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### **NYC Programs/Organizations**

[United Spinal Association of NYC](#)

*New York City United Spinal chapter that serves the community by sharing knowledge, promoting SCI awareness and injury prevention, advocating for disability rights and providing financial assistance and emotional support to survivors of spinal cord injury and their families.*

[Wheeling Forward](#)

*Wheeling Forward is dedicated to improving the lives of those living with disabilities by providing guidance and resources to disabled individuals for the purpose of achieving goals today rather than tomorrow, with a focus on educational attainment, employment procurement, health and wellness, community integration, housing acquisition, and personal fulfillment.*

[Axis Project](#)

*The Axis Project is a multidisciplinary center committed to providing high quality services for those with physical disabilities. This unique center empowers people with physical disabilities to pursue a healthy, active lifestyle. The center is completely wheelchair accessible and includes all accessible workout equipment. The Axis Project offers programs, activities, and classes specifically designed for people with physical disabilities.*

#### [Alan T. Brown Foundation](#)

*The Alan T Brown Foundation (ATBF) is dedicated to improving the quality of life for people living with paralysis. Through personal contact we provide information, resource referrals and peer support to the paralyzed individual and their family. We strive to assist individuals in achieving the highest personal level of independence, sustaining a healthy lifestyle, managing daily and chronic health issues, and adjusting to their new life after paralysis.*

#### [Independence Care System](#)

*Independence Care System is dedicated to supporting senior adults and adults with physical disabilities and chronic conditions to live at home and participate fully in community life.*

#### [Center for Independence of the Disabled NY](#)

*CILs support community living and independence for people with disabilities of all types. Although specific services and programs vary from center to center based on the needs of the people they serve, all offer programs that can assist people living with limb loss, paralysis and TBI. These services may include: access to psychological counseling, assistance in securing housing or shelter, personal assistance services, transportation referral and assistance, physical therapy, mobility training, rehabilitation technology, recreation, and other services necessary to improve the ability of individuals with disabilities to function independently in the family or community and/or to continue in employment.*

#### [Harlem Independent Living Center](#)

*The Harlem Independent Living Center (HILC) is a community-based agency providing services free of charge to individuals with disabilities who live or work in Harlem. The center provides peer counseling, assistance with applications for food stamps, Public Assistance, SSI and SSDI, Medicaid and Medicare, housing assistance, assistive device training, van transportation for the disabled, architectural barrier removal assistance, and referral to other programs.*

#### [Bronx Independent Living Services \(BILS\)](#)

*Bronx Independent Living Services (BILS) is a non-profit, community based organization dedicated to empower all people with disabilities to understand and exercise their civil and human rights in order to live fully integrated lives in mainstream society. BILS assists individuals by providing them the necessary tools to make informed decisions about their own lives through access to education, skills development, and access to the appropriate resources.*

### [Brooklyn Center for Independence of the Disabled \(BCID\)](#)

*Their mission has been to empower persons with disabilities by improving the quality of their lives and fostering their integration into the mainstream. Their programs include Comprehensive Information & Referral Resources, Counseling, Advocacy, Support Groups, Outreach among others.*

### [Empower Spinal Cord Injury](#)

*Empower SCI is a non-profit corporation established to enable individuals with spinal cord injuries to lead happier, more meaningful and more independent lives. Empower SCI seeks to fill the gap in the rehabilitation industry that has been created by a decrease in length of stays at rehabilitation hospitals and outpatient services during the recovery from a spinal cord injury.*

### [NYC Mayor's Office for People with Disabilities](#)

*Operating since 1973, the Mayor's Office for People with Disabilities (MOPD) is the liaison between New York City government and the disability community. In partnership with all City offices and agencies, MOPD consistently ensures that the rights and concerns of the disability community are included in all City initiatives and that City programs and policies address the needs of people with disabilities.*

### [Access-A-Ride \(AAR\)](#)

*NYC Metropolitan transportation for people with disabilities. AAR operates 24/7, 365 days a year, throughout the five boroughs of NYC. A vehicle, specific to your needs, will pick you up and take you to your destination.*

## **National Spinal Cord Injury/Disability Links**

### [American Spinal Injury Association](#)

*The American Spinal Injury Association (ASIA), formed in 1978, publishes the International Standards for Neurological Classification of Spinal Cord Injury (ISNCSCI), which is a neurological exam widely used to document sensory and motor impairments following spinal cord injury (SCI). The ASIA assessment is the gold standard for assessing SCI. ASIA is one of the affiliated societies of the International Spinal Cord Society.*

### [Christopher and Dana Reeve Paralysis Resource Center](#)

*The Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy.*

### [Spinal Cord Injury Information Network](#)

*The Spinal Cord Injury Information Network offers educational materials and information on services of the UAB Spinal Cord Injury Model System (UAB-SCIMS) along with links to national organizations, government agencies, commercial products, and educational resources related to spinal cord injury.*

### [United Spinal Association](#)

*United Spinal Association is a national 501(c) (3) nonprofit membership organization dedicated to enhancing the quality of life of all people living with spinal cord injuries and disorders (SCI/D), including veterans, and providing support and information to loved ones, care providers and professionals.*

### [Spinal Injury 101](#)

*Video series from the Shepherd Center, with backing from the Reeve Foundation and the National Spinal Cord Injury Association. Tutorial videos on SCI, acute management, secondary conditions and more.*

### [Administration for Community Living](#)

*National Network to maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.*

### [DisabilityInfo.gov](#)

*Managed by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), this website is dedicated to providing in-depth online access to disability-related information. There are extensive resources on this site, including details on how to apply for disability benefits, find a federal government job, and other resources on disability laws, services, education, and healthcare.*

### [SCI-U](#)

*SCI-U is a series of 10 multimedia courses about learning to live with spinal cord injury. The courses have been designed to give you the information you need to live a healthy, active life. They were developed by people who live with SCI, in collaboration with researchers and clinicians.*

### [Paralyzed Veterans of America](#)

*Paralyzed Veterans of America Leadership Team has worked tirelessly to improve the quality of life for veterans and all people living with spinal cord injury and disease through medical research, advocacy and civil rights for all people with disabilities.*

### [International Ventilator Users Network](#)

*International Ventilator Users Network's mission is to enhance the lives and independence of home ventilator users and polio survivors through education, advocacy, research and networking.*

#### [The National Family Caregivers Association](#)

*CAN (the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.*

#### [National Rehabilitation Information Center](#)

*NARIC Web site, our gateway to an abundance of disability- and rehabilitation-oriented information organized in a variety of formats designed to make it easy for users to find and use. As a leader in providing interactive information to the disability and rehabilitation community, NARIC's Web site continues this tradition by putting the information into the hands of the users through online publications, searchable databases, and timely reference and referral data.*

#### [The National Council on Independent Living](#)

*The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Since its inception, NCIL has carried out its mission by assisting member CILs and SILCs in building their capacity to promote social change, eliminate disability-based discrimination, and create opportunities for people with disabilities to participate in the legislative process to affect change.*

#### [American Academy of Physical Medicine and Rehabilitation](#)

*AAPRM&R is the primary medical society for the specialty of Physical Medicine and Rehabilitation (rehabilitation physicians). It provides information on medical issues and best practices and continuing education and training.*

#### [Abilities.com](#)

*Abilities.com enlightens and entertains with articles, videos, contests and information on disability products, adaptive sports, assistive technology, community heroes, and inclusive recreation. They organize National Abilities Expo bringing necessary products and services together under one roof for the Community, their families, caregivers, seniors, and healthcare professionals. The New York Abilities Expo occurs in early spring.*

#### [National Disability Institute](#)

*They collaborate with hundreds of organizations throughout the country—from financial institutions and employers to government and community organizations—to empower people with disabilities and their families to build a better financial future.*

## [HelpHopeLove](#)

*A nonprofit that supports community-based fundraising for people with unmet medical expenses due to injuries or illnesses.*

## **Spinal Cord Injury Model System**

### [Spinal Cord Injury Model System Knowledge Translation Center](#)

*The Spinal Cord Injury Model Systems Knowledge Translation Center (MSKTC) is a national center that helps facilitate the knowledge translation process to make research meaningful to those with Spinal Cord Injuries*

### [Spasticity and SCI](#)

*Factsheet on spasticity and spinal Cord Injury*

### [Skincare Series Causes and Risks](#)

*Factsheet on causes and risks of pressure Sores*

### [Skincare Series Recognizing and Treating](#)

*Factsheet on Recognizing and Treating Pressure Sores*

### [Pain after SCI](#)

*Factsheet on types, treatment and prevention on pain after spinal cord injury*

### [Adaptive Sports after SCI](#)

*Factsheet with list of Adaptive Sports and Recreation Resources*

### [Employment after SCI](#)

*Factsheet of employment after spinal cord injury*

### [Safe Transfer Techniques](#)

*Factsheet on safe transfer rules and techniques for people with spinal cord injuries*

### [Depression and SCI](#)

*Factsheet on causes and treatments for depression after spinal cord injuries*

### [Exercise and Fitness After Spinal Cord Injury](#)

*Exercise and Fitness after Spinal Cord Injury (SCI) consists of a suite of resources to help people understand the importance of exercise and remaining fit after SCI.*

## **Sexuality**

### [Sexuality After Spinal Cord Injury](#)

*Mount Sinai SCI Sexuality resource website for people living with spinal cord injury, their partners, and the healthcare professionals who treat them.*

### [Spinal Cord Injury BC](#)

*Spinal Cord injury BC -website of the Sexual Health Rehabilitation Service. This site has invaluable information for both consumers and medical professionals that covers every aspect of sexuality and spinal cord injury. They really have set the gold standard bar in terms of sexual health in both the SCI population and the disabled population in general.*

### [Sexual Health Rehabilitation Service](#)

*Information for both consumers and medical professionals that covers every aspect of sexuality and spinal cord injury*

### [Sexuality & Sexual Function following SCI](#)

*A Consumer education video lecture from University of Alabama led by Dr. Phil Klebine and Dr. Marcalee Alexander.*

### [Pleasure ABLE Sexual Device Manual for Persons with Disabilities](#)

*A downloadable PDF manual of sex toys and positioning aids*

### [Sexuality and Adapted Sex Toys](#)

*An educational module developed through support of Spinal Cord Injury Ontario*

### [Sex and Paralysis Video Series](#)

*A series of videos created by Dr. Mitchell Tepper that discuss positioning for men and women, the importance of touch, among other things*

### [Improving Sexual Satisfaction in Persons with SCI: Collective Wisdom](#)

*An article written by Dr. Marcalee Alexander and colleagues describing a systematic approach for clinicians working with persons SCI to improve sexual functioning and response*

### [Dr. Mitch Tepper.com](#)

*Internet site on sexuality and pleasure pertaining to men and women with paralysis or disability.*

## **Disability Rights and Advocacy**

### [Disabled In Action](#)

*Based in New York, NY, Disabled in Action is a civil rights organization committed to ending discrimination against people with disabilities — all disabilities. They fight to eliminate the barriers that prevent people with disabilities from enjoying full equality in American society.*

### [ADAPT](#)

*ADAPT is a national grass-roots community that organizes disability rights activists to engage in nonviolent direct action to assure the civil and human rights of people with disabilities to live in freedom.*

### [Disability Rights NY](#)

*The Protection and Advocacy (P & A) System and Client Assistance Program (CAP) is a nationwide network of legally based disability rights agencies mandated by federal law to protect and advocate for individuals with disabilities. P & A agencies have the authority to investigate abuse and neglect of people with disabilities, provide legal representation to people with disabilities and engage in other advocacy to advance the rights of individuals with disabilities.*

### [Disability Rights Advocates \(DRA\)](#)

*Disability Rights Advocates (DRA) is the leading nonprofit disability rights legal center in the nation. Its mission is to advance equal rights and opportunity for people with all types of disabilities nationwide.*

### [National Disability Rights Network](#)

*The National Disability Rights Network works in Washington, DC on behalf of the Protection and Advocacy Systems (P&As) and Client Assistance Programs (CAPs), the nation's largest providers of legal advocacy services for people with disabilities.*

### [Laws That Protect People with Disabilities](#)

*These fact sheets provide information about U.S. laws that protect the rights of people with disabilities. RTC researchers and staff created them as resources for participants in our "Out and About" intervention, which is part of the Research and Training Center on Promoting Interventions for Community Living (RTC/PICL). One additional fact sheet focuses on finding social support for community participation.*

### [American Association of People with Disabilities \(AAPD\)](#)



*AAPD's aims to improve the lives of people with disabilities by increasing their political and economic power. This group sponsors career and leadership programs for disabled individuals and promotes legislative action to create a more accessible world. Programs Include Advocacy, Voting, Congressional Summer Internships.*

### [The Disability Rights Education and Defense Fund](#)

*The Disability Rights Education and Defense Fund (DREDF), founded in 1979, is a leading national civil rights law and policy center directed by individuals with disabilities and parents who have children with disabilities. Their mission is to advance the civil and human rights of people with disabilities through legal advocacy, training, education, and public policy and legislative development.*

### **Women's Health/Issues**

#### [Initiative for Women with Disabilities](#)

*NYU Langone's Initiative for Women with Disabilities provides primary gynecological care provide workshops, classes, and wellness services that promote overall physical and mental wellbeing*

#### [The Center for Research on Women with Disabilities](#)

*CROWD promotes, develops, and disseminates information to improve the health and expand the life choices of women with disabilities. The site provides information on sexuality, reproductive health, self-esteem, stress management, and more*

#### [Disability and Health Information for Women with Disabilities](#)

*Centers for disease control and Prevention website that has tools and health information for women with disabilities*

#### [Reproductive Health for Women with Spinal Cord Injury](#)

*Video lectures from University of Alabama on reproductive health for women, such as breast examination, mammograms and pap smears, managing issues of pregnancy and labor and delivery such as medications.*

#### [Pregnancy and Spinal Cord Injury](#)

*This booklet provides women with spinal cord injury the information they need to make informed decisions when planning a pregnancy. It outlines key things to consider during the perinatal period (preconception, conception, pregnancy, labor and delivery and postpartum) and where to go to get additional information, help and services. UAB*

#### [SCI Parenting](#)

*A website based in Sweden discussing all aspects of the perinatal journey for women with SCI.*

### [Through Looking Glass](#)

*A resource on childbirth and parenting, adaptive equipment for childcare, networking and support.*

### [MobileWOMEN.org](#)

*An Internet magazine for women with disabilities. The site, supported in part by the Reeve Foundation, features articles, resources and a place to share experiences and solutions.*

## **Sports, Active Living, Recreation, Leisure, Arts**

### [Axis Project](#)

*The Axis Project is a multidisciplinary center committed to providing high quality services for those with physical disabilities. This unique center empowers people with physical disabilities to pursue a healthy, active lifestyle. The center is completely wheelchair accessible and includes all accessible workout equipment. The Axis Project offers programs, activities, and classes specifically designed for people with physical disabilities.*

### [Achilles International](#)

*Achilles International's mission is to enable people with all types of disabilities to participate in mainstream athletics in order to promote personal achievement, enhance self-esteem, and lower barriers to living a fulfilling life.*

### [Row New York](#)

*Row New York is a non-profit organization based in New York City focused on empowering youth, adult, and adaptive athletes through the sport of rowing. The programs are free and low-cost, depending on household income and needs. The organization and its staff have won several awards and recognition for positive impact on local youth and the sport of rowing.*

### [Accessibility in NYC Parks](#)

*NYC Parks aims to make sure that all New Yorkers get the most out of the great outdoors. While many of our events are accessible, these parks events are geared specifically towards people with physical disabilities.*

### [USTA Billie Jean King National Tennis Center](#)

*Wheelchair tennis practice is every Sunday at the USTA Billie Jean King National Tennis Center in Flushing Meadows Corona Park from 1:00 p.m. - 3:00 p.m. Beginners are asked to come from*

2:00 p.m. - 3:00 p.m. only and should contact Aki Takayama at Takayama@usta.com or (718) 760-6251 before arriving to practice.

### [Adaptive Climbing Group](#)

*Adaptive Climbing Group is a community for people with disabilities to have opportunities to inclusively participate in the sport of climbing. A.C.G. New York runs Sunday and Thursday evening clinics in Brooklyn Boulders-Brooklyn and Tuesday sessions in Queensbridge.*

### [GallupNYC](#)

*GallopNYC offers therapeutic horsemanship programs to children and adults with disabilities, including Veterans and at-risk youth. At the height of our season, we provide lessons to 686 riders a week, and operate our riding program at four locations. We are committed to serving low-to-middle income families. Schedules at each location vary seasonally.*

### [Stay-Focused, Inc.](#)

*Stay-Focused offers teens and young adults with disabilities the opportunity to become certified SCUBA divers and through that experience to learn lasting lessons about life and achievement.*

### [Heidi Latsky Dance](#)

*The mission of HLD is to bring contemporary dance to a broad audience in a visceral and emotional way with performers whose unique attributes, physical and otherwise, are honored and utilized in highly dynamic, virtuosic and provocative ways.*

### [Challenged Athlete Foundation](#)

*Challenged Athletes Foundation (CAF) to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. CAF believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.*

### [Adaptive Sports Foundation](#)

*The Adaptive Sports Foundation (ASF) is a non-profit organization that provides profound and life changing experiences for children and adults with physical and cognitive disabilities and chronic illnesses through outdoor physical activity, education, support and community.*

### [National Center on Physical Activity and Disability](#)

*Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased*

*participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.*

### [Wheelchair Sports Federation](#)

*Wheelchair Sports Federation is a national non-profit that provides opportunities for the disabled and wheelchair-bound adults and youth to play sports recreationally and competitively. With an extensive volunteer network, the Wheelchair Sports Federation can help get the information that anyone or team would like regarding the numerous Adaptive Sports.*

### [Disabled Sports USA](#)

*Since 1967, Disabled Sports USA (DSUSA) has focused on one goal: To improve the lives of wounded warriors, youth and adults with disabilities by providing sports and recreation opportunities. DSUSA has 120 community-based chapters in more than 40 states and offers over 50 different sports.*

### [Sports Abilities](#)

*A guide to resources on in all states for adaptive sports organizations and equipment.*

### [No Barriers](#)

*A national non-profit that uses sports and adventure to break through barriers and tap into participant's full potential. Their flagship is the Annual No Barriers summit, a 4-day event held with over 40 adaptive activities*

### [World T.E.A.M. Sports](#)

*Since our first sporting program in 1987, World T.E.A.M. has organized inclusive outdoor athletic programs for adaptive and able-bodied citizens – mountain climbing, white water rafting, cycling, and more.*

### [Life Rolls On](#)

*Founded by world champion quadriplegic surfer Jesse Billauer, Life Rolls On is dedicated to improving the quality of life for young people affected by spinal cord injury. The organization hosts national adaptive surfing and skating events throughout the year.*

### [Sports 'N Spokes](#)

*A magazine about sports and recreation for people with paralysis, published by the Paralyzed Veterans of America; SNS offers details on wheelchair athletics and competition, recreation, exercise, training, nutrition, event schedules and other topics of interest to the active wheelers.*

### [Every Body Fitness – Online Exercise Class](#)

*Every Body Fitness, an exercise ideology created by Physical Therapist Kristin McNealus, is the first online exercise program for people with spinal cord injuries. The 45-minute Fitness and Strength Training (F.A.S.T.) class is offered online, twice weekly. The online exercise program is the solution to many wheelchair users' transportation problems and isolation issues.*

#### [National Wheelchair Softball Association \(NWSA\)](#)

*National Wheelchair Softball Association (NWSA) was founded and serves as the governing body for wheelchair softball in the United States. Teams throughout America compete on a regular basis and hosts several tournaments throughout the summer. The NWSA hosts a national wheelchair softball championship tournament annually.*

#### [Vermont Adaptive](#)

*Vermont Adaptive Ski & Sports is a nationally recognized organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year-round programming options integrate environmental, holistic wellness, and competitive training philosophies for people of all ages with cognitive, developmental, physical and emotional disabilities.*

#### [Wheelchair Body Building](#)

*Wheelchair Bodybuilding, Inc. (WCBB) was founded in May 2006 as a non-profit organization by Nick Scott dedicated to raising funds to expand and improve opportunities for wheelchair athletes and adaptive athletes.*

#### [Roll Call Wheelchair Dance](#)

*Roll Call Wheelchair Dance is an organization exclusively for charitable and educational purposes. The mission of Roll Call is to provide people in wheelchairs, both adults and children a social dancing outlet. They also provide opportunity to learn competitive style wheelchair dance and to compete at local and national dance competitions.*

#### [Eat Well, Live Well, with Spinal Cord Injury](#)

*Funded by the Paralyzed Veterans of America, Eat Well, Live Well with Spinal Cord Injury is a comprehensive, practical nutritional guide written specifically for individuals with spinal cord injuries, as well as their families, friends, caregivers, health and medical professionals.*

#### [Accessible NYC](#)

*Accessible NYC is your accessible guide to experiencing the richness of the City's offerings, including arts, entertainment, dining, museums and galleries, family attractions, and sports and recreation.*

#### [National Park Free Access Pass](#)

*Citizens and residents of the United States with disabilities can obtain a free Access Pass, a lifetime entrance pass to over 2,000 national parks, monuments, historic sites, recreation areas and wildlife refuges. The Pass also provides a 50 percent discount on fees for camping, swimming, parking, boat launching and tours.*

### [Freedom's Wings](#)

*Freedom's Wings International (FWI) Is A non-profit organization run by and for people with physical disabilities. We provide the opportunity for those who are physically challenged to fly in specially adapted sailplanes, either as a passenger or as a member of the flight training program.*

### [Y-Knot Sailing](#)

*Y-Knot offers accessible sailing for all on Lake George. Y-Knot Sailing strives to make all aspects of sailing accessible to individuals with disabilities by creating opportunities, providing education, and promoting disabled sailing within the greater sailing community.*

### [Able Flight](#)

*A non-profit organization which offers flight and aviation career training to people with disabilities. They train people to become pilots and offer various types of scholarships.*

### [Accessible Air Travel](#)

*United Spinal's accessible air travel guide for people with disabilities.*

### [Wheelchair Travel](#)

*This website provides a blueprint for traveling with a disability. Detailed wheelchair accessible travel guides describe the nature of accessibility in cities across the U.S., Europe, Africa, Asia and the Middle East.*

### [WheelchairTraveling.com](#)

*An international online community of wheelchair travelers sharing experiences and tips on everything from hotels to transportation to activities and attractions. Whether you are looking for something exotic or close by, let the community help you find what is out there.*

### [Wheel the World](#)

*A travel company dedicated to people with disabilities. They offer numerous accessible tours to Latin America, Chile, Mexico and Peru.*

### [Emerging Horizons](#)

*A publication about accessible travel. It contains access information, resources, news, and travel tips.*

### [Coalition for Disabled Musicians](#)

*Located in Long Island, NY, it introduces disabled musicians to each other, offers an accessible rehearsal and recording studio, helps with adaptive techniques for pain, endurance, etc.*

### [ReelAbilities Disabilities Film Festival](#)

*Presents award-winning films by and about people with disabilities in multiple locations.*

### [SCI Artist-Innovator Fund](#)

*SCI Artist-Innovator Fund from the Center for Cultural Innovation offers artists, innovators, inventors, makers, and entrepreneurs financial capital for social-impact oriented, creative entrepreneurship projects.*

## **Work and Education**

### [Adult Career & Continuing Education Services – Vocational Rehabilitation \(ACCES-VR\)](#)

*Adult Career and Continuing Education Services-Vocational Rehabilitation program (ACCES-VR), which helps individuals with disabilities find and maintain employment through a range of vocational and independent living services*

### [Social Security Administration Ticket to Work](#)

*Social Security's Ticket to Work (Ticket) program supports career development for Social Security disability beneficiaries age 18 through 64 who want to work. The Ticket program is free and voluntary. The Ticket program helps people with disabilities progress toward financial independence.*

### [Tips for Applicants with Disabilities Applying for Federal Jobs](#)

*The Federal Government is the nation's largest employer and hires people in many different fields, from accounting to public affairs, health care to law enforcement, engineering to agriculture, and everything in between. Pursuing federal employment and contributing to the lives of all Americans can be personally and professionally rewarding. As a federal employee, you and your family will also have access to a range of benefits available to those who choose federal service*

### [Disability and Employment Community](#)

*This site is an online resource destination for the American Job Center network, people with disabilities, and employers. In addition, this is a resource for all key stakeholders who partner*



*with the workforce system to provide services and programs to people with disabilities and other barriers to employment.*

### [CareerOneStop](#)

*Disability resources and information to support your successful employment.*

### [Vocational Rehabilitation and Employment \(VR&E\)](#)

*Veterans may receive Vocational Rehabilitation and Employment (VR&E) services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans and Service members in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment.*

### [Career Opportunities for Students with Disabilities \(COSD\)](#)

*COSD's mission is to assist you, a college student or a recent graduate with a disability, in gaining the tools and knowledge necessary to secure the career of your choice.*

### [Disaboom](#)

*Lists a number of scholarships for people with disabilities, ranging from financial aid for students with learning disabilities to scholarships for disabled veterans to grants for students with vision loss, hearing loss, and mobility impairments, among others.*

### [The Disability Care Center](#)

*The Disability Care Center awards annual scholarships to students who are attending college institutions that have a debilitating condition, support the disabled, or plan on making a difference in the disabled community.*

### [Employment Opportunities for Individuals with Disabilities Guide](#)

*Information Network to learn about navigating the path to employment as a person with a disability, and find how to evaluate an employer's standards of accessibility, accommodation and acceptance in order to find the right career fit.*

### [International Center for Disability Resources on the Internet](#)

*This page is devoted to resources for disabled students in need of financial aid.*

### [Career Guide for Disabled Students](#)

*Works specifically to help individuals with disabilities find their perfect job.*



## [College Resources for Individuals with Disabilities](#)

*List of resources for people with disabilities including Support, Advocacy and Assistive Technology to Facilitate the Transition to Higher Education*

### [Think College](#)

*A project of the Institute for Community Inclusion at the University of Massachusetts Boston, funded in part by an AIDD Project of National Significance grant, dedicated to providing information about college options for people with disabilities.*

### [Ramp Less Traveled](#)

*Ramp Less Traveled provides scholarships and mentoring opportunities to assist those who have sustained spinal cord injuries in the pursuit of higher education. They pair scholarship recipients with experienced mentors who help guide students and their parents along the path to college success.*

### [Ability Jobs](#)

*ABILITY seeks to enable those with disabilities to find employment fit to their unique needs and professional goals.*

### [Job Accommodation Network.](#)

*JAN Factsheet on Understanding the ADA, Knowing Your Rights & Finding Disability Resources*

### [Additional College scholarships](#)

*Through the Looking Glass list of scholarships for people with disabilities.*

## **Adapted Devices/Supplies**

### [The Wheelchair Series: What the Spinal Cord Injury Consumer Needs to Know](#)

*Becoming a wheelchair expert increases your ability to get a wheelchair that truly meets your needs. While it is not possible or a single handout to teach all there is to know, topics covered by the Model Systems Knowledge Translation Center on Getting the Right Wheelchair, The Manual Wheelchair and The Power Wheelchair include key information that can support your ongoing development of wheelchair knowledge.*

### [AbleData](#)

*Sponsored by the US Department of Education's National Institute on Disability and Rehabilitation Research (NIDRR), AbleData provides an extensive list of assistive devices.*

*Product listings contain a short description and information on price, manufacturer and where to find it. This resource can assist you in learning about new developments in assistive technology and do-it-yourself ideas.*

### [AbleNet](#)

*A world leader in assistive technology, curriculum, and services to help individuals with disabilities lead productive and fulfilling lives.*

### [Level the Curve](#)

*At Level the Curve, we aim to make everyday life easier for people by creating products that adapt to the customers' needs and wants, and at a low price. The result is a consumer-oriented approach which caters specifically to, as our name suggests, "leveling the curve" as well as the "playing field" for the persons with disabilities.*

### [Triumph Foundation](#)

*A non-profit organization whose mission is to help individuals with Spinal Cord Injury triumph over their disability and to inspire them to keep moving forward with their lives by pushing themselves to get better every day. Their Grants helps individuals get necessary Adaptive Equipment for activities of daily living, make Home Modifications for wheelchair accessibility, enable the Return to Work reintegrating back into the community, and maintain Therapeutic Activities for health and wellness.*

### [Adaptive Driving Alliance](#)

*The Adaptive Driving Alliance is a nationwide group of vehicle-modification dealers who provide adaptive equipment for disabled drivers and passengers. This website provides a database of dealers who meet the Quality Assurance standards for business practices and equipment as defined by the National Mobility Equipment Dealers Association.*

### [Adapting Motor Vehicles For People With Disabilities](#)

*A brochure from the National Highway Traffic and Transportation Safety Administration (NHTSA) that provides comprehensive information on regulations, procedures, selecting and maintaining adaptive equipment, and financial-assistance options.*

### [Getting Back Up](#)

*Provide qualified and selected individuals with funding for participation in exercise-based recovery programs and the purchase of adaptable products. These programs and products have been proven to greatly improve the physical and emotional well-being of the injured individual.*

### [AssistiveTech.net: National Public Website on Assistive Technology](#)

*This website, offers a catalogue of assistive technology products along with updates on the latest technological advances. Here you'll find products with user comments that you are able to compare by using the site's product comparison tool. There's also a helpful encyclopedia of assistive technology terms and facts called ATWiki that's accessible through this site.*

#### [Center for Assistive Technology](#)

*The Center for Assistive Technology (CAT) provides information and referral services on assistive technology to people in the Western New York Region including a topy and equipment lending center for families in early intervention programs, child care centers, family child care homes, and early intervention service providers.*

#### [Makoa](#)

*Has a comprehensive listing of products, services, and resources to make computing accessible to people with disabilities.*

#### [Center for Universal Design](#)

*Part of the College of Design at North Carolina State University, CUD strives to provide research, education and services related to accessible design across all environments including housing, buildings, and outdoors. Here you'll find information on the most useful design solutions, as well as technical assistance in constructing accessibility improvements to your home.*

#### [Friends of Disabled Adults & Children](#)

*FODAC's mission is to provide durable medical equipment (DME) such as wheelchairs and hospital beds at little or no cost to the disabled and their families. We seek to enhance the quality of life for people of all ages who have any type of illness or physical disability.*

#### [IM Able Foundation – Adaptive Equipment Grants](#)

*IM ABLE Grants are awarded to disabled individuals, providing hand-cycles and other adaptive athletic gear, as well as instructional training programs for those in need. Our purpose is to unleash the potential in physically challenged children and adults to be more active, enjoy the benefits of physical fitness, and spend more time in the great outdoors*

#### [Sportaid](#)

*Sportaid is not just another catalog/internet provider on adapted equipment.*

#### [UroMed](#)

*Online site designed to help wheelchair users access the urology supplies they need.*

#### [Allegro Medical](#)

*One of the largest and most online supplier for health care products and supplies.*

### [HandiHelp.net](#)

*Handihelp.net is a website that contains simple ideas and tools that are either inexpensive to purchase or cost little to make. Hopefully, these suggestions will help persons with physical challenges in overcoming some of the frustrations they face and enable them to live a more active life. Explore Handi Products for a select group of commercially available products that may be of help to you.*

### [ScootAround](#)

*Offers scooter and wheelchair rentals in dozens of North American destinations.*

### [Mobility Works](#)

*Offers a free downloadable guide to securing funding for an accessible vehicle.*

### [Mobility Resource](#)

*An online hub for information related to adaptive driving, including wheelchair accessible vehicles and adaptive equipment, product reviews, and financing options.*

### [Disabled Dealer](#)

*A publication featuring used vehicles (and all sorts of other rehab and medical gear). Regional editions feature numerous pre-owned adapted vans and cars.*

### [Accessible Vans of America](#)

*Accessible Vans of America, is a nationwide, member owned organization made up of independent Mobility Dealers across the United States who rent, sell and service wheelchair accessible vehicles.*

### [The Mobility Resource- State Grants for Wheelchair Accessible Vans](#)

*These grants and other programs could help you finance a wheelchair van, scooter, wheelchair lift, adaptive driving equipment, or other mobility product. Select your state on the map to see the available grants to apply for in your state.*

## **Research**

### [Learn About Clinical Studies](#)

*A variety of consumer education sheets were developed by the U.S. National Institutes of Health to help people better understand clinical studies. Descriptions are provided on clinical trials and*

*observation studies, who and where clinical studies are conducted, how long studies last, reasons for conducting them and who and how one participates in a clinical study.*

### [SCIRE Project](#)

*SCIRE covers a comprehensive set of topics relevant to SCI rehabilitation and community reintegration. SCIRE reviews, evaluates, and translates existing research knowledge into a clear and concise format to inform health professionals and other stakeholders of best rehabilitation practices following SCI.*

### [ClinicalTrials.gov](#)

*A registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals.*

### [Center Watch-Clinical Trial Search](#)

*Center Watch is a source of clinical trials information for both clinical research professionals and patients. They offer several professional, educational and informative services and resources from news and analysis on the industry to trial listings seeking study volunteers.*

### [NIH Clinical Research Trials](#)

*NIH Clinical Research Trials and You to help people learn more about clinical trials, why they matter and how to participate. Visitors to the site will find information about the basics of clinical trial participation, experiences from clinical trial volunteers and explanations from researchers, links on how to search for a trial or enroll in a research matching program.*

### [International Society for Stem Cell Research](#)

*A source for reliable information about stem cell research and clinical advances.*

### [The North American Clinical Trials Network](#)

*The North American Clinical Trials Network (NACTN) works to bring promising therapies out of the laboratory and into clinical trials, in a manner that provides strong evidence of effectiveness and safety.*

### [PubMed](#)

*A service of the National Library of Medicine, provides access to over 12 million citations in the medical literature back to the mid-1960s. Includes links to many sites providing full text articles and other related resources. Search using key word, researcher name, or journal title.*

## **Fire Safety/ Emergency Preparedness**

### [Ready New York: My Emergency Plan](#)

*A downloadable workbook designed to assist New Yorkers with disabilities to create an emergency plan.*

### [Fire Safety for Wheelchair Users at Work and at Home](#)

*United Spinal's PDF guide on the evacuation protocol for wheelchair users.*

### [Preparing for Disaster for People with Disabilities and other Special Needs](#)

*Red Cross and FEMA downloadable guide for people with disabilities for protecting yourself and your family against disaster strikes.*

### [Prepare for Emergencies Now: Information for People with Disabilities](#)

*This guide provides tips which individuals with disabilities and others with access and functional needs, and the people who assist and support them, can take to prepare for emergencies before they happen.*

## **Support Groups/Magazine/Blogs**

### [FacingDisability.com](#)

*Facing Disability's extensive video library focuses on the life experiences of people coping with spinal cord injury, plus expert medical information.*

### [AbleThrive](#)

*AbleThrive is central hub of aggregated support resources customized for people with disabilities and their families. Find information on life skills, parenting, relationships, activities and travel.*

### [Backbones](#)

*BACKBONES exists to provide free support for people with spinal cord injury and their families. Through their network they facilitate telephone, in-person, or web-based connections and encourage growth by the sharing of experiences and ideas.*

### [CareCure Community](#)

*The Spinal Cord Injury Community Forums can be a place to find answers to questions, inspirational stories, and empathy. Follow the threads to view questions and answers from others in your situation, post your own concerns, and receive feedback.*

### [SPINALpedia](#)

*SPINALpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other with the knowledge and triumphs gained from our individual experiences.*

### [New Mobility](#)

*Encourages the integration of active-lifestyle wheelchair users into mainstream society, while simultaneously reflecting the vibrant world of disability-related arts, media, advocacy and philosophy.*

### [Reeve Foundation Peer & Family Support Program](#)

*A national peer-to-peer mentoring program providing emotional support as well as local and national information and resources to people living with paralysis, and their families and caregivers.*