

A Community of Care Program

Proudly Funded by



ABILITY360



HOW DO I SIGN UP?

A dedicated staff person at each agency is prepared to complete an intake and determine what programs and services the individual wants or needs.

You can call any of the organizations listed below to complete the over-the-phone intake process.



Ability360 Sports & Fitness Center (602) 386-4280
AzSCIA (602) 507-4209
BIAAZ (602) 508-8024
FSL (602) 285-1800

THE ABILITY PROGRAM

Community of Care Program

PREPARE FOR INDEPENDENCE



ASSESSMENT | EDUCATION
HEALTH & WELLNESS | TRANSPORTATION

Ability360Sports.org

WHAT IS THE ABILITY PROGRAM (TAP)?

The Ability Program (TAP) is a Community of Care funded through Dignity Health and St. Joseph's Hospital and Medical Center. TAP creates a continuum for people with disabilities and conditions to live an independent life post rehabilitation. Participants would have access to education, resources, peer mentoring, accessible transportation, and health and wellness programs throughout the greater Phoenix area.

The TAP partners are:

- Ability360 through the Ability360 Sports & Fitness Center.
- Arizona Spinal Cord Injury Association (AzSCIA).
- Brain Injury Alliance of Arizona (BIAAZ).
- Foundation for Senior Living (FSL).

WHO QUALIFIES FOR THE TAP PROGRAM?

TAP will provide services to people with neurological disabilities and conditions, and their families, to support them post rehabilitation in their transition to the community. The members will primarily reside in Maricopa county. This population includes people with physical and cognitive disabilities, including SCI and other forms of paralysis, brain injury, stroke, and those with chronic health conditions.

TAP PARTICIPANTS MAY USE SOME OR ALL OF THESE SERVICES BASED ON THEIR NEEDS AND GOALS

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ABILITY360

SPORTS & FITNESS CENTER

- 12-month family membership to the Sports & Fitness Center.
- Periodic Health Assessments.
- Up to three (3) personal training or recreation therapy sessions.

Ability360 Sports & Fitness Center – (602) 386-4284



- Accessible transportation and vouchers for public transportation.
- Access to community resources and information to assist with their transition from the hospital to the community.
- Connection to educational and socialization opportunities.

AZSCIA – (602) 507-4209



- Provide extensive resources improving the lives of individuals with brain injuries through prevention, education, information and community support.
- Monthly Brain Gym® classes; Brain Gym is based on a series of 26 movements designed to promote a more efficient mind-body connection.

BIAAZ – (602) 508-8024



- Offers multiple locations, with accessible transportation, throughout the valley to facilitate Brain Gym® classes and Living Well with a Disability courses.
- Provides therapeutic recreational activities, socialization, nursing supervision, hospital to home transitional care, community resource navigation, in-home and community-based services, and affordable housing.

FSL – (602) 285-1800