Chapter 18: Resource Guide
SPINAL CORD MEDICINE HANDBOOK FOR PATIENT & FAMILY

Community Resource Guide

Frazier Rehab and Neuroscience Center
220 Abraham Flexner Way
Louisville, Kentucky
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(866) 540-7719 (Toll Free)
(502) 582-7415
www.spinalcordmedicine.com
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LISTING OF RESOURCES

Assistive Technology

Assistive technology (AT) is about using technology to find new ways to do things. It includes equipment and adaptations that enable a person with a spinal cord injury or other disability to compensate for physical limitations, learning disabilities or visual problems. AT might include: a wheelchair with specialty controls or a customized drive method, ramps, driving adaptations, computer adaptations like an alternative keyboard or speech recognition software for hands free computer operation. Today, so many common activities like banking, shopping, video chats and healthcare research can be performed with a computer and the Internet. The ability to use a computer opens the door to education, employment and important sources of volunteerism and community interaction. Thus, learning to use the computer may be an important new life skill for a person with a spinal cord injury.

Frazier has an Assistive Technology Resource Center (ATRC) on the 11th floor next to the outpatient Spinal Cord Medicine rehab gym. It provides evaluation and training in the use of: Wheelchair Seating and Mobility, Adapted Computer Access, Electronic Aids to Daily Living, Alternative and Augmentative Communication, and home
and workplace modifications. A referral from a physician is needed for evaluation funded by health insurance. A referral can also be made by a vocational rehabilitation counselor and/or a worker’s compensation case manager. Dr. Mary Ellen Buning is the director of Frazier’s ATRC. To schedule an evaluation appointment call 502 582-7660.

The Kentucky Assistive Technology Network (KATS) is a statewide AT resource. The services it provides include:

- Loan of assistive devices
- Assessments and evaluations
- Consultations on appropriate technologies
- Low interest loans for purchasing AT
- Funding information and referrals

KATS – Center in Louisville  www.katsnet.org  502 429-4484
502 429-7114
800 327-5287

enTECH or Enabling Technologies, is also part of the KATS network and is located within Spalding University’s Occupational Therapy Department. The center provides consultations, demonstrations, training and information about how microcomputer technology can assist people with disabilities.

Joy Vessels at jvessels@spalding.edu  502 585-9911 or  800 896-8941

All states have federally funded assistive technology programs. Regional programs include:
- The Indiana Assistive Technology Project  www.patinsproject.com/
- Assistive Technology of Ohio    http://www.atohio.org/

Some additional AT resources for Spinal Cord Injury include:
- Microsoft  www.microsoft.com/enable
- Ctr for AT & Environmental Access  www.catea.gatech.edu
- Jim Lubin  www.makoa.org/jlubin/closeup.htm
- WheelchairNet  www.wheelchairnet.org
- Wheelchair Junkie  www.wheelchairjunkie.com

Assistive Technology Products
Each site has a database for assistive technology products and their manufacturers.
- AbleData  www.abledata.com  800 227-0216
- EnableMart  www.enablemart.com  888 640-1999
- Broadend Horizons
- AbleNet
Caregivers

Persons with spinal cord injuries may require 24 hour supervision or assistance from a caregiver initially at discharge or indefinitely. Most medical insurance policies do not provide such coverage though some do. There are agencies that can be hired to provide caregiver services for specified rates. Some families will hire caregivers privately. If you are interested in caregiver assistance, please discuss this with your Frazier case manager.

The Personal Care Attendant Program coordinated by the Center for Accessible Living may provide some assistance in paying for caregivers though the waiting list is usually long.

The Center for Accessible Living and other organizations continue to advocate for additional federal funding for the personal care attendant program. You can help by contacting your state and federal representatives to voice your concern for the need for adequate funding.

Children - Services for

*Early Intervention Services*

Early Intervention Services provide: evaluation and development of individual family service plans; nursing and nutrition assessments; physical and occupational therapy; communication development; assistive technology; skill development services; vision and audiology services; respite; and transportation to children age birth to 3 years.

Kentuckiana District, First Steps  502 459-0225
3717 Taylorsville Rd.
Louisville, KY 40220

Southern Indiana, First Steps  812 945-2353
2520 Shrader Avenue
New Albany, IN 47150

*Education and School Re-Entry*

Legislation, such as the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, provides all children the right to a free and appropriate education. The law says that children with disabilities must be provided the same opportunity to learn as children without disabilities. State Departments of Education provide many services including: home/hospital tutoring and the development of an individualized education plan for school entry and re-entry for children with special needs.

Kentucky Department of Education  www.kde.state.ky.us  502 564-2000
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601
Division of Preschool Programs in Jefferson Co, KY  502 564-7056
Jump Start (Ages 3-4) - Jefferson County only
Head Start (Ages 4-5)

Indiana Department of Education  www.doe.state.in.us  317 232-6610
Room 229 State House
Indianapolis, IN 46204

Health Care Assistance for Children
The following agencies may assist in funding for services, testing or equipment not covered by health insurance. Families will need to meet specified income criteria. Also see Medical Assistance in section below.

Kentucky Commission for Children with Special Health Care Needs  502 595-4459
1405 E. Burnett
Louisville, KY 40217

Indiana Children's Special Health Care Services (Floyd Co.) 812 794-3227
824 University Woods, Suite 9
New Albany, IN 47150

Education
Adult Education
Lifelong Learning  www.adulted4u.com  502 922-9436
546 S 1st Street

Aherns Learning Center  www.jcpsky.net/  502 485-8636
546 S 1st St

Canaan Community Dev. Ctr.  www.ccdcky.org/  502 776-6369
2840 Hikes Lane

KCAC  www.kentuckianacollegeaccess.org/  502 584-0475

120 Robbins Hall

Jefferson Co Technical College
http://www.jefferson.kctcs.edu/Current_Students/ARC.aspx  502 213-2449

Other Helpful Websites
The international Center for Disability Resources on the Internet
www.icdri.org/financial%20aid/finaid.htm

College grants and scholarships for students with disabilities
www.collegescholarships.org;/grants/disabilities.htm

www.disabiilty.gov/education

Employment

**Vocational Rehabilitation**

State and Regional Offices of Vocational Rehabilitation provide: assessment and testing for determining eligibility and vocational interests; counseling and guidance; physical and mental restorative services; vocational training, placement, and job coaching; transportation (driver's evaluation/vehicle modification); and telecommunications tools and other rehabilitation technological aids and devices.

You can call your local or state office of Vocational Rehabilitation to get information and/or to apply for services. If you are determined eligible, the counselor will work with you to determine which programs/services are appropriate to help you meet your vocational goals. Vocational Rehabilitation counselors will sometimes meet with patients, arranged through your case manager, while at Frazier.

Kentucky Office for Vocational Rehabilitation 502 564-4440
209 St. Clair St. 800 372-7172
Frankfort, KY 40601
[www.ovr.ky.gov/index.htm](http://www.ovr.ky.gov/index.htm)

Louisville Area Vocational Rehabilitation Office 502 595-4173
Jefferson County (KY)
600 West Cedar St
Louisville, KY 40202

Indiana Family & Social Services Administration 800 545-7763, ext. 1319
Department of Vocational Rehabilitation
402 West Washington
PO Box 7083
Indianapolis, IN 46207
[www.in.gov/fssa/ddrs/4938.htm](http://www.in.gov/fssa/ddrs/4938.htm)

Dept. of Vocational Rehab 812 288-8261
Clark, Harrison, Floyd Counties & Scott Counties (IN) 877 228-1967
1452 Vaxter Avenue
P.O. Box 2517
Clarksville, IN 47131-2517
**Return to work for Agricultural Occupations**

Kentucky AgrAbility provides education and technical assistance to agricultural operators and farm family members who face the challenges of a disability.

Kentucky AgrAbility
304 Garrigus Building
University of Kentucky
Lexington, KY 40546-0215
www.ces.ca.uky.edu/agrability/

Indiana AgrAbility, Breaking New Ground
ABE Building
225 S. University St.
West Lafayette, IN 47907
www.cobweb.ecn.purdue.edu/~agenhtml/ABE/Exension/BNG/Resource%20Center/resoucecenter.html

AgrAbility in other states: www.agrabilityproject.org/stateprojects.cfm

**Helpful Websites**

Career Opportunities www.cosdonline.org
Search engine specific for job searches specific for people with a disability.

CREW Center www.crew.cc.careerlinks.aspx
Connecting Resources Education and Workforce – individual career counseling, assessment, resume writing, job correspondence, co-op and internship opportunities and tutorials on Word, Excel and other software.

Search Engine www.disaboomjobs.com
Specific for people with a disability.

Suits www.dressforsuccess.org/affiliate.aspx?sisid=39&pageid=1
Provides professional attire, career development tools, and network of support for women with and without a disability.

Center for Accessible Living www.calky.org
Provides professional interview attire for men with and without a disability.

Career connections www.gettinghired.com
Online community for people with a disability to gather, network, and find success in the workplace with employers.

Job Accommodation Network (JAN) http://askjan.org/
Information, consulting, referral, and assistance with self-employment and small business development options for people with a disability.

OWL: Opportunity for Work and Learning  www.owlinc.net/
A community rehabilitation program providing vocational services.
Medicaid Works  http://chfs.ky.gov/dms/medicaid+works.htm
Insurance for people with a disability who work.

Work Incentives  www.nls.org/wkboklet.htm
Removes barriers for people with a disability who want to return to work, but are concerned about losing their health coverage.

NBDC  www.nbdc.com/index.aspx
National Business and Disability Council – Resume database, job postings, accessibility services for people with a disability.

Career Decider  www.typefocus.com
Helps pin point your personality type and choose a career that fits with you as a person.

Ticket to Work  www.yourtickettowork.com/program_info
Removes barriers for people with a disability who want to return to work, but are concerned about losing their health coverage.

PASS  www.passplan.org/learn/default.htm
A Plan for Achieving Self-Support - Allows individuals to exclude income and resources that would otherwise affect SSI eligibility or payment amounts, when the money is used to meet a vocational goal.

Kentuckiana Works One Stop Career Center  502 595-4131
600 West Cedar Street 6th & Cedar
Louisville KY 40202
Education, training, job searching, resume writing, etc for people with or without a disability.

Emergency Assistance & Preparedness

Conference Affairs Office, Society of St. Vincent  502 587-1977
1015C S Preston St  www.svdplou.org
Provides referrals for financial assistance, some emergency assistance (change of clothes, bus tickets, diapers, etc.)

Salvation Army  502 625-1170
www.salvationarmylouisville.org/

Childcare
Community Co-coordinated Child Care (4C’s)  502 595-4323
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Clothing
Clothe-A-Child Consortium  502 772-1225
2124 W Muhammad Ali Blvd.

Infant Resource Center  502 584-2343
417 E Broadway
Call for an appointment. Need ID and proof of guardianship.

Walnut Street Baptist Church  502 589-3454
1111 S. 3rd St

Groceries
Dare to Care Food Bank  502 966-3821

Meals
Wayside Christian Mission  502 584-3711
822 E Market Street
(6:45a-8:30a, 11a-12:30p, 4p-5:45p)

Louisville Commodity Supplemental Food  502 595-3031
1616 Rowan St

Provides monthly supplemental food packages for pregnant women, infants, children up to age 6, and anyone over 60 who meets income guidelines and are not participating in WIC.

Emergency Assistance and Preparedness
The following websites provide information on how to prepare for an emergency if you are disabled.

- www.disability.gov/emergency_preparedness
- www.dhs.gov/disabilitypreparedness
- www.inclusivepreparedness.org
- www.osha.gov/SLTC/emergencypreparedness/index.html
- www.dol.gov/odep/programs/emergency.htm
- www.dotcr.ost.dot.gov/asp/emergencyprep.asp
- www.cdihp.org/products.html
- www.jik.com/disaster.html
- www.disability911.com
- www.nod.org
- www.amputee-coalition.org/inmotion/jan_feb_08/pocket_survival_guide.html
- www.diversitypreparedness.org

Utilities
Home Energy Assistance  502 574-1157
1200 S 3rd ST
www.loukymetro.org/departmet/cap
Provides financial assistance, heating, blankets, and fuel.

LIHEAP 800 456-3452
http://chfs.ky.gov/dcbs/dfs/liheap.htm
Low Income Home Energy Assistance Program

Summer Heat Relief Program 502 574-1157
810 Barret Ave Rm. 127
Tues/Thurs 1-4p

Equal Opportunity Agencies
The Rehabilitation Act of 1973 and the Americans with Disability Acts (ADA) of 1990 and 1995 prohibit discrimination on the basis of disability. The ADA addresses equal opportunity for:

Title I Employment
Title II Public Services
Title III Public Accommodations
Title IV Telecommunications
Title V Miscellaneous

To learn more about the ADA contact:
Southeast Disability and Business Technical Assistance Center
490 10th St.
Atlanta, GA 30318
www.sedbtac.org

West Virginia University
Voice/TDD 800 526-7234
P.O. Box 6080 800 232-8675
Morgantown, WV 26506-6080
Helps provide ideas for problems with accessibility

The President's Committee on Employment of People with Disabilities
Voice/TDD 202 376-6200
1331 F. Street, NW, Suite 300
Washington DC 20004-1107
Promotes employment of persons with disabilities

National Easter Seal Society
312 726-6200
230 W. Monroe, 18th Floor
Chicago, IL 60606
Promotes independence for persons with disabilities

Architectural and Transportation Barriers Compliance Board
Voice/TDD 800 872-2253
1331 F. Street, NW, Suite 1000
Financial Assistance

The Social Security Administration (SSA) manages the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. Both programs provide benefits to individuals/families based on disability or blindness.

Comparison of the SSDI and SSI Disability Programs

The SSDI and SSI programs share many concepts and terms, however, there are also many, very important differences in the rules affecting eligibility and benefit payments. If you are judged disabled, SSDI payment is based on your tax contributions during the years you worked. SSI does not require any tax contributions. To be eligible for SSI, you must be judged disabled and meet the household income requirement. Individuals may apply or be eligible for benefits under both programs. The following table summarizes other differences between the SSDI and SSI programs.

<table>
<thead>
<tr>
<th></th>
<th>SSDI</th>
<th>SSI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source of Payments</td>
<td>Disability Trust Fund</td>
<td>General Tax Revenues</td>
</tr>
<tr>
<td>Minimum Initial</td>
<td>Must meet SSA’s disability criteria</td>
<td>Must meet SSA’s disability criteria</td>
</tr>
<tr>
<td>Qualification</td>
<td>Must be “insured” due to contributions made to FICA based on your own</td>
<td>Must have limited income and resources</td>
</tr>
<tr>
<td>Requirements</td>
<td>payroll earnings, or those of your spouse or your parents</td>
<td></td>
</tr>
<tr>
<td>Health Insurance</td>
<td>Medicare after 2 year waiting period</td>
<td>Medicaid-eligible immediately in most states (not Indiana)</td>
</tr>
<tr>
<td>coverage provided</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How do they</td>
<td>Your SSDI monthly payment amount is based on the worker’s lifetime</td>
<td>To figure your payment amount, SSA starts with the Federal Benefit</td>
</tr>
<tr>
<td>figure your</td>
<td>average earnings covered by Social Security. They may reduce the</td>
<td>Rate (FBR). Your state supplement, if any, is added to the FBR and</td>
</tr>
<tr>
<td>monthly payment</td>
<td>amount of payments if you receive Workers’ Compensation (including</td>
<td>then your countable income is subtracted for that amount. They do not</td>
</tr>
<tr>
<td>amount?</td>
<td>Black Lung payments) and/or public disability benefits, e.g., certain</td>
<td>count all the income that you have. The income amount left after they</td>
</tr>
<tr>
<td></td>
<td>State and civil service disability benefits. Other income or resources</td>
<td>make all the allowable deductions is &quot;countable income.&quot; The FBR</td>
</tr>
<tr>
<td></td>
<td>do not affect the payment amount. The monthly payment amount is</td>
<td>is adjusted each year to account for cost-of-living changes.</td>
</tr>
<tr>
<td></td>
<td>adjusted each year to account for cost-of-living changes.</td>
<td></td>
</tr>
</tbody>
</table>
The SSA will consider all applicants for disability. You will be granted disability payments when SSA has determined that you will be disabled (unable to work) for greater than one year. The application process can take several months for the initial decision. Some applicants are deferred and progress is reviewed after a period of time before a decision is made. Many applicants are denied, though there is an appeal process, which is explained in the denial letter. The appeal process can take 1-2 years. Many people have found that legal assistance can speed up this process. If you are declared disabled, you will be awarded disability based on the amount of money you contributed to the Social Security tax system from your work history.

You can use the toll free numbers below to schedule a phone interview to start your application process or visit your local Social Security office to request an application. Please be sure that all of the requested information is submitted with the applications and that you follow the deadlines.

Social Security Administration www.ssa.gov 800 772-1213
TTY 800 325-0778

Local Social Security Administration Main Office 502 582-6690
601 West Broadway
Louisville, KY 40202

IN Social Security Administration Federal Building 812 948-5288
121 West Spring Street
New Albany, IN 47150

Numbers which may be helpful to complete disability application:

**Medical Records**
Baptist Hospital East 502 897-8167
Clark Memorial Hospital 812 283-2275
Frazier (Jewish Hospital) 502 587-4416
Kindred Hospital 502 627-1165
Kosair Children’s Hospital 502 629-8700
Norton's Hospital Audubon 502 636-7333
Norton’s Hospital Downtown 502-629-8700
Norton’s Hospital Suburban 502 893-1018
St. Mary’s and Elizabeth 502 361-6623
Southern Indiana Rehab Hospital 812 941-6131
University of Louisville Hospital 502 562-3372

**Legal Documents (Birth, Death, Marriage & Divorce)**
KY Bureau of Vital Statistics 502 564-4212
IN Bureau of Vital Statistics 317 233-2700
National Record Network 800 255-2414
Lediga Assistance
Lawyer Referral Service 502 583-1801
Legal Aid Society 502 584-1254

State Assistance Programs
The Cabinet for Health and Family Services (CHFS) is home to most of the state's human services and health care programs, including Medicaid, the Department for Public Health, and the Department for Community Based Services (DCBS). DCBS has programs for seniors, adults, children, and families. Services are administered through a network of nine service regions and offices in each of Kentucky's 120 counties. The department provides family support, child care, child/adult protection, eligibility determinations for Medicaid and food stamps, energy assistance to low-income households, and administration of an energy cost assistance program. To find an office in your county, visit the website or call the number below.

Division of Family and Children 812 948-5480
Floyd County
842 University Woods, Suite 9
New Albany, IN 47150

Department of Social Insurance 502 595-4238
Jefferson County
908 West Broadway
Louisville, KY 40203

Cabinet for Health and Family Services www.chfs.ky.gov 502 595-4238
Jefferson County, KY
908 West Broadway
Louisville, KY 40203

Family and Social Service Administration (FSSA) 800 403-0864
www.in.gov/fssa
Floyd County Division of Family Resources
800 East 8th Street
New Albany, IN 47150

Agencies provide most of the following services: Aid to Families with Dependent Children (AFDC), food stamps, Temporary Assistance to Needy Families (TANF), cash assistance, and Medicaid.

Community resources that MAY assist with medications, rent, bills, etc.:
Community Action Agency 502 574-1157
Crisis & Info Center Line 502 589-4313
Louisville Metro Human Services 502 574-8000
Metro Call 311
Home Accessibility

In preparing for discharge, make sure you complete and turn in the Frazier’s Patient Home Accessibility Form to your therapy team. The information you provide on this form will allow your physical and occupational therapists to make recommendations for equipment or modifications needed in the home to maximize safety and independence after discharge. Your physical or occupational therapist will make the Accessibility Form available to you.

If you have steps to enter your home, you may need to make your home accessibility a priority for discharge planning. Insurance companies do not typically provide coverage for ramps. The resources below may provide some financial assistance but funds are typically limited and often there are waiting lists. You may need to have a ramp built by a private contractor. If you call the Center for Accessible Living, they can give you some names of contractors who may be available and have reasonable costs. (See Housing below.) The KATS Network may be able to assist you with locating used portable ramps or other sources of funding. (See Assistive Technology above.) The Michael Brent Resource Center at Frazier has ramp-building guides for professionals and/or family or friends skilled in construction. These resources offer basic specifications for design and construction of a ramp. The Center for Accessible Living also has lists of area apartments that are wheelchair accessible should you need to consider alternative housing. Ramps take time to build and you should discuss with the treatment team member if one is needed. Please be aware that there are extensive waiting lists at all of these agencies. It is sometimes helpful to ask church congregations or other volunteer organizations to help with construction and/or fundraising.

Ramps

Center for Accessible Living         www.calky.org          502 589-6620
New Directions Housing Corporation   www.ndhc.org            502 589-2272
1000 E. Liberty Street, Louisville, KY 40204 888 757-8790
New Directions Housing Corporation   www.ndhc.org            888 757-8790
701 E. Spring Street, Suite 208, New Albany, IN 47150
KATS Network                        www.katsnet.org          800 327-5287
Jefferson County Ramp Program       502 574-5134
Lifespan Resources                  812 948-8330
Multi-purpose Community Action Agency (MPCAA) 502-633-7162
Provides services to elderly or low income individuals in need, Covers Bullitt, Shelby, and Spencer Counties, http://www.mpcaa.org/mpcaa/Home/tabid/36/Default.aspx
Centenary United Methodist Church, Shelbyville, KY    502-633-4526
http://shelbyvillemethodist.com/#/community-outreach/ramp-ministry

Federal Tax Benefits
When building ramps or modifying your home, you will need to save your receipts. Home modifications for the disabled and some medical expenses are tax deductible, but are not covered by Medicare or Medicaid. Check with your tax advisor or contact the IRS to determine your eligibility for excluded income, itemized deductions and/or tax credits.

Internal Revenue Service (IRS)  
www.irs.gov  800 829-1040

Housing
The Centers for Accessible Living in Louisville and Murray provide individuals with disabilities and their families the following services: advocacy, employment programs, housing, independent living skills, peer counseling, personal care attendant program and ramp building.

Center for Accessible Living  
www.calky.org  502 589-6620
305 W. Broadway, Suite 200  888 813-8497
Louisville, KY 40202  TTY: 502 589-6690

Murray, KY  270 753-7676
1051 N. 16th Street, Suite C  888 261-6194
Murray, KY 42071  TTY: 270 767-0549

River Falls Access Ability Center  812 949-4717
845 Park Place
New Albany, IN 47150

CALKY and River Falls will assist with the following:
- Advocacy
- Employment programs
- Housing
- Independent Living Skills
- Peer Counseling
- Personal Care Attendant Program (CALKY only)
- Ramps

Kentucky Housing Corporation
The Kentucky Housing Corporation provides lower-than-market-rate home mortgages; home ownership education and counseling; rental assistance; and housing rehabilitation and repair programs.

www.kyhousing.org  800 633-8896
1231 Louisville Road, Frankfort, KY 40601
www.barrierefhome.com
www.hud.gov/offices/fheo/disabilities/pwd.cfm
www.axesshomes.com

Emergency Shelters
Center for Women and Families 502 581-7222
226 W. Breckenridge Street
(Domestic Violence – Females only and children)

Haven House
1727 Green Street 812 285-1197
Jeffersonville, IN
Homeless Shelter for men, women, and children

The Healing Place
1020 W Market Street (Men) 502 584-6606
1607 W Broadway (Women) 502 568-6680
Addiction detox or the overnight stay program for the homeless

Interlink Counseling Services Inc.
8311 Preston Highway 502 964-7147
Serves veterans suffering from mental illness or substance abuse

Hoosier Hills PACT
Salem, IN 812 883-1959
Women’s Domestic Violence Shelter includes children

Wayside Christian Mission
812 E Market Street (Men) 502 584-3711
Women and Family 502 589-1581
Serves all homeless and also mentally ill or disabled

Information Centers – Drug and alcohol
Alcoholics Anonymous 502 582-1849

Alcohol Abuse Hotline 800 234-0246

Crisis and Information Center 502 589-4313
800 221-0446
Narcotics Anonymous 812 948-5772

Narcotics Abuse Hotline 800 234-0420
### Information Centers – Spinal cord Injury - National

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Spinal Association</td>
<td><a href="http://www.asia-spinalinjury.org">www.asia-spinalinjury.org</a></td>
<td>404 345-9772</td>
</tr>
<tr>
<td>BME: Biomedical Engineering Resources</td>
<td><a href="http://www.bmenet.org">www.bmenet.org</a></td>
<td></td>
</tr>
<tr>
<td>Christopher and Dana Reeve Foundation</td>
<td><a href="http://www.christopherreeve.org">www.christopherreeve.org</a></td>
<td>800 225-0292</td>
</tr>
<tr>
<td>National Institute on Disability and Rehab Research</td>
<td><a href="http://www.ed.gov/about/offices/list/osers/nidrr">www.ed.gov/about/offices/list/osers/nidrr</a></td>
<td></td>
</tr>
<tr>
<td>National Information Center for Children and Youth with Disabilities</td>
<td><a href="http://www.nichcy.org">www.nichcy.org</a></td>
<td>800 695-0285</td>
</tr>
<tr>
<td>National Rehabilitation Information Center</td>
<td><a href="http://www.naric.com">www.naric.com</a></td>
<td>301 562-2400</td>
</tr>
<tr>
<td>National Spinal Cord Injury Association</td>
<td><a href="http://www.spinalcord.org">www.spinalcord.org</a></td>
<td>301 214-4006</td>
</tr>
<tr>
<td>Paralysis Resource Center</td>
<td><a href="http://www.paralysis.org">www.paralysis.org</a></td>
<td>800 539-7309</td>
</tr>
<tr>
<td>Paralyzed Veterans of America National Headquarters</td>
<td><a href="http://www.pva.org">www.pva.org</a></td>
<td>800 795-4327</td>
</tr>
<tr>
<td>Spinal Cord Injury Information Network: University of Alabama</td>
<td><a href="http://www.spinalcord.uab.edu">www.spinalcord.uab.edu</a></td>
<td>205 934-3283</td>
</tr>
</tbody>
</table>

### Information Centers – Spinal cord Injury – State and regional

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Accessible Living: Disability Resource Center</td>
<td><a href="http://www.calky.org">www.calky.org</a></td>
<td>502 589-6620</td>
</tr>
<tr>
<td>Louisville, KY</td>
<td></td>
<td>888 813-8497</td>
</tr>
<tr>
<td>TTY</td>
<td>502 589-6690</td>
<td></td>
</tr>
<tr>
<td>Murray, KY</td>
<td></td>
<td>270 753-7676</td>
</tr>
<tr>
<td>TTD</td>
<td>270 767-0549</td>
<td>888 261-6194</td>
</tr>
<tr>
<td>Derby City Chapter, NSCIA</td>
<td></td>
<td>502 588-8574</td>
</tr>
<tr>
<td>David Allgood, President</td>
<td><a href="mailto:david.allgood@amerihealthmercy.org">david.allgood@amerihealthmercy.org</a></td>
<td></td>
</tr>
<tr>
<td>Louisville, KY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kentucky Assistive Technology Network</td>
<td><a href="http://www.katsnet.org">www.katsnet.org</a></td>
<td>502 429-4484</td>
</tr>
<tr>
<td></td>
<td></td>
<td>800 327-5287</td>
</tr>
</tbody>
</table>

KY Office. of Vocational Rehabilitation
Internet Access

If you do not have access to a computer with internet access, visit your local public library. The internet has massive amounts of informational materials available regarding spinal cord injury from all over the world.

Louisville Free Public Library 502 574-1611
Main Branch
301 York St.
Louisville, KY 40203

Jeffersonville Branch 812 282-7765
211 East Court Ave

Clarksville Branch 812 285-5640
1312 Eastern Blvd.

New Albany Branch 812 285-8464
180 West Spring

While at Frazier, visit The Michael Brent Resource Center located on the 11th Floor at Frazier Downtown. The Center offers free internet access.

Legal Considerations

- Advance Directives are documents that allow you to make decisions regarding your future medical treatment.
- A Living Will tells health care professionals and your family whether or not you want life-prolonging treatment if you are in a terminal condition or a permanently unconscious state. Hospitals and doctors’ offices are required by law to ask you if you have this document. Hospitals often have Living Will forms for you to complete if you have done so in the past.
- A Health Care Surrogate is a person you select to make health care decisions if you are unable. You can designate a health care surrogate within your Living Will document.
Financial Planning.

The following are documents you can draft to prepare for the management of your personal affairs, financial holdings or debts and/or medical treatment decisions. You must be competent to draft these documents. To complete such documents, most consult an attorney.

- A Will directs how you would like your personal belongings and financial holdings managed after your death.
- A Power of Attorney designates a person to handle your financial affairs in your absence.
- A Durable Power of Attorney designates a person to act on your behalf at the time you become incapacitated. It allows your designated person to make personal, financial and medical treatment decisions on your behalf. If you have this document, there is no need to pursue guardianship should you become incapacitated. If you do not have a Durable Power of Attorney in place at the time you become incapacitated, a person who wishes to assist you with your affairs must pursue guardianship.

Guardianship.

Disability Court for Jefferson County 502 595-4933
514 W. Liberty St. (Old Jail Building)
Louisville, KY 40202
Filing fee/petition $47.00 ($87.00 for Emergency Guardianship)
Process (Evaluated by court appointed interdisciplinary team)
Evaluations reviewed by judge—makes decision

Time periods for hearings:
Emergency Guardianship 48 hours to 7 days
Guardianship 30 to 60 days
Legal Aid Protections/Advocacy 800 372-2988

MEDICAL ASSISTANCE

The Mission of Family Health Centers, Inc. is to provide residents of Louisville and Jefferson County access to high quality primary and preventive health care services without regard to the ability to pay. Services provided at 7 locations for Louisville and Jefferson County residents include adult and pediatric medical care, Urgent Care, preventive health services/patient education and more. The Centers also accept most health and dental insurance.

Family Health Center, Inc www.fhclouisville.org 502 774-8631
Medscape www.medscape.com
Healthfinder www.healthfinder.org

Nutritional Information – General

American Dietetic Association www.eatright.org 800 877-1600
Ask the Dietician www.dietician.com
Cooking

www.cookinglight.com

Other Resources

Indiana Neighborhood - www.ec-online.net/community/neighborhood/in.htm
Government links, listing of county offices on aging, local services, agencies, and associations

Indiana Family and Social Services Administration - www.state.in.us/issa/
Listing for services for older adults and persons with disability and healthcare information

Al-Anon Family Group - Indiana 812 283-4491
Alcoholics Anonymous - Louisville 502 582-1849
American Red Cross 502 589-4450
812 283-8416

Derby City Chapter www.derbycityspinalcord.org/
Social group for people living with SCI. Meets monthly at Frazier

Facing Disability www.facingdisability.com/
More than 1,000 videos drawn from interviews of people with SCI, their families, caregivers and experts.

Friends of Frazier www.friendsoffrazier.org
Online community for those connected to Frazier Rehab Institute (family, patients, employees) to gather information, network, ask questions, and tell their stories.

Seven Counties 502 589-8600
Crisis & Information Center 502 589-4259
800 221-0446

Kentucky Relay Service 800 648-6056
(Deaf and Hearing Impaired) Voice users: 800 648-6057

Kentuckiana Regional Planning & Development Agency (KIPDA) 502 266-5571
866 737-3363
Provides a multitude of services including case management, transportation, advocacy, support for independent living, meals on wheels, respite care and some legal services.

Lifespan Resources 812-948-8330
Meals on Wheels  (Louisville)  502 589-8600
(Southern Indiana)  812 948-8330

Michael Brent Resource Center  www.spinalcordmedicineresources.com
Lending library providing resources on SCI and other disabilities. Located at Frazier Rehab Institute on the 11th floor.

Best Deal Clothing (special needs clothing)  502 961-9588
5007 Poplar Level Road

Laundry Services
Baptist Towers  502 587-6632
1014 S 2nd St

Hillebrand House  502 634-4878
1235 S 3rd St.

Support Groups
Support groups bring together people who have common needs or problems for the purpose of sharing information and experiences.

Alzheimer
National Alzheimer Association  www.alz.org  800 272-3900
Kentucky Alzheimer Association  www.alzinky.org  502 451-4266

Arthritis
Indiana Arthritis Foundation  800 783-2342
Kentucky Arthritis Foundation  502 893-9771
National Arthritis Foundation  www.arthritis.org

Cancer
American Cancer Society  www.cancer.org  800 227-2345
Indiana Chapter  812 282-4266
Kentucky Chapter  502 584-6782

Cardio-Pulmonary
American Heart Association  www.americanheart.org
Indiana Chapter  317 352-9226
Kentucky Chapter  502 587-8641
National Lung Association  800 586-4872
Kentucky Chapter  www.kylung.org  502 363-2652
Better Breathers Club  812 941-8300

Caregiver Support
National Family Caregivers Association 800 896-3650
www.nfcacares.org

Death and Grief
Hospice Foundation of America  www.hospicefoundation.org  800 854-3402
Hospice of Southern Indiana  812 945-4596
Vistacare Hospice  812 944-3690

Diabetes
American Diabetes Association  www.diabetes.org  800 342-2383
Indiana Chapter  317 352-9226
Kentucky Chapter  502 452-1201

Multiple Sclerosis
National Multiple Sclerosis Society  800 344-4867
Indiana Chapter  www.msindiana.org  317 870-2500
Kentucky Chapter  www.kynmss.org  502 451-0014

Stroke
National Stroke Association  www.stroke.org  800 787-6537
Kentucky Chapter  502 896-7221
Stroke Education Group @ Frazier  M, W, F 1p 7th Floor Dining Room

Stroke Support Group @ Southern IN Rehab  812 941-8300
2nd Tuesday of each month 1-2:30p
Stroke Support Group @ Frazier  502 582-3947
3rd Wednesday of each month 12-1:30p at the Douglass Community Center (off Bardstown Rd)

Southeast Christian Church  502 499-0190
Offers more than 20 different support groups

Pain Management
American Pain Society  www.ampainsoc.org/
Partners Against Pain  www.partnersagainstpain.com/
National Foundation for the treatment of Pain  www.paincare.org/

Prescription Assistance
If you do not have Medicare Part D or have no prescription drug coverage, you may qualify for one of the prescription discount cards listed in the chart below. Call the toll free number, or visit the website with the company to learn more and/or apply.
<table>
<thead>
<tr>
<th>Pharmaceutical &amp; Card Name</th>
<th>Phone</th>
<th>Qualification</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Discount Prescription Plan Card</td>
<td>800-977-3862</td>
<td>Free to anyone over 18, no limit on income or health coverage, Not limited to one pharmaceutical company.</td>
<td>Savings of an average of 22% on name brands and an average of 50% on generics,</td>
</tr>
<tr>
<td>GlaxoSmithKline Orange Card</td>
<td>888-672-6436</td>
<td>1 person-income less than $26,000 per year. Couple-income less than $35,000 per year</td>
<td>You receive an average 30% discount on GlaxoSmithKline products</td>
</tr>
<tr>
<td>Eli Lilly and Company Lilly Answers Card</td>
<td>877-RX-LILLY 877-795-4559 <a href="http://www.lilly.com">www.lilly.com</a></td>
<td>1 person income less than $18,000 per year. Couple-income less than $24,000 per year</td>
<td>You pay a flat $12 fee on any Lilly retail drug for up to 30 day supply</td>
</tr>
<tr>
<td>Pfizer, Inc. Pfizer Share Card</td>
<td>800-459-4156</td>
<td>1 person income less than $18,000 per year. Couple-income less than $24,000 per year</td>
<td>You pay a flat $15 fee on Pfizer prescription drugs for up to a 30 day supply</td>
</tr>
<tr>
<td>Together RX</td>
<td>800-865-7211 <a href="http://www.together-rx.com">www.together-rx.com</a></td>
<td>Receive Medicare, 1 person income less than $28,000 per year. Couple income less than $38,000 per year. Have no type of prescription coverage.</td>
<td>Varies depending in the company – ranging from 20% - 40%.</td>
</tr>
<tr>
<td>Lovenox</td>
<td>888-632-8607</td>
<td>Patient cannot have or qualify for any prescription coverage for Lovenox, including all federal, state, and local programs. Patient must be a legal resident of the United States. Lovenox must be administered for outpatient use only. 1 person income less than $17,720 per year. Couple income less than $23,880 per year.</td>
<td>Varies depending on demonstration of need.</td>
</tr>
</tbody>
</table>

Other suggestions to try to get a prescription filled:
- Ask your private doctor (not the ER doctor) if she/he can provide samples of the medications.
- Ask your private doctor if she/he can refer you to an indigent drug program. These programs require a letter from the doctor.
• Borrow money from a family member or friend.
• Ask your pharmacy to partially fill your medication according to how much you can afford. Then when you get paid, have the rest filled
• Discuss with your doctor the possibility of transferring to a Family Health Center where they may provide assistance with medications. For more information and locations of Family Health Centers, call 502-574-6520 or 502-574-6660.
• Ask your pharmacy if they have any discounts or coupons to distribute.

Items available at Pharmacy Plus, located on the first floor of the Frazier building:
Self care items or grooming, dressing, hygiene, and feeding:

<table>
<thead>
<tr>
<th>Button Hook</th>
<th>Suction Denture Brush</th>
<th>Weighted Utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zipper Pull</td>
<td>Long Handled Comb &amp; Brush</td>
<td>Rocker Knife</td>
</tr>
<tr>
<td>Dressing Stick</td>
<td>Stainless Plate Guard</td>
<td>Suction Cup</td>
</tr>
<tr>
<td>Walker Basket</td>
<td>Beverage Cup Holder</td>
<td>Wanchik Writers</td>
</tr>
<tr>
<td>Long handled</td>
<td>Expiratory Muscle Trainers</td>
<td>A dysphagia product: Thickening agent for liquids for patients with swallowing difficulties</td>
</tr>
</tbody>
</table>

Wish’s Drugs 502.425.1146
Local resource providing low prices on medications that are paid for out-of-pocket.

Needy Meds
Provides information on pharmaceutical manufacturers that have special programs to assist people who can’t afford their medications. [www.needymeds.com](http://www.needymeds.com/)

**Protective Services**

Most commonly, victims of abuse are children under the age of 18 years, spouses or significant others, disabled adults and the elderly. There are 5 types of abuse: physical, sexual, emotional/psychological, neglect (including self-neglect), and exploitation. State law requires that all abuse, even suspected abuse, be reported. You can make an anonymous report. The Cabinet for Human Resources will not reveal the source of the referral. When reporting, provide as much information as possible regarding the situation, abuser, victim, any others present/witnesses, and demographics (including the time and place where the incident occurred). To make a report, please call:

**Kentucky**

- Adult Protective Services 502 595-4803
- Child Protective Services 502 595-4550

**Indiana**

- Adult Protective Services 800 752 6200
- Child Protective Services 812 285-6264
- Child Protective Services 812 288 5400
- Floyd County, Indiana 812 949-4055
- Harrison County, Indiana 812 738-8168
Recreation & Wellness

The Community Fitness and Wellness Facility at Frazier Rehab Institute is an activity-based exercise program designed specifically for individuals with physical disabilities who are living in the local community. This fully accessible facility is designed to assist clients with cardiovascular/aerobic fitness, muscular strengthening and flexibility. Learn more at ______

Other Recreation Programs

Community Fitness & Wellness www.jhsmh.org 502 582-7411

Louisville Metroparks www.louisvilleky.gov 502 456-8148

Louisville Metro Senior Services 502 485-8165

Provides lunch, educational and recreation activities in a multigenerational atmosphere. Call 24 hrs. in advance for reservations.

Jewish Community Center www.jccoflouisville.org 502 459-0660

Provides exercise, health promotion, disease prevention, nutrition counseling, recreation, weight management, self defense, hobbies, etc.

Neighborhood House www.nhky.org 502 774-2322

Provides recreational and physical activities, like bing, line dancing, card games, tai chi, outings, scheduled activities. Daily lunches require a reservation one day in advance.

New Zion Community Development 502 778-7711

Provides free exercise and line dancing classes to residents of Park Duvalle and surrounding neighborhoods

Transportation, Parking, & Driver Evaluations

Applications for handicapped parking permits are available at the County Clerk’s Office or the License Bureau. Permits require a physician signature and must be notarized. Permits are available that:

- Attach to the rear view mirror and can be moved from car to car
• Are license plates
• Are street signs that reserve space for parking in front of your home (if you live in the city).

<table>
<thead>
<tr>
<th>Type</th>
<th>Indiana</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temporary</td>
<td>$5.00 (6 months)</td>
<td>$4.00 (good for 6 months)</td>
</tr>
<tr>
<td>Placard</td>
<td>No charge (good for 2 years)</td>
<td>$8.00 (good for 6 years)</td>
</tr>
<tr>
<td>Plate</td>
<td>Standard Plate fee</td>
<td>Standard Plate fee</td>
</tr>
</tbody>
</table>

KY Disabled Parking Permit  [www.jeffersoncountyclerk.org](http://www.jeffersoncountyclerk.org)  502 574-5700
IN Disabled Parking Permit  [www.in.gov/bmv/branches](http://www.in.gov/bmv/branches)  812 282-1862

Medicaid Transport by County
Services must be scheduled 72 hours in advance. After hours paging is available on weekends and state holidays for immediate or urgent care transportation needs.

<table>
<thead>
<tr>
<th>Region</th>
<th>Counties</th>
<th>Broker</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, &amp; Marshall</td>
<td>LKLP Community Action Council</td>
<td>389 Roy Campbell Drive Hazard, KY 41701</td>
<td>800-245-2826</td>
<td>606-435-7998</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>606-1721</td>
<td>606-439-2229</td>
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<tr>
<td>2</td>
<td>Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, &amp; Trigg</td>
<td>Pennyrile Allied Community Services</td>
<td>PO Box 582 Hopkinsville, KY 42240</td>
<td>800-467-4601</td>
<td>270-866-6641</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>270-1256</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Daviess, Hancock, Henderson, Mclean, Ohio, Union, &amp; Webster</td>
<td>Audubon Area Community Service Inc. (GRITS)</td>
<td>1416 West 9th St. Owensboro, KY 42301</td>
<td>800-816-3511</td>
<td>270-684-8714</td>
</tr>
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</tr>
<tr>
<td>4</td>
<td>Breckinridge, Grayson, Hardin, Larue, Marion, Meade, &amp; Nelson</td>
<td>LKLP Community Action Council</td>
<td>389 Roy Campbell Drive Hazard, KY 41701</td>
<td>800-245-2826</td>
<td>606-435-1721</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>606-439-2229</td>
<td></td>
</tr>
<tr>
<td>5A</td>
<td>Butler, Hart, Edmonson, Logan, Simpson, &amp; Warren</td>
<td>Audubon Area Community Service Inc.</td>
<td>1416 West 9th St. Owensboro, KY 42301</td>
<td>800-781-8312</td>
<td>270-684-8714</td>
</tr>
<tr>
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<td></td>
<td></td>
</tr>
<tr>
<td>Region</td>
<td>Counties</td>
<td>Agency Name</td>
<td>Address</td>
<td>City, State Zip Code</td>
<td>Phone Numbers</td>
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<tr>
<td>5B</td>
<td>Adair, Allen, Barren, Green, Metcalfe, &amp; Taylor</td>
<td>Rural Transit Enterprises Coordinated (RTEC)</td>
<td>PO Box 746</td>
<td>Mt. Vernon, KY 40456</td>
<td>800-321-7832, 606-256-9835, 606-256-4319</td>
</tr>
<tr>
<td>6</td>
<td>Bullitt, Henry, Oldham, Jefferson, Shelby, Spencer, &amp; Trimble</td>
<td>Federated Transit Services of the Bluegrass (FTSB)</td>
<td>1460 Newtown Pike Suite 209</td>
<td>Lexington, KY 40511</td>
<td>888-848-0989, 859-233-1668</td>
</tr>
<tr>
<td>10</td>
<td>Fayette</td>
<td>Federated Transit Services of the Bluegrass (FTSB)</td>
<td>1460 Newtown Pike Suite 209</td>
<td>Lexington, KY 40511</td>
<td>888-848-0989, 859-233-0066, 859-233-1668</td>
</tr>
<tr>
<td>12</td>
<td>Bell, Clinton, Cumberland, Knox, Laurel, McCreary, Monroe, Pulaski, Rockcastle, Russell, Wayne, &amp; Whitley</td>
<td>Rural Transit Enterprises Coordinated (RTEC)</td>
<td>PO Box 746</td>
<td>Mt. Vernon, KY 40456</td>
<td>800-321-7832, 606-256-9835, 606-256-4319</td>
</tr>
<tr>
<td></td>
<td>Mason, Menifee, Montgomery, Morgan, Nicholas, Owen, Owsley, Pendleton, Perry, Powell, Robertson, Rowan, &amp; Wolfe</td>
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<td>-----------------------------------------------------------------------------------------------------------</td>
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<tr>
<td>14</td>
<td>Floyd, Johnson, Magoffin, Martin, &amp; Pike</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>Sandy Valley Transportation Services</td>
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<tr>
<td></td>
<td>81 Resource Court, Prestonsburg, KY 41653</td>
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<td></td>
<td>800-444-7433</td>
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<td></td>
<td>606-886-7039</td>
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</tbody>
</table>

**Wheelchair Van Transport Services**

Vans with wheelchair lifts will provide transportation for specified rates

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Able Care</td>
<td>502 267-1911</td>
</tr>
<tr>
<td>Greater Harvest</td>
<td>502 778-9004</td>
</tr>
<tr>
<td>Mainstream</td>
<td>502 288-1135</td>
</tr>
<tr>
<td>Ready Cab</td>
<td>502 451-4114</td>
</tr>
<tr>
<td>Wheels</td>
<td>502 561-3690</td>
</tr>
<tr>
<td>Wilkerson Transport</td>
<td>502 935-5599</td>
</tr>
<tr>
<td>Valley Medical</td>
<td>502 634-2552</td>
</tr>
<tr>
<td>Yellow Cab Minivan with Ramp</td>
<td>502 214-7505</td>
</tr>
</tbody>
</table>

**TARC 3 via the TARC Paratransit Department**

1000 W. Broadway 502 213-3217
Louisville, KY 40203 TTY 502 213-3240

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

To be eligible for TARC 3, individuals must be unable to use fixed-route services due to a disability or functional limitations. TARC 3 costs under $5.00 one way.

**KY Medicaid Members Services** 800 635-2570
**Passport Health Plans (KY Medicaid Health Maintenance Organization)**
**Non ambulance transport** 800 485-6531
**Ambulance transport** 800 296-0517

KY Medicaid has cab vouchers for physician or clinic appointments.
IN Medicaid has a transportation service available for physician or clinic appointments
**Mainstream Transport Service** 812 288-1135

**Southern Indiana Area**
**Lifespan Resources** 812 948-9701
**Sellersburg Ambulance** 812 246-7233
**Driver's Evaluation**

Frazier can provide individuals with disabilities a driver evaluation that is conducted by an occupational therapist. A physician order is typically required. Some insurance plans will cover the evaluation through OT benefit or a person may be eligible for an evaluation through the Department of Vocational Rehabilitation. Once individuals have the appropriate vehicle modifications installed on their vehicle, Frazier staff may provide appropriate driver education/training.

- Frazier Rehab Center/Newburg 502 451-6886
  3430 Newburg Rd.
  Louisville, KY 40218

**Travel**

Provides free travel information for those with disability.

- Able to Travel  
  [www.abletotravel.org](http://www.abletotravel.org)  888 211-3635
- Access-Able Travel Source  
  [www.access-able.com](http://www.access-able.com)  303 232 2979
- Northeast Passage  
- Endeavour Safaris  
- Accessible Journeys  
  [http://www.accessiblejourneys.com/accessible-travel-resources.htm](http://www.accessiblejourneys.com/accessible-travel-resources.htm)
- SATH  
- US Dept of Transportation, Aviation Consumer Protection  
  800 778-4835  TTY  800 455-9880

**Vocational Rehabilitation (See employment)**