



Resource Handbook

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Dear Friend,

The Here and Now Project's mission is to connect and empower those affected by spinal cord injuries and other diseases that cause paralysis or impaired mobility (SCI/D) so they can "Do Life" in the here and now.

Being newly injured/diagnosed is one of the most daunting life experiences to wrap your head around. No doubt you will have a multitude of questions to ask but might not know where to start. *Please know you are not alone.* We are here to provide support, information and guidance. We have created a network of people who are all doing life to help you, and your family, adapt to life and reintegrate back into the community.

Enclosed inside this Resource Handbook you will find information on many programs, organizations and events that can help someone who is dealing with paralysis. We have divided the handbook into categories focused on someone in the acute stages of newer injuries and diagnoses. Please visit our website www.HereAndNowProject.org to stay updated on our current events and activities in the community.

The information included here is focused on serving people living primarily in the Pacific Northwest. If you need information pertaining to other areas, please email info@hereandnowproject.org.

Although a "normal" life may seem impossible now, let me assure you with time and knowledge things can and will get better. Everyone wants recovery to be an overnight sensation, but it often takes time, and can be a lifelong process. The Here and Now Project's mission is an unwavering commitment to help you maximize your recovery and provide the support you need to maintain your health, independence, quality of life and productivity through this new beginning.

Please do not hesitate to let us know how we can be of assistance to you or your loved one.

Sincerely,



Kenny Salvini
(253) 880-5634
The Here and Now Project
C3-4 Complete Quadriplegic since 2004

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SUPPORT GROUPS

Here and Now Project Support Groups:

Visit www.hereandnowproject.org/events to stay up to date with meetings and events.

Contact: Kenny Salvini

Email: info@hereandnowproject.org

Phone: 253-880-5634

- **What Now? Caregiver/Supporter Meeting** - In-person at Good Samaritan Hospital
Contact Jeanne Salvini for details at jesalvini@hotmail.com or 253-312-8686
1st Tuesday of every month from 6-7:30 PM
- **Virtual Here and Now Meeting 1 - Online via zoom**
Online via zoom
Contact Rob at godawggo89@gmail.com or 206-724-8797 with any questions.
1st Wednesday of every month from 12:30-2 PM
- **Sequim Here and Now Meeting** - In-person at Barhop Artisan Pizza
Contact Ian Mackay for details ian@ecman.net or 360-808-6588
1st Thursday of every month from 4-5:30 PM
- **Woodinville Here and Now Meeting** - In-person at the Woodinville Library
Contact Denise Smith-Irwin for details/questions denise323@me.com or 425-890-4242
2nd Tuesday of every month from 4-6 PM
- **Virtual Here and Now Meeting 2 - Online via Zoom**
Contact Kenny Salvini for details 253-880-5634
2nd Thursday of every month from 4-5:30 PM
- **Virtual Here and Now Meeting 3 - Online via Zoom**
Contact Rob at godawggo89@gmail.com or 206-724-8797 with any questions.
3rd Monday of every month from 5-6:30 PM
- **Bellingham Here and Now Meeting** - In-person at Cordata Presbyterian Church
Contact Rob at godawggo89@gmail.com or 206-724-8797 with any questions.
3rd Tuesday of every month from 4-5:30 PM

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- **Seattle Here and Now Meeting** - In-person at Washington Hall
Contact Clark at clarkmattclarkmatt@gmail.com or 215-880-0253 with questions.
3rd Wednesday of every month from 6-8 PM
- **Renton Here and Now Meeting** - In-person at various locations
Contact Addie Killam at addiebobaddie@hotmail.com or 206-226-6024
Random times, days and locations
- **Puyallup Here and Now Meeting** - In-person at the Puyallup Library
Contact Kenny Salvini for details kenny@hereandnowproject.org 253-880-5634
4th Tuesday of every month from 5:30-7 PM
- **Virtual Here and Now Meeting 4 - Online via Zoom**
Contact Ian Mackay for details ian@ecman.net or 360-808-6588
4th Friday of every month from 2:30 - 4 PM
- **Partners and Spouses Meeting - Online via Zoom**
Contact Claire Salvini for details claire@hereandnowproject.org or 360-224-6041
Last Monday every month from 4-5 PM

Additional Local Support Groups

Here and Now – Washington Paralysis Network

www.facebook.com/groups/hereandnowproject

Private H&NP group with over 600 members who share openly and honestly about all aspects of SCI/D recovery.

NW Women's Wheelers Network

www.nwwwn.org

A social support group consisting of women who use wheelchairs. Most members reside in the Greater Seattle/Tacoma area, however some live in Oregon and one in California. They host a summer picnic and a holiday party and stay connected online.

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Spanish Speaking Support Groups

- **SCIBoston Grupo de Apoyo en Español - Online via Zoom**
Una discusión abierta sobre todo lo relacionado con la vida con lesiones y trastornos de la médula espinal (LME). Todos los lunes a las 1-2 PM PST / 4-5 PM EST (Every Tuesday. Hosted and facilitated by SCIBoston.) (<https://bit.ly/3tOdxTs>)
- **KnowBarriers Spanish Speaking SCI Support Group - Online via Zoom**
Contact Jaqueline Ramirez Mancilla jramirezmanquilla@dhs.lacounty.gov to register. Meets every Thursday from 12-1 PM PST (Every Tuesday. Hosted and facilitated by Rancho Los Amigos National Rehabilitation Center.)
Website: <https://bit.ly/3tSCKfr>

Spinal Cord Injury - National Support Groups

United Spinal Association

<https://unitedspinal.org/united-spinal-association-chapters/>

If you are looking to find a support group near you, check out United Spinal Association. Most of their Chapters located across the United States have support groups

Christopher and Dana Reeve Foundation

<https://www.christopherreeve.org/get-support>

Multiple virtual support meetings for both spinal cord injury survivors and their family members

SPINAL CORD PEER SUPPORT WORLDWIDE

www.facebook.com/groups/scpsworldwide

Facebook group with over 16,000 members who share openly and honestly about all aspects of SCI/D recovery.

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GOVERNMENT RESOURCES

Advocacy

Disability Rights Washington

[Home page - Disability Rights Washington](#)

(206) 324-1521

Provides free services to people with disabilities. A private non-profit organization who protects the rights of people with disabilities statewide. Their mission is to advance the equality, dignity and self-determination of people with disabilities. Contact if you need disability rights information, general information about legal rights, strategies to become a stronger self-advocate and much more.

Rooted in Rights

[Home - Rooted in Rights](#)

A program of Disability Rights Washington that uses accessible digital media to advance the self-determination, equality and dignity of people with disabilities. For press inquiries contact Alleza Laycock, Creative Director, at 206-915-3202 or AllezaL@RootedinRights.org

Washington State Client Assistance Program

The Client Assistance Program (CAP) serves Washington State as an advocacy program with the following services: provides information about the Division of Vocational Rehabilitation (DVR), Independent Living Programs (ILP's) and Tribal Vocational Rehabilitation Programs. They help explain your rights and responsibilities as an applicant or client of these rehabilitation agencies. They work to solve problems through negotiation, provide information about the Americans with Disabilities Act as well as social security benefits.

Contact via phone or email Monday through Friday between 8-5 PM

Jennifer Bean, Director: Washingtoncap2@gmail.com

Phone: 206-849-2939

Community Reintegration

Aging and Disability Resources

co.pierce.wa.us

Contact: (800) 562-0332

Community based resources include but not limited to: housing, legal resources, transportation.

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Center for Independence

www.cfi-wa.org/

Contact: 800-724-8172

“Serves as a resource for individuals with disabilities to access and participate in community through outreach, advocacy and independent living skills development.”

Department of Vocational Rehabilitation (DVR)

<https://www.dshs.wa.gov/dvr>

DVR is a statewide resource assisting people with disabilities to prepare for, secure, maintain or regain employment. They partner with businesses and organizations to develop employment opportunities. Various offices around Washington. Visit [Office Locator | DSHS \(wa.gov\)](#) to find the office closest to you.

OSC Vocational Systems

www.osc-voc.com

The region’s most diverse provider of clinical, hands-on vocational rehabilitation, life care planning, case management and economic damage calculation services.

TACID - Tacoma Area Coalition for Individuals with Disabilities

www.Tacid.org

Contact: 253-565-9000

Provide resources to support independence of individuals with disabilities through peer support, advocacy and self-sufficiency programs.

Validus Consulting

www.Validusconsulting.org

Empowering individuals with disabilities to live their full potential.

Worksource

WorkSourceWA

WorkSource is a statewide partnership of local, state and nonprofit agencies who provide various employment and training services to job seekers and employers in Washington.

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HOSPITAL REHABILITATION CENTERS

Hospitals in Washington

Harborview Medical Center
University of Washington Medical Center
Seattle Children's Hospital - Seattle
Seattle Children's Hospital - Federal Way
MultiCare Good Samaritan
Swedish Neurological Rehabilitation Medicine
CHI Franciscan Rehabilitation Hospital
Seattle VA Puget Sound
Providence St. Luke's Rehabilitation Medical Center
Mann-Grandstaff VA Medical Center - Spokane, WA

Specialized Rehab Hospitals - Model Systems

Model Systems of Care

The following is a list of facilities that have been designated as a Model System of Care for spinal cord injury by the U.S. Department of Education's National Institute on Disability and Rehabilitation Research (NIDRR). Full list: www.msctc.org/sci/model-system-centers

Craig Hospital

www.craighospital.org
3425 S Clarkson St, Englewood, CO 80113
303-789-8000

Kennedy Krieger International Center for Spinal Cord Injury

www.kennedykrieger.org
11830 West Market Place
Suite P
Fulton, MD 20759
888-923-9222

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Kessler Foundation Research Center

www.kesslerfoundation.org
300 Executive Dr # 70, West Orange, NJ 07052
973-324-8362

Shepherd Center, Inc.

www.shepherd.org
2020 Peachtree St NW, Atlanta, GA 30309
404-352-2020

Shirley Ryan Ability Lab

[AbilityLab Home \(sralab.org\)](http://AbilityLabHome(sralab.org))
355 East Erie
Chicago, IL 60611
1-844-355-ABLE

University of Miami

www.welcome.miami.edu/uhealth/index.html
1320 S Dixie Hwy, Coral Gables, FL 33146

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OUTPATIENT THERAPIES

Rehab Without Walls

www.rehabwithoutwalls.com/

Provides a comprehensive approach to recovery after spinal cord injury. They are located in various locations within Washington State. They accept many commercial insurance and workers' comp plans.

University of Puget Sound - Therapy Clinic

www.pugetsound.edu/academics/school-physical-therapy/site-clinic

253-879-3180

A student-run pro-bono clinic where students provide physical therapy services under the supervision of expert clinicians from the community. They have both an adult on-site clinic and a pediatric on-site clinic.

Exercise Therapy

Pushing Boundaries

www.pushing-boundaries.org

4162 148th Avenue NE Redmond, WA 98052

425-869-9506

Provide exercise therapy by partnering with their clients to work towards and achieve goals to increase function, strength and independence.

Vertical Therapy

<http://www.verticaltherapy.com/>

Vertical Therapy is an in-home, intensive activity-based & exercise therapy company specializing in assisting people with all types of paralysis to meet and exceed their therapy goals.

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LEGAL ASSISTANCE

Connelly Law Offices

www.connely-law.com/

253-366-6820

Advocates for victims of serious injury for over 34 years.

Washington Injury Attorneys

www.washingtonlawcenter.com/

Call 253-476-2653

The Stritmatter Firm

<https://www.stritmatter.com/>

Stritmatter Kessler Koehler Moore (The Stritmatter Firm) is a nationally recognized firm, known for its extraordinary reputation for excellence in the trial and litigation of serious plaintiff personal injury, wrongful death, and civil rights cases.

Altman Law Offices

waaccidentlaw.com

With years of experience handling car accidents, Mike Altman has the experience, knowledge and dedication to handle your personal injury case. Altman Law Offices will take the time necessary to inform you of all your options and the process throughout your case.

Bernard Law Group

4injured.com

1-800-418-8282

Victims of Violent Crime

justice.gov

Washington State Crime Victims Compensation Program (CVCP) may provide assistance with costs related to crime injuries.

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Disability Rights Washington

www.disabilityrightswa.org/

(206) 324-1521

Provides free services to people with disabilities. A private non-profit organization who protects the rights of people with disabilities statewide. Their mission is to advance the equality, dignity and self-determination of people with disabilities. Contact if you need disability rights information, general information about legal rights, strategies to become a stronger self-advocate and much more.

Disability Rights Advocates (DRA)

dralegal.org

DRA uses the law to advance the cause of justice for those living with disabilities across the country. Their mission is to promote and ensure equality, inclusivity and change through high-impact education, advocacy and litigation. They have offices in California and New York and are the leading national nonprofit disability rights legal center.

Disability Rights Legal Center (DRLC)

[Disability Rights Legal Center – DRLC \(thedrlc.org\)](http://DisabilityRightsLegalCenter–DRLC(thedrlc.org))

A non-profit, public interest advocacy organization championing the civil rights of people with disabilities through education, advocacy, and litigation.

Legal Foundation of Washington

www.legalfoundation.org/about/

WashingtonLawHelp.org is an online self-help center containing hundreds of legal resources, forms and instructions (in multiple languages), including document assembly technology, and educational videos.

Find Legal help by County

[Legal Help by County \(notion.site\)](http://LegalHelpbyCounty(notion.site))

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ADA Accessibility Laws

Americans with Disabilities Act - ADA recognizes and protects the civil rights of people with disabilities. To find out more about how these laws may apply to you, read this guide to disability rights laws. www.ada.gov/cguide.htm

US Department of Justice's Civil Right - The Civil Rights Division of the Department of Justice, created in 1957 by the enactment of the Civil Rights Act of 1957, works to uphold the civil and constitutional rights of all Americans, particularly some of the most vulnerable members of our society.

US Access Board - The U.S. Access Board is a federal agency that promotes equality for people with disabilities through leadership in accessible design and the development of accessibility guidelines and standards for the built environment, transportation, communication, medical diagnostic equipment, and information technology.

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GRANTS, FINANCIAL ASSISTANCE & FUNDRAISING

Crowdfunding

Help Hope Live (NPO)

www.helphopelive.org

800-642-8399

Help Hope Live supports community-based fundraising for people with unmet medical and related expenses due to catastrophic injuries and illnesses.

Financial Assistance

ABLE Accounts

www.ablenow.com/

More independence, greater financial security and a better quality of life – that’s the future ABLEnow is building. Save for today’s needs or invest for tomorrow in a tax-advantaged ABLE account that won’t impact the means-tested benefits critical to many with disabilities.

Northwest Access Fund (NPO)

<http://nwaccessfund.org>

(877) 428-5116

Northwest Access Fund offers people with disabilities financial coaching, customized loans, and other resources to encourage access to assistive technology, life opportunities and independence.

Lines of Credit

These are specifically designed to help offset medical costs. Some offer longer term healthcare financing, while some include no interest plans.

CareCredit - Carecredit.com

Paypal credit - paypal.com/credit

Grants

High Fives (NPO) - for adaptive sports equipment

www.highfivesfoundation.org/grant-application/

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Walking With Anthony

www.walkingwithanthony.org/apply-for-a-grant/

Provides financial assistance to individuals with SCI to help pay for essential treatment not covered by standard insurance.

Be Perfect Foundation

www.beperfectfoundation.org/resources/#bp-scholarship-application

The Be Perfect Foundation provides direct financial and emotional aid to those living with paralysis. They promote positive recovery through exercise-based therapy and complete wellness.

Special Kids Fund

www.specialkidsfund.org

A unique vehicle program was established to fund vehicles that match the special needs of individuals

VETERANS

Paralyzed Veterans of America

<https://pva.org/>

Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members – veterans of the armed forces who have experienced spinal cord injury or dysfunction.

Wounded Warrior Project

www.woundedwarriorproject.org/

Wounded Warrior Project's mission is to honor and empower wounded warriors and foster the most successful, well-adjusted generation of wounded service members in our nation's history.

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HOME MODIFICATION

Contractors

Bath +

<http://bath-plus.com/>

Bath+ offers a full range of accessibility and home safety installation, modification and remodeling solutions for your home.

Enable Tech Home

<https://enabletechhome.com/>

Accessible modifications and smart home technology for the disabled and aging in place.

Home Accessibility Products

Acorn Stairlift

<https://www.acornstairlifts.com/stairlift/stairlift-straight-staircase>

Sure Hands Lift

<https://www.surehands.com/>

Wheelovator by Destiny

<http://www.accesslevatorinc.com/content/brochures/national/nwovdestinybrochure.pdf>

Swing Clear Offset Hinges

<https://www.amazon.com/s?k=swing+clear+offset+door+hinge>

Threshold Ramps

<https://www.safepathproducts.com/>

Portable Wheelchair Ramps

<https://www.amazon.com/s?k=wheelchair+ramp>

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HOUSING ASSISTANCE

U.S Department of Housing and Urban Development (HUD)

www.hud.gov

HUD helps apartment owners offer reduced rents to low-income tenants. Find out how to apply here: <https://www.hud.gov/states/washington/renting>

Federal nondiscrimination laws provide housing protections for individuals with disabilities. Find out what your rights are here:

https://www.hud.gov/program_offices/fair_housing_equal_opportunity/disability_main

Federal nondiscrimination laws require housing providers to grant requests for reasonable accommodations and modifications in housing, programs, and activities. Find out your rights and the definitions of 'reasonable accommodations and modifications' here:

https://www.hud.gov/program_offices/fair_housing_equal_opportunity/reasonable_accommodations_and_modifications

Share and Care House

<https://shareandcarehouse.org/>

Share and Care House helps with finding affordable housing and also provides Representative Payee, Legal Custodian, and Professional Guardianship services to eligible individuals. Find out more information here:

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CARE PROVIDERS

Consumer Direct Care Network Washington

www.consumerdirectwa.com/

Consumer Direct Care Network Washington (CDWA) is the Consumer Directed Employer (CDE) for Washington's Department of Social and Health Services (DSHS). As the CDE, CDWA employs the thousands of dedicated Individual Providers (IP) who provide in-home personal care and respite services.

Care.com

Care.com's premise is simple: Their consumer matching solutions allow families to search for, qualify, vet, connect with, and ultimately select caregivers in a low-cost, reliable and easy way. Their platform also provides caregivers with solutions to create personal profiles, describe their unique skills and experience, and differentiate themselves in a highly fragmented marketplace.

CareLinx

www.carelinx.com/caregivers/wa/seattle

High-quality, affordable home care services for improved quality of life and peace of mind.

Craig – Caregivers & Personal Assistants Resources

<https://craighospital.org/resources/caregiving>

Important resources including how to find, hire and keep personal care assistants.

Craigslist Ad

<https://seattle.craigslist.org/search/jjj?query=caregiving>

Great place to find a person to help you with care needs directly is by placing an ad on Craigslist. Start with phone interviews, then meet in a public place for an interview, then decide if you have a good match.

Lotsa Helping Hands

<https://lotsahelpinghands.com/>

Lotsa Helping Hands allows you to create a care team. Schedule your family, friends, volunteers and caregivers to support your loved one in need. And post updates with how they're doing, what is needed, and more. Our service brings your support network together online to organize daily life during times of medical crisis or caregiver exhaustion. We're here to help the helpers.

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New Start Home Care

<https://newstarhomecare.com/>

New Start Home Health Care is dedicated to providing excellent home-based patient care, guided by its founding principles of integrity, compassion, and respect for each person.

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WHEELCHAIRS, EQUIPMENT & SUPPLIES

Wheelchair Manufacturers

Invacare

Invacare manufactures the most complete line of wheelchairs, powered seating products, scooters, electronics and accessories in the industry.

Permobil/TiLite

<https://www.permobil.com/en-us>

Permobil's purpose is to innovate for individuals; to create advanced assistive solutions that make the lives of people living with disabilities more enriching. Their dedicated teams work tirelessly to make this happen, no matter if they are designing a new wheelchair, testing seating cushions, or supporting a therapist.

Pride Mobility

<https://www.pridemobility.com/>

Pride Mobility Products® Corporation is the world's leading designer and manufacturer of mobility products.

Quantum Rehab

<https://www.quantumrehab.com/>

Quantum Rehab® is dedicated to being the premier global innovator of consumer-inspired complex rehab mobility technologies that not only deliver medical comfort, but also the features needed toward overall well-being, serving the entirety of users' activities of daily living.

Sunrise Medical/Quickie

<https://www.sunrisemedical.com/>

Sunrise Medical designs and manufactures mobility products including lightweight wheelchairs, power wheelchairs, pediatric wheelchairs, wheelchair cushions

Wheelchair Providers, Repair, and Service

Bellevue Healthcare

www.bellevuehealthcare.com/

National Seating and Mobility

nsm-seating.com

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Norco

www.norco-inc.com/

NuMotion

www.numotion.com/

Olympic Pharmacy & Healthcare Services

www.olympicpharmacy.com/

Wheelchair Controls, Seating & Accessories

Adaptive Switch Laboratories

<https://asl-inc.com/>

ASL designs products specifically for those who cannot access their environment through conventional means. ASL is dedicated to assisting clients of all ages and abilities to gain functional independence with powered mobility, communication and access to their environment through technology.

BodyPoint

www.bodypoint.com

Bodypoint offers a range of thoughtfully-designed postural supports in sizes to fit both pediatric and adult users.

Ease Seating Systems

<https://easeseatingsystems.com/>

A quarter of a century's experience with wheelchair seating, their team's advanced innovation, and high-tech solutions in medical and military markets led to the creation of Horizontal Alternating Pressure Technology® (HAPT®) or the smart cushion -Ease Cushion®

E-motion

<https://www.alber-usa.com/us/products/active-drives/e-motion/>

Power assist for manual wheelchairs.

Kalogon Smart Cushion

www.kalogon.com

The world's first smart cushion that uses AI and patent-pending air cell technology to analyze real-time pressure data and intelligently adapt to meet your unique comfort needs.

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RIDE Designs Cushions

www.ridedesigns.com

Ride is committed to creating wheelchair seating systems that help protect skin, enhance mobility, improve function, and optimize posture. A properly fitted Ride cushion and back work together to help manage skin risk.

ROHO Cushions

<https://hub.permobil.com/blog/flowing-air-roho-cushions>

ROHO cushions are air filled cushions constructed from a proprietary blend of neoprene formulated specifically for our cushions that has been perfected over our almost 50 year history manufacturing in Belleville, Illinois.

SmartDrive

<https://hub.permobil.com/smartdrive>

SmartDrive is a lightweight power assist motor for manual wheelchairs.

SMOOV

<https://www.smoov.com/>

The SMOOV one is an innovative electric drive that you can easily dock on to and off your wheelchair whenever you need some extra power.

Wheelchair Canopies and Accessories

www.diestco.com

For the past 30 years, DIESTCO MFG has offered the industry's highest quality, most functional, affordable mobility accessories.

Wheelchair Backpacks

- Target:
<https://www.target.com/p/adaptive-backpack-embark>
- Jansport:
https://www.jansport.com/en_us/collections/adaptive-collection.html

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Adaptive Equipment Donation Sites & New/Used Equipment

MSHH Donor Closet

<http://www.mshh-donorcloset.com/>

MSHH accepts donations of medical and mobility equipment, refurbishes it and makes it available to others at a very affordable “suggested minimum donation” amount.

- **Tacoma Location**
3635 S. Lawrence St. Tacoma, WA 98409
(253) 327-1033
- **Spokane Location**
3203 N. Market St Spokane, WA 99207
(509) 487-4119
- **Edmonds Location**
409 Howell Way Edmonds, WA 98020
(425) 712-1807

Bridge Disability Ministries

<https://bridgemin.org/>

12356 Northrup Way Bellevue, WA 98005
(425) 885-1006

Provides medical and mobility equipment to anyone in need without any eligibility requirements, application process, or required fees.

Wheelchair Haven

8411 Pacific Highway East Tacoma, WA 98422
253-926-8971

Providing the community with quality new and used medical equipment at an affordable price.

Salvation Army, Goodwill, and Value Village may have equipment rotating through their stores

Supplies

Emma's Exceptional Equipment Exchange

www.facebook.com/groups/1374361319675632/

Emma's Exceptional Equipment Exchange is a 501C3 Non-profit that was started to create a community of sharing.

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Sharing Pantry Medical & PPE

<https://www.facebook.com/groups/509315930217512>

Located on the west hill of Kent, supplies small type medical equipment for short term or long term use, along with PPE items. If you are able to help with a donation, it is greatly appreciated.

ASSISTIVE TECHNOLOGY

Assistive Tech Organizations

Neil Squire Society

<https://www.neilsquire.ca/>

Using technology, knowledge and passion to empower Canadians with disabilities.

Makers Making Change

<https://www.makersmakingchange.com>

Makers Making Change is an online platform providing a disruptively low-cost alternative to commercially available assistive technologies. With a wide range of devices available in the assistive devices library, there are many options for people to request from and work with a volunteer maker who can build it for them.

Microsoft Inclusive Tech Lab & Gaming

<https://inclusivetechlab.github.io/web/index.html>

The Inclusive Tech Lab is a Microsoft space dedicated to inclusive modern life and education, accessible productivity, and gaming for people with disabilities. The facility is for people with disabilities, not about people with disabilities. Crafted to be an expression of Microsoft's commitment to the disability community.

The Taskar Center for Accessible Technology

<https://tcat.cs.washington.edu/>

The Taskar Center for Accessible Technology (TCAT), housed by the Paul G. Allen School of Computer Science at University of Washington, develops, translates and deploys open source universally accessible technologies, with a focus on benefiting populations with motor limitations or speech impairment.

The Tyler Schrenk Foundation

<https://www.thetsf.org/>

The Tyler Schrenk Foundation uses its platform to teach interested individuals on what kind of technologies can help people regain independence, get back to work, or simply watch their favorite shows. We offer free consultations to those looking to utilize AT.

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Washington Assistive Technology Act Program (WATAP)

<https://watap.org/>

The Washington Assistive Technology Act Program (WATAP) provides resources and services to persons who face challenges related to disability and aging to help in the selection and use of assistive technology.

Computer Access

IntegraMouse

<https://www.integramouse.com/en/home/>

IntegraMouse Plus is a fully adequate computer mouse that is operated with the mouth. The mouse cursor is moved with the lips through minimal movements of the mouth piece.

Jouse

<http://www.jouse.com/>

The Jouse3 is an advanced, joystick-operated plug-and-play solution. Just move the precision joystick with your mouth, cheek, chin or tongue to control your computer, mobile device, switch-controlled device or AAC system.

LipSync

<https://www.makersmakingchange.com/s/product/lipsync>

The LipSync is a mouth operated joystick that allows a person to control a computer cursor with minimal head and neck movement.

QuadJoy

www.quad.life/products

QuadJoy's simple Puff & Sip interface provides the same computer access and functionality available to anyone.

Gaming Access

Quadstick

<https://www.quadstick.com/>

The Quadstick provides a hands-free way to play modern video games on consoles and personal computers.

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Xbox Adaptive Controller

www.xbox.com/en-US/accessories/controllers/xbox-adaptive-controller

Connect external devices such as switches, buttons, mounts, and joysticks to create a custom controller experience that is uniquely yours. Button, thumbstick and trigger inputs are controlled with assistive devices (sold separately) connected through 3.5mm jacks and USB ports.

Phone Access

Apple Accessibility

<https://www.apple.com/accessibility/mobility/>

Discover features that make it easy to modify your touch, create custom gestures, or control your devices in the ways that work best for you.

Android Accessibility Suite

<https://play.google.com/store/apps/details?id=com.google.android.marvin.talkback>

Android Accessibility Suite is a collection of accessibility apps that help you use your Android device eyes-free or with a switch device.

RAM Mounts

<https://rammount.com/pages/at-home-accessibility>

With a full suite of mounting solutions for wheelchairs and devices, RAM® Mounts offers a wide range of accessibility mounts.

Sesame Enable

www.sesame-enable.com/

Open Sesame was created to offer touch-free control for those who cannot use their hands to access a smartphone or a tablet. Open Sesame is powered by both Voice-Control and Computer-Vision technologies.

Tecla-e

<https://gettecla.com/>

tecla-e empowers individuals with physical disabilities who cannot independently use smartphones, tablets, computers or smart home technology with touchscreens and keyboards.

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Home Access & Automation

Amazon Echo – Alexa

www.amazon.com/

Amazon Echo is a hands-free speaker you control with your voice. Echo connects to the Alexa Voice Service to play music, provide information, switch on the lights, adjust thermostat, or control your TV—all without lifting a finger—instantly. All you have to do is ask.

HomeKit App

<https://support.apple.com/en-us/HT204893>

<https://www.tomsguide.com/us/apple-homekit-faq.review-4195.html>

Other AT Products

Broadened Horizons

www.broadenedhorizons.com/

Broadened Horizons focuses exclusively on individuals with limited or no use of their hands and arms. Leveraging our modular design strategy, we can create integrated, holistic, comprehensive solutions custom tailored to your specific needs and preferences. This modularity maximizes cost efficiency and reliability, while celebrating the uniqueness of each individual. You only buy what you need, but the sum is greater than the individual parts!

Quadtools

www.quadtools.com/

Quadtool's reachers and grabbers are designed to facilitate individuals of different paralysis levels to achieve greater independence.

Mount'n Mover - The Mount'n Mover mounting systems provide versatile and accessible mounting solutions for devices and trays on wheelchairs, tables, beds, or floor stands. *Do more - with a mount that moves!*

Woody Foundation - The Woody Foundation distributes Woody Packs at no cost to those in need, to help those with limited hand function. They create a collection of assistive devices for people with limited hand function to adjust daily life.

Getting “handy” Techniques for Maximizing Arm and Hand Function After SCI

<http://sci.washington.edu/info/forums/reports/upperlimb.asp>

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MEDICAL SERVICES

Cascade Hygiene

<https://cascadehygiene.com/>

360-362-0151

They provide mobile dental care to long term care communities, adult family homes and private residences. They have experience and special training for patients with complex medical conditions including Spinal Cord Injury, Cerebral Palsy, etc.

PARA-TRANSPORTATION

Medical Transportation Service

Around the Sound

253-858-7088

Around the Sound is Puget Sound's foremost transportation service for long distance transportation, serving those with limited mobility including those in wheelchairs, scooters and gurneys. They provide medical transportation, event transportation, special event transportation and airport transportation in: Pierce, King, Kitsap, Thurston, Lewis, Clallam, Jefferson and Mason Counties.

Tri County Cabulance

[Tri-County Cabulance 425-775-8358 \(tricitycabulance.com\)](http://tricitycabulance.com)

425-775-8358

Email: tricitycabulance@comcast.net

Provides non-emergency specialty transportation for any occasion. They service hospitals, skilled nursing and rehab, assisted living and private individuals seven days a week. Transportation includes hospital and facility discharges, doctor appointments, non-medical transports for home visits, special occasions and holidays. They cover all of King and Snohomish Counties.

Transit Service

Metro Flex

<https://bit.ly/3QIyEPM>

An affordable, on-demand transit service that provides rides to meet friends, go shopping or get to appointments within multiple King County neighborhoods. The cost is the same as a Metro bus trip and when using an ORCA card, you can transfer for free to or from a bus, Sound Transit Link light rail or Sounder. For a wheelchair accessible vehicle, indicate your needs on your Metro Flex profile.

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Roadside Assistance

Mobility Roadside Assistance

<http://www.mobilityroadsideassistance.com>

Mobility Roadside Assistance provides peace of mind through emergency and paratransit services for mobility challenged people, their passengers, vehicle and equipment.

ADAPTED VEHICLES

United Access

www.braunability.com/unitedaccess/

877-578-1576

Locations in Sumner, Redmond and Everett

MobilityWorks

www.mobilityworks.com

MobilityWorks is a leading retail sales and service provider of wheelchair accessible vans, cars, and trucks. Through our national network of 74 sales centers, we have the largest inventory of vehicles, along with other products that improve mobility. And through our personalized approach, we work with each customer so that they receive the best solution for their needs. We believe every person deserves to be connected to who and what matters most in their lives.

BLVD.com

www.blvd.com

Find used adapted and modified vehicles. BLVD.com does not sell adapted vehicles directly but has an extensive network of mobility dealerships across the nation.

Disabled Dealer

www.disableddealer.com

Find used adapted and modified vehicles. Connecting buyers and sellers for accessible vans, wheelchairs, homes and more.

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Wheelchair Accessible Vans for Sale

www.facebook.com/groups/842424512461303/

Wheelchair Accessible Vans For Sale is a Facebook Marketplace Classified page exclusively for Wheelchair Accessible Vehicles. It is a great place to advertise to sell your wheelchair accessible vehicle and a great place to find a wheelchair vehicle to purchase.

National Mobility Equipment Dealers Association

www.nmeda.com

NMEDA is a non-profit trade association of mobility equipment manufacturers, dealers, driver rehabilitation specialists, and other professionals dedicated to improving the lives of people with disabilities and assisting with driving independence using wheelchair accessible vehicles. Find a list of certified dealers.

NOVA - National Organization for Vehicle Accessibility

The Ralph Braun Foundation is now the National Organization for Vehicle Accessibility (NOVA). They believe that every individual has the right to accessible transportation. NOVA's mission is to assist those with mobility needs through education, information and product acquisition. NOVA works to provide vehicle modification grants to individuals with disabilities throughout the United States and Canada in need of financial assistance. Visit their Grant Program page for more information regarding their Mobility Assistance Grant Program.

DAC-WA Forum YouTube

www.youtube.com/watch?v=NUgneBa8uFY

The DAC-WA Forum on Adaptive Vehicles was recorded on August 5, 2020. More resources on adaptive driving with adaptive vehicles can be found at <https://bit.ly/2S1kptF>

DRIVERS TRAINING

Drive Rehab Services

425-610-7396

www.driverehabservices.com

Jennifer Fox PT, CDRS is a Physical Therapist and Certified Driving Rehabilitation Specialist in Washington State who works with all diagnosis but specializes in neuro rehab, complex medical and geriatric clientele. She provides home services for: driving evaluations, physical therapy, safety assessments and home modifications.

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SPORTS & RECREATION PROGRAMS

Adaptive Recreation at Metro Parks Tacoma

<https://www.metroparkstacoma.org/activities-and-sports/category/adaptive-recreation/>

Explore a wide range of inclusive recreational activities which strive to empower individuals of all abilities.

Adaptive Tennis Seattle

<https://accesstennis.org/>

Access Tennis Seattle (ATS) is a nonprofit in the Puget Sound Area focusing on the sport of tennis for people with physical and intellectual disabilities.

Camp Casey

<https://campcasey.org>

A week-long summer camp for children ages 6-17 who have physical disabilities. Camp is held at Lions Camp HOrizon in Blaine, WA. This camp is fully funded by the Seattle North Central Kiwanis Club so it is free of charge!

Dream Catcher Balloon

www.dreamcatcherballoon.org/

The Dream Catcher Balloon is a unique hot air balloon designed to give rides to everyone no matter who you are! This two-seated balloon allows mobility challenged individuals, seniors, Veterans, and Warriors easy access to experience a ride because it does not require climbing over a basket.

Empower SCI

[Home \(empowersci.org\)](http://Home(empowersci.org))

Residential program tailored to individuals with a spinal cord injury. The program includes peer mentoring and rehabilitation counseling as well as physical and mental recovery.

Footloose Sailing Association

<https://footloosedisabledsailing.org/>

The mission of Footloose Sailing Association is to provide safe, accessible and rewarding sailing experiences to disabled members, their friends, families and caregivers.

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Ian's Ride

[Ian's Ride \(iansride.com\)](http://iansride.com)

A non-profit that raises awareness for a more accessible outdoors through various events.

Outdoors for All

<https://outdoorsforall.org/>

Provides outdoor recreation opportunities for youth/adults with disabilities in the puget sound area.

ParaSport Spokane

www.parasportspokane.org/

ParaSport Spokane will provide training, recreational, and competitive opportunities for youth and adults with physical disabilities that promote success, self worth and independence. ParaSport Spokane uses adaptive sports as a catalyst for life.

Rainier Adaptive Sports

www.rainieradaptivesports.org/

A non-profit focused on sports, recreation and social opportunities. They are based out of Tacoma, Washington.

Salle Auriol Seattle - Wheelchair Fencing

www.salleauriol.com/

Salle Auriol conducts regular open-fencing nights, beginning through advanced classes and one on one private instruction. They host US Fencing sanctioned competitions, and offer teaching and refereeing clinics. Salle Auriol also provides cross-training opportunities with conditioning classes, weights, and cardiovascular machines.

Seattle Adaptive Sports

www.seattleadaptivesports.org/

A non-profit who believes team sports are a powerful vehicle for personal growth and development for people with disabilities. They are Western Washington's leading adaptive sports organization who supports recreational and nationally competitive teams, including wheelchair basketball, sled hockey and power soccer.

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Seattle Slam Wheelchair Rugby

www.seattleslam.org/

Seattle Slam competes in the Pacific Conference of U.S. rugby league governed by the USQRA (United States Quad Rugby Association). The season starts in September and we host and travel to a number of tournaments throughout the year. The season ends with the USQRA National Championships in April.

Seize the Oar

www.seizetheoar.com/

Championing inclusion in the sport of rowing through team training, outreach and thought leadership.

Seattle PlayGarden

www.seattleplaygarden.org/

A 1-acre fully-fenced garden in the heart of Seattle. Their mission is to provide children of all abilities a safe, accessible, and adventurous place to play.

YMCA

Located in several counties, each facility offers accessible fitness and social opportunities. Contact local branches for information.

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ARTS & CREATIVITY

Dance

Rollettes Dance

<https://www.rollettesdance.com/>

The Rollettes are women empowering women with disabilities to live boundlessly and shift perspectives through dance. Each summer, the Rollettes host an experience, bringing together people from all over the globe. Open to all ages and abilities, we welcome you to partake in this life-changing bundle of moments, regardless of dance background.

Infinite Flow

<https://www.infiniteflowdance.org/>

Infinite Flow - A Wheelchair Dance Company mission to share the power of dance and performance to individuals with physical challenges, promoting musicality, movement, rehabilitation, and social interaction through performance, workshops, events, media, and instruction.

Absolutely DanceSport

<http://absolutelydancesport.com/>

To bring ballroom wheelchair dancing to the disabled community and to empower each person to do something beneficial for their body, mind and spirit.

Wheelchair Dancers Organization

<https://www.wheelchairdancers.org/>

Do you use a motorized or manual wheelchair or walker? Would you like to spin your wheels to the rhythms of Tango, Cha-Cha or Rumba? Then this dance class is for you! All ages 18+ are encouraged to participate. Able-bodied volunteers are especially needed to partner with those using wheelchairs. COMPLIMENTARY 8- week dance class!

Yoga

Accessible Yoga

<https://www.accessibleyoga.org/>

Accessible Yoga is dedicated to sharing yoga with everyone. Accessible Yoga believes that all people, regardless of ability or background, deserve equal access to the ancient teachings of yoga.

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Adaptive Yoga Northwest

<https://www.adaptiveyoganorthwest.com/>

Adaptive Yoga Northwest's mission is to provide accessible yoga instruction to people living with mobility restrictions in the Pacific Northwest.

Book for Accessible Yoga-

<https://www.amazon.com/Accessible-Yoga-Poses-Practices-Every/dp/1611807123>

SERVICE ANIMALS

Canine Companions

<https://canine.org/>

Canine Companions is a national organization that enhances the lives of people with disabilities by providing highly trained service dogs at no charge to the recipient.

Summit Assistance Dogs

<https://summitdogs.org/>

Summit Assistance Dogs is a nonprofit organization that creates life-changing partnerships by providing highly-skilled mobility service dogs for people living with disabilities in the Pacific Northwest.

MENTAL HEALTH

A significant life change such as a spinal cord injury can turn your world upside down. Among the many challenges - physical, financial, home and career - it is absolutely vital to give time and attention to your mental state. It's easy to try to 'stay strong', but for all involved, this is precisely the time when sharing real feelings with someone you trust is paramount.

SCI and Mental Health:

National Suicide Prevention Lifeline: 1-800-273-8255

(Press "1" at the prompt if you are a Veteran)

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Depression and Spinal Cord Injury

<https://msktc.org/sci/factsheets/depression-and-spinal-cord-injury>

Fact sheet from the Model Systems Knowledge Translation Center. Their website also has other factsheets and videos on SCI topics.

National Center for PTSD

<https://www.ptsd.va.gov/>

Website for Post-Traumatic Stress Disorder information designed for Veterans, but contains a wealth of information for anyone (non-Veterans as well) with a trauma history who wants to understand more. Links to PTSD information, help for family and friends, types of treatment, and how to get help.

Help Guide

www.helpguide.org

Unbiased, motivating resources and self-help tools for mental, emotional and social health

SEXUALITY & SEXUAL FUNCTIONING

Sexuality After SCI

www.sexualitysci.org

Website created by Mount Sinai Hospital focused on SCI and sexuality. Contains several educational videos on sex and SCI, dating, adaptive devices to facilitate intimacy, sexual self esteem, and more. Also provides additional resources to other sexuality and disability websites.

Sex and Paralysis Video Series

www.drmitchelltepper.com/sex_and_paralysis_video_series

A series of videos created by Dr. Mitchell Tepper that discuss tips on Accessible Tantra and examples of sex positions for men and women with SCI.

Sexuality & Sexual Functioning After SCI

[www.msktc.org/sci/factsheets/sexuality](https://msktc.org/sci/factsheets/sexuality)

A factsheet about sexuality and sexual function after spinal cord injury.

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Resource Centers

SCI Sexual Health

www.scisexualhealth.ca

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

Northwest Regional Spinal Cord Injury Videos on Sex

- Let's Talk About Sex - YouTube
<https://www.youtube.com/watch?v=FufnRFCyvLM>
- Enhancing Sexual Satisfaction After SCI - YouTube
<https://www.youtube.com/watch?v=wkHUPmpc5qw>

Sexual Function After SCI

www.uab.edu/medicine/sci/daily-living/sexuality-a-sexual-function

University of Alabama School of Medicine maintains this Information Network as a resource to promote knowledge in the areas of research, health and quality of life for people with spinal cord injuries, their families, and SCI-related professionals. Includes fact sheets, videos and links to other useful websites about sexual function after SCI.

Products & Tips to Improve Sex

My Pleasure

www.mypleasure.com

Products and aids to enhance sexual expression. Educational articles on disability and sexuality are embedded within the site (scroll down for Sex and Disability education section)

Ferticare

The most powerful medical vibrator to help men with spinal cord injury to achieve ejaculation.

www.medicalvibrator.com

Sex Tips

Inside tips on sex and affordable devices to use.

www.spinalcord.com/blog/unexpected-tips-to-make-sci-sex-life-great

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RESOURCES FOR WOMEN WITH SCI/D

Miss Wheelchair Washington America

www.facebook.com/mswheelchairwashingtona/

Ms. Wheelchair Washington-America (MWW) is a part of the Ms. Wheelchair America Program. They provide a platform for women who use wheelchairs to educate and advocate for the disability community.

Miss Wheelchair Washington USA

www.facebook.com/mswheelchairwashingtonusa/

Reproductive Health for Women with Spinal Cord Injury Video Series

www.uab.edu/medicine/sci/uab-scims-information/reproductive-health-for-women-with-spinalcord-injury-video-series

From The Spinal Cord Injury Information Network

Sexual Function For Women After Spinal Cord Injury

www.craighospital.org/resources/sexual-function-for-women-after-spinal-cord-injury

Information on the Craig Spinal Cord Injury Resource Library website

The Center for Research on Women with Disabilities (CROWD)

www.bcm.edu/research/centers/research-on-women-with-disabilities

The Center for Research on Women with Disabilities (CROWD) at Baylor College of Medicine is devoted to promoting, developing, and disseminating information to improve the health and expand the life choices of women with disabilities.

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ADAPTIVE CLOTHING

Alter Ur Ego

[Shop for Fashionable & Adaptive Jeans \(alterurego.co\)](http://alterurego.co)

Alter UR Ego makes adaptable style jeans with large front facing pockets, and high elastic waist.

Billy Footwear

[BILLY Footwear | Fashion and Function For All](#)

Universal designed shoes that have adaptive features, which incorporate zippers that go along the side of the shoe and around the toe.

Bombini Tribe (UK)

www.bombinitribe.com/

Bombini Tribe Apparel is the only UK clothing company that offers affordable, fashionable active wheelchair clothes.

KINETIC BALANCE (UK)

www.kinetic-balance.com/

Kinetic Balance designs and produces premium adaptive clothing and apparel for wheelchair users. The products are specifically designed to wear and use in wheelchairs.

Rolli-Moden (DE)

www.rollimoden.de/en/

Rolli-Moden produces and sells special clothing with function for wheelchair users. The focus is on adaptive fashion that helps our customer to prevent everyday problems with so-called "pedestrian-clothes".

Target

[Men's Adaptive Bootcut Jeans - Goodfellow & Co™ : Target](#)

Tommy Hilfiger

[Shop By Solution | Tommy Adaptive | Tommy Hilfiger USA](#)

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ADDITIONAL RESOURCES

Northwest Regional Spinal Cord Injury System Forums

<https://sci.washington.edu/info/forums/>

The mission of the NWRSCIS is to improve the lives of people with SCI through excellent patient care, research and education. We facilities provide specialized care to persons with SCI, conduct clinically relevant research and disseminate the most useful, evidence-based information to people with SCI, their families and professionals.

BACKBONES

www.backbonesonline.com

BACKBONES exists to help people with spinal cord injury or disease (SCI/D) and their families connect with their communities. We do that by creating events and experiences that promote awareness and engage people of all abilities

Christopher & Dana Reeve Foundation

www.christopherreeve.org

Dedicated to curing spinal cord injury by advancing innovative research and improving quality of life for individuals and families impacted by paralysis.

Thriving with Paralysis | Paraplegic Life | Quadriplegic Life

<https://www.thrivingwithparalysis.com/>

Thriving with Paralysis is all about finding hope and learning that you still have a purpose and can reach goals that allow you to thrive rather than just to survive. They have posts split into three categories: survivors, spouses, and caregivers. You can receive monthly emails by signing up on our homepage.

Our Ability

<https://www.ourability.com/>

Use of generative AI to build an accessible world for individuals with disabilities. Jobs Ability matches those living with a disability to jobs and assists businesses in recruiting.

Northwest ADA Center

www.nwadacenter.org

Provides information, training and guidance on the Americans with Disabilities Act for residents of Alaska, Idaho, Oregon and Washington.

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VIDEO RESOURCES AND GUIDES

UW Forums Archives

<https://www.youtube.com/uwspinalcordinjury>

Robust archive of clinical specialists and panels of wheelchair users and family members covering a wide array of topics.

SPINALpedia

<https://spinalpedia.com/>

PINALpedia is another unique online community that allows you to share inspiring videos and images and to view those of other members. There are also learning portals and a blog to provide additional information relating to spinal cord injuries. There are more than 25 categories of information and over 125 subcategories to help you find the information you want. The community feature also allows you to follow accounts that you find to be the most inspiring so you can quickly access the images and videos that are going to brighten your day. You can make friends and speak to other members one on one or in a group chat setting.

Books

Yes You Can!

<https://healthcare.utah.edu/neilsen-physical-rehab-hospital/specialties/sci-spinal-cord-injury/yes-you-can.pdf>

Spinal Cord Injury: The First 90 Days by Sam Maddox

<https://scifirst90days.com/>

Options: Spinal Cord Injury and The Future by Barry Corbet

<https://barrycorbet.com/options-web/index.html>

*Disclaimer - This resource guidebook is a work in progress and not a comprehensive list of services and organizations within Washington State that may be of help to someone living with a spinal cord injury. Any and all suggestions are welcome! Thank you.

THIS GUY IS WALKING DOWN THE STREET WHEN HE FALLS IN A HOLE.
**THE WALLS ARE SO STEEP,
HE CAN'T GET OUT.**

A DOCTOR PASSES BY AND THE GUY SHOUTS UP.
HEY YOU, CAN YOU HELP ME OUT?
THE DOCTOR WRITES A PRESCRIPTION,
THROWS IT DOWN IN THE HOLE AND MOVES ON.

THEN A PRIEST COMES ALONG AND THE GUY SHOUTS UP,
FATHER, I'M DOWN IN THIS HOLE, CAN YOU HELP ME OUT?
THE PRIEST WRITES OUT A PRAYER,
THROWS IT DOWN IN THE HOLE AND MOVES ON.

THEN A FRIEND WALKS BY.

HEY, JOE, IT'S ME CAN YOU HELP ME OUT?
AND THE FRIEND JUMPS IN THE HOLE.

OUR GUY SAYS, "ARE YOU STUPID? NOW WE'RE BOTH DOWN HERE."
THE FRIEND SAYS, 'YEAH, BUT I'VE BEEN DOWN HERE BEFORE,

AND I KNOW THE WAY OUT."