



Arkansas Disability Resources

Affordable Care Act (ACA)

About the Affordable Care Act

<https://www.hhs.gov/healthcare/about-the-aca/index.html>

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.

DHS Division of Aging, Adult, & Behavioral Health Services

<https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/>

PO Box 1437 – Slot W241
Little Rock, AR 72203-1437
Phone: 501-686-9164

Arkansas Area Agencies on Aging

<https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/area-agencies-on-aging/>

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.

Assistive Technology

Increasing Capabilities Access Network (iCAN)

<https://ar-ican.org/>

900 W 7th Street
Little Rock, AR 72201
Phone: 501-666-8868, 800-828-2799 (Toll-free)

Arkansas Rehabilitation Services: Alternative Financing Program

<https://dws.arkansas.gov/ar-rehabilitation-services/access-accommodations/alternative-financing-program/>

1 Commerce Way

Little Rock, Arkansas 72202

Phone: 501-296-1663

Email: Henry.Washington@arkansas.gov

Southwest ADA Center (Covers Arkansas)

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

Mailing Address:

TIRR Memorial Hermann-ILRU

1333 Moursund

Houston, TX 77030

Phone: 713-797-7171, 800-949-4232 (Toll-free)

Email: swdbtac@ilru.org

Caregivers Info

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd

POB 101147

Oakland Park, FL 33310

Community Health Centers

Community Health Centers of Arkansas

www.chc-ar.org

Physical Address:

706 W 4th Street

North Little Rock, AR 72114

Mailing Address:

PO Box 3744

Little Rock, AR 72203-3744

Phone: 501-374-8225

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

Arkansas Crime Victims Reparations Board

https://portal.arkansas.gov/state_agencies/department-of-public-safety/crime-victims-reparations-board/

1 State Police Plaza Dr
Little Rock, AR 72209
Phone: 501-682-1020

Domestic Violence Help

National Domestic Violence Hotline

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

Phone: 800-799-7233

National Resource Center on Domestic Violence

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

Phone: 717-461-3939

Email: NRCDV@nrcdv.org

Arkansas Coalition Against Domestic Violence

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

124 W Capitol Ave
Suite 885
Little Rock, AR 72201
Phone: 501-907-5612
Email: info@domesticpeace.com

Serenity Domestic Violence Support & Shelter

<http://serenityinc.org/>

1015 Hwy 62 West
Mountain Home, AR 72653
Phone: 870-424-7576

The goal of Serenity Inc. is to help survivors of domestic violence heal and regain their personal strength and power. Today, Serenity employs 12 professionals and a dedicated group of over 40 volunteers who provide emergency shelter services, assistance with protection orders, and advocacy toward independence (housing, education, employment, and healthcare), support group programs, and client transportation.

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 Arkansas

<https://eastersealsar.com/>

3920 Woodland Heights Road

Little Rock, AR 72212

Phone: 501-227-3600

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. There are 11 Arkansas offices of Easterseals.

Government Offices

Arkansas State Website

<https://portal.arkansas.gov/>

Arkansas Department of Human Services

<https://humanservices.arkansas.gov/>

Donaghey Plaza

PO Box 1437

Little Rock, AR 72203

Phone: 501-682-1001, 800-482-8988

Arkansas Rehabilitation Services: Vocational Rehabilitation

<https://dws.arkansas.gov/ar-rehabilitation-services/field-services/vr-adult/>

Physical Address:

1 Commerce Way

Little Rock, AR 72202

Mailing Address:

PO Box 3781

Little Rock, AR 72203-3781

Phone: 501-296-1600, 800-330-0632 (Toll-free)

Email: ARS.Communications@arkansas.gov

Arkansas Medicaid Program

<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/>

Division of Medical Services

PO Box 1437, Slot S401

Little Rock, AR 72203-1437

Phone: 501-682-8933, 800-482-5431 (Help desk), 800-482-8988 (Spanish)

Arkansas Children's Health Insurance Program: ARKids First

<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/healthcare-programs/arkids/>

Phone: 888-474-8275

Arkansas Senior Health Insurance Information Program (AR SHIIP)

<https://insurance.arkansas.gov/consumer-services/senior-health/>

Arkansas Insurance Department

1 Commerce Way

Little Rock, AR 72202

Phone: 501-371-2782, 800-224-6330

Email: insurance.SHIIP@arkansas.gov

Arkansas Insurance Department

<http://insurance.arkansas.gov>

1 Commerce Way

Little Rock, AR 72202

Phone: 501-371-2600, 800-282-9134

Email: insurance.consumers@arkansas.gov

Arkansas Workers Compensation Commission

<https://labor.arkansas.gov/workers-comp/>

324 South Spring Street

PO Box 950

Little Rock, AR 72203-0950

Phone: 501-682-3930, 800-622-4472, 800-285-1131 (TDD)

Email Address: AWCC.Info@Arkansas.gov

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/>

Arkansas Long-Term Care Ombudsman Program

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

Arkansas Office of the State Ombudsman

PO Box 1437

Slot W 241

Little Rock, Arkansas 72203

Phone: 501-363-6378

Email: charlotte.sudmeyer@dhs.arkansas.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.

Housing and Urban Development (HUD) Office in Arkansas

<https://www.hud.gov/states/arkansas>

600 West Capitol Avenue

Richard Arnold Sheppard US

Courthouse, Room A400

Little Rock, AR 72201

Phone: 501-918-5700, 711 (TTY)

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)

Arkansas Statewide Independent Living Council

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

10 Corporate Hill Drive, Suite 240

Little Rock, AR 72205

Phone: 501-372-0607 (Local), 800-772-0607 (Toll-free)

Email: info@arsilc.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.

Library Services

Arkansas State Library: Library for the Blind and Print Disabled

<https://www.library.arkansas.gov/services/lbpd/>

900 W Capitol Ave, Suite 100

Little Rock, AR 72201-9709

Phone: 501-682-1155 (in the Little Rock area), 866-660-0885 (Toll-free)

Email: nlsbooks@ade.arkansas.gov

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 Arkansas

<https://disabilityrightsar.org/>

400 West Capitol Ave, Suite 1200

Little Rock, AR 72201

Phone: 501-296-1775, 800-482-1174 (Toll-free)

Email: info@DisabilityRightsAr.org

Service Dogs

Canine Companions: South Central Training Center

<https://canine.org/>

Baylor Scott & White Health-Kinkeade Campus

7710 Las Colinas Ridge

Irving, TX 75063

Phone: 214-259-4700, 800-572-2275 (Toll-free)

CCI's South Central Training Center serves several states, including Arkansas.

Sports And Recreation

City of Little Rock Parks and Recreation: Therapeutic Recreation Programs

<https://www.littlerock.gov/residents/parks-and-recreation/programs/therapeutic-recreation-programs/>

Sherrie Mitchell CTRS/Therapeutic Recreation Coordinator

Ottenheimer Community Center

7201 Dahlia Dr

Little Rock, AR 72209

Phone: 501-570-1131

Email: sshinn@littlerock.gov

For people with disabilities

Arkansas State Parks: Accessibility Information

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

<https://www.arkansas.com/articles/accessible-arkansas>

1 Capitol Mall

Little Rock, AR 72201

Phone: 888-287-2757 (TDD)

Email: parks.info@arkansas.gov

Beyond Boundaries

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

2195 Peyton Street

Ward, AR 72176

Phone: 501-941-1522

Email: magenc@beyondboundariesar.org

Beyond Boundaries provides equine-assisted services through research, education, and programming. These include physical, occupational, and speech therapy, as well as therapeutic riding lessons to individuals with disabilities.

Walking Eagle Fishing

www.walkingeaglefishing.com

Phone: 870-499-7513

Email: walkingeagle@centurytel.net

Wheelchair accessible fishing boat available for guided tour.

United Way Offices

United Way Worldwide

<http://www.unitedway.org>

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.

Heart of Arkansas United Way

www.heartaruw.org

Physical Address:

1400 West Markham, Suite 301

Little Rock, AR 72201

Mailing Address:

PO Box 3257

Little Rock, AR 72203

Phone: 501-376-4567, 866-580-4567

Email: info@heartaruw.org

Veteran Benefits

U.S. Department of Veterans Affairs: Facility Locator

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

Little Rock VA Regional Benefit Office

<https://www.va.gov/little-rock-va-regional-benefit-office-at-eugene-j-towbin-healthcare-center/#content>

Eugene J Towbin Healthcare Center

2200 Fort Roots Drive

Building 111

North Little Rock, AR 72114

Phone: 800-827-1000

ALS

ALS Association

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

National Office

1300 Wilson Blvd, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

Arkansas Chapter of The ALS Association

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

Phone: 479-621-8700

Email: infoar@als.org

Arkansas ALS Certified Centers & Clinics:

University of Arkansas for Medical Sciences

Neurology Clinic

501 Jack Stephens Drive

UAMS Jackson T Stephens Spine and Neuroscience Institute

Second Floor

Little Rock, AR 72205

Contact: Sukanthi Kovvuru, MD, Director

Phone: 501-686-5838

Arkansas VA ALS Clinic

John L McClellan Memorial Veterans' Hospital

4300 W 7th Street

Little Rock, AR 72205

Contact: Humaira Khan, MD, Director

Phone: 501-257-1000

Brain Injury

Brain Injury Association of America: Arkansas Affiliate

<https://www.biausa.org/find-bia/arkansas>

Phone: 703-761-0750 (Local), 800-444-6443 (Brain Injury Information)

Email: braininjuryinfo@biausa.org

Brain Injury Association of America

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

Mailing Address:

3057 Nutley Street, #805

Fairfax, VA 22031-1931

Phone: 703-761-0750

Email: info@biausa.org

Cerebral Palsy

United Cerebral Palsy of Arkansas

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

9720 N Rodney Parham Road

Little Rock, AR 72227

Phone: 501-224-6067

Email: askucp@ucpark.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

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

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

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society: South Central Chapter

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

Physical Address:

1050 N Post Oak

Suite 240

Houston, TX 77055

Mailing Address:

PO Box 88540

Carol Stream, IL 60188

Phone: 800-344-4867 (Toll-free)

Multiple Sclerosis Association of America: South-Central Regional Office

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

Phone: 800-532-7667, ext. 137

Email: southcentral@mymsaa.org

(Arkansas, Colorado, Kansas, Louisiana, Missouri, New Mexico, Oklahoma, Texas)

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

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: info@post-polio.org

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

Arkansas Children's Hospital: Spina Bifida Clinic

www.archildrens.org

1 Children's Way

Little Rock, AR 72202

Phone: 501-364-1806

Spinal Cord Injury

Arkansas Spinal Cord Commission

<https://healthy.arkansas.gov/boards-commissions/commissions/arkansas-spinal-cord-commission/>

Freeway Medical Building, Suite 108

5800 W 10th St

Little Rock, AR 72204

Phone: 800-459-1517, 501-296-1788

A state agency devoted to meeting the needs of people with spinal cord disabilities in Arkansas.

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-478-7653
Please call them for the stroke support group in your area

American Heart Association

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

National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 800-242-8721

American Heart Association: Arkansas Offices

<https://www.heart.org/en/affiliates/arkansas>

Northwest Arkansas:
108 E Sunbridge Dr
Fayetteville, AR 72703
Phone: 479-439-6800

Little Rock:
909 W 2nd Street
Little Rock, AR 72203
Phone: 501-375-9148

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

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 local information

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

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

General Disability Resources

Accessibility Across Arkansas

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

Phone: 501-499-9229

Email: info@accessibilityacrossarkansas.org

This non-profit is working in collaboration with Arkansas State Parks to develop all-terrain wheelchairs available for use in Arkansas State Parks. They work to provide adaptive equipment and accessibility consulting services to organizations in Arkansas that specialize in outdoor recreation.

Arkansas Yellow Pages for Kids with Disabilities

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

Arkansas Occupational Therapy Association

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

PO Box 202

Conway, AR 72033

Email: secretary.arota@gmail.com

Arkansas Chapter of the American Physical Therapy Association

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

PO Box 202

Conway, AR 72033

Phone: 501-499-6163

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

Arkansas Disability Coalition

<https://ardisabilitycoalition.org/>

PO Box 31420

Little Rock, AR 72260

Phone: 501-614-7020

Email: info@ardisabilitycoalition.org

The ADC works for equal rights and opportunity for Arkansans with disabilities through public policy change, cross-disability collaboration, and the empowerment of people with disabilities and their families.

University of Arkansas: Partners for Inclusive Communities

<http://uofapartners.uark.edu/>

Mailing Address:

10809 Executive Center Drive

Searcy Building, Suite 316
Little Rock, AR 72211
Phone: 501-301-1100, 800-342-2923 (Toll-free)
Email: partners@uark.edu

Partners for Inclusive Communities is Arkansas' University Center on Disabilities. Administratively located within the University of Arkansas College of Education and Health Professions, Partners is a member of the nationwide Association of University Centers on Disabilities.

Mays Mission for The Handicapped

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

604 Colonial Drive
Heber Springs, AR 72545-8090
Phone: 501-362-7526, 888-503-7955 (Toll-free)
Email: info@maysmission.org

Offers employment and on-the-job training in the printing industry to people with disabilities.

Arkansas Support Network

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

6836 Isaac's Orchard Road
Springdale, AR 72762
Phone: 479-927-4100
Email: info@supports.org

A small group of parents and volunteers incorporated and were licensed by the state to provide support and assistance to a limited number of families who had children with disabilities living in the home with them.

Camp Aldersgate

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

2000 Aldersgate Road
Little Rock, AR 72205
Phone: 501-225-1444
Email: hello@campaldersgate.net

Camp Aldersgate provides year-round social service programs for over 1,700 individuals of all ages and backgrounds. With the support of our surrounding communities, businesses and friends, we can provide the best possible atmosphere, equipment and facilities for our extraordinary participants.

Healthboards.com

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

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

Arkansas 211

www.211.org

<http://www.arkansas211.org/>

Phone: 211, 866-489-6983

Email: ContactUs@ar211.org

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.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

2206 N Main Street, #277

Wheaton, IL 60187

Phone: 630-961-1400, ext. 1

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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.