



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.usaging.org/adrcs>

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door>

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

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

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<https://acl.gov/>) (including AoA (<https://acl.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<https://www.cms.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 Aging and Disability Resource Center

<https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>

Mailing address:

Texas Health and Human Services Commission

Mail Code W358

PO Box 149030

Austin, TX 78714-9030

Phone: 855-937-2372

Email: ADRC@hhs.texas.gov

Area Agencies on Aging

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

Phone: 800-252-9240 (Toll-free)

Texas Council for Developmental Disabilities

<https://tcdd.texas.gov/>

6201 E Oltorf, Suite 600

Austin, TX 78741-7509

Phone: 512-437-5432, 800-262-0334 (Toll-free)

Email: tcdd@tcdd.texas.gov

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/home#gsc.tab=0>

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

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

Alhambra, CA 91803

Phone: 855-500-3537

Email: ncea-info@acl.hhs.gov

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

Arts and Creativity

Art Spark Texas

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

Physical Address:

1152 San Bernard Street
Austin, TX 78702
Mailing Address:
3710 Cedar Street
Box 7, Room #128
Austin, TX 78705
Phone: 512-454-9912, 866-489-8412 (Toll-free)
Email: 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/index.html>

Mailing Address:
TIRR Memorial Hermann-ILRU
1333 Moursund
Houston, TX 77030
Phone: 800-949-4232 (Toll-free), 713-520-0232 (V/TTY), 713-797-7171
Email: swdbtac@ilru.org

Texas Technology Access Program

<https://ttap.disabilitystudies.utexas.edu/>

Physical Address:
JJ Pickle Research Campus
J Neils Thompson Commons Building (TCB)
Suite 1.154
2901 Read Granberry Trail
Austin, TX 78758
Mailing Address:
The University of Texas at Austin
Texas Center for Disability Studies
Suite 1.154, L4000
10100 Burnet Road
Austin, TX 78758-4445
Phone: 512-232-0740, 800-828-7839 (Toll-free), 800-735-2989 (TTY/TDD)

Region 4 Special Education Services: Assistive Technology

<https://www.esc4.net/>

Region 4 Education Service Center
7145 West Tidwell Road
Houston, TX 77092-2096
Phone: 713-462-7708, 713-744-6831

Caregivers

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 St, Suite H

Freehold, NJ 07728

Phone: 732-577-8899

Email: info@wellspouse.org

Community-Based Fitness Programs

NeuroKinetix Clinic

<https://neurokinetixclinic.com/>

6913 Camp Bowie, Suite #177

Fort Worth, TX 76116

Phone: 682-267-9550

NeuroKinetix is a science-based medical practice specializing in innovative neurologic medical care and performance for many neurological diagnoses including stroke, brain injury, concussion, Parkinson's disease, multiple sclerosis, spinal cord injury, peripheral neuropathy, and others.

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

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.

Crime Victim Assistance

Attorney General of Texas: Crime Victims' Compensation Program

<https://www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program>

Crime Victim Services

Mailing Address:

PO Box 12198

Austin, TX 78711-2198

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

Disabled Crime Victims Assistance, Inc.

www.dcvainc.org/

2501 Parkview, Suite 111

Fort Worth, TX 76102

Phone: 817-338-0220

Email: 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 Alliance

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

Mailing Address:

PO Box 19454

Austin, TX 78760

Phone: 512-267-7233 (24 hour SAFEline), 512-369-5900, 877-384-9891 (Toll-free)

Email: info@safeaustin.org

Texas Council on Family Violence

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

PO Box 163865

Austin, TX 78716

Phone: 512-794-1133, 888-450-8238 (Toll-free)

Resource and Crisis Center of Galveston County Inc.

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

1204 45th Street

Galveston, TX 77550

Phone: 888-919-7233 (24 Hour Sexual Assault & Crisis Hotline), 409-763-1441

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.

Easterseals Offices

Easterseals National Office

<http://www.easterseals.com>

141 W Jackson Blvd, 1400A

Chicago, IL 60604

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

Email: info@easterseals.com

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals 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. For information on local Easterseals affiliates, please go to <https://www.easterseals.com/connect-locally/>.

Easterseals Little Lonestar Academy

<https://www.easterseals.com/centraltx/our-programs/childrens-services/little-lonestar-academy.html>

Flagship Center:

4443 N. Josey Lane, Suite 100

Carrollton, TX 75010

Austin Location:

107 Ranch Road 620

Suite 300

Lakeway, TX 78734

Phone: 972-394-8900, 888-617-7171 (Toll free)

Email: childcare@ntx.easterseals.com

Easterseals Central Texas Workforce Development

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

315 East St. Elmo Road

Austin, TX 78752

Phone: 512-440-7819

Government Agencies and Programs

Texas State Website

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

Texas Children's Health Plan

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

Phone: 866-959-6555 (CHIP Toll-free), 800-659-5764 (STAR Kids Toll-free)

Texas Health Information, Counseling and Advocacy Program

<https://www.hhs.texas.gov/services/health/medicare>

Medicare

Phone: 800-252-9240 (Medicare Help Line)

Texas Health and Human Services

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

Physical Address:

North Austin Complex

4601 W Guadalupe St

Austin, TX 78751-3146

Mailing Address:

PO Box 13247

Austin, TX 78711-3247

Phone: 877-787-8999, 512-424-6500, 512-424-6597 (TTY)

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: State Waivers

<https://www.medicaid.gov/medicaid/section-1115-demonstrations/index.html>

Texas Department of Insurance

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

Physical Address:

1601 Congress Avenue
Austin, TX 78701

Mailing Address:

PO Box 12030

Austin, TX 78711-2030

Phone: 512-676-6000, 800-578-4677, 800-252-3439 (Help Line)

Texas Department of Insurance: Division of Workers' Compensation

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

Physical Address:

1601 Congress Avenue
Austin, TX 78701

Mailing Address:

PO Box 12050

Austin, TX 78711

Phone: 800-252-7031

Governor's Committee on People with Disabilities

<https://gov.texas.gov/organization/disabilities>

Physical Address:

1100 San Jacinto
Austin, TX 78701

Mailing Address:

PO Box 12428

Austin, TX 78711-2428

Phone: 512-463-5739, 512-434-0102 (Video Phone for Sign Language Users)

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

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

611 Walker Street, Ground Floor

Houston, TX 77002

Phone: 832-394-0814

Email: mopdmail@houstontx.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.

<https://www.house.gov/representatives/find-your-representative>
<http://whoismyrepresentative.com/>

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@hhs.texas.gov

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

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.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Texas State Independent Living Council

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

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

5900 Balcones Dr

Austin, TX 78731

Phone: 512-371-7353

Email: txsilc@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/>

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.

Mounting Horizons, Inc.

<https://mhitx.org/>

Physical Address:

1300 Bay Area Blvd, #270B

Houston, TX 77058

Mailing Address

18062 FM529, #151

Cypress, Tx 77433

Phone: 888-307-9639

Email: info@100.10.10.183

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

PO Box 12927

Austin, TX 78711-2927

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

Email: 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.

Peer Support Programs

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

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

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: <https://www.christopherreeve.org/todays-care/get-support/grants-for-non-profits/> for more info on qualifying and applying.

Protection and Advocacy

Disability Rights Texas

<https://disabilityrightstx.org/en/home/>

Headquarters

Central Texas

Phone: 512-454-4816, 800-252-9108 (Statewide Intake), 866-362-2851 (Sign Language Video Phone Intake)

For information on regional/satellite offices, please go to

<https://disabilityrightstx.org/en/contact-us/>.

Texas Legal Services Center

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

Mailing Address:

1920 E Riverside Dr

Suite A-120, #501

Austin, TX 78741

Phone: 512-477-6000, 800-622-2520 Option 3 (Legal Hotline)

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

Service Dogs, Inc.

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

4925 Bell Springs Rd

Dripping Springs, TX 78620

Phone: 512-858-1495

Email: info@servicedogs.org

Sports and Recreation

Grand Prairie Texas: Parks, Arts & Recreation

<https://grandfungp.com/>
Parks Administration Building
400 College Street
Grand Prairie, TX 75050
Phone: 972-237-8100

Camp For All

<http://campforall.org/>
3701 Kirby Drive, Suite 570
Houston, TX 77098
Phone: 713-686-5666

Camp For All Campsite

6301 Rehburg Road
Burton, TX 77835
Phone: 979-289-3752

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
Dallas, TX 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/>
451 Hungerford Drive, Suite 608
Rockville, MD 20850
Phone: 301-217-0960
Email: info@moveunitedsport.org
Click on “Locations” to find a chapter near you.

Morgan’s Wonderland

<http://www.morganswonderland.com>
5223 David Edwards Drive
San Antonio, TX 78233
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

UT at Arlington

Physical Education Building

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/>

Physical Address:

18811 FM 2252, Building #4

San Antonio, TX 78266

Mailing Address:

1107 Austin Highway, Unit 90496

San Antonio, TX 78209

Phone: 210-826-0500

Email: 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 Maps & Accessibility

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

Disability Access Office

Physical Address:

International Center

203 S St. Mary's Street, Suite 120

San Antonio, TX 78205

Mailing Address:
PO Box 839966
San Antonio, TX 78283-3966
Phone: 210-207-7135, 800-735-2989
Email: disabilityaccess@sanantonio.gov

Sister-Bear Foundation

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

Mailing Address:
PO Box 30086
Amarillo, TX 79120
Phone: 806-335-5401
Email: sisterbear@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: 832-435-6253
Email: Roger1@taasports.org

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

TIRR Memorial Hermann Adapted Sports and Recreation Program

<https://memorialhermann.org/services/specialties/tirr/patients-visitors/adaptive-sports>

Phone: 832-567-4832

TIRR Memorial Hermann Adapted Sports and Recreation offers both youth and adults with physical disabilities an outlet to continue playing sports both competitively and recreationally through programs including: wheelchair basketball, wheelchair rugby, handcycling, wheelchair softball, wheelchair racing, seated throw/field events, powerlifting, fitness programs, tennis and more.

Trinity Oaks Outdoors

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

Mailing Address:
17503 La Cantera Pkwy, Ste 104-512
San Antonio, TX 78257
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.

Therapeutic Riding Programs

SIRE Therapeutic Horsemanship

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

4800 W 34th St, STE D-6

Houston, TX 77092

Phone: 281-356-7588

Email: info@sire-htec.org

Windridge Therapeutic Equestrian Center of East Texas

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

Physical Address:

593 Windridge Road

Gilmer, TX 75645

Mailing Address:

PO Box 680

Diana, TX 75640

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/>

Mailing Address:

701 N Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

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. For information on United Way chapters in Texas, please go to <https://www.unitedway.org/find-your-united-way/>.

Veterans Benefits

U.S. Department of Veterans Affairs: Facility Locator

<https://www.va.gov/directory/guide/home.asp?isflash=1>

Click on your state to find a facility in your area.

For information on Veterans Benefits Administration Regional Offices, please go to <https://benefits.va.gov/benefits/offices.asp>.

Operation Homefront

<https://operationhomefront.org/>

17319 San Pedro Avenue, Suite 505

San Antonio, TX 78232

Phone: 210-659-7756, 800-722-6098 (Toll-free)

Email: info@operationhomefront.org

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/>

1875 Eye St NW, Suite 1100

Washington, DC 20006

Phone: 800-424-8200, 800-795-4327 (TTY)

Email: info@pva.org

To locate a chapter or national service office near you, click on Membership and then select Find Your Chapter.

ALS

The ALS Association

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

1300 Wilson Blvd, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

For information on ALSA Certified Treatment Centers of Excellence and Recognized Treatment Centers in Texas, please go to <https://www.als.org/support/states/texas>.

Brain Injury

Texas Brain Injury Alliance

<https://txbia.org/>

325 Miron Dr, #15

Southlake, TX 79062

Phone: 512-910-7108

North Texas Traumatic Brain Injury Model System

<https://msktc.org/tbi/model-system-centers/north-texas-traumatic-brain-injury-model-system>

University of Texas Southwestern and Baylor Scott & White Institute for Rehabilitation
Dallas, TX

Phone: 214-820-9988

RSVP Texas

<https://rsvptexas.org/>

Clinic Division: Services by appointment only

NeuroRestorative
9551 Fannin St
Houston, TX 77045
Phone: 855-825-7787

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)

<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

For information on local Ataxia support groups, go to <https://www.ataxia.org/support-groups/>.

Guillain-Barré Syndrome/CIDP

GBS/CIDP Foundation International

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

Mailing Address:

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>

Phone: 800-344-4867

For information on local chapters, go to <https://www.nationalmssociety.org/resources/get-connected/in-your-area>.

Multiple Sclerosis Association of America (MSAA)

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

National Headquarters
375 Kings Hwy North, Suite B
Cherry Hill, NJ 08034
Phone: 800-532-7667
Email: msaa@mymsaa.org

MSAA South-Central Regional Office

Phone: 800-532-7667, ext 137 (Toll-free)
Email: southcentral@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association (MDA)

<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 MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International

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

50 Crestwood Executive Center, Suite 440
St. Louis, MO 63126
Phone: 314-534-0475
Email: info@post-polio.org

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

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

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800
Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org

For information on local chapters, go to <https://www.spinabifidaassociation.org/chapters/>.

For information on local clinics, go to <https://www.spinabifidaassociation.org/clinics/>.

Spina Bifida Texas

<https://sbtex.org/>

1600 NE Loop 410, Suite 211
San Antonio, TX 78209
Phone: 210-826-7289
Email: office@sbtx.org

Spina Bifida of Houston Gulf Coast

www.sbhgc.org
Email: ctlbdirector@yahoo.com

Shriners Children's Texas

<https://www.shrinerschildrens.org/en/locations/texas>

Pediatric Specialty Care
815 Marker St
Galveston, TX 77550
Phone: 346-644-8449

Christus Children's Neurosciences Center

<https://www.christushealth.org/locations/childrens-hospital/neurosciences-center?service=Neurology>

333 N Santa Rosa St, 4th Floor
San Antonio, TX 78207
Phone: 210-704-4841

Spinal Cord Injury

Baylor Scott & White Institute for Rehabilitation: Dallas

<https://www.bswrehab.com/conditions-and-services/spinal-cord-rehabilitation/>

909 N Washington Ave
Dallas, TX 75246
Phone: 214-820-9300

Baylor Scott & White Institute for Rehabilitation-Dallas is designated as a Model System for the treatment and research of spinal cord injury. Its Spinal Cord Injury Speciality Program is highly specialized and designed to meet an individual's unique physical and/or functional needs after sustaining an SCI.

RSVP Texas

<https://rsvptexas.org/>

Clinic Division: Services by appointment only
NeuroRestorative
9551 Fannin St
Houston, TX 77045
Phone: 855-825-7787

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 Texas

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

Living Hope Wheelchair Association

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

Physical Address:

9500 Westview Dr, Suite 104

Houston, TX 77055

Mailing Address:

PO Box 55907

Houston, TX 77255

Phone: 281-764-6251

Email: livinghope@lhwassociation.org

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/>

PO Box 41507

Austin, TX 78704

Email: INFO@LONESTARPARALYSIS.ORG

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

Stroke

American Stroke Association

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

National Center

7272 Greenville Ave

Dallas, TX 75231

Phone: 888-478-7653

Call for a support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

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

PO Box 1586

Longview, TX 75606-1586

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

Email: info@asap.org

For information on local support groups, please go to <https://asap.org/find-support/local-support-groups/>.

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)

Contact them for local info.

General Disability Resources

Texas Physical Therapy Association

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

166 Hargraves Drive, Suite C-400-148

Austin, TX 78737

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>

Mailing Address:

2323 Clear Lake City Blvd, Suite 180-197

Houston, TX 77062

Phone: 832-915-9238

Email: help@tota.org

Texas Yellow Pages for Kids with Disabilities

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

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 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/>

7880 Bent Branch Drive, Suite 150

Irving, TX 75063

Phone: 214-351-2500

Email: info@abilityconnection.org

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 Program:

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

Email: Angel@BeAnAngel.Org

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.

Warm Springs Foundation: ConnectAbility

<https://myconnectability.org/>

5101 Medical Dr, 1st Floor

San Antonio, TX 78229

Phone: 210-819-4325

Email: contact@myconnectability.org

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

Living Hope Wheelchair Association

<https://lhwassociation.org>

Physical Address:

9500 Westview, Suite 104

Houston, TX 77055

Mailing Address:

PO Box 55907

Houston, TX 77255

Phone: 281-764-6251

Email: livinghope@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

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

Email: kristyrolls@icloud.com

My Ride Dallas

www.myriedallas.org

Mailing Address:

PO Box 972

Cedar Hill, TX 75106

Phone: 972-855-8084

Email: cgravens@respectthetech.tech

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

<https://myridenorthtexas.org/en/home-2/>

Email: myride@dart.org

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

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

<https://prntexas.org>

2032 82nd Street, Suite 102

Lubbock, Texas 79423

Phone: 806-762-1434, 800-866-4726 (Toll-free)

Email: info@prntexas.org

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, Ext 3

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>

Mailing Address:

2251 TAMU
College Station, TX 77843-2251
Phone: 833-897-2474 (AgriStress Helpline)
Email: txagrability@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 C-102
Austin, TX 78751
Phone: 512-328-5437
Email: info@varietytexas.org

Variety assists children with mobility and medical needs.

Workforce Solutions Southeast Texas

<http://www.setworks.org>

Phone: 877-834-5627

For information on Workforce Center locations, go to <https://setworks.org/workforce-centers/>.

ThinkFirst National Injury Prevention Foundation

<http://www.thinkfirst.org>

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who

have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. 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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