise equipment and a functional space with easy access for walkers, wheelchairs, power chairs, and caretakers.

REACT Neuro-Rehab

www.neuroreaction.org

15046 Beltway Dr.

Addison, TX 75001

Phone: 972-386-0701

Their comprehensive neuro-restorative model blends principles of targeted plasticity and strength training to offer a fully customized treatment program.

Community Health Centers

Texas Association of Community Health Centers

www.tachc.org

5900 Southwest Parkway, Building 3

Austin, TX 78735

Phone: 512-329-5959

Email: info@tachc.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 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.

Saint Anthony's Health Center

<https://www.healthgrades.com/>

1 Saint Anthony's Way

Alton, IL 62002

Phone: 618-465-2571

Crime Victim Assistance

Attorney General of Texas: Crime Victims' Compensation

www.texasattorneygeneral.gov/cvs/crime-victims-compensation

P.O. Box 12548

Austin, Texas 78711-2548

Phone: 512-936-1200, 800-983-9933 (Toll-free)

E-mail: crimevictims@texasattorneygeneral.gov

Disabled Crime Victims Assistance, Inc.

www.dcvainc.org/

2501 Parkview, Suite 111

Fort Worth, TX 76102

Phone: 817-338-0220

E-mail: dcva@sbcglobal.net

A non-profit organization that assists crime victims that become disabled as a result of that crime, as well as those that are already disabled and become a crime victim.

Domestic Violence Help

National Domestic Violence Hotline

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

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

Safe Place

<http://www.safeaustin.org/safeplace/>

P.O. Box 19454

Austin, TX 78760

Phone: 512-267-7233 (24 hour hotline)

Email: info@safeaustin.org

Texas Council on Family Violence

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

P.O. Box 161810

Austin, TX 78716

Phone: 512-794-1133

Resource and Crisis Center of Galveston County Inc.

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

1204 45th Street

Galveston, TX 77550

Phone: 888-919-SAFE (7233)

Email: info@rccgc.org

The mission of the Resource & Crisis Center of Galveston County, Inc. is to promote the safety, well-being and best interests of victims of family violence, sexual assault and child abuse, while advocating for the prevention of such crimes. 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

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.

Easter Seals Central Texas

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

2324 Ridgepoint Dr #F1

Austin, TX 78754

Phone: 512-615-6800

Easter Seals Central Texas

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

Workforce Development

315 East St. Elmo Road
Austin, TX 78752
Phone: 512-440-7819

Easter Seals Rio Grande Valley, TX

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

P.O. Box 489
McAllen, TX 78505
Phone: 956-631-9171

Easter Seals Rio Grande Valley, TX

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

Child Development Center
1217 Houston Street
McAllen, TX 78501
Phone: 956-631-9171

Easter Seals North Texas

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

1424 Hemphill Street
Fort Worth, TX 76104
Phone: 888-617-7171

Easter Seals Greater Houston

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

4888 Loop Central Drive, Suite 200
Houston, TX 77081
Phone: 713-838-9050
E-mail: info@eastersealshouston.org

Government Agencies and Programs

TexasOnline: Official Website of the State of Texas

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

Texas Children's Health Plan

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

PO Box 301011, NB 8360
Houston, TX 77230

Email: HealthPlan@TexasChildrens.org

Texas offers two health insurance programs for children: Children's Health Insurance Program (CHIP) and Children's Medicaid.

CHIP Call Center: 866-959-6555 (Toll-free), 866-959-2555 (Toll-free)

Texas Health Information Counseling and Advocacy Program (HICAP)

<http://www.tdi.texas.gov/consumer/hicap>

Texas Department of Insurance
333 Guadalupe

Austin, TX 78701
Phone: 512-676-6000
Consumer Helpline: 800-578-4677 (Toll-free)

Texas Health and Human Services

<https://www.hhs.texas.gov/>

Office of the Ombudsman
P.O. Box 13247
Austin, TX 78711-3247
Phone: 877-787-8999

Texas Health and Human Services: Home and Community-based Services

<https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-programs-services/home-community-based-services>

Medicaid.gov: Waivers

<http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Waivers/Waivers.html>

Texas Department of Insurance

<http://www.tdi.texas.gov/>

P.O. Box 12030
Austin, TX 78711
Phone: 512-676-6000
Consumer Helpline: 800-578-4677 (Toll-free)

Texas Department of Insurance: Division of Workers' Compensation

<https://www.tdi.texas.gov/wc/index.html>

Phone: 512-804-4239
Injured Employee Hotline: 800-252-7031

Governor's Committee on People with Disabilities

<http://www.governor.state.tx.us/disabilities/>

City of Houston: Mayor's Office for People with Disabilities

<http://www.houstontx.gov/disabilities>

901 Bagby
Houston, TX 77002
Phone: 713-837-0311
TDD: 713-837-0215

United States House of Representatives

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

Who Represents You in the U.S. Congress

<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.

Texas Long-Term Care Ombudsman Program

https://apps.hhs.texas.gov/news_info/ombudsman/

Texas Health and Human Services

Phone: 800-252-2412 (Toll-free)

Email: ltc.ombudsman@hhsc.state.tx.us

Long-term care (LTC) ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anybody who lives in a nursing home or an assisted living facility.

Housing

Housing and Urban Development (HUD)

www.hud.gov

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

Independent Living

ILRU: State Independent Living Councils (SILCs)

Texas Independent Living Council

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

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

1524 South Interstate 35, Suite 320

Austin, TX 78704

Phone: 512-371-7353

TTY: 512-371-7353

Email: saul@txsilc.org

Independent Living Research Utilization's directory of Independent Living Centers
<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

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.

Mounting Horizons, Inc.

www.mountinghorizons.org

951 FM 646 Unit A-5

Dickinson, TX 77539

Phone: 888-307-9639

Email: rshepherd@mountinghorizons.org or nmurray@mountinghorizons.org

Mounting Horizons offers Advocacy, Peer Support, Independent Living Skills, Information and Referral, Youth Transition, Additional Services: Social and Recreational, Transportation/ Mobility Management, Barrier Reduction, Employment, and Volunteerism.

Library Services

The Talking Book Program

<https://www.tsl.texas.gov/tbp/index.html>

Texas State Library and Archives Commission

P.O. Box 12927

Austin, TX 78711

Phone: 512-463-5458, 800-252-9605 (Toll-free)

E-mail: tbp.services@tsl.texas.gov

The Talking Book Program provides free library service to Texans of all ages who are unable to read standard print material due to visual, physical, or reading disabilities – whether permanent or temporary. The Talking Book Program's collection is provided in alternative media formats: cassette, braille, and large print.

NeuroRecovery Network (NRN)

The Institute for Rehabilitation and Research (TIRR)

Houston, TX

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. For more info on qualifying for the program, 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/qol for more info on qualifying and applying.

Protection and Advocacy

Disability Rights Texas (formerly Advocacy, Inc.)

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

Statewide intake for new callers: 800-252-9108 (Toll-free)

Main Office

2222 West Braker Lane

Austin, TX 78758

Phone: 512-454-4816

East Texas Regional Office

1500 McGowen, Suite 100

Houston, TX 77004

Phone: 713-974-7691

El Paso Regional Office

300 East Main, Suite 205

El Paso, TX 79901

Phone: 915-542-0585

North Texas Regional Office

1420 West Mockingbird Lane

Suite 450
Dallas, TX 75247-4932
Phone: 214-630-0916

South Texas Regional Office

6800 Park Ten Boulevard
Suite 208-N
San Antonio, TX 78213
Phone: 210-737-0499

West Texas Regional Office

4747 South Loop 289, Suite 120
Lubbock, TX 79424
Phone: 806-765-7794

Texas Legal Services Center

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

Toll-free Legal Hotline: 800-622-2520
Phone: 512-477-6000

TLSC is a non-profit legal office which provides assistance and training to poverty law advocates and their clients in the areas of litigation support, education and communication. TLSC sponsors projects that assist individuals in Texas and, in some cases, nationwide. There is an online intake form to determine if you are eligible for services.

Service Dogs

Texas Hearing and Service Dogs

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

4925 Bell Springs Rd
Dripping Springs, TX 78620
Phone: 512-891-9090
Toll-free: 877-TEX-DOGS (877-839-3647)
Training Center: 512-858-1495

Sports and Recreation

BlazeSports Grand Prairie

Grand Prairie Parks & Recreation
2750 Graham Street
Grand Prairie, TX 75050
Phone: 972-237-7529
Contact: Mariana Espinoza, mespinoza@gptx.org

Camp for All

<http://campforall.org/>
3701 Kirby Drive, Suite 570
Houston, TX 77098

Phone: 713-686-5666
E-mail: houstonoffice@campforall.org

Campsite

6301 Rehburg Road
Burton, TX 77835
Phone: 979-289-3752
E-mail: campsite@campforall.org

Camp for All hosts campers with cancer, muscular dystrophy, epilepsy, severe burns, sickle cell, cerebral palsy, cognitive challenges, cardiac issues, spinal cord injuries, PKU, neurofibromatosis, HIV, dermatological issues, autism and more.

Camp Summit

<http://campsummittx.org/>
17210 Campbell Road, Suite 180-W
Dallas, Texas 75252
Phone: 972-484-8900

Email: camp@campsummittx.org

Camp Summit is a “sleep away” camp for children and adults with disabilities that offers weeklong camp sessions during spring break, summer and fall months as well as weekend sessions and respite days.

Move United

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

Click on “Locations” to find a chapter near you.

Morgan’s Wonderland

<http://www.morganswonderland.com>

5223 David Edwards
San Antonio, TX 79233
Phone: 210-495-5888

Morgan's Wonderland is a 25-acre park located in San Antonio. It was designed specifically for children and adults with special needs, their family members, caregivers, friends and the entire community.

North Texas Fully Charged Power Soccer Team

www.ntfullycharged.org

801 West Greek Row Dr.
Arlington, TX 76013
Phone: 972-951-3028

Email: info@NTFullycharged.org

This is a recreational and competitive power wheelchair soccer team for both adults and children of all skill levels.

Operation Comfort

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

1107 Austin Highway, Unit 90496

San Antonio, TX 78209

Phone: 210-826-0500

E-mail: info@operationcomfort.org

Operation Comfort provides recreational opportunities to wounded soldiers who have served in Iraq and Afghanistan and are being treated at Brooke Army Medical Center and Audie Murphy VA Hospital in San Antonio.

City of Pasadena: Peter C. Fogo Recreation Center

<https://www.pasadenatx.gov/581/Peter-C-Fogo-Recreation-Center>

914 Hart St.

Pasadena, TX 77506

Phone: 713-589-1897

The Multipurpose Recreation Center is a facility specifically dedicated to recreational activities, programs, and events for youth and adults ages 5 to 55 years of age with any type of physical and/or cognitive disability. Programs include: wheelchair sports, Special Olympics, after-school, support groups, fitness, aquatics and summer day camps.

San Antonio River Walk Accessibility

<http://www.sanantonio.gov/DAO/PublicationsandMaps/RiverWalkMapsandAccessibility.aspx>

Sister-Bear Foundation

<https://www.sister-bear.com/>

13800 I-27 Frontage Rd

Amarillo, TX 79119

Phone: 806-282-5620

Email: julie@sister-bear.com

Sister-Bear Foundation's mission is to provide access to adaptive fitness and wellness resources for adults recovering from a stroke, spinal cord or brain injury, or other neurologic event to improve their health, functionality, and quality of life.

Texas Adaptive Aquatics

<http://www.taasports.org>

103 Page Lane

Huffman, TX 77336

Phone: 281-324-4653; 832-435-6253

Email: Roger1@taasports.org

Texas Adaptive Aquatics provides water skiing for disabled children and adults.

TIRR Memorial Hermann Sports

<http://www.memorialhermann.org/locations/tirr/content.aspx?id=1250>

Phone: 713-797-5928

TIRR Memorial Hermann Sports was developed to give athletes with all types of disabilities an outlet to continue playing sports both competitively and through intramural programs under the following adaptive sports programs: basketball, golf, rugby, sled hockey, hand cycling, sitting volleyball, and swimming.

Trinity Oaks

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

9385 Miller Lane

San Antonio, TX 78266

Phone: [210-447-0351](tel:210-447-0351)

Email: info@trinityoaks.org

Uses hunting, fishing, and outdoor activities to give back and make a difference in the lives of others. Their programs and services are for underserved populations such as veterans, youth, terminally ill and disabled; who benefit immensely from the outdoors, but otherwise would not be able to afford the experience.

Turning Point Nation

<http://www.turningpointnation.org>

Turning Point teaches people with mobility impairments the skills necessary to fully enjoy the outdoors and sponsors a wide variety of activities. The organization has East Texas, West Texas, and North Texas chapters.

Therapeutic Riding Programs

SIRE, Houston's Therapeutic Equestrian Centers

<http://www.SIRE-HTEC.org>

4800 W. 34th St. STE D-6

Houston, TX 77092

Phone: 281-356-7588

Therapeutic Horsemanship of El Paso

<https://www.facebook.com/therapeutichorsemanshipofelpaso/>

924 Gato Rd

El Paso, TX 79932

The Therapeutic Horsemanship of El Paso helps riders strive towards increased independence, self-confidence, strength, relaxation, empathy, social skills, decision making, responsibility, and communication.

Windridge Therapeutic Equestrian Center of East Texas

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

Mailing Address:

P.O. Box 680

Diana, TX 75640

Physical Address:

593 Windridge Road

Gilmer, TX 75645

Phone: 903-797-2414

Email: windridgetx@aol.com

Windridge Therapeutic Equestrian Center of East Texas enhances the lives of individuals with disabilities through equine assisted activities and therapies.

United Way Offices

United Way

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

Enter your postal code to find an 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.

United Way of Texas

<http://www.uwtexas.org>

106 E 6th St. Ste 900-116

Austin, TX 78701

Phone: 512-651-1149

United Way of Greater Houston

<http://unitedwayhouston.org/>

50 Waugh Drive

Houston, TX 77007

Phone: 713-685-2300

Veterans Benefits

U.S. Department of Veterans Affairs: VA Facility Locator

<https://www.va.gov/find-locations/>

Enter your postal code or click on your state to find a facility in your area.

National Service Offices

Houston VA Regional Office

6900 Almeda Road, Room 1028

Houston, TX 77030

Phone: 713-383-2727

Toll-free: 800-795-3571

Houston VA Medical Center

Michael E. DeBakey VA Medical Center

2002 Holcombe Boulevard, Room 1-B-164

Houston, TX 77030

Phone: 713-794-7993

Waco TX

1 Veterans Plaza

701 Clay Avenue, Room 115

Waco, TX 76799

Phone: 254-299-9944

Toll-free: 800-795-3573

Audie Murphy VAMC

7400 Merton Minter Boulevard
Room C-0121.1
San Antonio, TX 78229
Phone: 210-617-5300 x16819
Toll-free: 800-795-3572

Dallas Spinal Cord Injury Center

4500 S. Lancaster Road, Room 1-A-102
Dallas, TX 75216
Phone: 214-857-0105
Toll-free: 800-795-3570

- El Paso

VA Health Care Center
5001 N. Piedras, Room B-211
El Paso, TX 79930-4211
Phone: 915-564-6183

Operation Homefront

<https://operationhomefront.org/>

1355 Central Parkway S, Ste. 100
San Antonio, TX 78232
Phone: 210- 659-7756

Operation Homefront assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and financial assistance.

Paralyzed Veterans of America

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

To locate a chapter near you, scroll to the bottom of the page, click on *Chapters and NSOs*.

PVA Chapter Offices

Lone Star Chapter

<http://mypva.org/>

3925 Forest Lane
Garland, TX 75042
Phone: 972-276-5252,
Toll-free: 800-583-5252
E-mail: lspva@lspva.net

Texas Chapter

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

6418 FM 2100 Road
Crosby, TX 77532

Toll-free: 800-933-4261

Satellite Offices

South Texas

4531 Ayers, No. 228
Corpus Christi, TX 78415
Phone: 888-382-3830 (Toll-free)

San Antonio

3830 River Falls
San Antonio, TX 78259-3647
Phone: 210-617-5300

ALS

The ALS Association National Office

<http://www.alsa.org>

1300 Wilson Blvd., Suite 600
Arlington, VA 22209
Care services (providing information and referrals): 800-782-4747 (Toll-free)

ALS Association Chapters

Dallas Office

2251 Chenault
Carrollton, TX 75006
Phone: 877-714-0088

San Antonio Office

4939 Dezauala, Suite 105
San Antonio, TX 78249

Austin Office

1315 Sam Bass Dr, Unit B5
Round Rock, TX 78681

Houston Office

1213 Hermann Dr., Suite 525
Houston, TX 77004

Muscular Dystrophy Association's ALS Research Centers:

MDA/ALS Center at Methodist Hospital Neurological Institute

www.houstonmethodist.org/neurology/locations/texas-medical-center/clinical-programs/mda-als-center

Stanley H. Appel, M.D., Director
Ericka P. Simpson, M.D., Co-Director

The Methodist Hospital Neurological Institute
6560 Fannin, Suite 802
Houston, TX 77030
Phone: 713-441-3760
E-mail: als@houstonmethodist.org

MDA/ALS Center at the University of Texas Health Science Center at San Antonio

Carlayne E. Jackson, M.D., F.A.A.N., MDA Clinic Director
Department of Neurology
University of Texas Medicine San Antonio/UTHSCSA
Medical Arts & Research Center
8300 Floyd Curl Drive, 4th Floor
San Antonio, TX 78229
Phone: 210-450-9700
E-mail: jacksonce@uthscsa.edu

Brain Injury

Texas Brain Injury Alliance

www.texasbia.org
9050 N Capital of Texas Highway
Bldg 3, suite 130
Austin, TX 78759
Phone: 800-392-0040 (Toll-free)
E-mail: info@texasbia.org

North Texas Traumatic Brain Injury Model System

<http://www.msktc.org/researchcenter/detail/TexasTBI>
University of Texas Southwestern Medical Center and Baylor Institute of Rehabilitation
Dallas, TX

RSVP Texas

<https://rsvptexas.org/>

Services by appointment only at:

NeuroRestorative

9551

Fannin

St.

Houston, Texas 77045

Phone: 855-825-RSVP (7787)

Email: info@rsvptexas.org

Rehabilitation Services Volunteer Project (RSVP) is an all-volunteer, nonprofit organization that provides physical rehabilitation services and equipment to uninsured individuals with disabilities. The RSVP-Clinic provides outpatient services to individuals with brain injuries, spinal cord injuries, and amputations. These services include medical care, nursing care, pharmacist management, physical therapy, occupational therapy, speech therapy, neuropsychological evaluation, social work and spiritual care.

The medical equipment division (RSVP-MED) provides durable medical equipment (such as wheelchairs, bathroom equipment, and walkers) to individuals in our community with disabilities (regardless of diagnosis) who lack access to this equipment.

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

<http://www.ataxia.org>

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

National Ataxia Foundation Ambassadors

Dana Leblanc

Phone: 409-883-5570

E-mail: tileasal@yahoo.com

Debra Whitcomb

Phone: 915-329-0721

E-mail: debrawhitcomb@hotmail.com

Support Groups

North Texas Support Group

David Henry, Jr.

Trophy Club, TX 76262

Phone: 817-739-2886

Email: Cheve11e@sbcglobal.net

Greater Houston Area Support Group

Ashley Grayson

Houston, TX

Phone: 832-530-0866

Email: ashleygrayson90@gmail.com

Guillain-Barré Syndrome / CIDP

GBS/CIDP Foundation International

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

375 E. Elm St.

Conshohocken, PA 19428

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

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

<http://www.nationalmssociety.org>

Toll-free phone: 800-FIGHT MS (800-344-4867)

National Multiple Sclerosis Society: Find a Chapter

<http://www.nationalmssociety.org/find-a-chapter/index.aspx>

Search for chapter by state or zip code.

National Multiple Sclerosis Society Offices

Lone Star

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

1050 N. Post Oak Road

Ste. 240

Houston, TX 77055

Phone: 800-344-4867

Amarillo

3350 Olsen Blvd., Suite 1700

Amarillo, TX 79109

Phone: 806-468-8005

Austin

9600 N. Mopac, Suite 150

Austin, TX 78759

Phone: 512-340-2700

North Texas Office

2105 Luna Rd., Ste. 390

Carrollton, TX 75006

Phone: 469-619-4700

Lubbock

3610 22nd Street, Suite 301

Lubbock, TX 79410

Phone: 806-725-0946

West Texas Office

1031 Andrews Highway, Suite 304C

Midland, TX 79701

Phone: 432-522-2143

San Antonio

9830 Colonnade Boulevard, Suite 130

San Antonio, TX 78230-2203

Phone: 210-694-3200

Multiple Sclerosis Association of America (MSAA)

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

National Headquarters
375 Kings Hwy N.
Cherry Hill, NJ 08034
Phone: 800-532-7667 (Toll-free)

MSAA South Central Regional Office

Becky Remington, Regional Director
14902 Preston rd., Suite 404-345
Dallas, TX 75254
Phone: 800-532-7667 ext 137
Email: southcentral@mysaa.org

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

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

National Office
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Email: ResourceCenter@mdausa.org

Enter your state in the “MDA Care Centers” section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International

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

50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
E-mail: info@post-polio.org

The Post-Polio Directory 2020 lists

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

by state – clinics, physicians, support groups and associations which specialize in post-polio syndrome. It can be downloaded for free; print copies are available for \$12.

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

P.O. Box 17427
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

SBA Chapters

Spina Bifida Texas

<https://sbtx.org/>

1600 NE Loop 410, Suite 211

San Antonio, TX 78209

Phone: 210-826-7289

Email: office@sbtx.org

SBA of North Texas

<https://spinabifidant.org/>

801 Avenue H East Suite 101

Arlington, TX 76011

Phone: 972-238-8755

E-mail: information@spinabifidant.org

SBA of Houston Gulf Coast

www.sbhgc.org

PO Box 692170

Houston, TX 77209

Phone: 281-447-2707

Email: ctlbdirector@yahoo.com

Clinics

Dell Children's Medical Center of Central Texas

www.dellchildrens.net

Specialty Care Center (pediatric, will refer adults)

4900 Mueller Boulevard

Austin, TX 78723

Phone: 512-324-0000

Moody Clinic (pediatric only)

<http://www.moodyclinic.org>

1901 E. 22nd Street

Brownsville, TX 78521

Phone: 956-542-8504

Texas Scottish Rite Hospital for Children

<http://www.tsrhc.org>

Spina Bifida Clinic (pediatric)

2222 Welborn St.

Dallas, TX 75219

Phone: 214-559-5000

Cook Children's Medical Center

<http://www.cookchildrens.org>

Department of Neurology (pediatric, will refer adults)

801 7th Ave
Fort Worth, TX 76104
Phone: 682-885-4000

University of Texas Medical Branch

http://www.utmb.edu/pedi/about/child_special_services.asp

Special Services Clinic
301 University Boulevard
Galveston, TX 77555-0144
Phone: 409-772-2222

Shriners Hospital for Children

<https://www.shrinershospitalsforchildren.org/houston>

Myelo Program (pediatric only)
6977 Main Street
Houston, TX 77030
Phone: 713-797-1616

Texas Children's Hospital

<http://www.texaschildrens.org>

Spina Bifida Clinic (pediatric, will refer adults)
6821 Fannin Street
Houston, TX 77030
Phone: 832-824-1000

Wilford Hall Medical Center

Department of Urology (pediatric and adult)
2200 Berquest Drive, Suite 1
Lackland AFB, TX 78236
Phone: 210-292-7832

Christus Santa Rosa Center for Children and Families

Spina Bifida Evaluation Center
333 N. Santa Rosa
San Antonio, TX 78207
Phone: 210-704-4140

Methodist Healthcare

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

Pediatric Specialty Clinics (pediatric only)
8109 Fredricksburg Rd
San Antonio, TX 78229
Phone: 800-333-7333 (Toll-free)

Spinal Cord Injury

Baylor Scott & White Institute for Rehabilitation-Dallas- Inpatient Rehabilitation

<https://www.bswrehab.com/about-us/featured-programs/spinal-cord-injury-rehabilitation/>

909 N. Washington Ave.
Dallas, TX 75246
Contact: Lea Goad
Email: lgoad@bswrehab.com
Phone: 214-820-930

Baylor Scott & White Institute for Rehabilitation-Dallas is nationally recognized as an SCI and TBI Model Systems Inpatient Rehabilitation Center. It offers highly specialized programs designed to meet each individual's unique physical and/or functional needs. Specialty programs include Research, Assistive Technology, Treatment Team, Aquatics, Support and Community Reintegration.

RSVP Texas

<https://rsvptexas.org/>

Services by appointment only at:

NeuroRestorative

9551

Fannin

St.

Houston, Texas 77045

Phone: 855-825-RSVP (7787)

Email: info@rsvptexas.org

Rehabilitation Services Volunteer Project (RSVP) is an all-volunteer, nonprofit organization that provides physical rehabilitation services and equipment to uninsured individuals with disabilities. The RSVP-Clinic provides outpatient services to individuals with brain injuries, spinal cord injuries, and amputations. These services include medical care, nursing care, pharmacist management, physical therapy, occupational therapy, speech therapy, neuropsychological evaluation, social work and spiritual care.

The medical equipment division (RSVP-MED) provides durable medical equipment (such as wheelchairs, bathroom equipment, and walkers) to individuals in our community with disabilities (regardless of diagnosis) who lack access to this equipment.

Spinalcord.com: Support Groups in TX

Strength Unlimited

<https://www.spinalcord.com/sci-support-groups/texas>

Health and Wellness Activity and Support

Monday and Wednesday: 4 – 8 pm

Friday: 3 – 7 pm

Saturday 9 am – 1 pm

TIRR Memorial Hermann

Outpatient Rehabilitation

2455 Braeswood

Houston, TX 77030

Contact: Anna de Joya, PT

E-mail: Anna.Dejoya@memorialhermann.org

Phone: 713-797-7627, 713-524-9702

Living Hope Wheelchair Association

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

9500 Westview, Suite 104

Houston, TX 77055

Phone: 281-764-6251

Living Hope is an independent, non-profit organization serving people with spinal cord injuries as well as with other disabilities so that they may lead full and productive lives.

Lone Star Paralysis Foundation

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

1215 Red River, Suite 421

Austin, TX 78701

Phone: 512-673-7823

Email: mike@lonestarparalysis.org

The mission of the Lone Star Paralysis Foundation is to cure spinal cord paralysis through funding research, advanced recovery, and community outreach.

Spinal Cord Injury Support Group of Austin

St. David's Rehabilitation Hospital

1005 E. 32nd St.

Austin, TX 78705

Phone: 512-826-0813

Email: pam.fletcher@stdavids.com

The Spinal Cord Injury Support Group of Austin exists to provide support, information and education to individuals with new or existing spinal cord injuries, as well as their friends, families, and care attendants.

Stroke

American Stroke Association

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

7272 Greenville Ave

Dallas, TX 75231

Phone: 888-478-7653 (Toll-free); 888-478-8483

Call for a support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

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

P.O. Box 1586

Longview, TX 75606-1586

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

E-mail: info@asap.org

Support Groups

North Houston Chiari & Syringo Support Group

Kerry Chu
Cypress, TX
Phone: 516-330-7152
E-mail: Kerry_Chu@ASAP.org

Dallas/Fort Worth Chiari /Syringo Support Group

Dallas, TX
Simone Key's phone: 214-640-0651
Michele Collum email: DFWsupport@ASAP.org

Central Houston Chiari & Syringo Support Group

Annie Chapman
Houston, TX
Phone: 713-540-8823
E-mail: annie_chapman@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Contact them for local info.

Texas Transverse Myelitis Coalition

<http://texastm.tripod.com/>
Dallas/Fort Worth
Contact: Barbara Lamb
E-mail: Babbsie1982@yahoo.com

Central Texas

Contact: Cossy Hough
E-mail: cossyh@yahoo.com
Houston
Contact: Bob Cook
E-mail: rcookhook@earthlink.net

General Disability Resources

Texas Physical Therapy Association

<http://www.tpta.org/>
900 Congress Avenue, Suite 410
Austin, TX 78701
Phone: 512-477-1818

The Texas Physical Therapy Association is the representative body for physical therapists, physical therapist assistants and students in the state of Texas.

Texas Occupational Therapy Association

<http://www.tota.org>

1106 Clayton Lane, Suite 516W

Austin, TX 78723

Phone: 512-454-8682

Texas Yellow Pages for Kids

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

APSE (Association of People Supporting EmploymentFirst)

<http://www.apse.org>

7361 Calhoun Place, Suite 680

Rockville, MD 20855

Phone: 301-279-0060

Please call for info in Texas.

Membership organization which works to improve and expand employment opportunities, services, and outcomes for people with disabilities. Currently has no Texas chapter.

Ability Connection (formerly UCP Dallas)

<https://abilityconnection.org/>

8802 Harry Hines Boulevard

Dallas, TX 75235

Phone: 214-351-2500

Toll-free: 800-999-1898

Ability Connection Texas provides a full range of services for people with physical and intellectual disabilities as they strive to achieve their highest level of independence.

Bay Area Rehabilitation Center

www.bayarearehab.org

Opportunity Center:

5307 Decker Drive

Baytown, TX 77520

Phone: 281-427-0545

Outpatient Therapy Center:

5313 Decker Drive

Baytown, TX 77520

Phone: 281-838-4477

Email: info@bayarearehab.org

Bay Area offers outpatient occupational, physical, and speech therapy services to all ages. Some of their services include adult and pediatric outpatient therapy, aquatic services, early childhood intervention, worker rehabilitation, and an opportunity center.

Be An Angel

www.beanangel.org

2003 Aldine Bender Rd.
Houston, TX 77032
Phone: 281-219-3313

Offers programs for children with disabilities including a camp, respite for families, golf events, Christmas gifts for kids whose families can't afford them, etc.

Connect Ability at Warm Springs

www.warmspringsconnectability.org

5101 Medical Dr., 1st Floor

San Antonio TX 78299

Phone: 210-819-4325

Email: sbrown@warnspringsconnectability.org

Offers peer mentoring, care coordination, and professional development for people with life-altering disabilities.

Living Hope Wheelchair Association

<https://lhwassociation.org>

9500 Westview Dr., Suite 104

Houston, TX 77055

Phone: 281-764-6251

Email: lhwa@lhwassociation.org

LHWA offers monthly distribution of medical supplies, wheelchair repair and maintenance, distribution of wheelchairs, scooters and hospital beds as well as other needed medical equipment.

Ms. Wheelchair Texas

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

3015 Richmond, Suite 120B

Houston, TX 77098

Phone: 832-684-5190

Email: SPDonahoe@spectraenergy.com

My Ride Dallas

www.myridedallas.org

Community Council of Greater Dallas

1341 W. Mockingbird Lane, Suite 1000W

Dallas, TX 75247

Phone: 972-855-8084

Email: myridedallas@ccadvance.org

My Ride Dallas can put Dallas area residents in touch with various accessible transportation options. There is no cost to use My Ride Dallas' services. Please ask if there is a cost to the transportation options.

My Ride North Texas

<http://myridenorthtexas.org/en/home/>

The goal at My Ride North Texas is to provide a one-stop transportation resource, where anyone can find a ride in the 16 county North Central Texas region, and transportation

providers can support their communities. This website was created to meet the transportation needs our military veteran's face every day, and has been extended to serve the needs of everyone in the North Texas region.

Neuro Assistance Foundation (NAF)

<https://www.neuroassistance.org/home>

2320 Bridgewood Drive

Keller, TX 76262

Phone: 214-288-5438

NAF is a non-profit organization dedicated to assisting spinal cord injured and disabled individuals in the greater Dallas/Fort Worth area to achieve self-sufficiency and mobility through assistive vehicles, equipment, technology and home modifications.

Partners Resource Network

<http://www.PartnersTx.org>

1090 Longfellow Drive, Suite B

Beaumont, TX 77706

Phone: 409-898-4684, 800-866-4726 (Toll-free, TX parents only)

E-mail: partnersresource@sbcglobal.net

Partners Resource Network is a non-profit agency that operates the Texas statewide network of Parent Training and Information Centers (PTIs funded by the US Dept of Education, Office of Special Education Programs (OSEP). The Texas PTIs provide training, education, information, referral, emotional support, and individual assistance in obtaining appropriate services. Their mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.

Project MEND

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

5015 Wurzbach Road

San Antonio, TX 78238

Phone: 210-223-6363, 888-903-6363 (Toll-free)

Project MEND helps many low-income people with disabilities obtain medical equipment and specialized, fitted devices, and other assistive technologies necessary for rehabilitation and recovery.

Texas AgrAbility

<http://txagrability.tamu.edu>

2251 TAMU

College Station, TX 77843-2251

Phone: 979-845-1877

Contact: Rick Peterson, Project Director, rlpeterson@ag.tamu.edu

The Texas AgrAbility Project's goal is to inform, educate, and assist individuals with disabilities to stay actively engaged in agriculture.

Variety, the Children's Charity of Texas

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

5555 North Lamar Blvd., Suite K113
Austin, TX 78751
Phone: 512-328-5437
E-mail: info@varietytexas.org
Variety assists children with mobility and medical needs.

Workforce Solutions Southeast Texas

<http://www.setworks.org>

P.O. Box 3607
Beaumont, TX 77704

Career Centers

Beaumont

510 Park Street, Suite 200
Beaumont, TX 77701
409-839-8045

Orange

2415 N 16th Street
Orange, TX 77630
Phone: 409-882-0302

Port Arthur

4680 FM 365
Port Arthur, TX 77642
Phone: 409-962-1236

Hardin County

975 Highway 327 E
Ste 147
Silsbee, TX 77656
Phone: 409-719-7417

ThinkFirst National Injury Prevention Foundation

<http://www.thinkfirst.org>

1801 N. Mill Street, Suite F
Naperville, IL 60563
Phone: 630-961-1400, 800-844-6556 (Toll-free)

E-mail: 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. Click “Find a Chapter” for contact information for Texas chapters.

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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