This information sheet was developed by The University of Alabama at Birmingham Model Spinal Cord Injury System. Other SCI related materials can be found at:

WWW.SPINALCORD.UAB.EDU

**AGRABILITY PROJECT**
800-825-4264 or 765-494-5088  
email: bng@ecn.purdue.edu  
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  
1629 K Street NW, Suite 503, Washington, DC 20006  
Provides economic clout and power in numbers, unity, leadership and impact in the disability rights movement.

**CENTER FOR ASSISTIVE TECHNOLOGY AND ENVIRONMENTAL ACCESS**
404-894-4960  
email: catea@coa.gatech.edu  
www.sedbtac.org  
490 10th 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.

**CENTER FOR RESEARCH ON WOMEN WITH DISABILITIES**
800-443-7693 or 713-798-5782  
email: crowd@bcm.tmc.edu  
www.bcm.edu/crowd  
Baylor College of Medicine, Dept of PM&R  
One Baylor Plaza, Houston, Texas 77030  
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  
College of Design, North Carolina State University  
Campus 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 a comprehensive, national source of information for people living with paralysis. You may email questions or call the toll-free number to speak with an Information Specialist.

**DISABLED SPORTS USA**
301-217-0960  
email: information@dsusa.org  
www.dsusa.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**
216-231-3257  
email: info@fesc.org  
http://fescenter.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.
JOB ACCOMMODATION NETWORK (JAN)
800-526-7234 (or 800-232-9675 for ADA Info)
email: jan@jan.wvu.edu
www.jan.wvu.edu
PO Box 6080, Morgantown, WV 26506-6080
Provides methods, devices, and strategies for solving job accommodation problems for workers with disabilities.

MIAMI PROJECT TO CURE PARALYSIS
800-782-6387 or 305-243-7147
www.miamiproject.miami.edu
PO Box 016960 (R-48), Miami, FL 33101
A comprehensive research center 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 rights of people with disabilities.

NATIONAL FAMILY CAREGIVERS ASSOCIATION (NFCA)
800-896-3650
email: info@thefamilycaregiver.org
www.nfca cares.org
10400 Connecticut Ave, Ste 500, Kensington, MD 20895
Works to improve the quality of life of family caregivers. Provides information, education, support, public awareness and advocacy.

NATIONAL REHABILITATION INFORMATION Ctr (NARIC)
800-346-2742 or 301-459-5900
email: naricinfo@heitechservices.com
www.naric.com
4200 Forbes Boulevard, Suite 202, Lanham, MD 20706
A library and information center on disability providing brochures, resources guides, fact sheets and collecting and distributing results of federally funded research projects.

NATIONAL SPINAL CORD INJURY ASSOC (NSCIA)
800-962-9629 or 301-214-4006
email: info@spinalcord.org
www.spinalcord.org
6701 Democracy Blvd, Ste 300-9, Bethesda, MD 20817
Works to develop programs and serve as advocates for people with SCI, families and health care providers.

PARALYZED VETERANS OF AMERICA (PVA)
800-424-8200
email: info@pva.org
www.pva.org
801 18th Street NW, Washington, DC 20006
(PVA continued)
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)

SPINALCord Injury Information Network
205-934-3283
email: sciweb@uab.edu
www.spinalcord.uab.edu
619 19th Street S., SRC-529, Birmingham, AL 35249
Website with SCI materials and links to resources for people with disabilities. Managed by the University of Alabama at Birmingham Model Spinal Cord Injury System.

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

UNITED SPINAL ASSOCIATION
800-404-2898
www.unitedspinal.org
75-20 Astoria Boulevard, Jackson Heights, NY 11370
An organization is dedicated to enhancing the lives of individuals with spinal cord injury or disease by ensuring quality health care, promoting research, advocating for civil rights, educating the public about these issues, and enlisting its help to achieve these fundamental goals.

WHEELCHAIR SPORTS, USA
515-574-1150
email: wsusa@aol.com
www.wsusa.org
1668 320th Way, Earlham, IA 50072
Develops wheelchair sporting opportunities. Sporting events for adults and youth include Paralympics, archery, shooting, swimming, table tennis and more.

Visit the UAB Traumatic Brain Injury Model System website at www.uab.edu/tbi
### 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.

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<tr>
<th>CANADIAN ABILITIES FOUNDATION</th>
<th>NEW MOBILITY MAGAZINE CHAT ROOM</th>
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<th>DISABLED INDIVIDUALS MOVEMENT FOR EQUALITY NETWORK (DIMENET)</th>
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<td><a href="http://www.virtualcil.com/achat/">www.virtualcil.com/achat/</a></td>
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<th>ICAN.COM</th>
<th>VENT- USERS DISCUSSION GROUP</th>
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<td><a href="http://www.icanonline.net/board/forum.cfm">www.icanonline.net/board/forum.cfm</a></td>
<td><a href="http://www.makoa.org/ventuser.htm">www.makoa.org/ventuser.htm</a></td>
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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 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 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
  2323 S. Shepherd, Ste 1000, Houston, TX 77019


In Alabama contact:

* Birmingham ILC  205-251-2223  www.birminghamilc.org  * Montgomery ILC  334-281-8780
* Mobile ILC  251-460-0301  * Jasper ILC  205-387-0159

State Vocational Rehabilitation Services

The goal of this agency is to help individuals with 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 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.

* State Vocational Rehabilitation Services (for phone numbers)  www.spinalcord.uab.edu/show.asp?durki=30035
* Alabama State Vocational Rehabilitation Services  www.rehab.state.al.us
* Birmingham Vocational Rehabilitation Services  800-441-7609

Protection & Advocacy Systems (P&A)

The federal government supports P&A 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 disability in the areas of housing, employment, education, transportation and public services. To locate the P&A programs in your state, contact:

* National Disability Rights Network  202-408-9514  www.napas.org  email: info@ndrn.org
  900 Second St NE, Ste 211, Washington, DC 20002

In Alabama contact:

* Alabama Disabilities Advocacy Program (ADAP)  800-826-1675  www.ADAP.net
  email: adap@adapt.ua.edu
  Box 870395, Tuscaloosa, AL 35487
* American's with Disabilities Act (ADA) Information Line  800-205-9986
* Statewide Technology Access & Response (STAR)  334-281-8780 or 800-441-7607
  www.rehab.state.al.us/star

Published by: Office of Research Services
619 19th Street South - SRC 529
Birmingham, AL 35249-7330
(205) 934-3283 or (205) 934-4642 (TTD only)
Email: sci@uab.edu

Revised: November 2005
Revised by: Shirley Estill
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The University of Alabama at Birmingham provides equal opportunity in education and employment.

This publication is supported by grant #H133N000016 from the National Institute of Disability and Rehabilitation Research, Office of Special Education and Rehabilitative Services, U.S. Department of Education, Washington, DC. Opinions expressed in this document are not necessarily those of the granting agency.