



# Utah 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.

### **Utah Department of Human Services, Division of Aging & Adult Services**

<http://daas.utah.gov/>

288 N. 1460 West

Salt Lake City, Utah 84116

Phone: 801-538-3910

Toll Free: 1-877-424-4640

Email: [agingservices@utah.gov](mailto:agingservices@utah.gov)

### **National Center on Elder Abuse (NCEA)**

<http://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 Access**

<https://artaccessutah.org/>

230 South 500 West #110

Salt Lake City, UT 84101

Phone: 801-328-0703

Email: [connect@artaccessutah.org](mailto:connect@artaccessutah.org)

## **Assistive Technology**

### **Utah Assistive Technology Program**

<https://www.usu.edu/uatp/>

Institute for Disability Research Policy, & Practice

6855 Old Main Hill

Logan, UT 84322

Phone: 800-524-5152

### **Rocky Mountain ADA Center (covers Utah)**

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

3630 Sinton Road, Suite 103

Colorado Springs, CO 80907

Phone/TTY: 800-949-4232

ASL/Deaf/HoH: 719-358-2460

## Community-Based Fitness Programs

### Neuroworx

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

90 W. Albion Village Way

Sandy, UT 84070

Phone: 801-619-3670

Email: [info@neuroworx.org](mailto:info@neuroworx.org)

## Community Health Centers

### Association for Utah Community Health

[www.auch.org](http://www.auch.org)

860 East 4500 South, Suite 206

Salt Lake City, UT 84107

Phone: 801-974-5522

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

### Utah Office for Victims of Crime (UOVC)

<http://www.crimevictim.utah.gov/>

350 East 500 South Suite 200

Salt Lake City, Utah 84111

Phone: (801) 238-2360

Toll-free: (800) 621-7444

Email: [crimevictims@utah.gov](mailto:crimevictims@utah.gov)

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

<http://www.safehorizon.org>

## Domestic Violence Help

**National Domestic Violence Hotline: 1-800-799-SAFE (7233); TTY: 800-787-3224**

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

**Statewide Hotline: 800-897-5465**

### Utah Domestic Violence Coalition

<http://www.udvc.org>

124 South 400 East, Suite 430

Salt Lake City, UT 84111-2178

Phone: 801-521-5544

Toll-free: 800-897-5465

Email: [admin@udvc.org](mailto:admin@udvc.org)

### CAPSA

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

P.O. Box 3617

Logan, UT 84323-3617

Phone: 435-753-2500

Email: [info@capsa.org](mailto:info@capsa.org)

CAPSA is a non-profit domestic violence, sexual abuse, and rape recovery center serving Cache County and the Bear Lake area. They provide support services for women, men, and children impacted by abuse. All of their services are FREE and confidential. 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.

### Canyon Creek Services

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

297 N Cove Drive

Cedar City, UT 84720

24 Hour Hotline: 435-233-5732

Phone: 435-867-9411

This organization provides free and strictly confidential services to any victim of domestic violence as well as sexual assault. They offer services to any victim, regardless of age, gender identity, ethnicity, sexual orientation, and so on whether they are in current crisis or seeking other support and guidance. Current services include 24-hour crisis intervention, a 24-hour hotline, sexual assault hospital response, emotional support and advocacy, legal advocacy, medical advocacy, systems advocacy, housing assistance, emergency shelter, support groups, classes, case management, programming, and other life-situation support and advocacy with the goal of helping survivors achieve emotional healing and financial independence.

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

## Easter Seals Offices

### Easter Seals

<https://www.easterseals.com>

Find offices in Utah by clicking on “Connect Locally.” 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

### Utah State Website

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

### Utah Developmental Disabilities Council

<https://uddc.utah.gov/>

5296 S Commerce Drive Ste. 305

Murray, UT 84107

Phone: 801-245-7350

Email: [uddc@utah.gov](mailto:uddc@utah.gov)

### Utah State Office of Rehabilitation

<http://www.usor.utah.gov/>

1595 W. 500 South

Salt Lake City, UT 84104

Phone: 801-887-9500

Toll Free: 866-454-8397

### Utah Department of Health & Human Services

<https://dhhs.utah.gov/>

Multi-Agency State Office Building

195 North 1950 West

Salt Lake City, Utah 84116

Phone: 833-353-3447

### Utah Medicaid Office

<https://medicaid.utah.gov/>

Utah Department of Health

Division of Medicaid and Health Financing

P.O. Box 143106

Salt Lake City, UT 84114-3106

Phone: 801-538-6155

Toll-free: 800-662-9651

### Utah CHIP Program (Children’s Health Insurance Program)

<https://chip.utah.gov/>

Utah Children's Health Insurance Program

Utah Department of Health  
P.O. Box 143107  
Salt Lake City, UT 84114-3107  
Toll-Free: 877-KIDS-NOW  
Email: [chip@utah.gov](mailto:chip@utah.gov)

**State Health Insurance Information Program (SHIIP)—for seniors**

<https://daas.utah.gov/seniors/>

Utah Division of Aging and Adult Services  
800-541-7735

**Utah Insurance Dept.**

<http://www.insurance.utah.gov/>

4315 S. 2700 W. Suite 2300  
Taylorsville, UT 84129  
Phone: 801-957-9200

**Utah Workers Compensation**

<http://www.laborcommission.utah.gov/>

Utah Labor Commission  
160 E. 300 S., 3<sup>rd</sup> Floor  
Salt Lake City, UT 84114  
Phone: 801-530-6800  
Toll-free: 800-530-5090  
Email: [laborcom@utah.gov](mailto:laborcom@utah.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 LTC Ombudsman**

<http://daas.utah.gov/long-term-care-ombudsman/>

Daniel Musto  
Department of Human Services  
Utah Division of Aging & Adult Services  
195 North 1950 West  
Salt Lake City, UT 84116  
Phone: 801-538-3924  
Email: [dmusto@utah.gov](mailto:dmusto@utah.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

### Housing and Urban Development (HUD)

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

### 211

[www.211.org](http://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)

#### Utah Independent Living Council

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

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

423 W 800 S., Suite A101

Salt Lake City, UT 84101

Phone: 801-463-1592

**Independent Living Research Utilization’s** directory of Independent Living Centers

<http://www.ilru.org>

### National Council on Independent Living (NCIL)

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

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334

Toll-free: 844-778-7961

Email: [ncil@ncil.org](mailto: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.

### **Roads To Independence**

<https://rticil.org/>

3355 Washington Blvd.

Ogden, UT 84401

Phone: 801-612-3215

Email: [info@roadstoinddependence.org](mailto:info@roadstoinddependence.org)

This non-profit is committed to serving individuals with disabilities through services such as advocacy training, independent living services, assistive technology loan bank, life skills training, and recreation.

### **Library Services**

#### **Utah State Library for the Blind and Disabled**

<http://blindlibrary.utah.gov/>

Regional Library

Utah State Library Division

Program for the Blind and Disabled

250 North 1950 West, Suite A

Salt Lake City, UT 84116-7901

Telephone: 801-715-6789

Toll-free (In-state): 800-662-5540

Toll-free (out of state): 800-453-4293

E-mail: [blind@utah.gov](mailto:blind@utah.gov)

### **Peer Support Programs**

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

[www.ChristopherReeve.org/Peer](http://www.ChristopherReeve.org/Peer)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@ChristopherReeve.org](mailto: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](http://www.ChristopherReeve.org/qol) for more info on qualifying and applying.



## Protection and Advocacy

### Utah Protection and Advocacy Disability Law Center

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

960 South Main Street  
Salt Lake City, Utah 84101  
Toll-free: 800-662-9080

## Service Dogs

### Loving Angel Service Dogs, Inc.

<http://lovingangelservicedogs.com/>

3734 Sugar Leo Rd.  
St. George, UT 84790  
Phone: 435-632-2482  
Email: [director@lovingangelservicedogs.com](mailto:director@lovingangelservicedogs.com)

## Sports and Recreation

### Kostopulos Dream Foundation Home of Camp Kostopulos

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

4180 E Emigration Canyon Road  
Salt Lake City, UT 84108  
Phone: 801-582-0700  
Email: [kdf@campk.org](mailto:kdf@campk.org)

Camp Kostopulos offers kids, teens, and adults with disabilities or special medical needs a 5-day camping adventure experience.

### Common Ground Outdoor Adventures

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

335 N. 100 East  
Logan, UT 84321  
Phone: 435-713-0288  
Email: [info@cgadventures.org](mailto:info@cgadventures.org)

### Chairbound Sportsman, Utah Chapter

<http://www.chairboundsportsman.org>

Provo, UT  
Phone: 801-499-9770  
Email: [kennethvaughnsr@gmail.com](mailto:kennethvaughnsr@gmail.com)  
Offers hunting to people with disabilities.

### National Ability Center

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

1000 Ability Way  
Park City, UT 84060

Phone: 435-649-3991

### **TRAILS (Technology Recreation Access Independence Lifestyle Sports)**

<https://www.utrails.us/>

University of Utah Craig H. Neilsen Rehabilitation Hospital

729 Arapeen Drive

Salt Lake City, UT 84108

Phone: 801-581-2526

TRAILS, which is run by the Spinal Cord Injury Rehabilitation Center at the University of Utah, serves roughly 400 people each year. Activities include kayaking, sailing, camping, cross-country skiing, swimming, hand cycling and wheelchair tennis.

### **USTA Intermountain Utah Wheelchair Tennis**

<https://www.utahtennis.com/wheelchair-tennis>

2469 E. Fort Union Blvd Suite 104

Salt Lake City, UT 84121

Phone: 801-944-8782

Email: [info@utahtennis.com](mailto:info@utahtennis.com)

## **United Way Offices**

### **United Way**

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

United Way Worldwide

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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

## **Veteran Benefits**

**US Department of Veterans Affairs VA Hospital Locator**, click on UTAH on map

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

## **ALS**

### **The ALS Association National Office**

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

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Toll-free: 800-782-4747

## **Brain Injury**

### **Brain Injury Association of America**

[www.biausa.org](http://www.biausa.org)

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750

Email: [info@biausa.org](mailto:info@biausa.org)

Please contact them for any state info.

## **Cerebral Palsy**

### **UCP (United Cerebral Palsy)**

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

8401 Old Courthouse Rd.

Vienna, VA 22182

Toll-free Phone: 800-872-5827

Phone: 202-776-0406

Email: [info@ucp.org](mailto:info@ucp.org)

Please contact them for any state info.

## **Friedreich's Ataxia**

### **National Ataxia Foundation (NAF) National Office**

<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](mailto:naf@ataxia.org)

Check their interactive map for support groups in your area.

## **Guillain-Barré Syndrome/CIDP**

### **Guillain-Barré Syndrome / CIDP Foundation International**

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

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Please contact them for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society's Idaho-Nevada-Utah Chapter**

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/utu>

PO Box 54879

Los Angeles, CA 90054

Toll-free: 800-344-4867

## **Multiple Sclerosis Association of America's Western Regional Office**

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

(Arizona, California, Hawaii, Nevada, Oregon, Utah, Alaska, Washington)

Seattle, WA 98101

Phone: 800-532-7607 ext 155, 415-260-6420

Email: [western@mymsaa.org](mailto:western@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](mailto:ResourceCenter@mdausa.org)

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

## **Post-Polio Syndrome**

### **Post-Polio Health International (PHI)**

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

50 Crestwood Executive Center #440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

<https://post-polio.org/wp-content/uploads/2021/09/PDIR-2021Hsec.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](mailto:sbaa@sbaa.org)

Please contact them for info in your area

## **Spinal Cord Injury**

### **Brain Injury and Spinal Cord Injury Fund**

<https://vippp.utah.gov/traumatic-brain-injury/>

Traci Barney

Violence and Injury Prevention Program

Utah Department of Health and Human Services

288 North 1460 West

PO Box 142106

Salt Lake City, UT 84114

Phone: 801-538-9277

Email: [tabarney@utah.gov](mailto:tabarney@utah.gov)

The Brain Injury and Spinal Cord Injury Fund is dedicated to serving individuals, families, and caregivers impacted by brain injuries, spinal cord injuries, or non-progressive neurological conditions and aims to provide crucial support and resources.

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area

### **American Heart Association office in Utah**

<https://www.heart.org/en/affiliates/utah/welcome-to-utah>

230 South 500 East

Suite #465

Salt Lake City, UT 84102

Phone: 801-702-4423

### **University of Utah Hospital and Clinics**

50 N. Medical Dr.

Salt Lake City, UT 84132

A Primary Stroke Care Center accredited by the Joint Commission on Accreditation of HealthCare Organizations (JCAHO) [www.jointcommission.org](http://www.jointcommission.org)

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project**

[www.asap.org](http://www.asap.org)

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079

Toll-free: 800-ASAP-282

Email: [info@ASAP.org](mailto:info@ASAP.org)

Please contact them for info in your area.

## **Transverse Myelitis**

### **Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)**

[www.wearesrna.org](http://www.wearesrna.org)

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:  
SRNA  
PO Box 826962  
Philadelphia, PA 19182-6962  
Phone: 855-380-3330  
Please contact them for info in your area.

## General Disability Resources

### Utah Yellow Pages for Kids with Disabilities

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

### Utah Occupational Therapy Association

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

P.O. Box 1401  
Spanish Fork, UT 84660-7401

### Utah Chapter of the American Physical Therapy Association

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

Utah Physical Therapy Association  
Phone: 801-864-7073  
Katie Mansell, Executive Director  
Email: [katie@aptautah.org](mailto:katie@aptautah.org)

### Association of People Supporting EmploymentFirst (APSE)

<http://www.apse.org>

National Office  
7361 Calhoun Place Suite 680  
Rockville, MD 20855  
Phone: 301-279-0060  
Email: [info@apse.org](mailto:info@apse.org)  
Please check with them for local info.

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

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

### First Call 2-1-1

<http://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.

Hint: Can only be dialed from a land line. If you dial 211 or your state's 211 800 number and you are not connected, this service has not yet been provided to your area.

### **Ability Found**

[www.abilityfound.org](http://www.abilityfound.org)

2324 S. Constitution Blvd.

West Valley City, UT 84119

Phone: 801-505-0529

Email: [info@abilityfound.org](mailto:info@abilityfound.org)

Helps individuals with disabilities (who are in financial need) purchase equipment such as power wheelchairs, power scooters, manual wheelchairs with custom seating, handicapped vans, walkers, gait trainers, standing frames, bath equipment, continence supplies, braces hospital beds and pressure relieving mattresses. Please contact Ability Found for details on qualifying for their assistance.

### **ThinkFirst National Injury Prevention Foundation**

[www.thinkfirst.org](http://www.thinkfirst.org)

1801 N. Mill Street, Suite F

Naperville, IL 60563

Phone: 630-961-1400, 800-THINK56

Email: [thinkfirst@thinkfirst.org](mailto:thinkfirst@thinkfirst.org)

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

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

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