

# Spinal Cord Injury Resource Guide



**Neuro-Rehabilitation  
Center of Excellence**



**Woodrow Wilson  
Rehabilitation Center**



# SPINAL CORD INJURY RESOURCE GUIDE



## SPINAL CORD INJURY RESOURCE GUIDE

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## SPINAL CORD INJURY RESOURCE GUIDE



**This resource guide is provided to you as a public service of Woodrow Wilson Rehabilitation Center (WWRC). This guide is not all inclusive. We have tried to put as much information as we can in this guide, but we are sure we have left out some things. Please direct any questions, comments or suggestions to:**

### **Spinal Cord Injury Program**

WWRC Box W-279  
PO Box 1500  
Fishersville, Virginia 22939-1500  
540-332-7200  
1-800-345-9972 (Toll free in VA)  
ext. 7200

### **Staff Support**

Kate Baxter, PT  
SCI Program Coordinator  
800-345-9972, ext. 7118

Mary Sue Kerr  
Program Support Tech Senior



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### Spinal Cord Injury Medical follow-up Clinics

Medical follow-up is especially important for a person with a spinal cord injury. It is important that any medical professional consulted be familiar with spinal cord injuries. The facilities listed below are experienced in the care of person with spinal cord injury. These clinics cannot take the place of a primary care physician but do offer specialized care for persons with spinal cord injuries and the resulting complications.

#### WOODROW WILSON REHABILITATION CENTER (WWRC)

**SCI Clinic** – held the third Friday of every month from 10:30 am-4:00 pm. Physiatrist directed clinic with a team including a nurse, PT, OT, and social worker always present. Wheelchair and seating evaluations must be scheduled separately. Contact Joanne Eimers, Pre-Admissions, at 1-800-345-9972, extension 7017.

**SCI Outpatient Appointments** – Scheduled on an individual basis. Contact Joanne Eimers, Pre-Admissions, at 1-800-345-9972, extension 7017.

#### UNIVERSITY OF VIRGINIA MEDICAL CENTER (UVA) / HEALTHSOUTH

**UVA Physical Medicine and Rehabilitation Spinal Cord Injury Follow-up Clinic** - Dr. Alan Alfano is the director of UVA's Spinal Cord Injury Rehabilitation Program and directs the SCI follow-up clinic. Sessions are Monday 9:30 am – 12 noon and Weds 1:30 - 4:30 pm. For contact and appointments please call 434-243-5600.

**Seating Clinic** - held every Wednesday and Thursday morning at HealthSouth. Please call 434-244-3161 with your contact information and a letter will be sent to you directing the process for receiving services there.

**K-TRAUMA** – held once a month, usually the third Wednesday, in the Outpatient Department at Kluge Children's Rehabilitation Center, and other times by appointment. This clinic serves persons with spinal cord injury or acquired brain injury. A physician, developmental pediatrician, orthopedic surgeon, nurse, OT, PT, social worker, psychologist, educational consultant, computer technical consultant, nutritionist, and rehabilitation engineer are available for each clinic as needed. Wheelchair and seating evaluations must be scheduled separately. For further information, contact Connie Falcone, RN, 1-434-243-0045. Appointments for initial clinic visit should be made by calling 1-800-627-8596, extension 36186 or 40261.



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### Spinal Cord Injury Medical follow-up Clinics (cont.)

#### VIRGINIA COMMONWEALTH UNIVERSITY MEDICAL CENTER (MCV)

***Follow-up Clinics*** – Dr. William McKinley leads the SCI Follow-up Clinic every Monday and Tuesday; Dr. McGowan leads the Musculoskeletal and General Rehab Clinic every Monday and Thursday; and Dr. William Walker leads the Brain Injury Follow-up Clinic every Tuesday and Wednesday. To schedule an appointment for any of these clinics, please call 804-828-4097. Wheelchair and seating evaluations are done separately by referral.

A Urology Clinic providing Urodynamics under the direction of Dr. Adam Klausner is also available. For appointments call 804-828-9331. For general questions regarding urology, contact Cindy Sullivan, RN, 804-628-1576.

### Primary Care Physicians (Family Doctors)

Everyone needs a physician to treat common ailments, someone who is familiar with his/her medical history. This is especially true for the person with a spinal cord injury. A spinal cord injury affects all body systems. It is important that your personal, family, primary physician be familiar with the effects of a spinal cord injury and the resulting complications. Often, it is difficult to find a physician familiar with these aspects of care. Contact your local Center for Independent Living Center or Department of Rehabilitative Services Office to see if they know anyone in your local area.

### Administrative Agency

Virginia Department of Rehabilitative Services  
8004 Franklin Farms Drive  
Richmond, Virginia 23288  
(800) 552-5019 - (804) 662-7000



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### Wheelchair Sports/Recreation

**Artists Communities:** The Millay Colony for the Arts is located in upstate New York. Acceptance to the Millay Colony is a real coup for any writer, composer or visual artist. A residency there means 28 days of creative solitude, and its free and now accessible. For more information, call 518-392-3103 or 518-392-4144 or E-mail: [apply@millaycolony.org](mailto:apply@millaycolony.org)  
[www.millaycolony.org](http://www.millaycolony.org) Write: The Millay Colony for the Arts, 454 East Hill Road, PO Box 3, Austeritz, NY 12017

**Arts Workshop** - VSA Arts of Virginia - VSA arts of Virginia promotes the arts, education, and creative expression, involving children and adults with disabilities, thereby strengthening the human spirit and improving the quality of life for all. **The Da Vinci Project** - VSA arts of Virginia's flagship visual arts program, the Da Vinci Project, gives artists with disabilities access to professionally staffed and equipped studios. Da Vinci artists mount numerous public exhibitions throughout the year. Da Vinci visual arts programs operate in Richmond, Charlottesville, Loudoun County, and Virginia Beach. Telephone 804-230-0246. Erin Hickey, Executive Director Website: [www.vsava.org](http://www.vsava.org)

### **LEAP and the Blue Ridge Riders**

LEAP – Leisure Experiences for Active People is an organization sponsored by the Recreation Therapy Department of Augusta Medical Center in Fishersville, VA. LEAP provides programs that develop leisure skills and opportunities for individuals with physical disabilities. LEAP programs provide activities in outdoor recreation, such as crossbow, skeet, fishing, water and snow skiing, kayaking, canoeing, jet skiing, picnics, etc. In the area of Competitive Sports- the program encourages participation in the Mid-Atlantic Wheelchair games under the team of the Blue Ridge Riders. Sponsorship for the athletes, to the games on the local and National level is offered. The program also provides educational programs in the local school systems and colleges along with some local churches and youth programs. It provides a support network for newly injured and their families with persons with disabilities who have successfully completed their rehabilitation process and are living successfully in the community. Travel opportunities are also available one – two times each year. Cruises, over night outings for performing arts, beach trips, deep sea fishing trips, whale watching, sporting events, are just a few of the outing offered over the past few years.

For more information about this program contact: Amie Trinca CTRS  
78 Medical Center Drive  
Recreation Therapy Department  
Augusta Medical Center  
Fishersville, VA 22939



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### Wheelchair Sports Associations

#### In Virginia:

**American Canoe Association** - 7432 Alban Station Blvd., Ste. B-232, Springfield, Va. 22150, or call 703-451-0141. Email: [aca@americancanoe.org](mailto:aca@americancanoe.org) [www.americancanoe.org](http://www.americancanoe.org)

**American Wheelchair Bowling Association** - Dave Roberts, Executive Secretary/Treasurer American Wheelchair Bowling Association, PO Box 69, Clover, VA 24534-0069. Phone: 434-454-2269 Email: [bowlawba@aol.com](mailto:bowlawba@aol.com) [www.ncpad.org](http://www.ncpad.org)

**Cameron Run Regional Park** – 4001 Eisenhower Avenue, Alexandria, VA 22304. Phone: 703-960-0767. Has an accessible miniature golf course, pool and picnic area.

**Charlottesville Cardinals Wheelchair Basketball Team** – 815 Cherry Avenue, Charlottesville, VA 22903 Contact: Rick Shifflet/Penny Dodson Phone: 434-971-9629 Email: [rick@ntelos.net](mailto:rick@ntelos.net) Currently offers Division II and Division III teams within the National Wheelchair Basketball Association.

**Sun Wheelers Sports** - was organized in 1979. Sun Wheelers, Inc. is a volunteer non profit organization made up of wheelchair athletes, friends and supporters of wheelchair sports. You may write to Sun Wheelers, Inc. 4164 Virginia Beach Blvd., Suite 100, Virginia Beach, VA 23452, or call 757-486-3789. [www.geocities.com/sun\\_wheelers/](http://www.geocities.com/sun_wheelers/)

**Wintergreen Adaptive Skiing** - 615 Paul's Creek Road, Afton, VA 22920 Phone: 434-325-2007 [www.skiwas.org](http://www.skiwas.org)

#### National:

**American Wheelchair Table Tennis Association** - 23 Parker St., Port Chester, NY 10573, or call 917-937-3932.

**Crank Chair Racing Association** - 3291 Lake Drive, Redding, CA 96003, or call 530-244-3577.

**Disabled Sports USA** - 451 Hungerford Dr., Ste. 100, Rockville, MD 20850, or call 301-217-0960. Email: [information@dsusa.org](mailto:information@dsusa.org) [www.dsusa.org](http://www.dsusa.org)

**National Wheelchair Basketball Association:** 6165 Lehman Drive, Colorado Springs, CO 80918. Call 719-266-4082 Email: [toddhatfield@nwba.org](mailto:toddhatfield@nwba.org) [www.nwba.org](http://www.nwba.org)

**National Wheelchair Poolplayer Association, Inc.** – 820 Coastal Beach Road, Henderson, NV 89002 Phone: 703-817-1215 or 714-636-3371 [www.nwpainc.org](http://www.nwpainc.org)



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### Wheelchair Sports Associations (cont)

**National Wheelchair Softball Association** - 6000 West Floyd Avenue #110, Denver, CO 80227 or call 303-842-1229. [www.wheelchairsoftball.org](http://www.wheelchairsoftball.org) Email: [nwsainfo@yahoo.com](mailto:nwsainfo@yahoo.com)

**North American Riding for the Handicapped Association (NARHA)** - NARHA was founded in 1969 to promote and support therapeutic riding in the U.S. and Canada. There are 24 accredited riding centers in Virginia. For further information write to NARHA, P. O. Box 33150, Denver, CO 80233, or call 1-800-369-7433. [www.narha.org](http://www.narha.org)

**United States Handcycling Federation** - P.O. Box 3538, Evergreen, CO 80437 or call 303-459-4159. Email: [info@ushf.org](mailto:info@ushf.org) [www.ushf.org](http://www.ushf.org)

**United States Rowing Association** – 2 Wall Street, Princeton, NJ 08540, or call 800-314-4769. [www.usrowing.org](http://www.usrowing.org)

**United States Wheelchair Swimming** 229 Miller Street, Middleboro, MA 02346

**United States Wheelchair Weightlifting Federation** - 39 Michael Pl., Levittown, PA 19057, or call 215-945-1964.

**Wheelchair Sports, U.S.A.** – P. O. Box 5266, Kendall Park, NJ 08824 732-422-4546 Email: [wsusa@aol.com](mailto:wsusa@aol.com) [www.wsusa.org](http://www.wsusa.org)



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## Telephone Numbers

Being informed is essential in today's world. This is especially true for a person with a spinal cord injury. Often the information is just a phone call away. The phone numbers here are just a partial listing, if there is a number you need and you don't see it, give us a call we'll try to help. If you find a phone number that is particularly helpful, please share with us, we are always interested in new resources and information.

### THE ADA TITLES

- I. Employment
- II. State and Local Government  
Public Transportation
- III. Public Accommodations
- IV. Telecommunications and Relay Services
- V. Miscellaneous
  - Telecommunications Act
  - Fair Housing Act
  - Air Carrier Access Act
  - Voting Accessibility for the Elderly and Handicapped Act
  - National Voter Registration Act
  - Civil Rights of Institutionalized Persons Act
  - Individuals with Disabilities Education Act
  - Rehabilitation Act
  - Architectural Barriers Act
  - General Sources of Disability Rights Information

For further information go to: <http://www.usdoj.gov/crt/ada/cguide.htm>

### Telephone Numbers for ADA Technical Assistance

ADA Information Line **800-514-0301 (V) 800-514-0383 (TDD)**

Americans with Disabilities Act (ADA) Information (Mid-Atlantic)  
**800-949-4232**

Office of Disability Employment Policy under the Department of Labor  
**202-376-6200 (V) or 202-376-6205 (TTY)**

Job Accommodation Network, A Service of the President's Committee  
**800-526-7234 (voice/TTY)**



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### Telephone Numbers (cont.)

Architectural and Transportation Barriers Compliance Board  
**800-872-2253 (V/TTY)**

U.S. Department of Justice  
**800-514-0301 (V) or 800-514-0383 (TTY)**

U.S. Department of Transportation  
**202-366-9306 (V) or 202-366-7687 (TTY)**

Disability Rights Education and Defense Fund  
**202-986-0375 (voice/TTY) or 510-644-2555 (voice) or 510-644-2626 (TTY)**

Equal Employment Opportunity Commission  
**800-669-4000 (V) or 800-669-3302 (TTY)**  
**800-669-3362 Publications only (V)**

Federal Communications Commission  
**202-632-7260 (V) 202-632-6999 (TTY)**

National Association of Protection and Advocacy Systems  
**202-408-9514 (voice) or 202-408-9521 (TTY)**

National Institute on Disability and Rehabilitation Research  
**202-205-9151 (V) 202-205-9136 (TTY)**

Project Action - National Easter Seal Society  
**202-347-3066 (voice) or 202-347-7385 (TTY)**

Rehabilitation Services Administration  
**202-205-5482 (voice) or 202-205-5538 (TTY)**

### ADA/Housing

Americans with Disabilities Act (ADA) Information Line  
**800-514-0301 (voice) 800-514-0383 (TTY) [www.ada.gov](http://www.ada.gov)**

National Center on Accessibility (parks and recreational facilities) **812-856-4422 (v) 812-856-4421 (TTY) [www.ncaonline.org](http://www.ncaonline.org)**



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### Telephone Numbers, (cont.)

National Accessible Apartment Clearinghouse **800-421-1221**  
[www.accessibleapartments.org](http://www.accessibleapartments.org)

National Accessible Apartment Clearinghouse **202-974-2300**  
[www.nmhc.org](http://www.nmhc.org)

### Advocacy

ADAPT **303-733-9324 (CO)**  
**512-442-0252 (Texas)**  
[www.adapt.org](http://www.adapt.org)

Virginia Board for People with Disability **804-786-0016**

Multi Family Housing Clearinghouse: **1-202-708-1112 (V) 202-708-1455 (TTY)**

National Council on Disability: **1-202-272-2004 (V) 202-272-2074 (TTY)** [www.ncd.gov](http://www.ncd.gov)

National Organization on Disability: **1-202-293-5960 (V) 202-293-5968 (TTY)**  
[www.nod.org](http://www.nod.org)

Paralyzed Veterans of America: **1-800-424-8200 (V) 800-795-4327 (TTY)**  
[www.pva.org](http://www.pva.org)

Parent Advocacy Coalition for Education Rights (Pacer Center) **952-838-9000 (V)**  
**E-mail [pacer@pacer.org](mailto:pacer@pacer.org) [www.pacer.org](http://www.pacer.org) 952-838-0190 (TTY)**

Work World Empowerment through Decision Support Technology - **1-804-828-2665**  
[www.workworld.org](http://www.workworld.org)

Alcohol and Drug Abuse Helpline – **1-800-931-4646**  
[www.focushealthcare.com](http://www.focushealthcare.com)



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## Telephone Numbers, (cont.)

### **Children/Youth**

National Information Center for Children and Youth with Disabilities **1-800-695-0285**  
**[www.kidsource.com](http://www.kidsource.com)**

Shriners Hospitals for Children **1-800-237-5055** **[www.shrinershq.org](http://www.shrinershq.org)**

These hospitals offer a complete range of specialized medical and rehabilitation services to children (from birth to 18 years of age) who have orthopedic disorders and spinal cord injuries. Utilizing an interdisciplinary approach together with a family centered philosophy, the rehabilitative team provides an extensive array of inpatient and outpatient programs. All care provided at Shriners Hospitals is totally without charge to the patient and family.

### **Department of Labor, Office of Federal Contract Compliance Programs**

Technical assistance concerning accessibility standards that apply to federal contractors.  
Section 503, Rehabilitation Act: **1-866-487-2365 (V) 877-0889-5627 (TTY)**

### **Department of Rehabilitative Services**

**1-800-552-5019 (Voice/TTY)**

### **Virginia Office Protection and Advocacy**

**1-800-552-3962 (Voice/TTY)**

### **Department of Transportation**

Technical assistance concerning the public transportation provisions of ADA title II and III. **888-446-4511 (v)**

Technical assistance on accessibility standards that apply to air transportation under the Air Carrier Access Act (ACAA). **Disability Hotline - 800-778-4838 (V) 800-455-9880 (TTY)** **[www.airconsumer.ost.dot.gov](http://www.airconsumer.ost.dot.gov)**

**Americans with Disabilities Act Information and Technology Center** **1-800-949-4232.**

### **Directory of Disability Information (NARIC)**

**800-346-2742**

### **Federal Communications Commission Disability Rights Office**

**888-225-5322 (V) 888-835-5322 (TTY)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers, (cont.)

#### **Disability Rights Education and Defense Fund**

Main office CA: **510-644-2555 (V/TTY) 800-348-4232 (V/TTY)**

**[www.dredf.org](http://www.dredf.org)**

**Educational Resources Information Center (ERIC)** Offers a wealth of information for parents. They can locate information about special education needs of students with disabilities. A network of 16 clearinghouses and 10 adjunct centers work together to cover all subjects and grade levels, including elementary and early childhood, adult, rural, urban and higher education. To order free brochures or to obtain referrals to the clearinghouses that can best answer your questions, call **1-800-538-3742**.

**[www.eric.ed.gov](http://www.eric.ed.gov)**

#### **Employment/Related Services**

Jan Accommodation Network (JAN) **800-526-7234 (V) 877-781-9403 (TTY)**

**[www.jan.wvu.edu](http://www.jan.wvu.edu)**

National Rehabilitation Information Center **1-800-346-2742 (V) 301-459-5900 (V)  
301-459-5984 (TTY) [www.naric.com](http://www.naric.com)**

President's Committee on Employment of People with Disabilities **202-376-6200**

Virginia Department of Rehabilitative Services **1-800-552-5019 or 804-662-7000**

Woodrow Wilson Rehabilitation Center (WWRC) **1-800-345-9972 (in Virginia)  
Or 540-332-7390**

#### **Equal Employment Opportunity Commission (EEOC)**

Technical assistance about ADA title I

Questions: **1-800-669-4000 (voice) 800-669-6820 (TTY)**

**[www.eeoc.gov](http://www.eeoc.gov)**

#### **Equipment/Supplies**

Information Referral of United Way – Richmond **804-771-5820**

I & R Center – **804-275-20000**

Virginia Centers for Independent Living, see listing on pages 81-84.

Spinal Cord Injury Program at WWRC **1-800-345-9972 (in Virginia) / 540-332-7200**

Provides assistance in linking with other consumers who have direct contact/experience with vendors



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### Telephone Numbers (cont.)

Supply vendors in Virginia:

Please note that this list represents examples of companies that stock supplies.

#### **Abingdon, VA**

Ellis Pharmacy & Home Health  
217 W. Main Street, 24210  
276-628-2901

#### **Alexandria, VA**

American Medical Mobility  
5704 General Washington Dr, 22312  
703-256-1118

#### **CVS/Pharmacy**

5101 Duke Street, 22304  
703-823-7430

#### **Rehabilitation Equipment Pros**

5130 Duke St, Ste 12, 22304  
703-370-2100

#### **Arlington, VA**

Preston's Pharmacy  
5101 Lee Highway, 22207  
703-522-3412

#### **Charlottesville, VA**

Alpha Medical Aids  
516 Pantops Centre, 22911  
434-971-7300

#### **American Homepatient**

1155 5<sup>th</sup> St., SW #A, 22902  
434-293-8737

#### **Lincare, Inc.**

386 Greenbrier Dr., Ste C, 22901  
434-974-6688

#### **Roberts Home Medical**

1180 Seminole Trail, 22901  
434-973-7847

#### **Chase City, VA**

Atlantic Medical Incorporated  
404 North Main Street, 23924  
434-372-5760

#### **Chatham, VA**

Woodfin's Pharmacy  
4 South Main Street, 24531  
434-432-1421

#### **Danville, VA**

Commonwealth Pharmacy  
949 Piney Forest Road, 24540  
434-836-7144

#### **Professional Pharmacy**

130 Watson St., 24541  
434-793-2221

#### **Farmville, VA**

American Homepatient  
1131 College Road, 23901  
434-392-1853

#### **Brunswick Respiratory & Med**

161 Bush River Dr., 23901  
434-392-1080

#### **Fishersville, VA**

United Seating and Mobility  
50 Andrew Russell Lane, 22939  
540-885-5599

#### **Forest, VA**

Allsafe Equipment & Supply Co.  
4240 Waterlick Road, 24551  
434-525-0494

#### **Front Royal, VA**

Valley Home Care – Skyline Branch  
230 N. Commerce Ave., 22630  
540-635-7444

#### **Halifax, VA**

Halifax Pharmacy  
47 Main Street, 24558  
434-575-0511



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### **Hampton, VA**

Paradapt Equipment Svc Inc  
1927 E. Pembroke Ave., 23663  
757-722-7700

### **Harrisonburg, VA**

Roberts Home Medical  
1970 Evelyn Byrd Ave., 22801  
540-564-1194

Williamson Hughes Pharmacy  
563 Neff Ave., Suite A, 22801  
540-434-2372

### **Hillsville, VA**

Blue Ridge Pharmacy  
416 S. Main Street, 24343  
276-728-5187

### **Hollins, VA**

Crouch's Pharmacy Incorporated  
7535 Williamson Rd., 24019  
540-366-3179

### **Hopewell, VA**

Circle View Pharmacy  
424 S. 15<sup>th</sup> Ave., 23860  
804-458-8553

### **ReliaCare**

2313 Oaklawn Blvd., 23860  
804-458-2818

### **Leesburg, VA**

Esprit Home Care  
751 Miller Dr., SE, 20175  
703-669-2985

### **Leesburg Pharmacy**

36 Catocin Circle, SE, Ste C, 20175  
703-443-2282

### **Manassas, VA**

Manassas Pharmacy  
8573 Sudley Road, Suite B, 20110  
703-361-1332

### **Marion, VA**

Ellis Home Oxygen & Medical  
652 N. Main Street, 24354  
276-783-6868

### **Mathews, VA**

Medicine Shoppe Pharmacies  
PO Box 570, 23109  
804-725-2556

### **Newport News, VA**

Roberts Home Medical Co.  
700 Thimble Shoals Blvd., 23606  
757-599-9080

### **Petersburg, VA**

Clay Home Medical  
3333 South Crater Road, 23805  
804-861-1606

### **Portsmouth, VA**

Mobility Products & Svc  
635 Chautauqua Avenue, 23707  
757-399-4997

### **Powhatan, VA**

Ideal Home Medical Supply  
3820 Corpthouse Tavern Rd., 23139  
804-598-8000

### **Pulaski, VA**

Advanced Health Service, Inc.  
58 N. Washington Ave., Ste 516, 24301  
540-994-9811

### **Allen Providing Health Care Services**

45 E. Main Street, 24301  
540-980-7100

### **Richmond, VA**

Accu Med Incorporated  
9603 Gayton Road, Ste 101, 23238  
804-754-3900

### **American Home Patient**

520 Southlake Blvd., 23236  
804-794-0652

### **Bremo-Westhampton Pharmacy**

2024 Staples Mill Road, 23230  
804-288-8361



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### **Richmond, VA (cont.)**

Discount Medical Supplies  
1220 North Blvd, 23230  
804-354-6746

Ideal Home Medical Supply  
8015 Buford Court, 23235  
804-272-9463

Paradapt Services  
232 E. Belt Blvd., 23224  
804-233-8267

Plaza Professional Pharmacy  
1717 Bellevue Ave., 23227  
804-264-1319

West Home Health Care Inc  
2277 Dabney Road, 23230  
804-353-7703

### **Roanoke, VA**

Lincare  
1807 Murry Road, SW, Ste J, 24018  
540-344-8677

Rotech Home Medical Care Inc  
5338 Peters Creek Road, 24019  
540-563-8540

### **South Boston, VA**

Atlantic Medical Incorporated  
1015 Wilborn Avenue, 24592  
434-572-1853

### **Springfield, VA**

Access Home Medical Equip.  
6681 Backlick Road, #G, 22150  
703-451-2058

### **Tazewell, VA**

Med-Response Incorporated  
998 Ben Bolt Avenue., 24651  
276-979-0050

### **Warrenton, VA**

Rhodes Drug Store  
77 Main street, 20186  
540-347-4161

### **Waynesboro, VA**

Fishburne & Son Professional Pharmacy  
436 S. Linden Ave., 22980  
540-949-8211

AMC Care Home Medical  
22980  
540-932-4959

### **Telephone Numbers (cont.)**

### **Federal Communications Commission (FCC)**

Technical assistance concerning ADA title IV  
**Toll Free 888-225-5322**

### **Functional Electrical Stimulation (FES) Center, Cleveland, OH**

**216-791-3800 ext. 5806**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### Health Insurance Information

Department of Medical Assistance Services (VA) (MEDICAID) **Toll Free 800-552-8627**

National Insurance Consumer Helpline **800-942-4242**

Social Security Administration **800-772-1213**

Provides general information about Social Security Disability benefits (**SSDI**), Supplemental Security Income (**SSI**) and **MEDICARE**. You may also contact your local Social Security Administration Office.

#### Hospitals

Medical College of Virginia (MCV) **804-828-4230** (Rehabilitation Dept.)

EVMS/Sentara Norfolk General Hospital (SNGH) **757-388-3000**

University of Virginia Hospital **434-924-0000**

Inova FairFax Hospital **703-698-1110**

Hunter Holmes McGuire VAMC **804-675-5000**

Shelting Arms Rehabilitation Hospital **804-342-4100**

Shriners Hospitals for Children, Philadelphia **215-430-4000**

#### Injury Prevention

Department of Motor Vehicles – Toll Free **866-368-5463**

Think First/ National Injury Prevention Foundation **800-844-6556**

#### Internal Revenue Service

Provides information about tax-code credits and deductions that may assist businesses in complying with ADA

Tax information: **800-829-1040**

[www.irs.gov](http://www.irs.gov) **800-829-4059 (TTY)**

#### Job Accommodation Network (JAN)

JAN is funded by the Department of Labor to provide advice on accommodating employees with disabilities.. **800-526-7234 (voice) 877-781-9403 (TTY).**

[www.jan.wvu.edu](http://www.jan.wvu.edu)

National Council on Independent Living 202-207-0334 (V) 202-207-0340 (TTY)

Toll Free 877-525-3400 [www.ncil.org](http://www.ncil.org)

National Dissemination Center for Children with Disabilities

800-695-0285



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **National Institute on Disability and Rehabilitation Research (NIDRR)**

Funds centers nationwide to provide technical assistance concerning ADA titles I, II, and III. Callers are routed to their nearest facility.

Technical assistance: **202-245-7640**

#### **National Organization on Disability**

**202-293-5960 (V) 202-293-5968 (TTY)**

#### **National Spinal Cord Injury Hotline** (funded by PVA)

The Hotline provides information, referral and support to persons with paraplegia and quadriplegia, their families and members of the professional community. 9am - 5pm EST. (24 hours for new injuries) Mon-Fri - **800-526-3456**.

#### **Parent Advocacy Coalition for Education Rights (Pacer Center)**

An information and training center for parents and their sons and daughters with disabilities. - **952-838-9000 (V) 952-838-0190 (TTY)**

#### **President's Committee on Employment of People with Disabilities**

Information on all titles of ADA; funds the Job Accommodation Network (JAN), which gives information on ADA and reasonable accommodation in the workplace (see listing above). **Information: - 202-376-6200 (V) / 202-376-6250 (TTY)**

#### **Rehabilitation Services Administration** – 202-245-7488

#### **SCI Information/Services/Referrals**

American Paralysis Association (APA) **800-225-0292**

Christopher Reeve Paralysis Foundation - **800-539-7309**

Model Spinal Cord Injury Centers -- see listing on pages 85-89.

National Spinal Cord Injury Association – **301-214-4006 or 800-962-9629**

**Hotline: 800-962-9629.**

National Spinal Cord Injury Hotline - **800-526-3456 or 410-448-6623**

Paralyzed Veterans of America - **800-424-8200 (v) 800-795-4327 (TTY)**

Shriners Hospitals for Children (Philadelphia) – **215-430-4000**

Spinal Cord Injury Network International - **800- 548-2673**

Offers information and referral services to individuals with spinal cord injury and to families. They sponsor the Spinal Cord Injury Video Access, a lending program of educational audiovisuals established under a grant from PVA Education and Training Foundation.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

Virginia Department of Rehabilitative Services - The Spinal Cord Injury Program at WWRC **800-345-9972** (in Virginia) or **540-332-7200**.

#### Information Referral of United Way

Access to information on assistive technology resources from simple, low tech devices to the latest space-age wizardry. Help with finding ways to pay for assistive technology devices. Help for employers in identifying the best ways to accommodate individuals with disabilities.

**804-275-2000 (Richmond Office)**

**1-800-230-6977 (to contact your local information center)**

### SCI Statistics

**National Spinal Cord Injury Statistical Center**, Spain Rehabilitation Center, 515 Spain Rehabilitation Center, Birmingham, AL 35233-7330, **205-934-5049**

Supervises and directs the collection, management, and analysis of data from the Model Regional SCI Care Systems resulting in the world's largest SCI database.

### U.S. Architectural and Transportation Barriers Compliance Board (The Access Board)

Technical assistance on ADA Accessibility Guidelines (ADAAG)

Documents and questions: **1-800-872-2253 / 1-800-993-2822 (TTY)**

**[www.access-board.gov](http://www.access-board.gov)**

### Virginia Board for People with Disabilities

**1-800-846-4464 (voice/TTY)**

### Vocational Rehabilitation

**Virginia Department of Rehabilitative Services 1-800-552-5019 / 804-662-7000**

Provides a comprehensive program of vocational rehabilitation services tailored to the individual needs of every person it serves. Services center primarily around employment objectives, but include assistance in all related rehabilitative areas, such as housing, transportation, and environmental accessibility. Persons may apply for services by calling the DRS Office at the number listed above. Upon contact, a rehabilitation counselor will schedule an appointment or, if necessary, arrange a home visit to determine eligibility.

E-mail **[drs@drs.virginia.gov](mailto:drs@drs.virginia.gov)**

Web-site **[www.vadrs.org](http://www.vadrs.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **Specialized Programs and Services include:**

##### **Consumer Service Fund (CSF)**

Often a number of services and supports are required to meet the unique needs and circumstances of individuals with disabilities and their families. The CSF is a "fund of last resort" which enables case managers and service providers to help individuals with physical or sensory disabilities access a service or device that cannot otherwise be funded through existing programs.

##### **Who is eligible for the fund?**

People in Virginia who have demonstrated physical or sensory disability are eligible for funding if their needs exceed the scope or capacity of service agencies. Consumers awarded funds will be required to share in the cost of requested services based on their ability to pay.

##### **How can the fund be used?**

The CSF fund is used to access services that will help the consumer achieve specific planned goals. Examples of funded services include, but are not limited to, special equipment or supplies, assistive technology, behavior management training, respite care, or transportation.

##### **How is the fund accessed?**

A case manager or a service provider works with a consumer to develop a service plan and submits an application for funding on behalf of the consumer. Applications will be screened by a panel and approved up to the level of available funds.

##### **How do I get more information about the CSF?**

If you are service provider, case manager or counselor, call **1-866-835-5976** to receive a CSF application.

If you are a person with a disability, you can work through your existing service provider or you may contact the Virginia Department of Rehabilitative Services at **1-866-835-5976** or **1-804-662-9000**.

##### **Long -Term Rehabilitation Case Management (LTRCM)**

This program provides case management coordination services to persons with central nervous system and other severe functional disabilities. Case Managers access and coordinate medical treatment, individual and family counseling, support groups, independent living services, job training and placement, housing, transportation and other services. A person may be eligible for services if he/she requires a special combination of services for a lifelong or extended duration or his/her disability results in substantial limitations in three or more areas of life activity, e.g., self care, mobility, and the capacity for independent living.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **Personal Assistance Services (PAS).**

PAS provides attendants to assist persons with disabilities with dressing, bathing, eating, housework and other routine functions. It is targeted to persons who are unable to obtain adequate services through Medicaid or other existing programs and who are home bound or at risk of institutionalization. PAS is a cooperative effort with Virginia's Centers for Independent Living.

#### **OBRA (Omnibus Budget Reconciliation Act)**

The Department of Rehabilitative Services (DRS) provides specialized services to individuals with physical disabilities who live in nursing facilities across Virginia. Specialized services are those services consumers need to maximize self-determination and independence. Typically, specialized services include community living skills training and the equipment, travel and other supports needed to engage in training. DRS provides these services through an agreement with the Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS) and the Virginia Department of Medical Assistance Services (DMAS). DMHMRSAS identifies OBRA consumers through an annual assessment process. Eligible consumers are those who need and can benefit from specialized services and whose disability manifested before 22 years of age.

#### **Woodrow Wilson Rehabilitation Center 1-800-345-9972 / 540-332-7390**

A public, non-profit facility operated by the Virginia Department of Rehabilitative Services. The Center is available for persons with physical, mental, sensory and emotional disabilities and those in need of multiple services. Comprehensive services requiring an interdisciplinary approach are provided on a residential and outpatient basis through a variety of programs, ranging from post-acute medical rehabilitation to complete vocational services and re-entry to the community. Established in 1947, Woodrow Wilson Rehabilitation Center is a modern campus-style facility located in the central Shenandoah Valley of the Blue Ridge Mountains in rural Fishersville, Virginia.

#### **Assistive Technology**

Provides professional consultation, assessment and training in the use of assistive technology, designed to enable individuals with disabilities to become more independent and successful in the areas of personal care, independent living, education and work. Assistive technology combines several professional disciplines in the evaluation, acquisition, and training of special devices. Program features include Computer Access, Communication Technology, Environmental Control Units, Mobility Technology, Consultation and Educational Services.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### Woodrow Wilson Rehabilitation Center (cont.)

**Short Term Rehabilitation Unit (STRU)** - This residential, outpatient unit provides comprehensive, holistic, innovative, and personalized rehabilitation to medically stable clients who require assistance for daily living but do not require 24 hour physician care. While on this unit, clients participate in goal setting, educational classes, medical therapies, driver's training, assistive technology and vocational assessments. Options for independent living trials consist of an apartment located on an adjacent unit and cottages that are nearby on the Center grounds. Clients must be medically stable and have a solid discharge plan as a prerequisite for admission. For further information, call **1-800-345-9972, extension 7292.**



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations

**ADAPT:** A zealous group of disabled people who confront injustice and segregation with civil disobedience. Their causes include protesting the legalization of assisted suicide and fighting the cultural and financial support of the nursing home paradigm. ADAPT has focused much of their attention on lobbying for legislation such as MiCASSA (the Medicaid Community Attendant Services and Supports Act of 1997), which would require community services to be provided in an appropriate setting for the needs of the individual. Services would be selected, managed and controlled by the consumer.

National ADAPT  
201 S. Cherokee  
Denver, CO 80223  
303-733-9324

Fax: 303-6733-6211 / Web Site: [www.adapt.org](http://www.adapt.org)  
Email: [adapt@adapt.org](mailto:adapt@adapt.org)

ADAPT of Texas  
1640 E. 2<sup>nd</sup> Street  
Suite 100  
Austin, TX 78704  
512-442-0252

**American Association of People with Disabilities (AAPD):** A private, nonprofit, nonpartisan, cross-disability membership organization incorporated by five key leaders in the disability community. The overall goal of the AAPD is to serve as a vehicle for organizing and influencing the outcomes of issues and concerns affecting all people with disabilities. Membership is open to all people. As a membership organization, the AAPD provides value added benefits and services to its members to include the promotion of availability of mobility aids, personal assistant services and insurance. Membership fee \$8.00  
Web site: [www.aapd-dc.org](http://www.aapd-dc.org)

AAPD  
1629 K Street, NW, Suite 503  
Washington, D.C. 20006  
**Toll Free - 800-840-8844**  
**202-457-0046**

AAPD Member Services  
18 Harvard Drive  
Milford, MA 01757  
**Toll Free -866-241-3200**  
**508-634-3200**

**American Association of SCI Nurses** is dedicated to promoting quality care for individuals with spinal cord impairment (SCI). This is achieved by advancing nursing practice through education, research, advocacy, health care policy, and collaboration with consumers and health care delivery systems. Founded in 1983, AASCIN is the only nursing organization devoted exclusively to promoting excellence in meeting the nursing care needs of individuals with SCI.

75-20 Astoria Boulevard  
Jackson Heights, NY 11370  
718-803-3782

[www.aascin.org](http://www.aascin.org)  
**E-mail – [aascin@unitedspinal.org](mailto:aascin@unitedspinal.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**American Association of SCI Psychologists and Social Workers** is an organization of psychologists and social workers who provide for the emotional, behavioral and psychosocial care of persons affected by spinal cord impairment (SCI). AASCIPSW, incorporated in 1986, operates exclusively for scientific, charitable and educational purposes. AASCIPSW provides members the opportunity to develop and refine leadership skills through active participation in the Association.

75-20 Astoria Boulevard  
Jackson Heights, NY 11370-1178  
(718) 803-3782  
[www.aascipsw.org](http://www.aascipsw.org)  
E-mail: [aascipsw@unitedspinal.org](mailto:aascipsw@unitedspinal.org)

#### **American Chronic Pain Association –**

To facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain.

To raise awareness among the health care community, policy makers, and the public at large about issues of living with chronic pain.

P. O. Box 850  
Rocklin, CA 95677  
800-533-3231  
E-mail: [ACPA@pacbell.net](mailto:ACPA@pacbell.net)  
[www.theacpa.org](http://www.theacpa.org)

**American Pain Society** – The American Pain Society is a multidisciplinary organization of basic and clinical scientists, practicing clinicians, policy analysts, and others. The mission of the American Pain Society is to advance pain-related research, education, treatment and professional practice.

4700 W. Lake Ave.  
Glenview, IL 60025  
847-375-4715  
E-mail: [info@ampainsoc.org](mailto:info@ampainsoc.org)  
[www.ampainsoc.org](http://www.ampainsoc.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

#### **American Spinal Injury Association (ASIA):**

##### **The mission of the American Spinal Injury Association is:**

- (a) to promote and establish standards of excellence for all aspects of health care of individuals with spinal cord injury from onset throughout life.
- (b) to educate members, other healthcare professionals, patients and their families as well as the public on all aspects of spinal cord injury and its consequences in order to prevent injury, improve care, increase availability of services and maximize the injured individual's potential for full participation in all areas of community life.
- (c) to foster research which aims at preventing spinal cord injury, improving care, reducing consequent disability, and finding a cure for both acute and chronic SCI.
- (d) to facilitate communication between members and other physicians, allied health care professionals, researchers and consumers.

2020 Peachtree Road, NW  
Atlanta, GA 30309  
404-355-9772  
E-mail: [ASIA\\_Office@shepherd.org](mailto:ASIA_Office@shepherd.org)  
Web-site: [www.asia-spinalinjury.org](http://www.asia-spinalinjury.org)

**American Syringomyelia Alliance Project Inc.:** Provides information about syringomyelia, including a Resource Guide and references for support groups.

P. O. Box 1586  
Longview, Texas 75606-1586  
903-236-7079  
E-mail: [info@ASAP.org](mailto:info@ASAP.org)  
Web-site: [www.asap.org](http://www.asap.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**Coalition for Disabled Musicians:** the organization's goals include

- 1) Introduce disabled musicians to each other who have an understanding of disability-related problems.
- 2) Give access to an accessible rehearsal and recording studio.
- 3) Create "tag-team" systems and other adaptive techniques for pain, endurance, and other limitations.
- 4) Set up studio and stage bands for amateurs and professionals.
- 5) Hold live performances, produce recordings, and hold music workshops and seminars.
- 6) Promote public awareness of the disabled community as a great reservoir of talent and ability.

P. O. Box 1002M  
Bay Shore, NY 11706  
631-586-0366  
E-mail: [CDMNEWS@AOL.COM](mailto:CDMNEWS@AOL.COM)  
[www.disabled-musicians.org](http://www.disabled-musicians.org)

**Family Resource Center on Disabilities:** is a coalition made up of parents and professional organizations. It provides a multitude of programs from information and referral services to training projects for parents and families with children or relatives with disabilities.

20 East Jackson Boulevard, Room 300  
Chicago, IL 60604  
312-939-3513 (Voice)  
312-939-3519 (TTY)  
[www.frcd.org](http://www.frcd.org)

**International Ventilators Users Network (IVUN):** is the voice of consumers although it includes health professionals as well as ventilator users. IVUN's goal is to foster a positive image of ventilators and demystify their use. IVUN affirms the safety and cost benefits of long term home care. The alternative of institutional placement is too often unnecessary and unwarranted.

4207 Lindell Blvd. #110  
Saint Louis, MO 63108-2930  
314-534-0475  
E-mail: [info@post-polio.org](mailto:info@post-polio.org)  
[www.ventusers.org](http://www.ventusers.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**In Touch With Kids:** The In Touch With Kids Program (ITWK) is a free program for children with spinal cord injury 18 and younger. Members of ITWK receive a pen-pal directory listing all the ITWK members and information on how to contact them. ITWK is a great way to let Children with SCI know they're not the only kids in the world living with SCI. It's also a great way to let parents talk to other parents about raising a child with SCI. The ITWK packet includes Background information on NSCIA, common questions about spinal cord injury (Fact sheet #1), statistics on SCI (Factsheet #2), and an affiliates list. Pediatric resources on SCI and information on our books and pen-pal list for children with SCI.

National Spinal Cord Injury Association  
1 Church Street, #600  
Rockville, Maryland 20850  
301-214-4006 or 1-800-962-9629

**Mobility International USA (MIUSA):** is a non-profit organization devoted to international educational development, disability rights training, travel, and community service for folks with disabilities. They coordinate international exchange programs for high school & university students, young adults, and professionals and they specialize in leadership training, community service, and organizational skills in order to help them advocate and improve life for people with disabilities in their countries.

132 E. Broadway, Suite 343  
Eugene, OR USA 97401  
(541) 343-1284 (V/TTD)  
[www.miusa.org](http://www.miusa.org)

**National Association of Alcohol, Drugs and Disability:** The National Association on Alcohol, Drugs and Disability Inc., (NAADD) promotes awareness and education about substance abuse among people with co-existing disabilities. The mission of NAADD is to create public awareness of issues related to alcoholism, drug addiction, and substance abuse faced by persons with other co-existing disabilities, and to provide a peer approach to enhance access to services, information, education and prevention through the collaborative efforts of interested individuals and organizations nationwide.

NAADD  
2165 Bunker Hill Drive  
San Mateo, CA 94402-3801  
650-578-8047 (V/TTD)  
[www.naadd.org](http://www.naadd.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**National Chronic Pain Outreach Association** – operates an information clearinghouse, with publications and audiotapes for both pain sufferers and health care professionals; provides referrals to NCPOA member health care professionals and medical facilities; and maintains a computerized registry of chronic pain support groups in the United States and Canada.

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

**National Family Caregivers Association:** Brings together caregivers to speak with one voice about the issues facing caregivers in order to improve the quality of their lives. Provides services in research, information and education, support and validation, respite care, and advocacy.

10400 Connecticut Avenue, Suite 500  
Kensington, MD 20895-3944  
800-896-3650/301-942-6430  
E-mail: [info@thefamilycaregiver.org](mailto:info@thefamilycaregiver.org)

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

**National Organization on Disability (NOD):** Promotes full and equal participation of people with disabilities in all aspects of American life. Projects include the Community Partnership Program of 4500 member towns, cities and counties; the CEO Council composed of 230 corporate leaders; the Religion and Disability Program to make congregations more welcoming; and the Start on Success Student Internship Program. NOD accepts no government funding. For more information, contact NOD at:

910 Sixteenth St., NW, Suite 600  
Washington, D.C. 20006  
202-293-5960 (V) 202-293-5968 (TDD)  
E-mail: [ability@nod.org](mailto:ability@nod.org)

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

**National Rehabilitation Association:** Open to individuals interested in the advocacy of programs and services for individuals with disabilities. Includes professionals employed in the fields of rehabilitation and allied areas, vendors, and other providers of services.

633 S. Washington Street  
Alexandria, VA 22314-4193  
703-836-0850  
703-836-0849 (TDD)  
E-mail: [info@nationalrehab.org](mailto:info@nationalrehab.org)

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



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**National Spinal Cord Injury Association:** A membership based, non-profit organization which promotes independence, disseminates information on improving methods of clinical care, and promotes basic neuroscience research toward regenerating spinal cord tissue. It has local/state chapters that provide support groups and resources to individuals with spinal cord injury, their families, and health care professionals.

1 Church Street, #600  
Rockville, Maryland 20850  
301-214-4006  
Helpline: 1-800-962-9629  
[www.spinalcord.org](http://www.spinalcord.org)

**Paralyzed Veterans of America National Office:** A veteran's service organization whose primary goal is to maximize the quality of life for people with spinal cord injury or spinal disease through research, education, advocacy and recreation programs.

801 Eighteenth Street, NW  
Washington, DC 20006-3517  
Health Care Hotline 800-232-1782  
800-424-8200 (V)  
800-795-4327 (TTY)  
E-mail: [info@pva.org](mailto:info@pva.org)  
[www.pva.org](http://www.pva.org)

**President's Committee on Employment of People with Disabilities:** Facilitates the communication, coordination, and promotion of public and private efforts to enhance the employment of people with disabilities. **Office of Disability Employment Policy under the Department of Labor - 202-376-6200 (voice) or 202-376-6205 (TTY)**

1331 F Street, NW, Suite 300  
Washington, DC 20004  
202-376-6200 (V)  
[www.pcepd.gov](http://www.pcepd.gov)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**Through the Looking Glass:** is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue. TLG is a disability community based nonprofit organization, which emerged from the independent living movement, and was founded in 1982 in Berkeley, California. Our mission is "To create, demonstrate and encourage non-pathological and empowering resources and model early intervention services for families with disability issues in parent or child which integrate expertise derived from personal disability experience and disability culture."

2198 Sixth Street, Suite 100

Berkeley, CA 94710-2204

1-800-644-2666 or 510-848-1112

TTY: 1-800-804-1616

E-mail: [TLG@lookingglass.org](mailto:TLG@lookingglass.org)

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

**Travelin' Talk Network:** The Travelin' Talk Network is a global network of persons with disabilities who have joined together and formed a unique family of friends from around the world. They share knowledge about their hometowns or extend a hand to other members while visiting or passing through. It is a wonderful way to take the fear out of traveling. After all, isn't that what usually stops people from traveling - not knowing where to find the services they need?

There is a ONE TIME membership fee to help cover the cost of the site and to increase member benefits. This is \$19.95 US for individuals and \$24.95 US for businesses. The Travelin' Talk Network also publishes a monthly newsletter in conjunction with Access-Able Travel Source. This newsletter is a good source of travel information and features accessible destinations as well as travel tips and valuable resources.

E-mail: [travelin@travelintalk.net](mailto:travelin@travelintalk.net)

[www.travelintalk.net](http://www.travelintalk.net)



## SPINAL CORD INJURY RESOURCE GUIDE



### Spinal Cord Injury Research

Following is a list of organizations/groups involved in spinal cord injury research activities:

#### **American Paraplegia Society**

75-20 Astoria Blvd.  
Jackson Heights, NY 11370  
718-803-3782  
E-mail: [aps@unitedspinal.org](mailto:aps@unitedspinal.org)  
[www.apssci.org](http://www.apssci.org)

#### **Christopher Reeve Paralysis Found.**

636 Morris Turnpike, Suite 3A  
Short Hills, NJ 07078  
1-800-225-0292  
[www.christopherreeve.org](http://www.christopherreeve.org)

#### **Miami Project to Cure Paralysis**

1095 NW 14th Terrace  
Miami, FL 33136  
800-782-6387  
[www.themiamiproject.org](http://www.themiamiproject.org)

#### **National Institute of Neurological Disorders & Stroke**

NIH Neurological Institute  
PO Box 5801  
Bethesda MD 20824  
800-352-9424 or 301-496-5751  
301-468-5981 TTY  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

#### **National Neurotrauma Society**

8032 SW 45 Lane  
Gainesville, FL 32608  
352-271-1169  
E-mail: [garcialinda22@gmail.com](mailto:garcialinda22@gmail.com)  
[www.edc.pit.edu/neurotrauma](http://www.edc.pit.edu/neurotrauma)

#### **Paralysis Project of America**

PO Box 627  
Glendale, CA 91209-0627  
323-663-6554  
E-mail: [info@paralysisproject.org](mailto:info@paralysisproject.org)  
[www.paralysisproject.org](http://www.paralysisproject.org)

#### **Paralyzed Veterans of America**

National Headquarters  
801 18th Street NW  
Washington, D.C. 20006-3517  
1-800-424-8200  
1-800-795-4327 TTY  
E-mail: [info@pva.org](mailto:info@pva.org)  
[www.pva.org](http://www.pva.org)

#### **Rick Hansen Foundation**

5th Floor, 520 West 6th Avenue  
Vancouver, BC, Canada  
V5Z 1A1  
604-876-6800  
1-800-213-2131  
E-mail: [info@rickhansen.com](mailto:info@rickhansen.com)  
[www.rickhansen.com](http://www.rickhansen.com)

#### **Spinal Cord Society (SCS)**

19051 County Highway 1  
Fergus Falls, MN 56537-7609  
218-739-5252 or 218-739-5261  
[www.spinalcordsociety.com](http://www.spinalcordsociety.com)

#### **International Campaign for Cures of spinal cord injury Paralysis**

E-mail: [info@campaignforcure.org](mailto:info@campaignforcure.org)  
[www.campaignforcure.org](http://www.campaignforcure.org)

#### **Center for Research on Women with Disabilities**

One Baylor Plaza  
Houston, Texas 77030  
Phone: 713-798-5782  
Toll Free: 800-443-7693  
E-mail: [crowd@bcm.tmc.edu](mailto:crowd@bcm.tmc.edu)  
[www.bcm.edu.crowd](http://www.bcm.edu.crowd)



# SPINAL CORD INJURY RESOURCE GUIDE



## Publications

**Ability Magazine** – provides information on health, new technologies, the ADA, travel, employment issues, human interest stories, etc.

P. O. Box 10878  
Costa Mesa, CA 92627  
949-854-8700  
6 issues per year

**Access to Travel** - Innovative magazine that serves travelers with disabilities, their families, and friends. The magazine offers first hand tips on traveling with a disability, articles and information about accessible destinations, and information about a variety of trips and organizations that cater to individuals with disabilities.

345 E. Superior Street, 1st floor  
Chicago, IL 60611  
312.238.5433  
E-mail: [lifecenter@ric.org](mailto:lifecenter@ric.org)  
[www.lifecenter.ric.org/](http://www.lifecenter.ric.org/)  
Issues: 4

**Active Living** - Health, fitness and recreation magazine for people with a disability.

PO Box 2660  
Niagara Falls, NY 14302  
905-957-6016

## **American Rehabilitation**

Superintendent of Documents  
P. O. Box 371954  
Pittsburgh, PA 15250-7954  
202-512-1800 (8 to 4:30 EST)  
[www.ed.gov/pubs/AmericanRehab/Spring97/subscribe.html](http://www.ed.gov/pubs/AmericanRehab/Spring97/subscribe.html)

**Athena** - This newsletter is a publication of the Center for Research on Women with Disabilities at Baylor College of Medicine. The focus on advancing the health and well-being of women with disabilities.

3440 Richmond Avenue, Suite B  
Houston, TX 77046  
713-960-0505  
800-442-7693  
E-mail: [crowd@bcm.tmc.edu](mailto:crowd@bcm.tmc.edu)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

#### **Barrier-Free Travel – A Nuts and Bolts Guide for Wheelers & Slow Walkers**

By Candy Harrington

Demos Medical Publishing  
386 Park Avenue South, Suite 301  
New York, New York 10016  
212-683-0072

**[www.emerghorizons.com/book/index.php](http://www.emerghorizons.com/book/index.php)**

**Breaking New Ground Newsletter:** A publication of Purdue University that includes information on disability issues for residents of rural communities. Cost: free. Three issues per year.

Purdue University  
1146 ABE Building  
West Lafayette, IN. 47907-1146  
800-825-4264  
765-494-5088 (Voice/TDD)

E-mail: [bng@ecn.purdue.edu](mailto:bng@ecn.purdue.edu)

**[www.ecn.purdue.edu/ABE/Extension/BNG/Index](http://www.ecn.purdue.edu/ABE/Extension/BNG/Index)**

#### **Bridging the Gap Costs:** Free-Online

The twice monthly e-newsletter that covers efforts to find a cure for paralysis caused by spinal cord injury and other central nervous system disorders:

Christopher Reeve Paralysis Foundation  
636 Morris Avenue, Suite 3A  
Short Hills, NJ 07078  
1-800-225-0292

**[www.ChristopherReeve.org/team/member/cfm](http://www.ChristopherReeve.org/team/member/cfm)**

**Careers & the disABLED** - CAREERS & the disABLED Magazine, established in 1986, is the nation's first and only career-guidance and recruitment magazine for people with disabilities who are at undergraduate, graduate, or professional levels. Each issue features a special Braille section. CAREERS & the disABLED has won many awards, including several media "Award of Excellence" acknowledgments from the President's Committee on Employment of People with Disabilities.

Careers and the disabled magazine  
Circulation Department  
Equal Opportunity Publications, Inc.  
445 Broad Hollow Road, Suite 425  
Melville, NY 11747  
631-421-9421  
E-mail: [info@eop.com](mailto:info@eop.com)

**[www.eop.com](http://www.eop.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Directory of Travel Agencies for the Disabled** Excellent directory divided by U. S. States, Canadian Provinces and Countries outside the U.S. & Canada. 1991. Available used from Amazon.com

**Easy Access to National Parks: The Sierra Club Guide For People with Disabilities**  
by Wendy Roth and Michael Tompano

Sierra Club  
85 Second Street, 2<sup>nd</sup> Floor  
San Francisco, CA 94105  
415-977-5799

**Emerging Horizons** - Emerging Horizons is a consumer oriented magazine about accessible travel. Its primary focus is travel for people with mobility disabilities; everybody from wheelchair-users to slow walkers. The magazine has lots of access information, resources, news and travel tips with no advertising. Emerging Horizons is available in print and online. Selected articles and columns from past issues are available online as is the current issue's table of contents.

C & C Creative Concepts  
PO Box 278  
Ripon, CA 95366  
[www.emerginghorizons.com](http://www.emerginghorizons.com)

**Enable** - Official magazine of the American Association of Persons with Disabilities. Provides information on government issues, job opportunities, new products, health & nutrition, housing, travel, sports & recreation.

Enable Magazine – Electrologic of America  
3035 Dryden Road  
Dayton, OH 45439 USA  
800-758-3460  
E-mail: [info@electrologic.com](mailto:info@electrologic.com)  
[www.getamericaworking.org](http://www.getamericaworking.org)

**Equity** - Equity, the newsletter of the World Institute on Disability's Center on Economic Development and Disability, informs its readers of significant trends and opportunities in microenterprise and economic development. Equity seeks to advance the national dialogue on new economic strategies and public policies on how these can serve people with disabilities. Published twice a year.

World Institute on Disability  
510 16th Street, Suite 100  
Oakland CA, 94612  
510-763-4100  
510-208-9496 TTY  
Email: [wid@wid.org](mailto:wid@wid.org)  
Website: [www.wid.org](http://www.wid.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

#### **Great American Vacations For Travelers With Disabilities**

Fodor's Travel Publications, Inc.  
201 East 50<sup>th</sup> Street  
New York, NY 10022  
Website: <http://www.foders.com/>

**How To Travel (A Guidebook for Persons With A Disability)** By Fred Rosen 1997  
Available from Amazon. com

**Mainstream** - Free online. Produced by, for and about people with disabilities, covers news and current affairs, new products & technology, profiles of movers & shakers, education, employment, sexuality & relationships, housing, transportation, travel & recreation. Keeps you up to date on the latest information affecting the disabled consumer.  
[www.mainstream-mag.com](http://www.mainstream-mag.com)

**The Miami Project to Cure Paralysis** – Connection Newsletter of research and events sponsored by the Miami Project.

The Miami Project to Cure Paralysis  
University of Miami School of Medicine  
PO Box 016960, (R-48)  
Miami, FL 33101  
305-243-7159  
[www.themiamiproject.org](http://www.themiamiproject.org)

**New Mobility Magazine** - Covers people and issues that matter to people with disabilities: medical news, cure research, employment, civil rights, recreation, travel, child care...and a lot more! (Disability Lifestyle, Culture & Resources)

New Mobility.  
PO Box 220  
Horsham, PA 19044  
215-675-9133  
Issues: 12 per year  
[www.newmobility.com](http://www.newmobility.com)

**Opening Doors** - is a housing initiative designed to provide information and technical assistance on affordable housing issues to people with disabilities, their families, advocates, and service providers across the United States.

[www.c-c-d.org](http://www.c-c-d.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Palaestra** - A magazine covering sports and recreation for the physically handicapped.

Challenge Publications, Ltd.  
P.O. Box 508  
Macomb, IL 61455  
309-833-1902  
E-mail: [challpub@macomb.com](mailto:challpub@macomb.com)  
[www.palaestra.com](http://www.palaestra.com)

**Paralinks** is an electronic magazine that connects hundreds of folks who have made the transition from walking to rolling, and who have continued on with their lives in a positive manner. [www.paralinks.net](http://www.paralinks.net)

**PN / Paraplegia News** – The news/information magazine for people with mobility impairments covering the latest on spinal-cord-injury research, new products, legislation, people with disabilities, accessible travel, computers, and more.

PVA Publications  
2111 E. Highland Avenue, Suite 180  
Phoenix, AZ 85016-4702  
602-224-0500  
888-888-2201  
[www.pvamagazines.com](http://www.pvamagazines.com)

**Pushin' On Newsletter**: Newsletter for consumers with SCI, their families and rehabilitation service providers. Two issues per year. Cost: Free

University of Alabama, UAB Model SCI System  
Office of Research Services  
Dept of Physical Medicine and Rehabilitation  
619 19<sup>th</sup> Street, South, SRC-529  
Birmingham, AL 35249-7330  
205-934-3283  
[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)  
E-mail: [sciweb@uab.edu](mailto:sciweb@uab.edu)

**Rehab Management** - The interdisciplinary Journal of Rehabilitation. Published bi-monthly. Free subscription available.

Ascend Media  
6100 Center Drive, Suite 1000  
Los Angeles, CA 90045  
310-642-4400  
[www.rehabpub.com](http://www.rehabpub.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Research Review** - Newsletter that reviews recent research on areas related to spinal cord injury.  
**Publisher: RRTC on Secondary Conditions of SCI**

UAB-Dept of Physical Medicine and Rehabilitation  
205-934-3283  
**Cost: free**  
**[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)**

**The Rural Exchange** - Newsletter published quarterly by the Montana University affiliated Rural Institute on Disabilities. Cost: free

Rural Institute on Disabilities  
52 Corbin Hall  
U of MT  
Missoula, MT 59812  
406-243-5467

**SATH** – Society for Successful Travel and Hospitality for the handicapped.

SATH  
347 Fifth Avenue, Suite 605  
New York, NY 10016  
212-447-7284  
E-mail: [sathtravel@aol.com](mailto:sathtravel@aol.com)  
**[www.sath.org](http://www.sath.org)**

**Spinal Column** - Magazine of Shepherd Center, published quarterly.

Shepherd Center  
2020 Peachtree Rd NW  
Atlanta, GA 30309-1402  
404-352-2020  
Email: [Webmaster@shepherd.org](mailto:Webmaster@shepherd.org)

**Spinal Cord Injury Update** - Newsletter that contains articles on various aspects of SCI for both health care providers and consumers, as well as summaries of current literature on SCI. E-Issues: 4 issues per year

Northwest Regional SCI System  
University of Washington, Rehabilitation Medicine  
1959 NE Pacific Street  
Box 356490  
Seattle, Washington 98195  
206-616-2183  
email: [rehab@u.washington.edu](mailto:rehab@u.washington.edu)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**SpinZine** - SpinZine is the online magazine of [SpinLife.com](http://SpinLife.com). SpinLife.com is the premiere Web site for the purchase, use and maintenance of wheelchairs and scooters. And for anyone who spins their world in a wheelchair, they bring products, expert advice, information and news from around the world. Be sure to check out SpinZine, the online magazine for product information, resources, feature articles, sports, news and views. It offers news, sports, travel, people profiles, and a "chat" area.

PO Box 6603  
Columbus, OH 43206  
800-850-0335  
[www.spinlife.com](http://www.spinlife.com)

**Sports n' Spokes** - Provides the latest on competitive wheelchair sports, training tips, how-to's, recreational opportunities and more. Published 6 times a year.

PVA Publications  
2111 E. Highland Ave., Suite 180  
Phoenix, AZ 85016-4702  
602-224-0500 or 888-888-2201  
[www.pvamagazines.com](http://www.pvamagazines.com)

**Today's Caregiver** – The first national magazine dedicated to caregivers.

3005 Greene Street  
Hollywood, FL 33020  
1-800-829-2734

**Topics in Spinal Cord Injury Rehabilitation** – "This is the first quarterly journal to investigate the many different aspects of caring for individuals with spinal paralysis." *Topics in Spinal Cord Injury Rehabilitation* is now in its 13th year as the leading source of developments in spinal cord injury patient care. Peer-reviewed, interdisciplinary, and practical, *Topics in Spinal Cord Injury Rehabilitation* is essential reading if you specialize in SCI care. *Topics in Spinal Cord Injury Rehabilitation* reviews and reports on clinical practices, state-of-the-art concepts, and new developments in spinal cord injury patient care and research. Both primary research papers and comprehensive reviews of existing literature are included. \$277.00 per year.

Thomas Land Publishers, Inc.  
Subscription Office  
PO Box 1831  
Birmingham, AL 35201-1831  
800-633-4931  
[www.thomasland.com](http://www.thomasland.com)  
**E-mail: [TLPsubs@ebsco.com](mailto:TLPsubs@ebsco.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Total Access Magazine** - This magazine features timely and entertaining news for Canadians with SCI and other physical disabilities. Costs: \$16.95 for 2 years (U.S.) Issues: 4 per year

Canadian Paraplegic Association National Office  
1101 Prince of Wales Dr, 230  
Ottawa (Ontario) K2C 3W7  
Canada  
613-723-1033  
Email: [info@canparaplegic.org](mailto:info@canparaplegic.org)  
[www.canparaplegic.org](http://www.canparaplegic.org)

**WE Magazine** - Each issue of WE brings you exciting and colorful features on fashion, beauty, health and fitness, travel and fine restaurant worldwide. Questions regarding accessibility and convenience are answered in every article. You'll enjoy our information-packed columns on computer technology and personal finance. Our groundbreaking news articles keep you up to date on breakthroughs in medicine, science and social issues of primary interest to you and your family. Cost: Special Introductory Offer - \$14.95 Issues: 6 issues in the United States and Canada only

**The Only Lifestyle Magazine for People with Physical Disabilities**  
P.O. Box 20553, Park West Station  
New York, NY 10025-1514  
800-WEMAG26



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books

**Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools, and Plants**, by Janeen R. Adil, 300 pages; \$16.95; paper. Practical and detailed guide to barrier-free gardening. Dozens of specific mail-order sources are provided for tools, seeds, plants, and other materials. Various topics include raised beds, containers, organic pest control, gardening with children with disabilities, and specialized tools. 1994 Available from Amazon.com

**Accessible Home Design – Architectural Solutions for the Wheelchair User**, by Thomas D. Davies, Jr., AIA, and Carol Peredo Lopez. (2006). 148 pages. This new edition offers innovative yet practical solutions for achieving independence. The authors have collaborated with hundreds of wheelchair users on home modification via their work at the Paralyzed Veterans. They have dealt with many common problems and have developed design solutions that have addressed each client's accessibility needs. While the book will serve as an ideal resource for homeowners with disabilities and their families, the technical information contained within will provide important insights on home design and construction for builders and architects, as well. Price: \$28.00 + shipping. #2500-181

PVA National Headquarters  
801 Eighteenth Street, NW  
Washington, DC 20006-3517  
1-888-860-7244

**Adaptive Baby Care Equipment: Guidelines, Prototypes & Resources**  
\$15 (low-income rate) 86 pages, with photos.

Through the Looking Glass  
2198 Sixth St., Suite 100  
Berkeley, CA 94710-2204  
800-644-2666

**A Woman's Guide to Coping with Disability**, Fourth Edition (2003). This unique book addresses the special needs of women with disabilities such as social relationships, sexual functioning, pregnancy, childrearing, care giving, and employment. Special attention is paid to ways in which women can advocate for their rights with the health care and rehabilitation systems. ISBN 0-929718-15-1. Cost: \$46.95 plus \$5.00 shipping.

**A Man's Guide to Coping with Disability**, Third Edition (2003). Written to fill the void in the literature regarding the special needs of men with disabilities, this book includes information about men's responses to disability with a special emphasis on the values men place on independence, occupational achievement, and physical activity. ISBN 0-929718-18-6. Cost \$46.95, plus \$5.00 shipping.

**Both available from:** Resources for Rehabilitation  
22 Bonad Road  
Winchester, MA 01890  
781-368-9094  
E-mail: [orders@rfr.org](mailto:orders@rfr.org)  
[www.rfr.org](http://www.rfr.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

**Functional Electrical Stimulation (FES) Resource Guide for Persons with Spinal Cord Injury or Multiple Sclerosis.** The publication is divided into three subject areas: learning about FES, where to find FES, and additional resources. ISBN 1-888470-03-8 200 pages. Available from: Amazon.com or order from:

University Bookstore, Case Western Reserve University,  
10900 Euclid Avenue  
Cleveland, Ohio 44106-7102  
216-368-1656  
\$13.35ea plus shipping/handling

**Sexuality After SCI Answers to Your Questions.** Delivering honest answers to urgent questions, this candid and compassionate guide addresses the myriad physical and emotional issues surrounding sexuality after spinal cord injury. Anatomy, fertility, and self esteem are just a few of the areas covered in it's broad scope. \_Stanley H. Ducharme and Kathleen M. Gill. Available from Amazon.com. \$139.77.

**Spinal Cord Injury: An Analysis of Medical and Social Costs** by Monroe Berkowitz, et al. (1998) Updated and expanded volume that reports results from a new survey of the costs of SCI. Explores both the medical and non medical direct costs as well as determinants of employment for persons with a traumatic condition. (188 pp.) Cost: \$94.95 plus shipping from AMAZON.COM 1-888799-17-X

Demos Medical Publishing  
386 Park Avenue, South, Suite 301  
New York, NY 10016  
1-800-532-8663  
E-mail: [orderdept@demospub.com](mailto:orderdept@demospub.com)  
[www.demosmedpub.com](http://www.demosmedpub.com)

**Spinal Network: The Total Wheelchair Resource Book** Spinal Network is the essential resource for making important life choices after spinal injury, multiple sclerosis, post-polio syndrome, amputation, ALS and other conditions. Through the eyes of survivors who have paved the way, this information-packed book explores options in health, technology, attendant services, employment, travel, sports, relationships, sexuality and parenting. It explains--in clear language--the intricacies of legal rights, government benefits and cure research. It covers the arts and media that affect how society views people with disabilities--and how we view ourselves. Sometimes humorous, always honest, Spinal Network is the one book you need to not only survive disability, but maybe even enjoy the ride. Soft cover, wire-o-bound. \$29.95 + \$7.50 shipping.

No Limits Communications Inc.  
P.O. Box 220  
Horsham , PA 19044  
888-850-0344  
[www.newmobility.com](http://www.newmobility.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

**The Resourceful Caregiver: Helping Family Caregivers Help Themselves** (1996) \$12.95  
Caregivers need all the support and education they can get! This guide, packed with over 500 resources compiled by and for family caregivers, is an invaluable resource for those who have a loved one with a chronic illness or disability. Learn how to take charge of your life (and leisure time) by accessing community agencies, educational materials, hotlines, databases, and directories. Quotes, tips, and truisms throughout the book show you're not alone!

Galen Press, Ltd.  
P. O. Box 64400-WB  
Tucson, AZ 85728  
1-800-442-5369  
E-mail: [sales@galenpress.com](mailto:sales@galenpress.com)  
[www.galenpress.com](http://www.galenpress.com)

**The Virginia Travel Guide for the Disabled**

Virginia Tourism Corporation  
901 E. Byrd Street  
Richmond, VA 23219  
800-742-3935

**Yes, You Can!** Third Edition. A Guide to Self-Care for Persons with Spinal Cord Injury. Comprehensive, easy-to-read manual full of practical knowledge on numerous medical, psychological, social and vocational issues facing people with SCI. Also useful for professionals. Illustrated. \$15.00. Order No. 5200-149. Available from:

National Headquarters  
801 Eighteenth Street, NW  
Washington, DC 20006-3517  
888-860-7244

**The following books listed are available from: AMAZON.COM**

**Aging With a Spinal Cord Injury**, by Gale G. Whiteneck, Ph.D. et al, 384 pp., \$91.95+ shipping. 1993

**The Management of High Quadriplegia**, by Gale Whiteneck, Ph.D., et al. 1989, 384 pp., Out of print – limited availability.

**Mother-To-Be: A Guide to Pregnancy and Birth for Women with Disabilities**, by Judi Rogers and Molleen Matsumura. 1992, \$11.48 , plus shipping. 2004 ISBN 1-888799-32-3

**Spinal Cord Injuries: Psychological, Social and Vocational Rehabilitation**, Second Edition, by Roberta B. Trieschmann, Ph.D. 1988, 360 pp., \$57.95, plus shipping.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

The following books are available from:

Exceptional Parent Bookstore  
416 Main Street  
Johnstown, PA 15901  
800-372-7368  
E-mail: [EPLibrary@eparent.com](mailto:EPLibrary@eparent.com)  
[www.eplibrary.com](http://www.eplibrary.com)

**Spinal Cord Injury A Guide for Living** – Sara Palmer, Ph.D., Kay Harris Kriegsman, Ph.D., Jeffrey B. Palmer, M.D. - This book is a progression through medical recovery, emotional adjustment, social integration, and fulfillment of personal goals. People with SCI must find the courage and persistence to redefine personal and professional relationships as well as their own relationship with a changed self. *Spinal Cord Injury: A Guide for Living* is a much needed resource that will help people with spinal cord injury overcome obstacles in managing the challenges of their new lives. JHP538 \$18.95

**Living with Spinal Cord Injury**, Adrian Cristian, M.D. - About 40% of all people with spinal cord injuries are now over the age of forty-five, and 25% have had their injury for twenty years or more. This is the definitive guide to dealing with the major challenges faced by those with spinal cord injuries, as related to health, finances, and their social support system. It is primarily designed to identify medical and nonmedical problems that individuals may face as they live with SCI for a number of years. Medical issues are considered by body system and include discussions of the cardiovascular system, the respiratory system, the gastrointestinal system, the urinary system, the musculoskeletal system, the skin, and psychological issues. Following these discussions of common medical issues related to SCI is a section that deals with mobility and transportation issues, including wheelchairs, the selection of vans and minivans, and the usefulness of a fresh look at rehabilitation issues. A section on managing finances includes a chapter on dealing with home health attendants while appendices provide information for caregivers, a glossary of commonly used terms in SCI, and a helpful list of resources. A wealth of practical advice by other people with spinal cord injuries as well as experts in the field has also been provided to help tackle the daily challenges faced by those with SCI. DEM00X \$19.95

**Raising a Child Who Has a Physical Disability** – This book will make your job easier. Compassionate, helpful, and based on real-life experience, it will help you handle every facet of raising and loving your special child. Donna G. Albrecht JW1210D , \$15.95

**Tibby Tried It, A Story About Physical Challenges, Written Especially For Children**, An inspiring story that will show children that physical disabilities don't have to slow anyone down, and that trying is what matters most. Sharon and Ernie Useman; Illustrated by Cary Pillo. MAG588 \$16.95



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

**Yes, You Can!!, Go Beyond Physical Adversity and Live Life to It's Fullest**, Janis Dietz, Ph.D. Embracing the premise that life should be lived to its fullest, disability or not, this book presents ways for anyone to weather challenges, illnesses, or disabilities. An energetic and zest-filled read, the book will leave you with a "can-do" attitude. DEM48X \$17.95.

### Publications Books - Autobiographies

**Climbing Back** - This is the story of Mark Wellman, Yosemite's incredible paraplegic ranger, who climbed El Capitan and Half Dome. Disabled by a mountain-climbing accident, Mark was faced with seemingly insurmountable obstacles but his enthusiasm and positive attitude deliver a powerful message, "Never give up, and never give in." BK 67 \$19.95 + S&H from: Also available from Amazon.com for \$14.95 paperback.

**Don't Worry, He Won't Get Far on Foot** - by John Callahan. A ne'er-do-well Irish Catholic childhood that led to alcohol and drugs, rehab for a C5-6 injury, his climb out of alcoholism and success as a sick-but-you-love-it-cartoonist. Published by Random House. \$11.05 available from Amazon.com.

**Eleven Seconds** - by Travis Roy and E. M. Swift. (1998) Travis Roy's account of the two years following his accident as a Boston University hockey player, a career that lasted 11 seconds. Overnight he and his family were thrust into the spotlight when they discovered he was quadriplegic. Since then, Roy has carried the Olympic torch on the road to Atlanta for the 1996 Summer Games and testified before a Senate committee urging members to increase funding for spinal cord injury research. By retracing his steps, he shares his hopes and dreams, his deepest fears, and his plans for the future. Available from: AMAZON.COM for \$13.60 or Barnes and Noble.Com for \$20.00

**Joni: An Unforgettable Story - Special 25th Anniversary Edition-** by Joni Eareckson Tada. Inspiring, religious autobiography of a quadriplegic woman. Soft Cover \$16.00. Many other books, booklets, videos, audiocassettes, cards, etc. available.

Joni and Friends International Disability Center  
P. O. Box 3333  
Agoura Hills, CA 91376-3333  
800-523-5777 818-707-5664  
[www.joniandfriends.org](http://www.joniandfriends.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books – Autobiographies (cont.)

**Still Me.** - by Christopher Reeve. (1998) This is the determined, passionate story of one man, a gifted actor and star, and how he and his family came to grips with the kind of devastating, unexplainable shock that fate can bring to any of us. Chris and Dana Reeve have gathered the will and the spirit to create a new life, one responsive and engaged and focused on the future. Available from AMAZON.COM for \$7.99

**Nothing is Impossible: Reflections on a New Life** – by Christopher Reeve. Available from Amazon. Com for \$7.50 for paperback

**The Body Silent:** by Robert Francis Murphy. Anthropologist from Columbia University who developed paralysis due to a spinal tumor. Published by W.W. Norton and Company Inc. in 1990. Available from Amazon.com for \$10.88, paperback.

**The Mike King Story** - by Mike King. A personal story of a remarkable journey in a wheelchair, 5600 miles by hand, from Fairbanks, Alaska to Washington, DC. Available for \$5.95 (paperback) from Amazon.COM.

### Publications Books - Sexuality

**Sexuality After Spinal Cord Injury** by Stanley H. Ducharme, PhD and Kathleen M. Gill, PhD. 272 pp. (1997) Stock # pb2657pd. Cost: \$24.95 plus shipping. Available from: Amazon.com and also available from:

Exceptional Parent Library  
120 Sylvan Avenue Ste.10  
P O Box 1807  
Englewood Cliffs NJ 07632  
800-535-1910  
E-mail: [eplibrary@aol.com](mailto:eplibrary@aol.com)  
[www.eplibrary.com](http://www.eplibrary.com)  
PHP657



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books for Children

**Mama Zooms:** Written by Jane Cowen-Fletcher. Featuring a mother who uses a wheel chair. Published by Scholastic Trade ISBN: 0590457756. Available from Amazon.com for \$4.99.

The following book was written by Joni Eareckson Tada, who has a spinal cord injury. The books have Christian themes and are available from:

Joni and Friends International Disability Center  
P. O. Box 3333  
Agoura Hills, CA 91376  
800-523-5777 818-707-5664.

Darcy and the Meanest Teacher  
Darcy and the Mission Adventure  
Darcy and the Amazing Secret  
\$6.00 each, plus postage, approximately \$3.00.

### Publications Pamphlets

**Acute Management of Autonomic Dysreflexia: Individuals with Spinal Cord Injury Presenting to Health-Care Facilities 2<sup>nd</sup> Edition:** #2900-154 Free

**Depression Following SCI** #2900-89..... Free

**Outcomes Following Traumatic SCI** #2900-137 \$19.95 + shipping and handling

**Neurogenic Bowel Management in Adults with Spinal Cord Injury** #2900-114...Free

**Outcomes Following Traumatic SCI** #2900-137.....Free

**Preservation of Upper Limb Function Following Spinal Cord Injury** #2900-178.....\$19.95 + shipping and handling

**Pressure Ulcer Prevention and Treatment Following Spinal Cord Injury** #2900-145 Free

**Prevention of Thromboembolism in Spinal Cord Injury** #2900-72 Free

**Respiratory Management Following Spinal Cord Injury**.....#2900-179...\$19.95+ S&H

All of the above may be downloaded free for electronic copy.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

#### Consumer Guides:

**Autonomic Dysreflexia: What You Should Know** #2900-142 Free

**Depression: What You Should Know** #2900-141 Out of print. May be downloaded.

#### **Expected Outcomes: What You Should Know by Level**

C1-3 Free

C5 Free

C6 Free

C7-8 Free

T1-9 Free

T10-11 Free

L2-S5 Free

All are out of print but can be downloaded free.

**Neurogenic Bowel: What You Should Know** #2900-126 Free

**Pressure Ulcers: What you Should Know** #2900-160 Free

**On the Move: A Financial Guide for Persons with Spinal Cord Injury** #5200-171 Free

**An Introduction to Spinal Cord Injury: Understanding the Changes** #5200-158 Free

All are free plus shipping and handling. They can all be downloaded free.

All available from:

PVA Distribution Center  
PO Box 753  
Waldorf, MD 20604-0753  
Toll-free 888-860-7244  
Or online at [www.pva.org](http://www.pva.org).

#### The following three booklets are available from:

RTC Training Office  
UAB - Spain Rehabilitation Center  
1717 6th Avenue S., Room 529  
Birmingham, AL 35294  
205-934-3283

**Preventing Secondary Medical Complications: A Guide for Personal Assistants to People with Spinal Cord Injury.** An easy-to-read booklet designed to help personal care assistants in working with the person with SCI in his/her daily routines. It gives the PCA instructions for giving proper health care assistance that can help prevent medical complications. A daily schedule/checklist is provided. 25 pages. Available in PDF or \$3 by mail. (1996) (Reviewed 2000)

**Family Adjustment to Spinal Cord Injury** - Focuses on the initial questions and concerns loved ones may have about the injury. (1988) 10 pages, \$2.00 plus shipping.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

**The Americans With Disabilities Act: A Guide for People with Disabilities, Their Families and Advocates.** \$8.00 (includes shipping & handling) PHP-a28 Available from:

PACER Center  
4826 Chicago Ave.  
Minneapolis, MN 55417  
952-838-9000  
E-mail: [pacer@pacer.org](mailto:pacer@pacer.org)  
[www.pacer.org](http://www.pacer.org)

**Table Manners: A Guide to the Pelvic Examination for Disabled Women and Health Care Providers** - Price: \$3.00 each. Revised 1991. Available from:

Planned Parenthood Golden Gate  
815 Eddy Street, Suite 300  
San Francisco, CA 94109  
415-441-7858 or 1-800-967-7526  
[www.ppgg.org](http://www.ppgg.org)

**The following Spinal Cord Injury InfoSheets are available *free of charge*--for each sheet requested, send a self-addressed stamped envelope to the address below. If requesting more than 1 InfoSheet, include adequate postage--each InfoSheet requires 32 cents postage.**

UAB- Dept. of PM & R, Room 329  
Spain Rehabilitation Center  
Office of Research Services  
1717 6th Ave. S.  
Birmingham, AL 35233-7330  
205-934-3283  
E-mail: [sciweb@uab.edu](mailto:sciweb@uab.edu)  
[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)

- #1 Locating Information about SCI (SCI Consumers) November, -2006  
A listing of organizations, agencies, 800#s, and computer resources for individuals with SCI and caregivers.
- #2 Locating Information about SCI (Professionals) October, 2006  
A listing of organizations, agencies, 800#s, and computer resources for rehabilitation professionals.
- #3 Sexual Function for Men with Spinal Cord Injury May, 2007  
Discusses physical and psychological changes that can occur in a male's sexual functioning following SCI. Topics include sexual aids, fertility, and relationship issues. Includes resources.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

- #4 Understanding Spinal Cord Injury and Functional Goals (Basic) July, 2000  
An elementary overview of the changes to a normal spinal cord after SCI and one's realistic functional goals. Includes illustrations of the spinal cord and the levels of injury and a chart of levels/abilities and goals.
- #5 Understanding Spinal Cord Injury and Functional Goals (Advanced) July, 2000  
Presents a concise summary of the anatomy and physiology of a spinal cord injury. Describes the neurological and functional classification of SCI as well as expected functional outcomes. Includes illustrations and chart of levels of injury, muscle tests, abilities and functional goals.
- #6 Personal Care Assistants 1995  
Offers guidelines and ideas on employing and managing a PCA. Topics include advertising, interviewing, and qualities to consider when selecting a PCA. Can be used by rehab service providers with their clients.
- #7 Wheelchair Selection- SCI Consumers (1995)  
Discusses the topics to consider in selecting a wheelchair that will best serve one's individual needs. Includes a Buyer's Checklist, self-assessment questions, and a list of resources, including manufacturers.
- #8 Weight Management Following SCI December, 2004  
Emphasizes the importance of a good food plan for individuals following a spinal cord injury. Discusses changes to the body after SCI that influence food selection; weight control; and nutrients.
- #9 Bowel Management SCI Consumers & Professionals (1996)  
Reviews the process of digestion; how the level of SCI affects one's bowel program; and the different types of bowel programs. Gives suggestions for a successful bowel program and tips on handling bowel problems.
- #10 Pain Management following Spinal Cord Injury May, 2001  
Discusses the types of SCI pain and pain management.
- #11 Bladder Care and Management  
Reviews the urinary system, how it works after an SCI, and types of bladder management programs. Discusses possible problems with the urinary tract, treatment methods and steps to staying healthy.
- #12 Heterotopic Ossification – Professionals.. 1997  
Reviews the causes, location, diagnosis, treatment and prevention of H.O.
- #13 Prevention of Pressure Sores through Skin Care December, 2000  
Explains the risk factors for persons with SCI to pressure sore, the stages of a pressure sore, ways to prevent them.
- #14 Pregnancy for Women with SCI March, 2003  
Discusses the issues of planning for pregnancy, care during pregnancy, labor & delivery. Lists additional resources.
- #16 Challenges of Spastic Hypertonia December, 2001  
Reviews the changes to the body after an SCI related to sensation & reflex that result in spastic hypertonia, it's advantages and disadvantages and treatment options.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

- #17 **Caregivers for SCI - SCI InfoSheet**  
Discusses the effects of caregiver stress on the individuals with SCI as well as the caregiver, a self test for stress and tips for handling stress.
- #18 **Research in Spinal Cord Injury - SCI InfoSheet**  
A review of types of research being conducted in a cure for SCI (2005). Also lists SCI related research resources.
- #19 **Understanding and Managing Respiratory Complications after SCI** September, 2001  
A review of how the respiratory system functions after SCI, complications that can occur and how to prevent them.
- #20 **Adjustment to Spinal Cord Injury** April, 2004  
Discusses the grief and problems some individuals have adjusting to SCI.  
Explains how motivation and rational thinking can lead to personal happiness.
- #21 **Sexuality for Women with Spinal Cord Injury** April, 2004  
This InfoSheet discusses the changes in sexual function, sexual adjustment, issues with partners, areas of concern, arousal, sexual activity, sexual satisfaction, and other issues of sexuality after injury.



# SPINAL CORD INJURY RESOURCE GUIDE



## Publications Pamphlets (cont.)

**The following educational tracts on SCI & AGING** - prepared by the RRTC Center on Aging with Spinal Cord Injury. Available at no charge.  
[www.craighospital.org/SCI/educationaltracts.asp](http://www.craighospital.org/SCI/educationaltracts.asp)

Craig Hospital  
3425 South Clarkson St.  
Englewood, CO 80113  
303-789-8000

Aching Shoulders?

Alcohol Abuse

Am I Ready for a Van?

Art of Breathing

Bladder Cancer

Bowel Problems

Breast Cancer

Cholesterol

Colostomies

Cutting the FAT

Diabetes

Exercise

Fatigue

H<sub>2</sub>O: Hydration

Heart Disease

Incomplete SCIs: The Early Days

Incomplete SCIs: Down the Road

Medications

Optimal Health

Osteoporosis

Posture

Quality of Life: What's Important?

Skin: It's Too Much Pressure!

Smoking and Lungs, Skin, Bladder

Spasticity

Spirituality

Switching to a Power Wheelchair

Understanding and Managing Stress

Upper-Extremity Pain

Weight Gain: The Battle of the Bulge

You Are How You Feel

### **Being an informed consumer:**

Changing or Choosing Your Doctor

Interacting With Your Doctor

The Medicare Maze

You and Your Doc: Rights and Responsibilities

Understanding Research I: Finding the Information You Need

Understanding Research II: Medical & Research Articles

Understanding Research III: Those Scary Statistics

### **Care receiving and care giving:**

Accepting New Help

Caregiving

Long-Term Caregivers

Personal Care Assistants: How to Find, Hire, & Keep Them

Personal Care Assistance: How Much Help Should I Hire?

### **Being safe**

Home Alone: Safety in the Home

Make an Emergency Fire Plan



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Newsletters

**Ventilator Assisted Living** Links ventilator users with each other and with health care professionals interested in mechanical ventilation and home care. Annual subscription \$25.00.

Post Polio Health International  
International Ventilator Users Network  
4207 Lindell Blvd., #110  
Saint Louis, MO 63108  
314-534-0475  
[info@post-polio.org](mailto:info@post-polio.org)  
[www.post-polio.org](http://www.post-polio.org)

**Parenting with a Disability** - published 3 times a year. Subscription is free. Available from:

Through the Looking Glass  
2198 Sixth Street, Suite 100  
Berkeley, California 94710-2204  
1-800-644-2666  
[www.lookingglass.org](http://www.lookingglass.org)

**Pushin' On** - A publication of the UAB Medical Rehabilitation Research and Training Center and Model Regional SCI Care System. It is published twice a year for consumers with SCI, their families, and rehabilitation providers. Contains SCI resource information and a variety of articles on spinal cord injury care, treatment and follow-up.

Office of Research Services  
UAB – Dept. of PM & R  
619 19<sup>th</sup> Street, S – SRC 529  
Birmingham, AL 35249-7330  
205-934-3283  
[sciweb@uab.edu](mailto:sciweb@uab.edu)  
[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)

**Spinal Courier** - published quarterly by the Arkansas Spinal Cord Commission. Contains SCI resource information and a variety of articles on spinal cord injury care, treatment and follow-up.

Arkansas Spinal Cord Commission  
1501 North University, Suite 470  
Little Rock, AR 72207  
800-459-1517  
E-mail: [courier@arspinalcord.org](mailto:courier@arspinalcord.org)  
[www.spinalcord.ar.gov](http://www.spinalcord.ar.gov)



# SPINAL CORD INJURY RESOURCE GUIDE



## Apparel Catalogs

### **Clothing Information Center**

Center for Clothing for Individuals with Physical Disabilities  
Buffalo State College  
1300 Elmwood Avenue  
Buffalo, NY 14222  
716-878-5813  
[freych@buffalostate.edu](mailto:freych@buffalostate.edu)

The Center for Clothing for Individuals With Physical Disabilities (CIPD) is the only facility of its kind in the United States. Faculty and students are involved in ongoing research to meet needs of this special population. CIPD conducts seminars for care-givers that provide information on where to purchase ready-to-wear clothing and instructions on how to modify both clothing and commercial patterns.

The CIPD has been identified by external reviewers as a major strength of the Fashion Textile Technology program. The work of the Center has been incorporated into the apparel design curriculum and provides students with problem-solving opportunities that increase their technical and artistic skills, supports a variety of research activities, and services thousands of physically and developmentally disabled individuals

### **Professional Fit Clothing**

Provides adaptive clothing and apparel for the disabled. Our special needs clothing company has been providing our fashions to those who are in state developmental centers, intermediate care facilities, group homes, and the physically challenged for over 15 years. Our company specializes in clothing for the disabled such as adult bibs, elastic waist pants, wheelchair clothing and much more.

Professional Fit Clothing  
831 North Lake Street #1  
Burbank, CA. 91502  
1-800-422-2348  
E-mail: [admin@professionalfit.com](mailto:admin@professionalfit.com)  
[www.professionalfit.com](http://www.professionalfit.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Apparel Catalogs (cont.)

Manfred established the Manfred-Sauer Foundation with the goal of encouraging the wheelchair user to willingly realize his own potential and find the will power to use his capabilities to the utmost degree. As you know, many wheelchair users battle self-esteem issues, so this Foundation being built in Lobbach Germany, will offer opportunities to strengthen independence, health, and self-confidence. The Foundation will offer psychotherapy, physiotherapy, fitness training, nursing care, various pain relief therapies, archery, gardening, discussion groups, and a training kitchen designed to employ and train wheelchair users. Manfred wants a place that provides a refuge combining People, Nature, and Art. The Grand Opening for the Manfred Sauer Foundation is scheduled for May of 2006.

Rolli Moden Designs for Wheelchair Users  
Division of Manfred Sauer USA, Inc.  
1225 World Trade Drive, Suite T  
San Diego, CA 92128  
1-800-707-2395 / 858-676-  
E-Mail: [rm@rolli-moden.com](mailto:rm@rolli-moden.com)  
[www.rolli-moden.com](http://www.rolli-moden.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Apparel Catalogs (cont.)

**Health Care Financing Administration** administers the Medicare program.

CMS Centers for Medicare and Medicaid Services  
Department of Health and Human Services  
7500 Security Blvd.  
Baltimore, MD 21244  
800-633-4227  
[www.cms.hhs.gov](http://www.cms.hhs.gov)

**Allsup, Inc. Disability Coordination Services:** Since 1984, Allsup Inc. has helped tens of thousands of people obtain their Social Security disability benefits. The reason for our success-- we only specialize in disability representation and other Social Security disability related services. We make the Social Security disability process less confusing, less intimidating and more convenient for people with disabilities.

National Headquarters  
300 Allsup Place  
Belleville, IL 62223  
Benefits Information Center: 1-800-854-1418  
[info@allsupinc.com](mailto:info@allsupinc.com)  
[www.allsupinc.com](http://www.allsupinc.com)

**Binder & Binder:** This New York based firm is run by Charles and Harry Binder. Charles has been in the Social Security business for 19 years. Binder & Binder follows basically the same series of steps as does Allsup. The difference, Binder says, is in the details—legal intricacies that he says a law firm is better equipped to handle. Like Allsup, Inc., Binder & Binder is paid only if the case is successful, collecting 25 percent of the client's back benefits: most cases have a \$4,000 cap. The firm operates nationwide and will refer clients in more remote areas to local lawyers, registered with the National Organization of Social Security Claimants Representatives.

Binder and Binder National Headquarters  
215 Park Avenue South, 6<sup>th</sup> Floor  
New York, N.Y. 10003  
800-741-9696  
[information@BinderandBinder.com](mailto:information@BinderandBinder.com)  
[www.binderandbinder.com](http://www.binderandbinder.com)



# SPINAL CORD INJURY RESOURCE GUIDE



## Partial List of Adaptive Driving Services in Virginia

<u>Center</u>	<u>Programs</u>
<p><b>Alert Driver Training of Vinton</b>            Post Office Box 1176,            2104 Hardy Road            Vinton, VA 24179            Mike Stovale, CDI            Receptionist: Lynn Zimmerman            Phone: 540-890-0347</p>	<ul style="list-style-type: none"> <li>* Bookwork</li> <li>* On-the-road training</li> <li>* Left foot accelerator, hand controls, signal extender</li> </ul>
<p><b>Anne Connell, CDI and Lee Sharp, CDI</b>            Associated with Expert Driving School            Based in Baltimore but provides services to DE MD and Northern VA            Phone: 410-569-0223 Cell: 410-688-8400            Email: driver0223@verizon.net</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Bioptics/low vision</li> <li>* Hand controls, pedal extensions, left foot Accelerator</li> </ul>
<p><b>Boundless Mobility</b>            73 Pheasant Run            Waynesboro, VA 22980            Deen Garrison Jones, OTR, CDRS            Phone: 540-943-3898</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment and high tech equipment</li> <li>* Rents vehicles or uses client's vehicles</li> <li>* Submits recommendations to DMV</li> </ul>
<p><b>Chippenham/Johnston Willis</b>            10710 Midlothian Turnpike            Fairfax Bldg., Suite 127            Richmond, VA 23235            Dana Moore, OTR/L            Phone: 804-267-6725            FAX: 804-267-6759</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> </ul>
<p><b>Center for Excellence in Aging &amp; Geriatric Health</b>            3435-A John Tyler Hwy.            Williamsburg, VA 23187            Matthew Pagels, CDRS</p>	<ul style="list-style-type: none"> <li>* Driving simulator; no on-the-road services</li> <li>* Follows Dr. Barbara Freund's protocols</li> <li>* Reports/recommendations sent to MD's not DMV</li> <li>* Trying to collaborate w/ local school for trng.</li> </ul>



## SPINAL CORD INJURY RESOURCE GUIDE



Phone: 757-220-4751

\* Starting to screen new drivers for readiness

### Center

### Programs

<p><b>Driver Rehabilitation of Hampton Roads</b>            11847 Canon Blvd., Suite 11            Newport News, VA 23606            Karl Hoffman, OTR/L, CDRS, CDI            Phone: 757-240-4983            FAX: 757-240-2193</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> <li>* Forwards recommendations to MD/DMV</li> </ul>
<p><b>Driver Side Rehabilitation</b>            102 W. Cleveland Avenue            Vinton, VA 24179            Janet Stohler, OTR/L, CDRS, CDI            Phone: 540-981-1665            FAX: 540-981-1611</p>	<ul style="list-style-type: none"> <li>* Certified as a driving school, can serve 19 yrs. and younger</li> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> <li>* Sends recommendations to DMV</li> </ul>
<p><b>Glennan Cntr. for Geriatrics &amp; Gerontology</b>            825 Fairfax Avenue            Norfolk, VA 23507            Barbara Freund, Ph. D.            Phone: 757-446-7040</p>	<ul style="list-style-type: none"> <li>* All in-clinic evaluations; no on-the-road services</li> <li>* Neuropsychological testing, Trails A/B, clock drawing, memory test</li> <li>* Simulator - 10 min. practice; 30 min. test</li> </ul>
<p><b>Green Light Driving School</b>            1807 Emmet Street            Charlottesville, VA 22901            Sheila Jones, CDI            Phone: 434-979-5300</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* DRS provider</li> <li>* No adapted equipment yet but may be obtained</li> </ul>
<p><b>Health South Rehabilitation Hospital</b>            5700 Fitzhugh Avenue            Richmond, VA 23249            Penny Eissenberg, OTR/L (not CDI or CDRS)            Ashley DaVanzo, OTR/L (not CDI or CDRS)            Phone: 804-673-4505 or 4419</p>	<ul style="list-style-type: none"> <li>* On-the-road training</li> <li>* Hand controls, left foot accelerator, steering accessories</li> <li>* Submits recommendations to MD &amp; DMV, but does not take to DMV for testing</li> </ul>



## SPINAL CORD INJURY RESOURCE GUIDE



<u>Center</u>	<u>Programs</u>
<p><b>INOVA Mount Vernon Hospital</b> 2501 Parkers Lane  Alexandria, VA 22306  Paige Wilkerson (receptionist) Phone: 703-664-7190</p>	<ul style="list-style-type: none"> <li>* OT's do 2 hr. clinical test with emphasis on cognition</li> <li>* Refer to Anne Connell for driver's evaluation and training (See Anne Connell for specific services)</li> </ul>
<p><b>National Rehabilitation Hospital</b> 102 Irving Street, NW Washington, DC Glen Dignam, OTR/L, CDI, CDRS Roland Swann, CDI Phone: 202-877-1000</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> <li>* EMC van equipment</li> <li>* Licensed as a driving school in MD and DC. VA recognizes certification</li> </ul>
<p><b>The Therapy Center</b> 400 B West 21st Street Norfolk, VA 23517 Paula Nauziudnas, OTR/L April Herrington, OTR/L, CDI Phone: 757-668-4114</p>	<ul style="list-style-type: none"> <li>* In-clinic testing; need to pass specific standards before on-the-road assessment</li> <li>* Push/pull hand controls, left foot accelerator, steering knob, signal extender</li> <li>* Submit MED 2 forms</li> </ul>
<p><b>VA Medical Center, Hampton</b> 100 Emancipation Drive Hampton, VA 23367 Gary Whitaker Phone: 757-722-9961, ext. 2202</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> <li>* High tech van equipment (EMC, variable effort steering)</li> <li>* Veterans only</li> </ul>
<p><b>VA Medical Center, Richmond</b> Hunter Holmes McGuire 1201 Broad Rock Blvd. Richmond, VA 23249 John H. Vaughter, M.ED., RKT, CDRS Phone: 804-675-5273</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment</li> <li>* High tech van equipment (EMC, variable effort steering)</li> <li>* Veterans only</li> </ul>



## SPINAL CORD INJURY RESOURCE GUIDE



<u>Center</u>	<u>Programs</u>
<p><b>Virginia Driving Safety Laboratory</b>            University of VA            Barringer 4, Hospital West            Box 223            Charlottesville, VA 22901</p> <p>Dan Cox            Phone: 800-251-3627, ext. 45314</p>	<ul style="list-style-type: none"> <li>* All in-clinic testing; no on-the-road services</li> <li>* Clinic testing includes general visual abilities, Trails A/B, clock drawing, MMSE, draw and recall, depression scale</li> <li>* Simulator</li> <li>* If driving not recommended, report sent to DMV</li> </ul>
<p><b>Winchester Rehabilitation Center</b></p> <p>333 West Cork Street            Winchester, VA 22601            Deborah Bender, OTR/L, CDRS (not CDI)            Phone: 540-536-5113</p>	<ul style="list-style-type: none"> <li>* Works with commercial driving school</li> <li>* Primarily driving evaluations; short programs of driver's training</li> <li>* Basic equipment</li> <li>* Does not take to DMV for testing</li> </ul>
<p><b>Woodrow Wilson Rehabilitation Center</b></p> <p>OT Dept., W#-476            Post Office Box 1500            Fishersville, VA 22939            Robyn Jarvis - Preadmissions            Phone: 540-332-7948</p> <p>Kay Buchanan, OTR/L, CDRS, CDI            Anne Weybright, OTR/L, CDRS, CDI            Mary Breister, OTR/L, CDRS, CDI            Clay Huie, OTR/L, CDI            Anne Brie, OTR/L, CDI            Kelly Lum, OTR/L, CDI            Susan McGuffin, COTA, CDI            Phone: 540-332-7117 (OT Dept.)</p>	<ul style="list-style-type: none"> <li>* On-the-road evaluations and training</li> <li>* Basic equipment with limited high tech equipment</li> <li>* Abbreviated bookwork course</li> <li>* Recommendations sent to MD's and/or DMV</li> </ul>

Revised 10-2007



# SPINAL CORD INJURY RESOURCE GUIDE



## Partial List of Adaptive Driving Services in Virginia

CENTER	PROGRAM(S)
<p><b>Alert Driver Training of Vinton</b>            Driver Improvement Program            POB 1176, 2104 Hardy Rd.            Vinton, VA 24179            540-890-0347            Norman G. Gulbreth</p>	<ul style="list-style-type: none"> <li>• bookwork</li> <li>• on-the-road training</li> </ul>
<p><b>Danville Driving School</b>            626 North Ridge St., Suite C            Danville, VA 24541            434-792-0402            Kathleen Roach</p>	<ul style="list-style-type: none"> <li>• bookwork</li> <li>• on-the-road training (will train with hand controls/steering device in individual's personal vehicle)</li> </ul>
<p><b>Gest Educational Services</b>            1145 River Road            Charlottesville, VA            434-978-3680            Karen Gest</p>	<ul style="list-style-type: none"> <li>• bookwork</li> <li>• on-the-road training (mainly MR &amp; LD)</li> </ul>
<p><b>Hampton VA Med Ctr</b>            Rehab Medical Service            Hampton VAMC Rm117            Hampton, VA 23667            757-722-9961 Ext. 2202/2056            George Skinner/Matt Pagels</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• van evaluations</li> <li>• high tech equipment evaluations</li> <li>• on-the-road training</li> </ul>
<p><b>Hunter Holmes McGuire VA Med Ctr</b>            Rehabilitation Medicine Services            1201 Broad Rock Rd.            Richmond, VA 23249            804-675-5273            John H. Vaughter, Jr.</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• van evaluations</li> <li>• high tech equipment evaluations</li> <li>• on-the-road training</li> </ul>
<p><b>Chippenham Medical Center</b>            7101 Jahnke Rd.            Richmond, VA 23225            804-323-8468            Anita Crean, OTR/L</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• on-the-road training</li> <li>• Grand Driver</li> </ul>
<p><b>Lampshire Driving School</b>            17997 Dumfries Shopping Center            Dumfries, VA 22026-2101            703-221-0222/703-360-7337            Brad Lampshire/Lee Lampshire</p>	<ul style="list-style-type: none"> <li>• on-the-road training (Has left foot accelerator, DADC 500 hand controls, and steering devices; works with Mt. Vernon Hospital)</li> <li>• Works with Mary Washington, city of Fredricksburg, and Princewilliam County</li> <li>• Works with individual doctors and DRS</li> </ul>
<p><b>National Rehabilitation Hospital</b>            102 Irving St., NW            Washington, DC 20010            202-877-1705            Glen Dignam, CDRS</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• van evaluations</li> <li>• high tech equipment evaluations</li> <li>• on-the-road training</li> </ul>



## SPINAL CORD INJURY RESOURCE GUIDE



<p><b>Riverside Rehab Institute</b>          245 Chesapeake Ave.          Newport News, VA 23607          757-928-8050          Karl Hoffman, OTR/L, CDRS</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• on-the-road training</li> </ul>
<p><b>Roanoke Athletic Center</b>          4508 Starkey Road          Roanoke, VA 24018          540-725-8725</p> <p><b>Botetourt Athletic Club</b>          105 Summerfield Court          Roanoke, VA 24019          540-966-2640          Janet Stohler, OTR/L, CDRS</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• on-the-road training</li> </ul>
<p><b>The Therapy Center of Ghant</b>          400 B West 21st St.          Norfolk, VA 23517          757-668-4114          Paula Naudziumas, OTR/L; April Harington, OTR/L</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• on-the road training</li> </ul>
<p><b>Winchester Rehabilitation Center</b>          333 W. Cork St.          Winchester, VA 22601          540-536-5113          Debbie Bender, OTR/L, CDRS</p>	<ul style="list-style-type: none"> <li>• Pre-driving</li> <li>• on-the-road evaluations</li> <li>• on-the-road training</li> </ul>
<p><b>Woodrow Wilson Rehabilitation Center</b>          Occupational Therapy Department          Box W-477, PO Box 1500          Fishersville, VA 22939          540-332-7117          Kay Buchanan, OTR/L, CDRS</p>	<ul style="list-style-type: none"> <li>• on-the-road evaluations</li> <li>• van evaluations</li> <li>• on-the-road training</li> <li>• bookwork</li> </ul>

(Information provided by OT Department, WWRC, Fishersville, VA, up-dated 4/2006)



## SPINAL CORD INJURY RESOURCE GUIDE



### Service Animals

Service animals can perform tasks that individuals with SCI can no longer do for themselves. They are the extra hands, legs, and strength that provide more independence. But because they do require care and training, they are not for everyone. To obtain more information about service animals you can contact the following:

**Assistance Dog Institute**  
1215 Sebastopol Road  
Santa Rosa, CA 95407  
707-545-3647  
[infor@assistancedog.org](mailto:infor@assistancedog.org)  
[www.assistancedog.org](http://www.assistancedog.org)

**Blue Ridge Assistance Dogs**  
PO Box 229  
Manassas, Va. 20108  
703-369-5878  
[www.blueridgeassistancedogs.org](http://www.blueridgeassistancedogs.org)

**Canine Companions for Independence**  
National Headquarters  
PO Box 446  
Santa Rosa, CA 95402-0446  
866-224-3647 Toll-free  
[www.caninecompanions.org](http://www.caninecompanions.org)

**Canine Partners for Life**  
334 Faggs Manor Road  
Cochranville, PA 19330  
610-869-4902  
[info@k94life.org](mailto:info@k94life.org)  
[www.k94life.org](http://www.k94life.org)

Mailing Address: P. O. Box 170

**Delta Society-National Service Dog Center**  
875 124<sup>th</sup> Ave. NE, Suite 101  
Bellevue, WA 98005  
425-679-5500  
[info@deltasociety.org](mailto:info@deltasociety.org)  
[www.deltasociety.org](http://www.deltasociety.org)

**Fidos for Freedom**  
1200 Sandy Spring Road  
Laurel, MD 20707  
410-880-4178  
[www.fidosforfreedom.org](http://www.fidosforfreedom.org)

Mailing Address: P. O. Box 5508



## SPINAL CORD INJURY RESOURCE GUIDE



### Service Animals (cont.)

**Freedom Service Dogs, Inc.**

P. O. Box 150217  
Lakewood, CO 80215  
303-922-6231

[info@freedom servicedogs.org](mailto:info@freedom servicedogs.org)

[www.freedom servicedogs.org](http://www.freedom servicedogs.org)

**Helping Hands**

**Monkey Helpers for the Disabled, Inc.**

541 Cambridge Street  
Boston, MA 02134  
617-787-4419

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

**PAWS with a Cause**

4646 South Division  
Wayland, MI 49348  
800-253-7297 (Voice/TDD)

[www.ismi.net/paws](http://www.ismi.net/paws)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel

#### **Access-Able Travel Source, LLC**

P. O. Box 1796  
Wheat Ridge, CO 80034  
303-232-2979  
[www.access-able.com](http://www.access-able.com)

**Access Amtrak** – brochure contains complete description of Amtrak's accessible services. Specify Brochure #020800. Contact:

Office of Amtrak Access – 2W  
60 Massachusetts Avenue  
Washington, DC 20002  
800-872-7245

**Accessible Air Travel** - This booklet published by the Eastern Paralyzed Veterans Association provides people who use wheelchairs and other mobility aids with information needed to have a safe and enjoyable flight. A detailed overview of the Air Carrier Access Act (ACAA) of 1986 is included, as well as travel tips for people with disabilities.

Eastern Paralyzed Veterans Association  
75-20 Astoria Boulevard  
Jackson Heights NY 11370-1177  
718-803-3782  
[www.epva.org](http://www.epva.org)

**Access to Travel Magazine** - published quarterly. They have pulled together a special team of disabled travel writers who will be traveling around the world to bring you first-hand their experiences with accessible destinations, attractions, active and passive adventures, cruises, lodging, transportation services and products and services that aid in facilitating travel and much more. ISSN: 1085-9691 Cost: \$16.00 per year. Available from:

Access to Travel Magazine  
ADMIX Publishing  
29 Bartlett Lane  
Delmar, New York 12054-1105  
518-439-4146

**Accessible Journeys, Inc** - designs tours and escort groups of slow walkers, wheelchair users and special needs travelers and their families and friends. For more information, contact them at:

35 West Sellers Avenue  
Ridley Park, PA 19078  
800-846-4537 or 610-521-0339  
[www.disabilitytravel.com](http://www.disabilitytravel.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**American Bus Association:** Offers a free list of U.S. tour bus companies equipped for the disabled travelers.

700 13<sup>th</sup> Street, NW, Suite 575  
Washington, DC. 20005  
202-842-1645  
E-mail: [abainfo@buses.org](mailto:abainfo@buses.org)  
[www.buses.org](http://www.buses.org)

**Big Apple Greeters** - offers personalized services for people with disabilities. Along with support from corporations and businesses in New York, and 550 volunteers (50 are trained disabled volunteers) Big Apple Greeters provides resources and services to travelers with disabilities. There are special discounts to musical and theatrical performances thru the ticket window or the Tele-charge Wheelchair hotline for physically disabled persons. For more information, contact

Big Apple Greeter  
1 Centre Street  
New York, New York 10007  
212-669-8159  
E-mail: [visitrequest@bigapplegreeter.org](mailto:visitrequest@bigapplegreeter.org)  
Web site: [www.bigapplegreeter.org](http://www.bigapplegreeter.org)

**Cruise Planners** - for accessible cruises

1-800-801-9002 or 603-942-7191  
[www.love2cruise.com](http://www.love2cruise.com)

**Easy Access to National Parks** - by Wendy Roth and Michael Tompane, Sierra Club Books, 1992, 400 pp., \$16.00 paper plus \$3.00 shipping. An appraisal of national parks from the point of view of people with disabilities.

Sierra Club – Virginia Chapter  
422 East Franklin Street, Suite 302  
Richmond, VA. 23219  
804-225-9113  
[www.virginia.sierraclub.org](http://www.virginia.sierraclub.org)

**Emerging Horizons:** Accessible newsletter features foreign and domestic destinations, timely travel tips, accessible B&B's, travel resources and accessibility Information. \$16.95/year

C and C Creative Concepts  
PO Box 278  
Ripon, CA. 95366  
E-Mail: [horizons@EmergingHorizons.com](mailto:horizons@EmergingHorizons.com)  
[www.emerginghorizons.com](http://www.emerginghorizons.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**Flying Wheels Travel** - At Flying Wheels, we've been specializing in travel for persons with physical disabilities since 1970. For information about their tours, contact them at

143 West Bridge Street  
P. O. Box 382  
Owatonna, MN 55060  
507-451-5005  
Web site: [www.flyingwheelstravel.com](http://www.flyingwheelstravel.com)

**Innstar.com** - a hotline for travelers seeking the right Bed & Breakfast:

431 SE County Rd Y  
Warrensburg, MO 64093  
660-747-5728  
[www.innstar.com](http://www.innstar.com)

**Joni and Friends Family Retreats:** JAF Ministries, an outreach of Joni Eareckson Tada, is a not-for-profit organization that provides retreats for people with disabilities and their families. Trained volunteers offer friendship and assistance, allowing family members a break from the routine of daily care. Professionals lead a variety of workshops; activities are available with experienced counselors and youth leaders. For information about their retreats, contact the association at:

Joni and Friends International Disability Center  
PO Box 3333  
Agoura Hills, CA 91376  
818-707-5664  
[www.joniandfriends.org](http://www.joniandfriends.org)

**Recommended Country Inns.** - A series of seven regional guides indexing inns in several ways, including by w/c accessibility

The Globe Corner Bookstore  
90 Mt. Auburn Street  
Harvard Square,  
Cambridge, MA 02138  
800-358-6013  
E-Mail: [info@gcb.com](mailto:info@gcb.com)  
Web site: [www.globecorner.com](http://www.globecorner.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**Rick Steve's Travel Tips** - A network of individuals across the United States sharing information on accessible travel in their areas. Quarterly newsletter about an information network providing assistance to disabled travelers.

Europe Through the Back Door  
130 4<sup>th</sup> Avenue, N  
POB 2009  
Edmonds, WA 98020  
425-771-8303  
[www.ricksteves.com](http://www.ricksteves.com)

**The Virginia Travel Guide for the Disabled.** 2007. *Free.*

Virginia Tourism Corporation  
901 E. Byrd Street  
Richmond, VA 23219  
800-847-4882  
Email: [VAinfo@helloinc.com](mailto:VAinfo@helloinc.com)  
[www.virginia.org](http://www.virginia.org)

**Turtle Tours, Inc.** - plan a variety of trips - they vary depending how much assistance wheelers require.

Turtle Tours Inc.  
Box 1147,  
Carefree, AZ 85377  
888-299-1439  
480-488-3688  
E-mail: [turtletours@earthlink.com](mailto:turtletours@earthlink.com)  
[www.turtletours.com](http://www.turtletours.com)

**SATH:** Society for the Accessible Travel and Hospitality. Access information and resources for many locations.

SATH  
347 Fifth Ave., Ste. 605  
New York, NY 10016  
212-447-7284  
E-Mail: [sathtravel@aol.com](mailto:sathtravel@aol.com)  
[www.sath.org](http://www.sath.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

#### **Vans --Accessible Rental**

**Accessible Vans of America, LLC** - is a nationwide provider of Accessible Vehicles for People with Disabilities. Rent– by the day, the week, or the month.

888-282-8267

Email: [rental101request@accessiblevans.com](mailto:rental101request@accessiblevans.com)

Web site: [www.accessiblevans.com](http://www.accessiblevans.com)

#### **Accessible Vans of America, LLC**

3306 E. Washington Street, #106

Phoenix, AZ 85034

866-333-1594

602-333-1594

[www.wheelchairvanrental.com](http://www.wheelchairvanrental.com)

#### **AMS Vans, Inc**

5555 Oakbrook Parkway Suite 555

Norcross, GA 30093

888-880-8267

[www.wheelchair-accessible-vans.wvans.com](http://www.wheelchair-accessible-vans.wvans.com)

#### **Mobility Freedom, Inc.**

20354 U.S. Highway 27

Clermont, FL 34715

800-303-4545

[www.mobilityfreedomvans.com](http://www.mobilityfreedomvans.com)

**Wheelchair Getaways, Inc.** Rent fully equipped, wheelchair accessible, luxury vans at more than 60 locations nationwide.

Wheelchair Getaways

P.O. Box 5591

Lynnwood, WA 98046

800-536-5518

National # 800-642-2042

859-873-4973

**E-mail: [corporate@wheelchairgetaways.com](mailto:corporate@wheelchairgetaways.com)**

**[www.wheelchair-getaways.com](http://www.wheelchair-getaways.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Miscellaneous

#### **Abledata**

Database of assistive devices for people with disabilities. Listings include types of equipment, prices and manufacturers' addresses.

Abledata  
8630 Fenton Street, Suite 930  
Silver Spring, MD 20910  
800-227-0216 301-608-8912 (TT)  
E-mail: [abledata@verizon.com](mailto:abledata@verizon.com)  
[www.abledata.com](http://www.abledata.com)

#### **Access Information Bulletins**

Covers a number of topics on accessible design. Pamphlets vary in length from 6-16 pages, include dimensional drawings, diagrams, photographic illustrations. Cost \$1. Available from:

Paralyzed Veterans of America  
Architecture & Barrier Free Design Program  
801 Eighteenth St., NW  
Washington, DC 20006  
800-555-9140  
Email: [info@pva.org](mailto:info@pva.org)  
Web site: [www.pva.org/livingsci/architecture/archindex](http://www.pva.org/livingsci/architecture/archindex)

#### **House Designs**

**Building for a Lifetime--The Design and Construction of Fully Accessible Homes** by Margaret Wylde, Adrian Baron-Robbins & Sam Clark. From the publishers of Fine Homebuilding magazine, this thorough resource is about building houses that meet peoples' needs throughout their lives. The book is targeted to the builder and designer but is well-suited to the homeowner looking for ideas and solutions for inclusive design. Published by Taunton Press, 1994, 304 pp. Available from: AMAZON.com

**Rehabdata.** Database containing bibliographic records of NARIC (National Rehabilitation Information Center). Searches can be conducted through:

NARIC  
8201 Corporate Drive, Suite 600  
Landover, MD 20785  
800-346-2742  
E-mail: [naricinfo@heitechservices.com](mailto:naricinfo@heitechservices.com)  
Web site: [www.naric.com](http://www.naric.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Miscellaneous, cont.

**The Center for Universal Design** - at N. C. State University “promotes, develops and evaluates accessible and universal design for buildings and related products.” It also provides information, referrals and technical assistance.

N. C. State University, College of Design  
Campus Box 7701  
Raleigh, NC. 27695-8613  
E-mail: [design@ncsu.edu](mailto:design@ncsu.edu)  
[www.design.ncsu.edu](http://www.design.ncsu.edu)



# SPINAL CORD INJURY RESOURCE GUIDE



## Internet Addresses

(Note: Many web addresses change or disappear quickly. If you cannot locate the home pages listed here, search the Net by using the organization's name.)

AAPD (American Association of People with Disabilities)  
[www.aapd-dc.org](http://www.aapd-dc.org)

ABA (American Bar Association) Campaign to Identify Disability Lawyers  
[www.abanet.org](http://www.abanet.org)

Abledata - A clearinghouse for reference documents, rehabilitation issues and assistive technology.  
[www.abledata.com/](http://www.abledata.com/)

Access-Able Travel Source - Free service for disabled and mature travelers. Worldwide access information available.  
[www.access-able.com](http://www.access-able.com).

ADA Home Page:  
[www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)

Aging with Disability  
[www.agingwithdisability.org](http://www.agingwithdisability.org)

Aging with Spinal Cord Injury  
[www.agingwithsci.org](http://www.agingwithsci.org)

Allegro - home health care supplies  
[www.allegromedical.com](http://www.allegromedical.com)

Allsup, Inc. - For late breaking Social Security and Medicare news, transcripts of "The Allsup Report." The website gives computer users comprehensive and up-to-date information on disability, representational services, congressional reengineering and other information that can affect Social Security benefits.  
[www.allsupinc.com](http://www.allsupinc.com)  
[www.ssa.gov/work](http://www.ssa.gov/work)

American Syringomyelia Project  
[www.syringo.org](http://www.syringo.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Arkansas Spinal Cord Commission (includes information on their commission, statistics on SCI in Arkansas and U.S., information on ADA, and SCI Fact Sheets.)

[www.spinalcord.ar.gov](http://www.spinalcord.ar.gov)

Association for Attendant Programs Today: Activists rally around getting the physically challenged out of nursing homes to allow for independent living.

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

Automated Voice Systems, Inc.

[www.mastervoice.com](http://www.mastervoice.com)

Boulevard – The (a new directory that provides an easy way to access information on the Net about products for people with disabilities)

[www.blvd.com](http://www.blvd.com)

Canine Companions for Independence

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

Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)

Christopher Reeves Paralysis Foundation

[www.apacure.com](http://www.apacure.com)

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

Coalition for Disabled Musicians

[www.disabled-musicians.org](http://www.disabled-musicians.org)

Center for Research on Women with disabilities (CROWD)

[www.bcm.tmc.edu/crowd](http://www.bcm.tmc.edu/crowd)

Craig RRTC - Aging with Spinal Cord Injury

[www.craig-hospital.org](http://www.craig-hospital.org)

Delta Society - National Service Dog Center

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

Department of Rehabilitation Medicine, University of Washington

[www.depts.washington.edu/rehab/sci/](http://www.depts.washington.edu/rehab/sci/)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Department of Veterans Affairs

[www.va.gov](http://www.va.gov)

Disability Forum - a comprehensive resource for disability insurance information. Offers educational and legal reference materials, question and answer sessions from industry experts, discussion groups and real life insights from people who have experienced disabilities.

[www.employease.com](http://www.employease.com)

Equal Access to software and Information (EASI)

[www.rit.edu/~easi](http://www.rit.edu/~easi)

Equal Opportunity Publications' New Online Resume Database: All of the advertisers in their publication, "Careers and the Disabled," have immediate internet access to your resume. Visit their Website and click open the Resume Database section and follow the instructions to complete their special resume form. You can also electronically attach your resume, which will be available online to advertisers interested in your skills and experience. When you complete the necessary information for their Resume Database section, you will be given a security code that will enable you to update your resume, if needed, and to delete it when you find employment. To take advantage of this free job-search opportunity, visit

[www.eop.com](http://www.eop.com)

Functional Electrical Stimulation (FES) Information Center

[www.fescenter.case.edu](http://www.fescenter.case.edu)

Guide to the Internet

[members.aol.com/jb44](http://members.aol.com/jb44)

Handi-Ramp

[www.handiramp.com](http://www.handiramp.com)

Home Care

[www.homecaremag.com](http://www.homecaremag.com)

Independent Living Net

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

International Center for Disability Information

[www.icdi.wvu.edu](http://www.icdi.wvu.edu)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

International Wheelchair Aviators

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

InTouch Systems - information on a miniature computer keyboard and mouse designed for people with little or no hand/arm movement.

[www.magicwandkeyboard.com](http://www.magicwandkeyboard.com)

JAF Ministries - Joni Eareckson Tada, president, information on 6 national family retreats.

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

JAN (Job Accommodation Network)

[janweb.icdi.wvu.edu](http://janweb.icdi.wvu.edu)

Library of Congress

[www.loc.gov/](http://www.loc.gov/)

Mainstream (disability magazine) Available only on line.

[www.mainstream-mag.com/](http://www.mainstream-mag.com/)

National Center for Dissemination of Disability Research

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

National Council on Disability

[www.ncd.gov](http://www.ncd.gov)

National Institute of Art and Disability

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

National Institutes of Health

Home Page: [www.nih.gov](http://www.nih.gov)

National Library Service for the Blind and Physically Handicapped

[lcweb.loc.gov/nls](http://lcweb.loc.gov/nls)

National Organization on Disability

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

National Rehabilitation Information Center (NARIC) Home Page

[www.naric.com](http://www.naric.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

National Spinal Cord Injury Association- this web site is an on-line community for people with disabilities. It connects the world of SCI and unites available support and international resources in one place.

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

National W/C Basketball Association

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

National Women's Health Information Center

[www.4woman.gov](http://www.4woman.gov)

NetMedia (home automation system)

[www.homeautomation.com](http://www.homeautomation.com)

New Mobility

[www.newmobility.com](http://www.newmobility.com)

NINDS (neurological institute) Home Page

[www.ninds.nih.gov/](http://www.ninds.nih.gov/)

Paralyzed Veterans of America

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

President's Committee on Employment of People with Disabilities - visitors may tap into information on a variety of disability employment issues including fact sheets on statistical data, job accommodations, the ADA, recruitment, interviewing, hiring, and communicating with people with disabilities.

[www.usccr.gov/pubs/crd/federal/pcepd.htm](http://www.usccr.gov/pubs/crd/federal/pcepd.htm)

Reeve-Irvine Research Center/American Paralysis Association

[www.christopherreeve.com](http://www.christopherreeve.com)

Reeve-Irvine Research Center

[www.reeve.uci.edu](http://www.reeve.uci.edu)

Rehabilitation Engineering and Assistive Technology Society of N. America

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

SCI-Info-Pages

[www.sci-info-pages.com](http://www.sci-info-pages.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Shepherd Center (leading SCI hospital. Good online resources and links.)

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

Social Security Administration

[www.ssa.gov](http://www.ssa.gov)

Spinal Cord Injury Resource Center:

[www.spinalinjury.net](http://www.spinalinjury.net)

Spinal Cord Injury Ring: - a collection of cooperative SCI web sites that are all linked through the SCI Ring. The neat thing about the Ring is that you can easily go from one SCI site to another. Personal pages, professional pages, and business pages are all represented. At last count there were 78 members of the SCI Ring.

[www.tbi-sci.org](http://www.tbi-sci.org)

Spinal Cord Injury Information Network (an online source for SCI information collected from 100's of national resources.) Funded by a grant from PVA, SCI Web site development and maintenance is managed by the Training Office of the Dept. of PM&R at the University of Alabama at Birmingham.

<http://www.spinalcord.uab.edu>

Sygen (GM-1) use in spinal Cord Injury -

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

United Spinal Association

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

U.S. Access Board: Accessibility Guidelines;

[www.access-board.gov](http://www.access-board.gov)

Very Special Arts - provides referrals to other arts resources.

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

Wheelchair Net: Rehabilitation Engineering Research Center on wheeled mobility.

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

Wheels Up! Wheelchair travel specialists

[www.wheelsup.com](http://www.wheelsup.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Women and aging

[www.brandeis.edu/heller/national/ind.html](http://www.brandeis.edu/heller/national/ind.html)

Women with disabilities

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

Work Site; to promote the employment of social security beneficiaries with disabilities

[www.ssa.gov/work](http://www.ssa.gov/work)

World Association of Persons With Disabilities [WAPD]

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

Yahoo - Do a search on this website under the topic of Health-Diseases-Disabilities and see hundreds of choices.

[www.yahoo.com](http://www.yahoo.com)



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## SCI Fertility Programs

### DISTRICT OF COLUMBIA

Lauro Halstead, MD  
National Rehabilitation Hospital  
102 Irving Street, Northwest  
Washington, DC 20010  
202-877-1000

### VIRGINIA

Devine-Fiveash Urology, Ltd.  
Devine-Tidewater Urology  
6333 Center Drive  
Building 16  
Norfolk, VA 23502  
Tel: 757-457-5100  
(Dr. Schlossberg)

### FLORIDA

The Miami Project to Cure Paralysis  
Nancy L. Brackett, Ph.D.  
Charles M. Lynne, MD  
PO Box 016960  
Miami, FL 33101  
305-243-6017



## SPINAL CORD INJURY RESOURCE GUIDE



### SUPPORT NETWORKS

#### **Rebuild SCI Support Group**

Inova Fairfax Hospital  
3300 Gallows Road  
Falls Church, Virginia 22042-3300  
E-mail: [kristine.kluck@inova.com](mailto:kristine.kluck@inova.com)  
Daniel Stanto, LCSW, Social Worker – 703-776-6045

Kristine Kluck, Program Coordinator  
703-776-2295

[daniel.stanto@inova.org](mailto:daniel.stanto@inova.org)

Meetings take place the 2<sup>nd</sup> Thursday of each month from 6:30 to 8:00 p.m. Guest speakers at most meetings.

#### **Virginia Mid-Atlantic Chapter Paralyzed Veterans of America**

11620 Busy Street  
Richmond, Virginia 23236  
Peer Counseling Available through Terry Labar

Charles Willis, President  
1-800-852-7639

Local chapter meets monthly, two satellite locations in Durham and Fayetteville, NC

#### **Old Dominion Chapter, NSCIA**

National Spinal Cord Injury Association  
P. O. Box 8326  
Richmond, VA 23226  
[www.odnscia.org](http://www.odnscia.org)

Steve Fetrow, President  
804-726-4990

#### **SCI Network of Metropolitan Washington**

51 Monroe Street, Plaza West 9  
Rockville, Maryland 20850

Steven Towle  
301-424-8335



## SPINAL CORD INJURY RESOURCE GUIDE



### Department of Rehabilitative Services (DRS) Local Offices

Abingdon Office	276-676-5565	Medicaid Richmond	804-662-9222
Alexandria Office	703-960-3411	Norfolk Office	757-455-0831
Charlottesville Office	434-296-5621	Petersburg Office	804-863-1625
Chesterfield Office	804-674-2369	Portsmouth Office	757-686-4982
Christiansburg Office	540-381-7122	Richlands Office	276-963-1028
Culpeper Office	540-829-7360	Richmond Office	804-367-0175
Danville Office	434-791-5257	Roanoke Office	540-776-2715
DRS Central Office Richmond	804-662-7000	South Boston Off	434-575-7949
Eastern Shore Office	757-787-5992	St. Paul Office	276-762-0520
FairFax Office	703-359-1124	Tidewater Office	757-686-4988
Farmville Office	434-392-8189	UVA Office - Charlottesville	434-924-8329
Fishersville Office	540-332-7700	Virginia Beach Off	757-683-8440
Franklin Office	757-562-6151	Warsaw Office	804-333-4386
Fredericksburg Off	540-899-4161	Williamsburg Off	757-253-4817
Hampton/NN Off	757-865-4863	Winchester Office	540-722-3453
Harrisonburg Office	540-434-5981	Woodrow Wilson – Fishersville	540-332-7390
Henrico Office	804-662-7123	Wytheville Office	276-228-2108
Leesburg Office	540-722-3453	Central Office Toll Free	1-800-552-5019
Lynchburg Office	434-947-6721		
Manassas Office	703-335-5550		
Marion Office	276-781-7466		
Martinsville Office	276-632-7161		



## SPINAL CORD INJURY RESOURCE GUIDE



### Virginia Centers for Independent Living

Offer the following services: information and referral, independent living skills building, peer counseling and advocacy. Services may also include technical assistance, housing registry and placement, personal care attendant registry, resource library, volunteer services, and group cultural and social activities.

#### **Junction Center for Independent Living**

147 Plaza Road, Suite 229  
Wise, VA 24293

Mailing Address:  
P. O. Box 1210  
Norton, VA 24273  
Dennis Horton, Acting Director  
E-mail: [jcill@junctioncenter.org](mailto:jcill@junctioncenter.org)

276-679-5988 V/TTY  
800-584-4054

#### **Clinch Independent Living Services**

P. O. Box 2741, East 460  
Grundy, Virginia 24614  
Betty Bevins, Executive Director  
E-mail: [cils@vzavenue.net](mailto:cils@vzavenue.net)

276 935-6088 V/TTY

#### **Appalachian Independence Center**

230 Charwood Drive,  
Abingdon, Virginia 24210  
Greg Morrell, Executive Director  
E-mail: [gmorrell@naxs.net](mailto:gmorrell@naxs.net)

276 628-2979  
276 676-0920 TTY

#### **Blue Ridge Independent Living Center**

1502-B Williamson Road, NE  
Roanoke, Virginia 24012  
E-Mail: [brilc@brilc.org](mailto:brilc@brilc.org)

540 342-1231

#### **Valley Associates for Independent Living**

205 B Liberty Street  
Harrisonburg, VA. 22801  
Marcia DuBois, Executive Director  
E-Mail: [vail@govail.org](mailto:vail@govail.org)

540 433-6513  
540-438-9265 TTY

#### **Access Independence, Inc.**

403 B South Loudoun Street  
Winchester, Virginia 22601  
Donald Price, Executive Director  
E-mail: [dprice@accessindependence.org](mailto:dprice@accessindependence.org)

540 662-4452 , ext. 108  
540 722-9693 TTY  
800 835-2716 Toll free

#### **Endeppence Center of Northern Virginia**

3100 Clarendon Blvd.  
Arlington, Virginia 22201

703-525-3268  
703 525-3553 TTY



## SPINAL CORD INJURY RESOURCE GUIDE



David Burds, Executive Director  
E-mail: [info@ecnv.org](mailto:info@ecnv.org) [www.ecnv.org](http://www.ecnv.org)

### Virginia Centers for Independent Living (cont.)

#### **Independence Empowerment Center**

9001 Diggs Rd. Ste. 103  
Manassas, VA. 20110  
Contact Person: Louisa Hurley  
E-Mail: [indempctr@comcast.net](mailto:indempctr@comcast.net)

703-257-5400 V/TTY

#### **Independence Resource Center**

815 Cherry Avenue  
Charlottesville, Virginia 22903-3448  
Tom Vandever, Executive Director  
E-Mail: [tvandever@ntelos.net](mailto:tvandever@ntelos.net)

434-971-9629 V/TTY

#### **Lynchburg Area Center for IL**

500 Alleghany Ave., Suite 520  
Lynchburg, Va. 24501  
Phil Theisen, Director  
E-Mail: [LACIL@lacil.org](mailto:LACIL@lacil.org)

434-528-4971  
434-528-4972 TTY

#### **Piedmont Independent Living Center**

1045 Main Street  
Danville, Va. 24540  
Clarence Dickerson, Executive Director  
E-Mail: [clarencerdickerson@yahoo.com](mailto:clarencerdickerson@yahoo.com)

434-797-2530 V/TTY  
434-797-2568 FAX  
434-797-2535

#### **Resources for Independent Living, Inc.**

4009 Fitzhugh Avenue  
Richmond, Virginia 23230  
Sandra Wagener, Executive Director  
E-Mail: [Woodsonf@cavtel.net](mailto:Woodsonf@cavtel.net)

804-353-6503  
804-353-6583 TTY

#### **disAbility Resource Center**

409 Progress Street  
Fredericksburg, Virginia 22401  
Debe Fultz, Executive Director  
E-Mail: [drc@drc-frederickburg.org](mailto:drc@drc-frederickburg.org)

540-373-2559  
540-373-5890 TTY  
1-800-648-6324 toll-free

#### **Eastern Shore Center for Independent Living**

4364 Lankford Highway, Suite 3  
Exmore, Virginia 23350  
Althea Pittman, Executive Director  
E-Mail: [Althea@esva.net](mailto:Althea@esva.net)

757-414-0100  
757-414-0080 TTY  
1-888-787-2033 Toll Free



## SPINAL CORD INJURY RESOURCE GUIDE



### Virginia Centers for Independent Living (cont.)

#### **Endeppence Center, Inc.**

6300 East Virginia Beach Boulevard  
Norfolk, Virginia 23502  
Steve Johnson, Executive Director  
E-Mail: [ecinorf@endeppence.org](mailto:ecinorf@endeppence.org)

757-461-8007  
757-461-7527 TTY

#### **Peninsula Center for Independent Living**

2021-A Cunningham Drive, Suite 2  
Hampton, VA 23666  
Ralph Shelman, Executive Director  
E-Mail: [iepcil@iepcil.org](mailto:iepcil@iepcil.org)

757-827-0275  
757-827-8800 TTY

#### **CIL Satellites**

Crater District Satellite CIL (Parent CIL:RIL)  
1845 Fort Mahone Street  
Petersburg, VA 23805-2403  
Maxine Jackson, Staff Contact  
804-862-9338 V/TTY

New River Valley Satellite Office (Parent CIL:BRILC)  
215 Roanoke Street  
Christiansburg, VA 24073  
Ned Bane, Staff Contact  
540-381-8829 V/TTY

Middle Peninsula Satellite Center for Independent Living (Parent CIL: PCIL)  
c/o Peninsula Center for Independent Living  
2021-A Cunningham Drive, Suite 2  
Hampton, VA 23666  
Ralph Shelman, Contact  
757-827-0275 V  
757-827-8800 TTY

Loudoun Endeppence Center Satellite (Parent CIL: ECVN)  
3100 Clarendon Blvd.  
Arlington, VA 22201  
David Burds, Contact  
703-525-3268 V  
703-525-3553 TTY



## SPINAL CORD INJURY RESOURCE GUIDE



### Virginia Centers for Independent Living (cont.)

All CILs offer the following services:

**Information and Referral** - increases awareness of products, services and data related to disability issues.

**Independent Living Skills Building** - meets the needs of persons with little or no prior experience in managing their own housing, transportation, attendant care, or personal, medical, financial and other needs. Emphasis is placed upon problem-solving, self-advocacy and assertiveness.

**Peer Counseling** - provides an opportunity to meet regularly with other disabled individuals who combine counseling skills with personal disability experiences.

**Advocacy** - gives the individual information and assistance as needed for clarifying, educating, and/or acting to promote and protect the rights, services and opportunities of persons with disabilities. Includes both individual and systems advocacy.

For further information from individual Centers, please contact them directly.

### Disability Services Boards

**For the Representative from your area please call the DRS Central Office in Richmond and request this information at 1-800-552-5019**



## SPINAL CORD INJURY RESOURCE GUIDE



### Model Spinal Cord Injury Systems

The Model Spinal Cord Injury System program, sponsored by the National Institute on Disability and Rehabilitation Research (NIDRR), provides assistance to establish innovative projects for the delivery, demonstration, and evaluation of comprehensive medical, vocational, and other rehabilitation services to meet the needs of individuals with spinal cord injury.

Model System Centers across the United States work together to demonstrate improved care, maintain a national database, participate in independent and collaborative research and provide continuing education relating to spinal cord injury. Projects are currently located in the following states:

#### **Alabama - University of Alabama Model SCI Care System**

**Amie B. Jackson, M.D., Director**

UAB Spain Rehabilitation Center

1717 6<sup>th</sup> Avenue, S

Birmingham, AL 35233-7330

205-934-3330

#### **Rocky Mountain Regional SCI System**

**Daniel P. Lammertse, M.D.**

Craig Hospital

3425 South Clarkson Street

Englewood, CO 80110

303-789-8220

#### **National Capital Spinal Cord Injury Model System**

**<http://www.nrhrehab.org>**

**Suzanne Groah**

National Rehabilitation Hospital

102 Irving Street, NW

Washington, DC 20010

202-877-1196

#### **Georgia Regional SCI System**

**David F. Apple, Jr., M.D.**

Shepherd Center

2020 Peachtree Road NW

Atlanta, GA 30309

404-350-7582

**[www.shepherd.org](http://www.shepherd.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Model Spinal Cord Injury Systems (cont.)

#### **Rehabilitation Institute of Chicago**

**David Chen, M.D.**

Rehabilitation Institute of Chicago  
345 East Superior Street, #1146  
Chicago, IL 60611  
312-328-0764

#### **New England Regional SCI Center**

**Steve Williams, M.D.**

NE Regional SCI Center  
Boston Medical Center  
732 Harrison Ave., Preston F511  
Boston, MA 02118-2393  
617-638-7911

[www.bumc.bu.edu/Departments/PageMain.asp?Page=332&DepartmentID=91](http://www.bumc.bu.edu/Departments/PageMain.asp?Page=332&DepartmentID=91)

#### **University of Michigan Model SCI System**

**Denise G. Tate, PhD**

University of Michigan Medical Center  
300 N Ingalls  
Ann Arbor, MI 48109  
734-763-0971

[www.med.umich.edu/pmr/modelsci/](http://www.med.umich.edu/pmr/modelsci/)

#### **Northern New Jersey SCI System**

**David S. Tulsy, Ph.D.**

Kessler Institute for Rehabilitation  
1199 Pleasant Valley Way  
West Orange, NJ 07052  
973-243-6805

<http://www.kmrrec.org/NNJSCIS>

#### **Mount Sinai SCI Model System**

**Kristjan T. Ragnarsson, MD**

Mount Sinai Medical Center  
1425 Madison Avenue, Room 4-25  
New York, NY 10029-6574  
212-659-9371

[www.mssm.edu/rehab/spinal/](http://www.mssm.edu/rehab/spinal/)



## SPINAL CORD INJURY RESOURCE GUIDE



### Model Spinal Cord Injury Systems (cont.)

#### **MetroHealth's Spinal Cord Injury Services**

**Greg Nemunaitis, M.D.**

2500 MetroHealth Drive  
Cleveland, OH 44109-1998  
216-778-3483

<http://www.metrohealth.org/body.cfm?id=2283>

#### **Regional SCI System Delaware Valley**

**Ralph Marino, MD**

Thomas Jefferson University Hospital  
132 S. 10<sup>th</sup> Street, 375 Main Building  
Philadelphia, PA 19107  
215-955-5756

<http://www.jeffersonhospital.org/rehab/index.html>

#### **University of Pittsburgh Model System on SCI**

**Michael L. Boninger, M.D.**

University of Pittsburgh  
3471 5<sup>th</sup> Ave., Suite 201  
Pittsburgh, PA 15213  
412-648-6654

#### **Texas Regional SCI System**

**William H. Donovan, MD**

The Institute for Rehabilitation and Research  
1333 Moursund Street  
Houston, TX 77030  
713-797-5991

<http://www.tirr.org/index/php>

#### **Northwest Regional SCI System**

**Charles H. Bombardier, PhD**

Department of Rehabilitation Medicine  
Harborview Medical Center  
325 9<sup>th</sup> Avenue  
Seattle, WA 98104  
206-731-3665

<http://depts.washington.edu/rehab/sci>



## SPINAL CORD INJURY RESOURCE GUIDE



### Model Spinal Cord Injury Systems (cont.)

**The Model Spinal Cord Injury Systems (MSCIS) Dissemination Center** is a collaborative effort between the Model Spinal Cord Injury Centers and the spinal cord injury collaborative research projects. The MSCIS Dissemination Center provides information on MSCIS research and publications via the Internet to any inquirer. Center staff members also respond to telephone or mail inquiries.

Model Spinal Cord Injury Systems (MSCIS) Dissemination Center

Karen A. Hart, PhD

The Institute of Rehabilitation and Research (TIRR)

1333 Moursund Avenue, B-107

Houston, TX 77030-3405

Contact: Karen A. Hart, PhD

Phone: 800-732-8124

Fax: 713-797-5982

E-mail: [khart@bcm.tmc.edu](mailto:khart@bcm.tmc.edu)

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

**The National Spinal Cord Injury Statistical Center (NSCISC)** supervises and directs the collection, management and analysis of the world's largest spinal cord injury database.

National Spinal Cord Injury Statistical Center

University of Alabama Model SCI System

Office of Research Services

619 19<sup>th</sup> Street, S SRC 529

Birmingham, AL 35249-7330

205-934-3283

E-mail: [sciweb@uab.edu](mailto:sciweb@uab.edu)

[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)