



Arizona 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.

Arizona Department of Economic Security: Aging and Adult Services

<https://des.az.gov/services/older-adults>

Phone: 602-542-4446

AZ Aging: Arizona's Area Agencies on Aging

<https://arizonaaging.org/>

Phone: 928-298-2574

Email: Answers@ArizonaAging.org

Arizona Area Agencies on Aging by County

<https://arizonaaging.org/area-agencies/>

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

VSA Arizona

<https://azarts.gov/news/vsa-arizona-increasing-access-to-the-arts-for-all/>

Arizona Commission on the Arts

417 West Roosevelt Street

Phoenix, AZ 85003-1326

Phone: 602-757-8118, 520-631-6253

Email: info@vsaaz.org

Assistive Technology

Arizona Technology Access Program (AzTAP)

www.aztap.org

<https://myatprogram.org/home/4/>

Northern Arizona University

Clarendon Place

300 W Clarendon Ave, Suite 475

Phoenix, AZ 85013

Phone: 602-728-9534, 800-477-9921 (Toll-free), 711 (TTY Relay)

Email: askaztap@nau.edu

AzTAP assists persons with disabilities (all ages and types of disability) as well as family members, service providers, employers and the public to become better educated about assistive technology (AT). Offers short term device loans as well as financial loans designed to help people with disabilities borrow money to buy AT.

Pacific ADA Center (Regional Office)

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

PO Box 665

Concord, CA 94522

Phone: 510-831-6714 (Voice/Relay), 800-949-4232 (Toll-free)

Email: info@adapacific.org

Arizona Loans for Assistive Technology Program (AzLAT)

<http://aztap.org/at-funding/azlat/>

300 W Clarendon Ave, Suite 475

Phoenix, AZ 85013

Phone: 602-728-9507, 800-477-9921 (Toll-free), 711 (Relay)

Email: askazlat@nau.edu

A program that allows people with disabilities to borrow money at affordable rates for buying assistive technology.

Arizona Sonora Border: Projects for Inclusion (ARSOBO)

<http://arsobo.org/>

Mailing Address:

7783 S Galileo Lane

Tucson, AZ 85747

Phone: 520-907-7865

Email: Arsobo-ac@hotmail.com

ARSOBO is a non-governmental organization (NGO) registered in Mexico and a direct result of the first Border Conference on Disabilities held in Nogales, Sonora, 2008 and sponsored by the Sonoran UCEDD (University Centers for Excellence in Developmental Disabilities) at the University of Arizona and DIF (Desarrollo Integral de la Familia) held in Nogales, Sonora, 2008. ARSOBO trains and employs people with disabilities to create assistive technology including wheelchairs. Subsidizes the cost of creating the assistive technology devices to keep the cost low to people who need them.

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd
POB 101147
Oakland Park, FL 33310

Well Spouse Association (WSA)

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

63 West Main Street, Suite H
Freehold, NJ 07728
Phone: 732-577-8899
Email: info@wellspouse.org

Arizona Caregiver Coalition

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

Mailing Address:
PO Box 21623
Phoenix, AZ 85036
Phone: 888-737-7494 (Toll-free)
Email: info@azcaregiver.org

Community-Based Fitness Programs

Ability360 Sports and Fitness Center

<https://ability360.org/sports/>

Main Office:
5025 E Washington St, Ste 200
Phoenix, AZ 85034
Sports & Fitness Center:
5031 E Washington St
Phoenix, AZ 85034
Phone: 602-256-2245, 800-280-2245 (Toll-free), 602-386-4566
Email: info@ability360.org

The Fitness Center featuring a group fitness room and strength, cardio and free weight equipment; indoor courts for basketball and other sports that require a hardwood-floor; outdoor aquatics; a climbing wall; and a jogging track.

UPWARD for Children and Families

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

6306 North 7th Street
Phoenix, AZ 85014
Phone: 602-279-5801

Upward is dedicated to serving severely disabled and/or medically fragile children and their families. At Upward, we make skills development, learning and therapy fun. We are

bringing hope and joy to the children we support and helping them achieve their highest potential.

Community Health Centers

Arizona Alliance for Community Health Centers

www.aachc.org

3838 N Central Avenue, Suite 1600

Phoenix, AZ 85012

Phone: 602-253-0090

Email: info@aachc.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 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

Arizona Victim Compensation Program

<https://www.azcjc.gov/Programs/Victim-Services/Compensation-Program>

Arizona Criminal Justice Commission

1110 West Washington Street, Suite 230

Phoenix, AZ 85007

Phone: 602-364-1146

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

<http://www.safehorizon.org>

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

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233

National Resource Center on Domestic Violence (NRCDV)

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

Phone: 800-537-2238

Email: NRCDV@nrcdv.org

Arizona Coalition to End Sexual & Domestic Violence

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

Mailing Address:

2700 N Central Ave, Suite 1100

Phoenix, AZ 85004

Phone: 602-279-2900, 800-782-6400, 711 (Relay)

Email: info@acesdv.org

New Life Center

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

PO Box 5005

Goodyear, AZ 85338

Phone: 623-932-4404, 623-215-8072 (Sunshine Healing Center)

Email: info@newlifectr.org

The New Life Center is helping to eliminate domestic and sexual violence through support services, education, and expertise.

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 Blake Foundation

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

7750 E Broadway Blvd, Suite A200

Tucson, AZ 85710

Phone: 520-327-1529

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.

Easterseals Southwest Human Development

www.swhd.org

2850 North 24th St

Phoenix, AZ 85008

Phone: 602-266-5976

Email: give@swhd.org

Southwest Human Development serves 135,000 children and families each year through more than 40 programs and services that focus on preventing problems before they start or, when they already exist, providing opportunities to intervene as early and effectively as possible.

Government Offices for Arizona

Arizona State Website

www.az.gov

Arizona Division of Developmental Disabilities

<https://des.az.gov/ddd>

Phone: 844-770-9500 (Toll-free, Option 1), 711 (TTY/TDD)

Email: DDDCustomerServiceCenter@azdes.gov

Arizona Developmental Disabilities Planning Council

<https://addpc.az.gov/>

3839 North 3rd Street, Suite 306

Phoenix, AZ 85012

Phone: 602-542-8970, 877-665-3176 (Toll-free)

Email: addpc@azdes.gov

The council represents the needs and interests of people with developmental disabilities.

Arizona Governor's Council on Spinal and Head Injuries

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

3425 E Van Buren St

Phoenix, AZ 85008

Phone: 602-803-3531

Email: ATarpy@azdes.gov

Arizona Rehabilitation Services Administration (RSA)

<https://des.az.gov/services/employment/arizona-rehabilitation-services>

Phone: 800-563-1221 (Toll-free)

Aids in employment outcomes and enhances independence by offering comprehensive services and support.

Arizona Medicaid Agency

<https://www.azahcccs.gov/>

Arizona Health Care Cost Containment System (AHCCCS)

801 E Jefferson St

Phoenix, AZ 85034

Phone: 602-417-4000, 855-432-7587

Toll-free in-state: 800-654-8713

Toll-free out-of-state: 800-523-0231

AHCCCS is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

KidsCare: Arizona Children's Health Insurance Program (CHIP)

<https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html>

Arizona Health Care Cost Containment System

801 E Jefferson Street

Phoenix, AZ 85034
Phone: 855-432-7587, 602-417-4000, 800-654-8713 (Toll-free)

Arizona SHIP: State Health Insurance Assistance Program

<https://azship.org/>

Phone: 800-432-4040 (Statewide Hotline)

SHIP offers free health benefits counseling service for Medicare beneficiaries and their families or caregivers. Our mission is to educate, advocate, counsel and empower people to make informed benefit decisions. SHIP is an independent program funded by federal agencies and is not affiliated with the insurance industry.

Arizona Department of Insurance and Financial Institutions (DIFI)

www.cms.gov/ccii/Resources/consumer-assistance-grants/az.html

<https://difi.az.gov/>

100 N 15th Avenue, Suite 261

Phoenix, AZ 85007-2630

Phone: 602-364-3100, 602-771-2800, 800-544-0708 (Toll-free)

Email: insurance.consumers@difi.az.gov

Arizona Workers' Compensation

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

<https://www.azica.gov/claims-workers-compensation-general-information>

Industrial Commission of Arizona Claims Division

Mailing Address:

PO Box 19070

Phoenix, AZ 85005

Email: Claims@azica.gov

The Industrial Commission of Arizona is the agency that administers and enforces state laws relating to the protection of life, health, safety and welfare of Arizona's employees. This includes laws relating to workers' compensation, occupational safety and health, payment of wages, and child labor.

Phoenix Office:

800 West Washington Street

Phoenix, AZ 85007

Phone: 602-542-4661

Tucson Office:

2675 East Broadway

Tucson, AZ 85716

Phone: 520-628-5181

Find Your Elected Officials

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/>

Long-Term Care Ombudsman Program (LTCOP)

<https://des.az.gov/LTCOP>

1789 W Jefferson Street, Mail Drop 6288

Phoenix, AZ 85007

Phone: 602-542-6454, ext 9

Email: ltcop@azdes.gov

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

Housing

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

www.hud.gov

451 7th Street, SW

Washington, DC 20410

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

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

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

Independent Living

ILRU: State Independent Living Councils (SILCs)

Arizona State Independent Living Council

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

Mailing Address:

10720 W Indian School Rd, Ste 19 #1006

Phoenix, AZ 85037

Phone: 602-262-2900

ILRU: Directory of Independent Living Centers in Arizona

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

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/AZ>

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.

New Horizons Disability Empowerment Center

<https://www.nhdec.org>

9400 E Valley Rd

Prescott Valley, AZ 86314

Phone: 928-772-1266, 928-775-8870 (for rides)

An Independent Living Center that offers transportation services and other services.

Library Services

Arizona Talking Book Library

<https://azlibrary.gov/talkingbooks>

1030 North 32nd Street

Phoenix, AZ 85008

Phone: 602-255-5578, 800-255-5578 (Toll-free)

Provides library materials to people with visual or physical disabilities.

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 Arizona

<https://disabilityrightsaz.org/>

Phoenix Office

5025 E. Washington Street, Suite 202

Phoenix, AZ 85034

Phone: 602-274-6287, 800-927-2260 (Toll Free)

Tucson Office

4539 E. Ft. Lowell Rd.

Tucson, AZ 85712

Phone: 520-327-9547, 800-922-1447 (Toll Free)

Email: center@disabilityrightsaz.org

Disability Rights Arizona is the protection and advocacy agency as well as the client assistance program for Arizonans with disabilities.

Service Dogs

Canine Companions: Southwest Training Center

<https://canine.org/>

The Dean, Gerda and Trixie Koontz Campus

124 Rancho del Oro Drive

Oceanside, CA 92057

Phone: 760-901-4300, 800-572-2275 (Toll-free)

CCI's Southwest Training Center serves several states, including Arizona.

Companion Animal Association of Arizona (CAAA)

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

PO Box 5006

Scottsdale, AZ 85261-5006

Phone: 602-258-3306

Email: info@caaainc.org

Happy Tails Service Dogs, Inc.

<http://happytailsservicedogs.com/>

1 West Sequoia Drive

Phoenix, AZ 85027

Phone: 623-580-0946

Email: JandRweber@aol.com

Ability Dogs of Arizona (formerly Handi-Dogs)

<https://abilitydogsaz.org/>

75 South Montego Drive

Tucson, AZ 85710

Phone: 520-326-3412

Sports And Recreation

Arizona Adaptive Water Sports

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

Phone: 602-228-3660

Email: jo@azadaptivewatersports.org

This program provides access to a variety of water sports for anyone with a disability. These activities include kayaking, waterskiing, wakeboarding, wake surfing, boating, tubing, and fishing.

Arizona Disabled Sports (AzDS)

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

Physical Address:

59 East Broadway Road

Mesa, AZ 85210

Mailing Address:

PO Box 4727

Mesa, AZ 85211-4727

Phone: 480-835-6273

Sports currently offered by Arizona Disabled Sports include archery, bowling, cycling, kayaking, power soccer, swimming, track & field, and wheelchair basketball.

City of Phoenix: Adaptive Recreation

<https://www.phoenix.gov/parks/adaptive-recreation>

South Mountain Community Center

212 E Alta Vista Drive

Phoenix, AZ 85042

Phone: 602-534-0385, 602-262-3111, 711 (TTY)

City of Scottsdale: Adaptive Recreation

<https://www.scottsdaleaz.gov/parks>

8102 E Jackrabbit Road

Scottsdale, AZ 85250

Phone: 480-312-2234, 800-367-8939 (TTY)

Email: AdaptiveRecreation@ScottsdaleAZ.gov

City of Surprise: Adaptive Recreation

<https://www.surpriseaz.gov/536/Adaptive-Recreation>

15960 N Bullard Ave

Surprise, AZ 85374-8844

Phone: 623-222-2284, 623-222-2000

Email: recreation@surpriseaz.gov

Hunkapi

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

12051 N 96th St

Scottsdale, AZ 85260

Phone: 480-841-5737

Email: love@hunkapi.org

Since our inception in 1996, our horses have helped thousands of children and adults establish more mindful connections with themselves and other people. That's why we named our program "Hunkapi," a Native American word that means "I am related to everyone."

K2 Adventures Foundation

<https://www.k2adventures.org/>

14354 N Frank Lloyd Wright Blvd, Suite 4

Scottsdale, AZ 85260

Phone: 480-797-2950

Email: info@k2adventures.org

Whether it's through giving or receiving, participants in K2 Adventures Foundation can realize their potential and bring new meaning to their lives. Today, thanks to its supporters, K2 Adventures Foundation funds grants for people with life challenges and provides equipment, supplies, basic necessities and care to children, adults and families both domestically and abroad.

Lions Camp Tatiyee

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

Physical Address:

5283 West White Mountain Boulevard

Lakeside, AZ 85929

Mailing Address:

PO Box 6910

Mesa, AZ 85216

Phone: 480-380-4254

Email: pam@camptatiyee.org

Offers summer camp experiences for Arizona's special needs community including those with physical challenges. Some sessions are open to children 7-17 and some for adults 18 and over.

Therapeutic Riding of Tucson (TROT)

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

8920 East Woodland Road

Tuscan, AZ 85749

Phone: 520-749-2360

Email: info@trotarizona.org

TROT's Therapeutic Riding Program offers adaptive riding instruction to children and adults with physical and cognitive disabilities

United Way Offices

United Way Worldwide

<http://unitedway.org>

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Please contact them for Arizona information.

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

U.S. Department of Veterans Affairs: Arizona Locations

<https://www.va.gov/directory/guide/state.asp?STATE=AZ&dnum=ALL>

Paralyzed Veterans of America: Arizona Chapter

www.azpva.org

1001 E Fairmount Ave

Phoenix, AZ 85014

Phone: 602-244-9168

Email: azpva@azpva.org

Paralyzed Veterans of America Phoenix

VA Regional Office

3333 North Central Avenue, Suite 1055

Phoenix, AZ 85012

Phone: 602-627-3311

Law for Veterans

www.lawforveterans.org

This website has compiled some legal resources for veterans in Arizona including info on veteran courts and free and reduced fee legal aid sources.

ALS

ALS Association: Arizona Chapter

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

<https://www.als.org/support/states/arizona>

Phone: 225-343-9880

Email: infoAZ@als.org

For information on ALS centers and clinics in Arizona, please go to <https://www.als.org/support/states/arizona>.

Brain Injury

Brain Injury Association of Arizona

<http://www.biaaz.org>

5025 E Washington Street, Suite 106

Phoenix, AZ 85034

Phone: 602-508-8024, 888-500-9165 (Help Line)

Offers information on brain injury. Also sponsors **Camp Brain** retreat for adult survivors of brain injury 18 years of age and older. In 2025 Camp Brain will occur August 7-10 in Payson, Arizona. For more information on Camp Brain, please visit www.biaaz.org/camp-brain.

Cerebral Palsy

UCP of Central Arizona

www.ucpofcentralaz.org

Laura Dozer Center

1802 West Parkside Lane

Phoenix, AZ 85027

Phone: 602-943-5472, 888-943-5472 (Toll-free)

Email: info@ucpofcentralaz.org

UCP of Southern Arizona

<http://www.ucpsa.org>

630 N Craycroft Road

Tucson, AZ 85711-1450

Phone: 520-795-3108, 888-433-3629 (Toll-free)

Email: staff@ucpsa.org

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

Arizona Ataxia Support Group:

<https://www.ataxia.org/support-groups/>

Casa Grande, AZ

Email: ArizonaAtaxia@gmail.com

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome (GBS)/CIDP Foundation International

<http://gbs-cidp.org>

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

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

Please contact them for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: Arizona - New Mexico Chapter

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

Mailing Address:

PO Box 54879

Los Angeles, CA 90054

Phone: 800-344-4867

Multiple Sclerosis Association of America: Western Regional Office

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, ext. 155

Email: western@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Enter your 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://post-polio.org>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

<https://post-polio.org/wp-content/uploads/2024/08/PDIR-2024.pdf>

Directory lists Health Professionals, Clinics, and Support Groups. Click USA then choose State to see the Arizona Support Groups.

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Ste 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area. For information on Spina Bifida clinics in Arizona, please go to <https://www.spinabifidaassociation.org/clinics/>.

Spina Bifida Association of Arizona (SBAAZ)

<http://www.sbaaz.org>

Physical Address:

1001 East Fairmount Avenue

Phoenix, AZ 85014

Mailing Address:

4802 E Ray Rd, Unit 23-687

Phoenix, AZ 85044

Phone: 602-274-3323

Email: office@sbaaz.org

Patsy Reeve Foundation

<https://camppatrick.com/>

Phone: 602-614-2572

Email: katie@camppatrick.com

This foundation offers an overnight camp for children aged 6-18 years with Spina Bifida. The camp has many accessible activities including horseback riding, archery, arts and crafts, sports, fishing, movie night, and more.

Spinal Cord Injury

Arizona Spinal Cord Injury Association (AZSCIA)

<http://www.azspinal.org>

5025 E Washington St, Suite #110

Phoenix, AZ 85034

Phone: 602-507-4209, 888-889-2185 (Toll-free)

E-mail: info@azspinal.org

Stroke

American Stroke Association

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

National Center

Mailing Address:

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Phoenix Office of American Heart Association

1910 W University Dr, Suite 205
Tempe, AZ 85281
Phone: 602-414-5353

Tucson Office of American Heart Association

2959 N Swan Road
Tucson, AZ 85712
Phone: 520-917-7520

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project (ASAP)

www.asap.org

PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-272-7282 (Toll-free)
Email: info@ASAP.org

Please contact them for support group info in your area

Transverse Myelitis

Siegel Rare Neuroimmune Association (SRNA)

www.wearesrna.org

Physical Address:
1787 Sutter Parkway
Powell, OH 43065-8806
Mailing Address:
PO Box 826962
Philadelphia, PA 19182-6962
Phone: 855-380-3330 (EST)
Please contact them for info in your area.

General Disability Resources

Ability360 Disability Survival Guide

<https://ability360.org/wp-content/uploads/2024/10/2024-04-15-Disability-Survival-Guide-DSG.pdf>

Booklet covers Arizona disability resources and can be read online.

Arizona Yellow Pages for Kids with Disabilities

<https://www.yellowpagesforkids.com/help/az.htm>

Arizona Chapter of the American Physical Therapy Association (APTA)

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

Mailing Address:

PO Box 1450
Tonto Basin, AZ 85553
Phone: 480-489-9299
Email: admin@aptaaz.org

Arizona Occupational Therapy Association (ArizOTA)

<http://www.arizota.org/>
15657 N Hayden Rd, #1155
Scottsdale, AZ 85260
Phone: 623-937-0920
Email: office@arizota.org

Association of People Supporting Employment First (APSE)

<http://www.apse.org>
One Research Place, Suite 450
Rockville, MD 20850
Phone: 301-279-0060
Email: info@apse.org
Contact them for local chapter info

Healthboards.com

<http://www.healthboards.com/boards/index.php>
Message boards on health-related topics. Topics include SCI, CP, Stroke, and more

VALLEYLIFE

<http://valleylifeaz.org/>
1142 W Hatcher Rd
Phoenix, AZ 85021
Phone: 602-371-0806
Email: info@valleylifeaz.org

VALLEYLIFE is a nonprofit organization that provides premier services to individuals with disabilities to enhance their quality of life. We are committed to helping people with disabilities in our community by enriching their lives with rewarding experiences and valuable opportunities. We enable them to live a life with choices, independence and dignity. Our services are delivered through our caring and dedicated staff, specialized programs and advocacy.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org
Phone: 630-961-1400
Email: thinkfirst@thinkfirst.org

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

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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