This information sheet includes resources about spinal cord injury, including research and information centers, agencies, and organizations. Use them as a starting point to locate answers to your questions. For additional resources go to -

**www.spinalcord.uab.edu** - The **SPINALCord Injury Information Network** website, a worldwide resource for SCI information updated weekly by the UAB RRTC on Secondary Conditions of SCI & Model SCI Center.

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**AgrAbility Project**
800-825-4264 or 765-494-5088  
**email:** bng@ecn.purdue.edu  
www.agrabilityproject.org/index.cfm www.agrability.org  
Purdue University, 1146 ABE Building  
West Lafayette, IN 47907-1146  
An international source for information and resources on rehab technology for persons with disabilities working in agriculture.

**American Assoc of People with Disabilities**
800-840-8844 or 202-457-0046  
**email:** aapd@aol.com  
www.aapd.com  
1819 H Street NW, Suite 330, Washington, DC 20006  
Provides economic clout and power in numbers, unity, leadership & impact in the disability rights movement.

**Center for Research on Women with Disabilities**
800-44CROWD or 713-960-0505  
**email:** crowd@bcm.tmc.edu  
www.bcm.tmc.edu/crowd  
Baylor College of Medicine, Dept of PM&R  
3440 Richmond Ave, Suite B, Houston, TX 77046  
Focuses on issues related to health, aging, civil rights, abuse and independent living of women with disabilities. Develop and disseminate information to expand the life choices of women with disabilities.

**Center for Universal Design**
800-647-6777 or 919-515-3082  
**email:** cud@ncsu.edu  
www.design.ncsu.edu/cud  
North Carolina State University  
Box 8613, Raleigh, NC 27695-8613  
Collects, updates, publishes, and distributes resource information about construction and home modifications for accessibility. Provides information and technical assistance on universal design and accessible housing.

**Christopher & Dana Reeve Paralysis Resource Center**
800-539-7309  
**email:** info@paralysis.org  
www.paralysis.org  
Provides information and technical assistance on universal design and home modifications for accessibility.

**Disabled Sports USA**
301-217-0960  
**email:** information@dsusa.org  
www.disabledsportsusa.org  
451 Hungerford Dr, Suite 100, Rockville, MD 20850  
Provides children & adults with disabilities access to sports, recreation, and physical education programs. They sponsor “learn to” programs in a variety sports; competitive programs for serious athletes; family services; training and certification of professionals; and educational videotapes and manuals.

**FES Information Center**
800-666-2353 or 216-231-3257  
**email:** info@fesc.org  
http://feswww.fes.cwru.edu/  
11000 Cedar Ave, Cleveland, OH 44106-3052  
Provides a literature (brochures, information packets, and bibliographies) and referral service on FES (Functional Electrical Stimulation) technology. Also has some videotapes for rent.

**Job Accommodation Network (JAN)**
800-526-7234 (or 800-232-9675 for ADA Info)  
**email:** jan@jan.jcdc.wvu.edu  
www.jan.wvu.edu  
West Virginia University  
PO Box 6080, Morgantown, WV 26506-6080  
Provides methods, devices, and strategies for solving job accommodation problems for workers with disabilities.

**Kent Waldrep National Paralysis Foundation**
877-SCI-CURE or 972-248-7100  
**email:** kwaldrep@spinalvictory.org  
www.spinalvictory.org  
16415 Addison Rd, Suite 550, Addison, TX 75001  
Works to find a cure for paralysis caused by injury to the spinal cord and/or brain. They support 4 programs: medical research, public education, community services, and professional education.
A comprehensive research center at the University of Miami School of Medicine, dedicated to finding more effective treatments and ultimately a cure for paralysis.

**NATIONAL COUNCIL ON INDEPENDENT LIVING (NCIL)**

**703-525-3406 or 703-525-4153 (TTY)**

**email:** ncil@ncil.org

www.ncil.org

1916 Wilson Blvd, Suite 209, Arlington, VA 22201

Coordinates efforts of Independent Living Centers, that advocate for human and civil rights of people with disabilities throughout the U.S. Listing of ILCs.

**NATIONAL FAMILY CAREGIVERS ASSOCIATION (NFCA)**

**800-896-3650**

**email:** info@nfcacares.org

www.nfcacares.org

10400 Connecticut Ave, Ste 500, Kensington, MD 20895

NFCA works to improve the quality of life of America's 25 million family caregivers. Provides information and education; support and validation; public awareness and advocacy.

**NATIONAL REHABILITATION INFORMATION CTR (NARIC)**

**800-346-2742 or 301-459-5900**

**email:** nricinfo@heitechservices.com

www.naric.com

1010 Wayne Ave, Ste 800, Silver Spring, MD 20910-5633

A library and information center on disability and rehabilitation research projects funded by the National Institute on Disability and Rehabilitation Research (NIDRR). They provide brochures, resources guides, fact sheets and collect and distribute results of federally funded research projects.

**NATIONAL SPINAL CORD INJURY ASSOC (NSCIA)**

**800-962-9629 or 301-588-6959**

**email:** nscia2@aol.com

www.spinalcord.org

6701 Democracy Blvd, Ste 300-9, Bethesda, MD 20817

The NSCIA works to develop programs and services and act as community advocates for individuals with SCI, families and health care providers. They support and encourage research aimed at improving care for persons with SCI and developing a cure for spinal cord injury and disease.

**PARALYSIS CARE NETWORK**

**219-483-2100**

**email:** turnstone@turnstone.org

3320 North Clinton St, Fort Wayne, IN 46805

Implements programs concerned with injury prevention and provides information and support services to individuals with SCI and their families. Provides a series of pamphlets on SCI.

**PARALYZED VETERANS OF AMERICA (PVA)**

**800-424-8200 or 202-872-3000**

**email:** info@pva.org

www.pva.org

801 18th Street NW, Washington, DC 20006-3517

A veterans service organization devoted to maximizing the quality of life for people with spinal cord injury or spinal disease through research, education, advocacy, and recreation programs. (see Paraplegia News on page 3)

**SOUTHEAST DISABILITY & BUSINESS TECHNICAL ASSISTANCE CENTER**

**800-949-4232 or 404-385-0636**

**email:** sedbtac@cate.org

www.sedbtac.org

490 Tenth Street, Atlanta, GA 30318

Provides ADA information, technical assistance and training to businesses and people with disabilities. They also provide referrals to the other ten regional centers around the country.

**SPINALCORD INJURY INFORMATION NETWORK**

**205-934-3283**

**email:** sciweb@uab.edu

www.spinalcord.uab.edu

619 19th Street So, SRC-529, Birmingham, AL 35249

This web site has SCI materials and links to SCI resources. It is part of the Rehabilitation Research and Training Center on Secondary Conditions of SCI.

**SPINALCORD INJURY NETWORK INTERNATIONAL**

**800-548-2673 or 707-577-8796**

**email:** spinal@sonic.net

www.spinalcordinjury.org

3911 Princeton Dr, Santa Rosa, CA 95405-7013

Provides an information and referral service for persons with SCI. They loan SCI related videotapes through the mail to individuals with spinal cord injury and their families.

**THROUGH THE LOOKING GLASS (TLG)**

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

**email:** tlg@lookingglass.org

www.lookingglass.org

2198 Sixth St, Suite 100, Berkeley, CA 94710-2204

A Research & Training center that offers clinical and supportive services, training and research to families in which one or more members—parent or child—has a disability or medical issue.

**WHEELCHAIR SPORTS, USA**

**719-574-1150**

**email:** wsusa@aol.com

www.wsusa.org

3595 E Fountain Blvd, Suite L-1

Colorado Springs, CO 80910

An organization for athletes who use wheelchairs on local, regional, national, and international levels. (summer sporting activities only)
**Disability Resources Monthly**  
516-585-0290  
Email: info@disabilityresources.org  
www.disabilityresources.org/DRMpubs-DRM.html  
**Subscription:** $30 (US) 1 year  
Four Glatter Lane, Centereach, NY 11720-1032  
This newsletter features articles, reviews, and news about free, inexpensive, and hard-to-find books, pamphlets, videotapes, online sources, and organizations.

**Inter@CT**  
408-295-9896  
www.tbi-sci.org  
This bi-annual newsletter of the Santa Clara Valley Medical Center's Rehabilitation Research Center on traumatic brain injury and spinal cord injury, reports news in both areas from this Center. Also available via email.

**New Mobility Magazine**  
888-850-0344  
Email: info@newmobility.com  
www.newmobility.com  
**Subscription:** $27.95 (US) 1 year  
PO Box 220, Horsham, PA 19044  
Publisher of magazine and books on disability issues, especially spinal cord injury.

**Paraplegia News**  
888-888-2201  
Email: pvapub@aol.com  
www.pn-magazine.com  
**Subscription:** $23 (US) 1 year  
2111 E. Highland Ave, Ste 180, Phoenix, AZ 85016-4702  
This magazine, published by the PVA, covers the latest on spinal-cord-injury research, new products, legislation, people with disabilities, accessible travel, computers, and more. PVA also publishes Sports 'n Spokes magazine.

**Pushin' On**  
205-934-3283  
Email: rtc@uab.edu  
www.spinalcord.uab.edu/show.asp?durki=21396  
**Subscription:** Free to individuals with SCI  
UAB RRTC in SCI, 619 19th St S, SRC 529,  
Birmingham, AL 35249-7330  
Newsletter published twice a year covering health, research, and other issues related to secondary conditions of SCI.

**The Project**  
305-243-6001  
Email: mpinfo@miamiproject.med.miami.edu  
www.themiamiproject.miami.edu.newsltr.htm  
**Subscription:** Free online  
PO Box 016960 (R-48), Miami, Florida 33101-6960  
Newsletter published 3 times a year about work of the Miami Project to Cure Paralysis.

**SCI Access**  
734-936-4000  
Email: model_sci@umich.edu  
www.med.umich.edu/pmr/model_sci/newsletter.htm  
**Subscription:** Free online  
Newsletter of the Univ Michigan - Model SCI System, providing information on living effectively with SCI to persons with SCI, family members, and interested parties. Published 2 times/year.

**Spinal Cord Injury Update**  
206-685-3999  
Email: rehab@u.washington.edu  
http://depts.washington.edu/rehab/sci/update.shtml  
Issues: 4 issues per year  
Box 356490, Seattle, Washington 98195-6490  
Newsletter by Univ of Washington, Rehabilitation Medicine that contains articles on SCI for health care providers and consumers, as well as summaries of current literature on SCI.

*NOTE* More information on newsletters and magazines can be found at www.spinalcord.uab.edu/show.asp?durki=21817

**Online Communication Resources**

Through the Internet and Communication Software you can “talk” to others via your computer. Connect to news groups, bulletin boards, discussion groups, message boards, and Chat Rooms for topics related to SCI and disabilities.

**Canadian Abilities Foundation**  
http://www.enablelink.org/chat.html?showchat=1

**Disabled Individuals Movement for Equality Network (DIMENET)**  
http://www.dimenet.com

**ICan.com**  
www.ican.com/board/forum.cfm

**KWNPF Bulletin Board**  
www.spinalvictory.org/community/forum/

**New Mobility Magazine Chat Room**  
www.newmobility.com/chat.cfm

**Quad-Link**  
www.2tim.net

**Quad-List**  
http://come.to/quadlist

**Vent-Users Discussion Group**  
www.eskimo.com/~jlubin/disabled/ventuser.htm
Local Agencies

There are local or regional services that may be able to assist you with needs that occur due to spinal cord injury. A Social Worker at your rehabilitation center usually has the names of other agencies in your area.

Independent Living Centers

Independent Living Centers (ILCs) offer a variety of programs and services for individuals with all disabilities. ILC staff work to help the individuals achieve independence and become active in their community by providing independent living skills, peer support, and advocacy. ILC staff help determine one’s needs and make referrals concerning issues such as accessible housing and personal care assistance. To locate an ILC in your area contact:

* Independent Living Research Utilization (ILRU) Program Phone: 713-520-0232
  www.ilru.org email: ilru@ilru.org 800-949-4232
  2323 S Shepherd, Ste 1000, Houston, TX 77019
* IL Network - Centers for Independent Living on the World Wide Web
  www.ilru.org/ilnet/ilnethom.html
In Alabama contact:
* Birmingham Independent Living Center - www.birminghamilc.org/ 205-251-2223
* Mobile Independent Living Center - www.ilcmobile.org/ 251-460-0301

State Vocational Rehabilitation Services

Their number one priority is to help an individual with a disability find gainful employment. They work to ensure that the individual is prepared and trained to work in the job best suited for his/her skills and abilities. Services may include: evaluation and assessment, counseling, skills or job training, purchase of assistive devices, job placement and follow-up. The name of each State’s agency may vary in different states. In Alabama it is called Alabama Department of Rehabilitation Services. Look in the Blue Pages of your telephone directory under State Government or in the White Pages under Government Agencies for an office in your area.

Phone Numbers for State Vocational Rehabilitation Services
* www.spinalcord.uab.edu/show.asp?durki=30035

Alabama State Vocational Rehabilitation Services
* www.rehab.state.al.us Birmingham - 800-441-7609

Protection & Advocacy Systems

The federal government supports Protection and Advocacy Systems in each state and territory. These systems work to protect the rights of individuals with disabilities by acting as legal advocates. They help with discrimination problems related to one’s disability in areas of housing, employment, education, transportation, and public services.

To locate the P&A programs in your state, contact:

* National Association of Protection & Advocacy Systems Phone: 202-408-9514
  www.protectionandadvocacy.com email: napas@earthlink.net
  900 Second St NE, Ste 211, Washington, DC 20002
In Alabama contact:
* Alabama Disabilities Advocacy Program (ADAP) Phone: 800-826-1675
  www.ADAP.net Box 870395, Tuscaloosa, AL 35487
* Client Assistance Program Phone: 800-228-3231
  2125 East South Blvd, Montgomery, AL 36116-2454 email: ADAP@law.ua.edu
* Statewide Technology Access & Response (STAR) Phone: 800-STAR-656
  www.rehab.state.al.us/star 334-613-3480 or 334-613-3480 or 334-613-3480 or 334-613-3480 or 334-613-3480
  PO Box 20752, Montgomery, AL 36120-0752 email: tbridges@rehab.state.al.us

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Phone: 713-520-0232
Email: rtc@uab.edu

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