



Shepherd Center

ONLINE RESOURCES

This list is to provide information and listings only which we hope are helpful. Shepherd Center is not responsible for any User decisions that are made with the information provided. The views and opinions expressed on any website do not necessarily state or reflect those of Shepherd Center.

*Links for
our
patients,
families, &
clients.*

Contents

Caregiver / Independent Living / Driving	2
Caregiver	2
Independent Living	2
Driving	4
Government Benefits / Employment / Advocacy	5
Government Benefits	5
Employment	6
Advocacy	7
Grants / Medication Assistance	9
Grants	9
Fundraising Resources	12
Medication Assistance	13
Assistive Tech / Equipment / Service Animals	15
Assistive Technology	15
Equipment	15
Service Animals	16
Travel / Sports / Entertainment	17
Travel	17
Sports	18
Entertainment	20
Sexuality/ Relationships / Parenting	22
Mental Health/Spirituality	23
Spinal Cord Injury Resources	25
Brain Injury Resources	26
Adolescent Brain Injury Resources	28
Disorders of Consciousness Resources	29
Stroke Resources	30
Military Resources	32



Caregiver / Independent Living / Driving

Caregiver

Assist Guide Information Service

www.agis.com/Document/19/resources-for-finding-a-caregiver.aspx

Provides suggestions for finding a caregiver.

Caregiver.com

www.caregiver.com

954-893-0550; 800-829-2734

A site for, about and by caregivers.

Caregiver Action Network

<http://caregiveraction.org>

An organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

Caring.com

www.caring.com/articles/how-to-find-a-private-caregiver

Provides advice on how to find and hire a private caregiver.

Family Caregiver Alliance

www.caregiver.org

800-445-8106

What you can do to be more prepared to be a caregiver. Site includes tips and fact sheets under Caregiver Education that may be of interest.

Rosalynn Carter Institute for Caregiving

www.rosalynncarter.org

229-928-1234

The Institute serves and supports both professional and family caregivers.

Independent Living

Disability Resource Center

www.disabilityresourcecenter.org

706-778-5355; 888-534-7144

A private, non-profit organization committed to providing services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons.

Center for Universal Design

www.ncsu.edu/ncsu/design/cud

A resource for home modifications.

Home Modification and Repair Resources National Directory

www.homemods.org

213-740-1364

A university-based and non-profit effort, this site is dedicated to promoting aging in place and independent living for persons of all ages and abilities.

Member of the Family

www.memberofthefamily.net

Nursing Home Registry has information about nearly 16,000 Medicare/Medicaid-certified nursing homes in the United States.

National Council on Independent Living

www.ncil.org

voice: 202-207-0334; 877-525-3400 tty: 202-207-0340

National Council on Independent Living advances independent living and the rights of people with disabilities.

New Lifestyles

www.newlifestyles.com

From independent living to skilled nursing care, a simple search will show you the options in the area where you need help.

Personal Assistance Services

www.paseap.com

This site addresses research, training, dissemination and technical assistance on issues related to personal assistance services (guide to using personal assistants) and contact information and program descriptions for state waiver programs.

Phillips Lifeline

www.lifelinesystems.com

800-543-3546, ext.3050

Provides medical alert service allowing a direct, immediate link to assistance, 24 hours per day/ seven days per week.

Senior Advisor

www.senioradvisor.com

800-805-3621

A resource for senior citizens and their families, to help find assisted living facilities both anywhere in America and in their price range. You can look for centers by the services they offer, ranging from hospice care to if they have Wi-Fi.

SocialServe Georgia

www.socialserve.com/tenant/GA/index.html?ch=GA

704-334-8722; 877-428-8844 Spanish: 877-428-8844

A National Accessible Apartment Clearinghouse (NAAC) that provides connections for individuals with disabilities with apartments that have been designed for them, or adapted to meet their needs.

Tech Guide

www.usatechguide.org/techguide.php

Tech Guide is a web-guide to Wheelchairs & Assistive Technology.

US Housing and Urban Design, Disability Resource Page

www.hud.gov/groups/disabilities.cfm

This page is designed to answer frequently asked questions on the housing rights of people with disabilities and the responsibilities of housing providers and building and design professionals under federal law.

Visitability

www.concretechange.org

Concrete Change / Visitability is an international network whose goal is making ALL new homes “visit-able,” not just “special” homes.

Driving

Association for Driving Rehab Specialists

www.aded.net

866-672-9466

This site can be used to locate local driving specialists/programs, as well as general info under the “Disabilities and Driving Fact Sheets” section.

Disabled Dealer Magazine

www.Disableddealer.com

Lists classified ads by owners looking to buy and sell wheelchair accessible vehicles and medical equipment.

Shepherd Center Adapted Driving Services

www.shepherd.org/patient-programs/outpatient-clinics/adapted-driving-services

Shepherd Center helps clients and their families evaluate, prepare for and utilize transportation options available to them.

Government Benefits / Employment / Advocacy

Government Benefits

Benefits.gov

www.benefits.gov

Site offers the option to search for benefits according to category, location, or federal agency.

Benefits Navigator

www.benefitsnavigator.org

800-283-1848

Benefits Navigator Program provides accurate work incentive information to people between the ages of 14 and full retirement age who receive Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), or both.

Birth Certificates

www.vitalchek.com

Obtain official birth certificate for SSA application purposes through this service or visit your birth state's Office of Vital Records.

Disability.gov

www.disability.gov

The site connects people with disabilities, their families and caregivers to helpful resources on topics such as how to apply for disability benefits, find a job, get health care or pay for accessible housing.

Georgia Vocational Rehabilitation

<https://gvra.georgia.gov>

800-436-7442

Any citizen of Georgia who has a physical or mental disability that impacts his/her ability to go to work, and who can benefit from VR services to go to work is eligible.

Georgia Waiver Programs

<http://dch.georgia.gov/waivers>

These programs help people who need help to live in their home or community. Each program offers several services, e.g., assistance with daily living activities, home health aide, and care giver relief.

Indian Health Services

www.ihs.gov

301-443-3024

Federal health program that provides information on health services to Native Americans and Alaskan natives.

Mexcare

<http://mexcare.com>

760-839-2370

This group assists with transitioning illegal immigrants back to Mexico, connecting them with services and the hospital system in Mexico. bbarraza@mexcare.com

Social Security Administration

www.ssa.gov

800-772-1213

Coordinate interviews for patients to apply for SSI and SSDI. Gather and submit paperwork required to complete the application process.

Ticket for Work

www.ssa.gov/work

Information on return to work incentive programs for people receiving SSI/Medicaid and/or SSDI/Medicare.

Volunteer Income Tax Assistance

www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers

These are volunteers who help with tax preparation for families who are income eligible.

Employment

Disabled Person

www.disabledperson.com

Job board for people with disabilities; updated daily with postings from all over the U.S. by companies who are looking to hire people with disabilities.

Hands On Atlanta

www.handsonatlanta.org

Helps individuals, families, corporate and community groups strengthen Greater Atlanta through service at more than 400 nonprofit organizations and schools.

Hire Heroes USA

www.hireheroesusa.org

Free service that works with U.S. military members, veterans and spouses to succeed in the civilian workforce.

Job Accommodation Network

<http://askjan.org/>

Free consulting service to increase employability of people with disabilities. They can provide worksite accommodation solutions, technical assistance with ADA and education on self-employment options.

O*NET Online

www.onetonline.org

O*NET Online is the nation's primary source of occupational information on hundreds of standardized and occupation-specific descriptors. The database is available at no cost, provides Career Exploration Tools, assessment instruments for workers & students.

United Way

www.unitedway.org

Find volunteer opportunities in your neighborhood.

Volunteer Match

www.volunteermatch.org

Find a community organization in need of volunteers based on your interests.

Advocacy

ADAPT

www.adapt.org

A national grassroots community that organizes disability rights activists to engage in nonviolent direct action, including civil disobedience, to assure the civil and human rights of people with disabilities to live in freedom.

American Association of People with Disabilities

<http://www.aapd.com>

800-840-8844

The American Association of People with Disabilities (AAPD) is a convener, connector, and catalyst for change, increasing the political and economic power of people with disabilities.

American Civil Liberties Union

www.aclu.org

212-549-2500

The ACLU works in the courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States.

Americans with Disability Act

www.ada.gov

800-514-0301

The website includes federal resources and ADA publication. It breaks the law down into different sections so it is easy to find answers to your questions.

Coalition for the Advancement of Medical Research

www.camradvocacy.org

CAMR's advocacy and education outreach focuses on stem cell research, somatic cell nuclear transfer, and related research fields in which the mission is to develop treatments and cures for individuals with life-threatening illnesses and disorders.

Disability, Abuse & Personal Rights Project

<http://disability-abuse.com>

This group seeks to identify ways to reduce the risk of abuse, to promote healing for victims, and to seek justice for those who have been victimized.

Disability Rights Advocates

www.dralegal.org

212-644-8644

With offices in California and New York, this is one of the leading nonprofit disability rights legal centers in the nation. Its mission is to advance equal rights and opportunity for people with all types of disabilities nationwide.

Equal Employment Opportunity Commission

www.eeoc.gov

800-669-4000

The U.S. Equal Employment Opportunity Commission (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.

Model Systems Knowledge Translation Center

www.msktc.org

Summarizes research, identifies health information needs, and develops information resources to support the Model Systems programs in meeting the needs of individuals with traumatic brain injury (TBI), spinal cord injury (SCI), and burn injury.

National Council on Disability

www.ncd.gov

An independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities.

National Disabled Students Union

<http://disabledstudents.org>

National Disabled Students Union is a national, cross-disability, student organization dedicated to social justice for all.

National Rehabilitation Information Center

www.naric.com

This center collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects funded by National Institute on Disability, Independent Living, and Rehabilitation Research.

National Youth Leadership Network

<http://nyln.org>

Provides a blog on a variety of topics such as leadership, disability and inspiration. Includes videos.

United States Access Board

www.access-board.gov

800-872-2253

A United States Access Board is federal agency that promotes equality for people with disabilities through leadership in accessible design and the development of accessibility guidelines and standards.

Grants / Medication Assistance

Grants

Amy van Dyken Foundation

www.amyvandyken.org

This foundation is specifically for durable medical equipment funding.

Blood Brothers Foundation

www.bloodbrothersfoundation.org

303-882-7469

Blood Brothers Foundation is non-profit that can partially assist with funding for vehicle modifications. They do require that all the modifiers of vehicles are NMEDA certified.

Brain & Spinal Injury Trust Fund Commission

www.bsitf.state.ga.us

888-233-5760

Brain & Spinal Injury Trust Fund Commission enhances the lives of Georgians with traumatic brain and spinal cord injuries. Guided by the aspirations of people with traumatic injuries, the Commission supports lives of meaning and independence.

Bryon Riesch Paralysis Foundation

<http://www.brpf.org>

262-547-2083

The Bryon Riesch Paralysis Foundation funds Charitable grants are reviewed quarterly in January, March, June, and September. Funds are limited and we generally cannot support charitable grants over \$10,000. Request should be for a specific item.

Challenged Athletes Foundation

www.challengedathletes.org

858-866-0959

Stepping in where medical treatment, rehabilitation, and health insurance ends, the Challenged Athletes Foundation provides equipment like adaptive sports wheelchairs, handcycles, and monoskis.

CMMS Deshae Lott Ministries Inc.

www.deshae.org/cmms

Provides some financial support for medically-necessary home-health-care services not covered by insurance, private or governmental, and not covered by any other non-profit organization.

Dream2Walk Foundation

dream2walk.org

214-417-8466

The Dream2Walk Foundation awards scholarships to Spinal Cord Injury Patients in need of financial assistance at approved recovery based therapy facilities.

Dreams of Recovery

www.dreamsofrecovery.org

770-675-6565

The Cindy Donald Dreams of Recovery Foundation is committed to creating a positive change for those individuals facing the many challenges which accompany spinal cord and/or brain injury.

Friends of Man

www.friendsofman.org

303-798-2342

Friends of Man, the charitable arm of the Institute for the New Man, gives help to people who find themselves in a situation where they have nowhere else to turn. Offers help with mobility equipment, medical equipment and procedures, and more.

Georgia Crime Victim Trust Fund

<http://cjcc.georgia.gov/victims-compensation>

800-547-0060

Helps victims and their families through the emotional and physical aftermath of a crime by easing the monetary impact placed upon them by providing financial benefits for expenses such as medical bills, loss of earnings, etc.

Gridiron Heroes

www.gridironheroes.org

210-735-2249

Provides immediate, as well as, long term resources and support to individuals that have sustained a catastrophic SCI through activities associated with high school football.

Joni and Friends

www.joniandfriends.org

800-736-4177

Assists with financial needs of individual as well as to strengthen existing relationship between individual and his/ her church congregation. Provides funds for Health and Wellness, Education and Ministry/Evangelism.

Joseph S Groh Foundation

<http://josephgrohfoundation.org>

214-998-9749

The Joseph S Groh Foundation is dedicated to providing financial support to those connected with the construction trades industry (plumbing, HVAC, electrical, roofing, etc.) who are living with life altering injuries.

Kelly Brush Foundation

<http://kellybrushfoundation.org>

802-846-5298

This foundation provides adaptive sports equipment to individuals and supports ski clubs in their safety efforts. To qualify, an applicant must be living in the U.S., give information about their SCI, source of income, & description of desired equipment.

LensCrafters OneSight

www.lenscrafters.com/onesight#sd

877-753-6727

This program is through Lens Crafters and provides glasses, frames and eye exams for patients in need. Referrals need to come through Social Worker/Case Manager.

MobilityWorks Foundation

www.themobilityworksfoundation.org

The MobilityWorks Foundation is a non-profit organization that will provide financial assistance and or equipment to selected individuals requiring adaptive vehicles or driving aids. The Foundation will provide financial assistance and/or equipment to selected, qualified applicants requiring adaptive vehicles or driving aids.

National Organization for Victim Assistance (NOVA)

www.trynova.org

800-879-6682

Victims of a violent crime can receive funds towards equipment or other needs.

Ralph Braun Foundation

<https://ralphbraunfoundation.org>

574-607-5995

The Ralph Braun Foundation - an organization dedicated to assisting folks with purchasing mobility transportation equipment. The Ralph Braun Foundation was created for a simple purpose: to assist those with mobility needs through education, information and product acquisition.

Repair and Rehabilitation Grant

www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants

A US Department of Agriculture grant is available to dwelling owner/occupant who is 62 years of age or older. Funds may only be used for repairs or improvements to remove health and safety hazards, or to complete repairs to make the dwelling accessible for household members with disabilities.

SCORE

www.scorefund.org

323-655-8298

This is a nonprofit organization that supports the rehabilitation of young people with SCI. They can assist with down payments of a van, home modifications adaptive sport equipment, etc.

Sparrow Clubs

www.sparrowclubs.org

541-312-6830

Provides financial assistance for children 17 and younger in need.

Swim with Mike Foundation

www.swimwithmike.org

213-740-4155

College tuition scholarships, ramps, van mods, peer support, etc. for persons with SCI.

Three Sixty Five Foundation

www.threesixtyfivefoundation.org

Provides, through financial and non-financial means, assistance to physically challenged individuals returning to an active lifestyle during the first year of their recovery.

Tighten the Drag Foundation

www.tightenthedragfoundation.org

The foundation supports "Out of the Box" aggressive therapy and exercise programs for people with Spinal Cord Injuries that are not normally covered by insurance.

Travis Roy Foundation

www.travisroyfoundation.org

Provides initial grants to individuals with SCI for van modifications or purchase, DME, computers/ adaptive equipment, and home modifications. Average grants are from \$4,000-\$7,000.

Triumph Foundation

www.triumph-foundation.org

Triumph Foundation sponsors individual's recovery from SCI by determining needs and helping to find solutions. We pair individuals with sponsors who can help meet their needs.

UCP Elsie S. Bellows Fund

<http://ucp.org/resources/assistive-technology/the-ucp-elise-s-bellows-fund>

The UCP Elsie S. Bellows fund is a national program operated by UCP that provides grants for purchasing or repairing assistive-technology equipment for individuals with disabilities.

Wheels With Wings Foundation

www.wheelswithwings.org

716-668-4724

Individual grant awards, education, resources, awareness and advocacy.

Wounded Warrior Project

www.woundedwarriorproject.org

877-832-6997

What started as a program to provide comfort items to wounded service members has grown into a complete rehabilitative effort to assist warriors as they recover and transition back to civilian life.

Fundraising Resources

Give Forward

www.giveforward.com

GiveForward is an online fundraising website and one of the easiest ways to raise money for a loved one in need. We are the #1 platform to start a medical fundraiser and the only site with fundraising coaches who provide fundraising ideas and guidance.

GOFUNDME

www.gofundme.com

GoFundMe is a crowdfunding platform that allows people to raise money for events ranging from life events such as graduations to challenging circumstances like accidents and illnesses.

HelpHOPELive

www.helphopelive.org

800-642-8399

Provides consultation needed to raise funds to bridge the gap between what health insurance will pay and what is actually needed to heal, live and thrive. They work with families to provide step by step instructions on fundraising that is tax deductible.

You Caring

www.youcaring.com

You Caring is a crowdfunding platform that allows people to raise money for a variety of needs.

Medication Assistance

Community Assistance Program, USA Drug Plan

www.caprxprogram.org

877-459-8474

Savings from 10% to 85% off all FDA approved brand name and generic drugs. Most pharmacies accept this card (Walgreens, CVS, Wal-mart, Costco, Albertsons, etc).

Diabetic Drug Store

www.diabeticdrugstore.com

Website for ordering inexpensive medical ID bracelets.

EX

www.becomeanex.org

The free EX plan is based on personal experiences from ex-smokers and the latest scientific research.

Freedom from Smoking

www.ffsonline.org

Online program specifically designed for adults who want to quit smoking. Adapted from the American Lung Association clinic.

NeedyMeds

www.needymeds.org

National non-profit information resource dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

Partnership for Prescription Assistance

www.PPARX.org

800-477-2669

This program works with America's pharmaceutical companies to make medications available for people who cannot afford them. Meds are either free or at a discounted rate based on the manufacturer.

Pfizer RSVP (Reimbursement Solutions, Verification and Payment Helpline)

www.rxresource.org/prescription-assistance/pfizer-rsvp-program.html

888-327-7787

Free or highly discounted ZYVOX, Vfend, Revatio, and Pfizer HIV meds. Referral for these meds needs to come from your physician.

Quit for Life

www.quitnow.net/Program

Program through the American Cancer Society to help smokers quit, provides coaching.

The Medicine Program

www.themedicineprogram.com

A patient advocacy organization helping individuals and families across America get access to up to 2,500 prescription medications available today for free or nearly free of charge through Patient Assistance Programs.

Assistive Tech / Equipment / Service Animals

Assistive Technology

AbleData

www.abledata.com

800-227-0216

Provides comprehensive information on products, solutions and resources to improve productivity and ease life's tasks.

Agribility

www.agribility.org

Provides assistive technology and farm site modifications for farmers with disabilities to allow continued involvement in production agriculture.

Center for Assistive Technology and Environmental Access

www.catea.gatech.edu/index.php

404-894-4960

Center dedicated to enhancing the health, activity and participation of people with functional limitations through the application of assistive and universally designed technologies in real world environments, products and devices.

Disabilities, Opportunities, Internetworking, and Technology

www.washington.edu/doiit

888-972-3648; TTY: 206-685-3648

Promotes the success of individuals with disabilities in post-secondary education and careers using technology as an empowering tool.

National Mobility Equipment Dealers Association

www.nmeda.org

Provides information about the types of adaptive equipment and mobility solutions available, as well as how to obtain equipment.

Equipment

Access to Recreation

www.accesstr.com

Purchase adaptive devices for recreation and leisure activities such as bowling, exercise, fishing, golf, gardening, and swimming.

Disability Products

www.disabilityproducts.com

Adaptive products for sale to assist with bathing, dressing, eating, help at home, and community mobility.

Eagle Sportschairs

www.eaglesportschairs.com

Provides elite sports equipment that is highly usable and affordable by the professional and recreational athlete.

Friends of Disabled Adults and Children

www.fodac.org

866-977-1204

Friends of Disabled Adults and Children provides refurbished equipment and services for disabled adults and children to improve their overall quality of life.

Sammons Preston

www.sammonspreston.com

A great resource for adaptive equipment and supplies. It ranges from daily living equipment to exercise and mobility. Check it out for all your adaptive equipment.

Tools for Life

www.gatfl.gatech.edu

404-894-0541

Dedicated to increasing access to and acquisition of assistive technology devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

Service Animals

America's Vet Dogs

www.VetDogs.org

866-838-3647

Organization that serves the needs of disabled veterans from all eras who have honorably served our country.

Canine Companions for Independence

www.caninecompanions.org

800-572-2275

Organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

Canine Partners for Life

www.k94life.org

610-869-4902

Organization dedicated to training service dogs, home companion dogs, and residential companion dogs to assist individuals who have a wide range of physical and cognitive disabilities.

Helping Hands - Monkey Helpers

www.monkeyhelpers.org

Organization that helps adults with SCI and other mobility impairments live more independent and engaged lives by providing them with a highly trained capuchin monkey.

Service Animal Registry of America

www.saraorg.com

972-854-2479

Organization that promotes the use of service animals by people with disabilities. They are also advocates of public awareness of the rights concerning service animals.

Travel / Sports / Entertainment

Travel

AbleRoad

<https://ableroad.com>

Finding and rating accessible places – restaurants, shops, hotels, medical practices and many other venues. You can access AbleRoad at the website or by using the FREE Apple and Android Apps.

Access-Able Travel Source

www.access-able.com

We provide information about: disabled travel, wheelchair travel, disabled holidays, disability travel, handicapped travel, accessible travel, and vacations for disabled, mature travel.

Access Aloha Travel

www.accessalohatravel.com

800-480-1143

Get Hawaii travel information from a locally owned travel agency, with over 30 years travel industry experience! Access Aloha Travel offers general travel services and specializes in travel plans for the disabled community.

Accessible Journeys

www.disabilitytravel.com

800-846-4537

Accessible Journeys is a vacation planner and tour operator exclusively for wheelchair travelers, their families and friends. Since 1985, wheelchair accessible vacation travel has been our only job.

ACCOMABLE

www.accomable.com

Browse (and book) over 500 listings for accessible accommodations in over 35 countries in the Americas, Eastern and Western Europe, United Kingdom, Mediterranean, Africa, Asia Pacific.

Barrier Free Travels Blog & Link

www.barrierfreetravels.com

Blog for travelers in wheelchairs, slow walkers and baby boomers.

Delta Airlines

www.delta.com/content/www/en_US/traveling-with-us/special-travel-needs/disabilities.html

Delta specific links for traveling with special needs. Training video- www.youtube.com/watch?v=1vsayUb9iQ0

Gimp on the Go

www.gimponthego.com

Comprehensive list of disability – friendly ground transportation and tour operators for the most common ports of call for both sea cruises and river cruise worldwide.

Matching Houses

www.matchinghouses.com/index.php

Holiday house exchange where people with disabilities swap houses with other people who have the same accessibility needs.

Medical Travel Inc

www.medicaltravel.org

407-447-6345

Long distance non-emergency medical transportation service.

National Park Service Access Pass

www.nps.gov/planyourvisit/passes.htm

Application for a free lifetime pass (\$10 mail process fee) to national parks available to U.S. citizens/permanent residents who have a permanent disability that limits one or more major life activities.

Savvy Traveler

<http://savvytraveler.publicradio.org/before/disability-resource.shtml>

Compilation of disability travel resources.

Society for Accessible Travel & Hospitality

www.sath.org

212-447-7284

Organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities.

Sports

American Association of Adapted Sports Programs

<http://adaptedsports.org>

A not-for-profit association that represents a standardized approach to interscholastic sports programming for students with physical disabilities.

Catalyst Sports

www.teamcatalyst.org

404-692-0933

Catalyst Sports is dedicated to providing adaptive adventure opportunities to anyone with a physical disability.

Disabled Sports USA

www.disabledsportsusa.org

Providing adaptive sports opportunities for people with disabilities to develop independence, confidence and fitness through sports.

Freedom's Wings

www.freedomswings.org

717-335-0458

Provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, wither as a passenger or member of the flight training program.

Handicapped Scuba Association

www.hsascuba.com

949-498-4540

Association dedicated to improving the physical and social well-being of people with disabilities through the sport of scuba diving.

International Tennis Federation - Wheelchair Division

www.itftennis.com/wheelchair

Organization that promotes wheelchair tennis around the world with 11 tournaments.

Lakeshore Foundation

www.lakeshore.org

205-313-7400

An organization which serves people with physical disabilities by advancing and promoting the impact of positive, long-term physical and emotional effects of physical fitness on people with disabilities.

National Center on Physical Activity and Disability

www.ncpad.org

800-900-8086

Seeks to help people with disability achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.

National Sports Center for the Disabled

www.nscd.org

303-316-1518

One of the largest outdoor therapeutic recreation and adaptive sports agencies in the world, based out of Winter Park Resort and Sports Authority Field at Mile High in Colorado.

National Wheelchair Basketball Association

www.nwba.org

719-266-4082

Provides qualified individuals with physical disabilities the opportunity to play, learn, and compete in the sport of wheelchair basketball.

National Wheelchair Softball Association

www.wheelchairsoftball.org

Official governing body for wheelchair softball in the United States and around the world.

Sports 'N Spokes Magazine

www.pvamagazines.com/sns

888-888-2201

A bimonthly publication produced by the Paralyzed Veterans of America. S'NS reports on competitive sports and recreation for wheelchair users.

U.S. Paralympics

<http://paralympics.teamusa.org>

719-632-5551

Dedicated to becoming the world leader in the Paralympic Movement and promoting excellence in the lives of people with Paralympic-eligible impairments, including physical disabilities and visual impairments.

Wheelchair Sports USA

www.wsusa.org

Provides adaptive sports information and assistance for people with disabilities.

Wheelchair Sports Federation

www.wheelchairsportsfederation.org

917-519-2622

Provides opportunities for the disabled and wheelchair-bound adults and youth to play sports recreationally and competitively.

US Electric Wheelchair Hockey Association

www.usewha.org

763-535-4736

Their mission is to provide a quality hockey program for persons requiring the use of an electric (power) wheelchair in daily life.

US Quad Rugby Association

www.quadrugby.com

248-850-8973

Provides opportunity, support and structure for competitive wheelchair rugby to people with disabilities. We are here to help people get involved in the fastest growing wheelchair sport in the world.

Entertainment**A Day's Work Music Education**

www.adaysworkmusiceducation.com

352-861-0510

A company that designs and constructs classroom musical instruments and adaptive equipment for musical instruments.

Abilities United - Film, Video, TV Productions

www.abilitiesunited.com

818-854-2112

A motion picture and television production company exclusively providing an authentic voice and representation of paraplegics to mainstream entertainment.

Ability Magazine

www.abilitymagazine.com

949-854-8700

From Diabetes to Spinal Cord Injury and celebrity interviews to CEO profiles, ABILITY covers the latest on Health, Environmental Protection, Assistive Technology, Employment, Sports, Travel, Universal Design, Mental Health and much more.

Disabled Drummers Association

www.disableddrummers.org

An organization dedicated to serving drummers with disabilities and helping them to be a positive part of the music industry, as well as to help change the way disabled musicians are viewed and treated in the industry today.

Future-Link

www.future-link.com

A directory of musicians with disabilities along with music samples.

National Arts and Disability Center

<http://nadc.ucla.edu>

A leading consultant in the arts and disability community, and the only center of its kind aimed at artists with disabilities, arts organizations /administrators, disability / performing arts organizations, art centers, universities, and arts educators.

New Mobility

www.newmobility.com

800-404-2898

A colorful, award-winning lifestyle magazine that encourages the integration of active wheelchair users into mainstream society with articles on health, advocacy, travel, employment, relationships, recreation, media, products and more.

OUCH! - BBC Disability Talk

www.bbc.co.uk/ouch

Website and podcasts on a variety of topics related to disability.

Paraplegia News

<http://pvamag.com/pn>

888-888-2201

A monthly publication that spans the globe, *PN* continues to be an invaluable resource for people with spinal-cord injuries, family members and caregivers alike.

Project Resiliency

www.project-resiliency.org

An organization based in Malibu, CA established in 2001 by drummer Rick Allen of Def Leppard and Lauren Monroe to empower people through drumming and personal healing.

Ragged Edge Magazine

www.ragged-edge-mag.com

A website that offers thousands of articles on a variety of topics.

VSA Arts – Kennedy Center

<http://education.kennedy-center.org/education/vsa/>

800-444-1324

An international organization on arts and disability founded to provide arts and education opportunities for people with disabilities and increase access to the arts for all.

Sexuality/ Relationships / Parenting

Foundation for SCI prevention, care, and cure

www.fscip.org

800-342-0330

This website offers a wide variety of resources from disability to sexuality.

Georgia Adult Protective Services

<http://aging.dhs.georgia.gov/adult-protective-services>

888-774-0152

Service in Georgia to report abuse of disabled adults or elder persons.

Male Fertility following Spinal Cord Injury: a guide for patients

www.themiamiproject.org/research/areas-of-research/fertility

305-243-7108

A useful patient education tool from the Miami Project that addresses the questions related to research and treatment of male infertility.

Parents with Disabilities Online

www.disabledparents.net

Provides information, support and resources to parents with disabilities.

Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children

www.ncd.gov/publications/2012/Sep272012

The National Council on Disability and the Christopher & Dana Reeve Foundation produced this report to assist parents with disabilities to know their rights so they may retain custody of their children.

Sexual Health

www.sexualhealth.com/disabilities-chronic-conditions

855-739-4325

Interactive site devoted to address general and sexuality related questions.

Sexuality Resources

www.disabilityresources.org/SEX.html

Compiled list of websites that provide information and support relating to the sexual concerns of men and women with disabilities, and of parents of children with disabilities.

Through the Looking Glass

<http://lookingglass.org>

800-644-2666

Provides direct services, information and referral to a diverse group of parents with disabilities and their families.

Mental Health/Spirituality

CALM

www.thecalmzone.net

Campaign Against Living Miserably for men aged 15-45 to help prevent suicide in the UK.

Chaplains on Hand

www.chaplainsonhand.org

844-242-7524

Find information and resources from professional chaplains who accept without judgment the person who is pain's own beliefs, faith and practice as well as their doubts and misgivings.

Defense Center of Excellence for Psychological Health & Traumatic Brain Injury

www.dcoe.mil

866-966-1020

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) provides the Military Health System with current and emerging psychological health and traumatic brain injury clinical and educational information.

Depression Alliance

www.depressionalliance.org

At Depression Alliance we bring people together to end the loneliness and isolation of depression. We also campaign to end the stigma of depression and to raise awareness of what it means to live with it. Online self-help groups.

Georgia Department of Behavioral Health & Developmental Disabilities

<https://dbhdd.georgia.gov/about-dbhdd>

404-657-2252

Provides treatment and support services to people with mental health challenges and substance use disorders, and assists individuals who live with intellectual and developmental disabilities.

The Mental Health Foundation

www.mentalhealth.org.uk

Provides information and support for anyone with mental health problems or learning disabilities.

Military Crisis Line

www.veteranscrisisline.net/ActiveDuty.aspx

800-273-8255

Free online chat, and text-messaging service to all Service members, even if you are not registered/enrolled in VA health care system.

Mind

www.mind.org.uk

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

National Institute of Mental Health

www.nimh.nih.gov

Transforming the understanding and treatment of mental illnesses.

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

800-273-8255

No matter what problems you are dealing with you will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Real Warriors Life Chat

www.realwarriors.net/livechat

866-966-1020

A trained health resource consultant is ready to talk, listen and provide the guidance and resources you're looking for.

Rethink Mental Illness

www.rethink.org

We help millions of people affected by mental illness by challenging attitudes, changing lives.

Samaritans

www.samaritans.org

We know a lot about what can help you through tough times. We can help you explore your options, understand your problems better, or just be there to listen.

Tennessee Department of Mental Health

<https://tn.gov/behavioral-health>

855-274-7471

Division of Mental Health Services. Crisis Services and Suicide Prevention.

Spinal Cord Injury Resources

American Spinal Injury Association

www.asia-spinalinjury.org

Promotes SCI care, research and education.

CareCure Community

<http://sci.rutgers.edu>

This site includes frequently asked questions, original articles, information on clinical trials, equipment and services and forums on a number of SCI-related topics.

Christopher & Dana Reeve Paralysis Resource Center

www.paralysis.org

This site addresses paralysis of all forms and includes information on choosing a rehabilitation center.

Crawford Research Institute, Shepherd Center

www.shepherd.org/research/spinal-cord-injury

Lists ongoing research trials and includes a registration form for future trial notices.

Facing Disability

www.facingdisability.com

312-284-2525

Provides Internet-based information and support for people with spinal cord injuries and the members of their families.

Miami Project to Cure Paralysis

www.miamiproject.miami.edu

This site, part of the University of Miami, includes basic information on SCI, statistics and research.

National Spinal Cord Injury Association

www.spinalcord.org

This site includes fact sheets, resource listings, and an insurance guide.

SCI Model System Information Network

www.uab.edu/medicine/sci/

Promotes knowledge in the areas of research, health and quality of life for people with SCI, their families, and SCI professionals.

Spinal Cord Injury Information Network

www.spinalcord.uab.edu

Information on SCI statistics and medical and psychosocial issues.

United Spinal Association

www.spinalcord.org

Dedicated to enhancing the quality of life of all people living with SCI/D, including veterans, and providing support and information to loved ones, care providers and professionals.

Brain Injury Resources

American Association of Neurological Surgeons

<http://www.aans.org/Patient%20Information.aspx>

847-378-0500; 888-566-2267

This website has current information available on a wide range of neurosurgical conditions and diseases, such as prevalence and incidence statistics, risk factors, symptoms, diagnosis, and both surgical and nonsurgical treatment options.

Brain Injury Association of America

www.biausa.org

703-761-0750

Great for state contact information for brain injury support groups and resources. Includes information on brain injury, research, special events, and more.

Brain Injury Association of Georgia

<http://braininjurygeorgia.org>

404-712-5504

This is the specific brain injury state affiliate for Georgia. The website was created to provide education, advocacy and support for persons affected by brain injury.

Brain Injury Peer Visitor Association

www.braininjurypeervisitor.org

770-330-8416

This group is an all-volunteer team of brain injury survivors and caregivers to offer hope, support, empathy, and education to all types of brain injury survivors and their families/caregivers, including strokes. All services are provided are free.

Brain Injury Resource Center

www.headinjury.com

Services and resources on this site reflect the best practices in the field of Traumatic Brain Injury.

Center for Neuro Skills

www.neuroskills.com

800-922-4994

A resource for higher level research in the area of brain injury. Great resources for: continuing education, book recommendations, news, and events, and publications on all brain injuries.

Flag House

www.flaghouse.com

800-793-7900

A global supplier of resources for physical activity, recreation, education and special needs so you can continue to work on goals of arousal including tactile and sensory stimulation.

Music Therapy

www.musictherapy.org

301-589-3300

Information about music therapy: what it is, who it benefits, and what research is available. Find a music therapist near your home.

TBI Community

www.tbicommunity.org

713-797-7105; 713-797-7100

Offers information on research projects, resources, and a newsletter regarding community reintegration. (Also in Spanish)

TBI Model Systems National Data and Statistical Center

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

The primary purpose of the TBINDSC is to advance medical rehabilitation by increasing the rigor and efficiency of scientific efforts to longitudinally assess the experience of individuals with traumatic brain injury.

Adolescent Brain Injury Resources

CNN Student News

www.cnn.com/studentnews

Designed for middle and high school classrooms with current news stories summarized each day in video format.

New York Times Learning Network

www.nytimes.com/learning

Daily news stories and interactive activities to help students engage with the news and the world.

Scholastic

www.scholastic.com/parents/activities-and-printables

Printable activity sheets to help with problem solving and reading for young children.

SuperKids

www.superkids.com/aweb/tools

A collection of easy-to-use, free educational resources, for home and school. Also has iPad app suggestions.

TeAchnology

www.teach-nology.com

Provides free and easy to use activity worksheets for teachers dedicated to improving the education of today's generation of students.

Disorders of Consciousness Resources

Abilitations

www.abilitations.com

888-388-3224

Adaptive products for a variety needs including educational resources for return to school or to help with focus at home.

Sensory Gardens

www.naturalearning.org/sensory-gardens

919-515-8345

Information about sensory gardens: what it is, who it benefits, and resources about this type of garden. It provides affordable options to create your own sensory garden.

Stroke Resources

American Diabetes Association

www.diabetes.org

800-342-2383

The ADA leads the fight against the deadly consequences of diabetes. Learn more about how to manage high blood pressure and the risk of a second stroke and other health problems.

American Stroke Association

<http://www.strokeassociation.org>

888-478-7653

The American Stroke Association funds scientific research, help people better understand and avoid stroke, encourage government support, guide healthcare professionals and provide information to enhance the quality of life for stroke survivors.

Canadian Stroke Network

www.stroking.ca

It can be used to find the most current information about the value of the various interventions, psychometric, and pragmatic properties of assessment tools used in stroke rehabilitation.

Canadian Stroke Best Practices Recommendations

www.strokebestpractices.ca

These recommendations are intended to provide up-to-date evidence-based guidelines for the prevention and management of stroke, and to promote optimal recovery and reintegration for people who have experienced stroke (patients, families, informal caregivers).

Centers for Disease Control

www.cdc.gov/stroke

800-232-4636; TTY: 888-232-6348

Information from the Centers for Disease Control regarding Stroke

Health Hope Network

<http://hopenetwork.org>

800-695-7273; TTY: 800-649-3777; Neuro Rehabilitation: 855-407-7575

The Health Hope Network provides neuro-rehabilitation, behavioral health, developmental and support services that give people a chance to overcome life's challenges.

National Aphasia Association

www.aphasia.org

Provides access to research, education, rehabilitation, therapeutic and advocacy services to individuals with aphasia and their caregivers. The NAA acts as a syndicate of resources, promoting sense of community among individuals and caregivers.

National Institute of Neurological Disorders and Stroke

<http://www.ninds.nih.gov/index.htm>

800-352-9424; 301-496-5751

The National Institute of Neurological Disorders and Stroke promotes the timely dissemination of scientific discoveries and their implications for neurological health to the public, health professionals, researchers, and policy-makers.

National Stroke Association

www.stroke.org

800-787-6537

Provides stroke education and programs to survivors, caregivers, and the healthcare community. We believe that caregivers and the survivor's circle of support is the core to their recovery. Programs and material are free.

Nutrition.gov

www.nutrition.gov

A gateway to information on nutrition, healthy eating, physical activity, and food safety. It provides science-based dietary guidance is critical to enhance your ability to make healthy choices to reduce obesity and other food related diseases.

StrokEngine

<http://strokengine.ca>

For families and health professionals who work in the field of stroke rehabilitation. This website offers a detailed review of the effectiveness of over 45 stroke rehabilitation interventions.

Stroke Network

www.strokenetwork.org

An online stroke support and information group designed to help everyone in the stroke family. The stroke support group is available 24/7. The purpose of the organization is to provide online support for stroke survivors and caregivers of adult stroke.

Stroke Support Meetup Groups

www.meetup.com/topics/strokesupport

Meet with local people who've suffered a stroke (or are caring for someone who has) for discussion of topics like rehab and re-learning, as well as for information and support.

Military Resources

Coaching into Care

<http://www.mirecc.va.gov/coaching>

Coaching into Care is a free and confidential coaching service to help callers discover new ways to talk with a Veteran in their life about their concerns and about treatment options.

Defense & Veterans Brain Injury Center

<http://dvbic.dcoe.mil>

800-870-9244

The underlying goal of the Defense & Veterans Brain Injury Center is to ensure that active duty and veterans with brain injury receive the best evaluation, treatment, and follow-up.

Heroes Care

<http://heroescare.org>

636-600-0096

H.E.R.O.E.S. Care combines the power of national organizations dedicated to providing emergency financial aid, employment opportunities, and mental health care services through a network of specially trained caregivers before, during & after deployment.

Horses for Heroes

www.horsesforheroes.org

505-798-2535

We provide a unique environment and opportunity in which post 9/11 and active military can Reconnect, Recreate and Reintegrate essentially giving them a New Mission.

Military OneSource

www.militaryonesource.mil

800-342-9647

Military OneSource is your central hub and go-to-place for the military community. Get to know your benefits and prepare for the big stuff—deployments, reintegration, moves, parenthood, retirement and more.

National Military Family Association

www.militaryfamily.org

703-931-6632

An advocacy organization for military families that provides programs, and is a respected voice on Capitol Hill, at the Pentagon and Veterans Administration.

National Resource Directory

www.nrd.gov

The DoD site provides access to services and resources at the national, state and local levels for our service members, veterans and their families.

Operation Second Chance

www.operationsecondchance.org

301-972-1080; 888-672-4838

We are committed to serving our wounded, injured and ill combat veterans and their families by building relationships and identifying and supporting immediate needs and interests.

Paralyzed Veterans of America

www.pva.org

800-424-8200

Assists with home modifications, home health, DME, medications, wide variety of resources, and in some instances, pensions. If benefits are applied for while at Craig Hospital or Shepherd Center, the rep will send paperwork to your local branch.

Project Healing Waters

www.projecthealingwaters.org

301-830-6450; 866-251-7252

Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities including education and outings.

Real Warriors

www.realwarriors.net

The Real Warriors Campaign seeks to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

Team Red White and Blue

www.teamrwb.org

Team Red White and Blue's mission is to enrich lives of America's veterans by connecting them to their community through physical and social activity.

Team River Runner

www.teamriverrunner.org

301-534-4877

Team River Runner's mission is to create an environment of healthy adventure, recreation and camaraderie for healing active duty, veteran service members and their families through adaptive kayaking.

Wounded Warrior Project

www.woundedwarriorproject.org

202-558-4302

Wounded Warrior Project provides free programs and services focused on the physical, mental, and long-term financial well-being of this generation of injured veterans, their families and caregivers.