Youth in Transition
Resource Section

4 people
who have been there, done that

16 tips for
friends & family
to support
a loved one

10 helpful topics
to guide someone
with a disability
Becoming disabled completely changed my life. In the beginning, I struggled and my family struggled. Ability360 opened doors and allowed me to see my life was not over and that I had options.

“George Lopez
with his daughter, Jennifer
If you or someone you love is new to disability, then this survival guide is just for you.

This guide provides the kinds of information and resources you or they will need to become more empowered and more independent.

Disability is not a tragedy. It's just something that happens to some of us. Living with a disability is never easy, but it doesn't have to be impossible or a drudgery either. It usually involves making some adjustments and doing things a little differently, but the end results can often be the same.

With the right information and support, the journey to greater independence is more possible than ever before. Be assured, the journey has been traveled by millions of people just like you. So think of this as your toolbox to greater independence and a better quality of life!

Never forget, this is your life. Take control of it starting today. Choose what is best for you and begin living again. By doing so, I think you'll enjoy the journey and appreciate the many wonderful experiences and relationships that await you. Good luck in your journey!

Phil Pangrazio
Ability360 President & CEO

Phil became a person with quadriplegia in 1979 as the result of an automobile accident.
Meet people just like you...people who have experienced a disability. These four individuals learned how to adapt to a new disability and have proven that life does go on, and is filled with the same challenges, opportunities and successes that shape the basic human experience.

Adapting to a disability, living independently, and exploring transportation or housing options affect many people with a disability. Don’t forget employment, relationships and intimacy, and parenting. Explore a frank discussion of these and more important topics that affect all of us.

The love and support of family and friends is crucial in the healing process after a new disability. Read these tips that will help you support the one you love, as well as yourself.
Meet Mike Benge

Mike is an exceptional athlete who competes in numerous endurance races and challenges each year. He spends a great deal of time exploring the outdoors and traveling with friends. In addition, Mike is an entrepreneur who runs a successful medical supply company.

Meet others who have adapted to a disability on page 14.
About Ability360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona. Since 1981, Ability360 has offered a wide variety of empowering programs, including: Individual & Systems Advocacy; Information & Referral; Independent Living Skills; Peer Support; In-Home Caregiving Services; Work Incentives Consulting; Employment; Home Modification; Early Intervention; Reintegration; and Sports, Fitness and Recreation.

Ability360’s Mission

Ability360 offers and promotes programs designed to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.

Ability360 Center

Ability360 owns and operates both the Ability360 Center, where it is co-located with eleven other disability services organizations, and Ability360 Sports & Fitness Center, which it opened in 2011.

Ability360 Center is a 62,000-square-foot universally-designed, accessible and transit-oriented non-profit resources center which serves as a model for accessible design and collaborative programming. It is located in the heart of Phoenix at 50th St. and Washington.

Ability360 Center is a hub for uniting those with common goals to improve the lives of people with disabilities. Ability360 Center is home to numerous events each year, such as the health & wellness fair held every spring.
Ability360 Sports & Fitness Center

The 45,000-square-foot facility provides adaptive sports, fitness, health and recreation programs for people with disabilities of all ages and their families. The Sports & Fitness Center hosts numerous national adaptive sporting events.

The facility is open 6 days per week and offers:
  • Sport Courts
  • Indoor Track
  • Rock Climbing Wall
  • Aquatic Center
  • Group Fitness Center
  • Adaptive Fitness Equipment
  • Accessible Locker Rooms, Showers
  • Daily, Monthly & Annual Memberships

www.ability360sports.org
(602) 386-4566
10 HELPFUL TOPICS to guide someone with a disability

ADAPTATION TO A DISABILITY

Adaptation is a process; it’s not something that happens overnight. There are many components to the adaptation process, including physical, emotional, mental and spiritual aspects. Overcoming a disability is not easy. There will be plenty of tough days ahead of you. But with strength and determination you can overcome and resume your life. Here are the basics...

Emotional

The emotional adaptation often involves stages of the "grieving process". We experience not only a grief response to our disability, but also to changes in our lifestyle, environment and the reactions we may encounter in others. Common emotional stages include denial, anger, bargaining, depression and fear. Not everyone will experience all of these emotions, but it’s important to understand that they are natural coping strategies and part of the adaptation process.

Spiritual

Many people find that adapting to a disability is also a spiritual process. Whether or not you consider yourself religious or spiritual, you may find yourself searching for answers to questions such as “why me?”. Your search for answers may take you places you have never gone before, but the journey might also be helpful in the healing process.

Mental

Your mental adaptation includes your attitudes, beliefs and knowledge. Abe Lincoln famously said “We are as happy as we make our minds to be.” While this might not always be easy, deciding to take charge of your life, to self-advocate, will be extremely helpful in many ways. Knowledge is power; learn everything you can about resources, community support and your civil rights. A new disability forces us to learn new skill sets, adaptive technologies and the inner strengths we possess; become an expert in all of these areas!

Physical

You will likely have to learn to adapt to physical changes. Whether it’s mastering the use of a mobility device such as a wheelchair or scooter, or the need to learn new skills such as transferring or reading braille, these adaptations will take time. Stay as active as you can, eat healthy foods and learn about secondary conditions to which you might be susceptible.

LIVING INDEPENDENTLY

A disability can mean you need assistance with certain activities. This is especially true in the beginning. A personal care assistant is someone who can help you with daily tasks, such as: transferring; dressing; toileting; cooking; eating; laundry; housekeeping;
Many people with disabilities are able to drive. The vehicle modifications will vary according to personal preference and physical needs. Training is available for driving with adaptive equipment, and there are numerous vendors who sell modified vehicles or will adapt your vehicle.

If you are unable to drive, or do not have a vehicle, public transportation is often available. The Americans with Disabilities Act (ADA) requires that where public transportation exists, it must be accessible. Public transportation includes lift-equipped buses, Dial-A-Ride paratransit for those unable to use the buses, as well as light rail.

**Ability360’s Transitional Home**

Ability360 operates Mast House, an accessible home that is used as a temporary, (8-week maximum) transitional residence for persons with a disability. [www.ability360.org](http://www.ability360.org)
RELATIONSHIPS, INTIMACY & SEXUALITY

All human beings need closeness and intimacy. People often confuse intimacy with sex. Intimacy is being able to be yourself with another person. Sharing your thoughts and feelings can be difficult, especially during times of crisis. Giving and receiving are both important components of intimacy. Intimacy can be expressed in a hug, holding a hand, or a massage. Physical closeness is important, especially when we are experiencing pain.

Sexual expression has come to be accepted as an important right of all people. Sexuality is a component of personality and is not lost as a result of illness or injury. However, the general public, and in some instances even the professionals who work with people with disabilities, are uncomfortable or not knowledgeable about sexual issues as they relate to disability. Consequently, information is often difficult to get. Education about human sexuality can break the cycle of ignorance, and prevent loss of self-esteem and disruption to intimate relationships. If your physician is not helpful, you may need to turn to a family life educator or a peer who seems to have a satisfying intimate relationship. If you are wondering if you will be able to have a sexual relationship, the answer is yes! If we, as people with disabilities, regard ourselves as sexual beings, others will as well. Hygiene and grooming are as important for those of us with disabilities as for anyone else. By staying socially active in the things we enjoy, relationships just naturally develop.
MENTORING, SKILLS CLINICS & NETWORKING

You won’t be the first person to think, “No one knows what it’s like for me. I feel all alone!” The feeling is natural and real. But for most people, the best way to overcome this period of your life is to begin interacting with others in a similar situation.

The hallmark of Independent Living Philosophy is that people with disabilities know best what it takes to survive a disability and resume the life and lifestyle they chose for themselves. When you are ready, you will find that many programs exist for you to begin interacting with people who have similar experiences.

SELF-ADVOCACY

One of the first steps to moving beyond a new disability is learning self-advocacy. Whether it is dealing with your doctor, the lack of accessibility at your favorite shopping center, or supervising your caregiver, you will need to develop and become proficient in your self-advocacy skills.

Ability360 and other organizations can assist you in developing these skills. Centers for Independent Living also work for you to advocate improvement to public policy and community integration.

PARENTING

Often it is young adults who experience life-altering disabilities. Whether you have children or want to have them in the future, the question of parenting with a disability is bound to be on your mind.

Parenting with a disability can challenge you to new heights of creativity! Although you may need to do some things in a non-traditional way, there are still plenty of ways to express love and demonstrate caring to your children. Support from other parents with disabilities can make a big difference.
Often, a disability will require a person to develop skills and find employment that is less physically demanding and requires more education. Most community colleges and universities have disability resource centers that assist people with disabilities. Many times, people with disabilities can qualify for grants and student loans that make it easier to develop new skills and qualifications.

EMPLOYMENT & EDUCATION

You may have questions about your ability to work. "Will I be able to return to the job I had before my disability?" "Will I be able to get my first job now that I have a disability?" Most of the time the answer is "yes" to both of these questions.

Many larger employers have "return to work" programs, which will help you return to your previous job or get another position with the same company, as long as you are qualified to perform the duties of that job.

There are government and community organizations that can help you understand how work affects public programs and benefits, find employment, and gain or improve job skills. These programs include: Ability360's Benefits 2 Work Arizona work incentives consulting program and Employment Services; other Employment Networks; Arizona Workforce Connection; and DES Rehabilitation Services Administration (Vocational Rehabilitation).
LEISURE & RECREATION

Adaptive sports, fitness and recreation have come a long way in the last three decades. For people of all levels of disability, there are opportunities to participate in everything from computer games to competitive sports. Ability360, along with numerous other organizations in Arizona, promote and provide opportunities for people to experience new activities. Whether you are interested in theatre, hunting, basketball, swimming or even motor sports, you will find others who have the same interests, and you can learn how to adapt an activity to your ability level.

Arizona is home to numerous teams that play adaptive amateur sports. This includes basketball, wheelchair rugby and power soccer. Additionally, you can find numerous organizations that train athletes in Paralympic sports such as track & field, swimming, archery, rowing, biking, fencing and weight lifting. One thing you will discover along the way is that there are all sorts of adaptive equipment that can allow you to continue enjoying many of the activities that you participate in with friends and family.
Michael Somsan felt like he’d lost everything. The retired Army First Lieutenant and Persian Gulf veteran became completely visually impaired from a gunshot blast.

Once discharged, Michael adopted the motto “never be defeated”. Michael graduated with his Masters in Public Administration and received a doctorate degree in Law. Michael passed the Arizona Bar in 2002 and is a practicing attorney. He has worked for the State’s Assistant Attorney General, an Assistant United States Attorney, and as a Senior Staff Attorney with Community Legal Services. Striving to do even more, he recently started his own law firm, engaged in providing both criminal and civil litigation services to his clients. Michael also sits as an active Judge Pro Temp in the Justice Courts in Maricopa County.

In his spare time, Michael is a board member for local non-profit organizations and greatly enjoys coaching his daughter in various sports activities and school-related events. Finally, Michael remains physically active, competing in distance races and triathlon events.

Angelica grew up in Buckeye, Arizona, with six brothers. She was very athletic and played basketball, volleyball, softball, and enjoyed being a cheerleader. In the summer she worked on the family farm. During her sophomore year, she was in an auto accident that resulted in paralysis.

The accident didn’t stop her. After graduating from high school, she met and began dating one of her brother’s friends. They were soon married and began a family. Angelica is the proud mother of three boys. In spite of her injury, she learned how to adapt and be a proud mother.

Her boys are now older. They are graduating high school and pursuing college and careers. She, too, has returned to school and is working.

“Everything is a challenge in life. Everything. Ours is just a little harder but doable and definitely worth it.”
Nick Springer was playing sports from the very beginning. In the summer prior to his freshman year in high school, he went on a three-day hike along the Appalachian Trail. Upon returning to camp, Springer began to complain of flu-like symptoms. By the following afternoon, he was unable to stand on his own and was rushed to the hospital. Doctors diagnosed him with a rare blood disease known as meningococcal meningitis. He lapsed into a two-month coma. The damage was traumatic – Nick had his arms and legs amputated.

As Nick says, “Sports saved me.” Nick found that wheelchair rugby was his sport. In 2005, he was selected to the US Paralympic Wheelchair Rugby developmental team. Luck was on his side as a spot opened on the US national team. The team ended up winning two gold medals in the world championships (’06, ’10), a gold medal in the ’08 Paralympics in Beijing, China, and a bronze medal in the ’12 Paralympics in London. Nick is currently preparing for 2016 in Rio de Janeiro.

Nick also travels the world presenting speeches and discussing meningococcal meningitis.

Kristi Grimm is a writer, her husband is an illustrator, and together they create children’s books. As a teenager, she experienced a spinal cord injury while riding a horse. She completed high school and college despite having to use a wheelchair and having ADD and dyslexia.

Kristi has always enjoyed writing, and with a family that includes 4 children, she began looking for a way to raise her child and be successful in a career. “Being an author has been such a perfect fit for me,” says Kristi, “I am able to work with my very talented husband, do as much writing as I want, and I am able to be there for my son as he grows up.”

“If you are open to see it, you will always find someone that has things worse than you do. The difference is only in how we choose to handle it. A diamond can only become beautiful AFTER it has been chipped away at. So go let the world see you shine.”
Empowering People with Disabilities for 35 Years

Visit www.ability360.org to explore all of our programs and services that help consumers achieve independence and self-sufficiency, including:

**Independent Living Skills Instruction**
One-to-one and group IL skills instruction

**Information and Referral (I&R)**
Information about and referrals to a wide range of community resources and programs

**Peer Support**
Peer Mentor volunteers work with individuals to help them achieve their goals

**Advocacy**
Assistance with self-advocacy skills as well as community/systems change and political advocacy

**Home Modification**
Modifications to the residence that will improve accessibility and safety

**Americans with Disabilities Act (ADA) Technical Assistance**
Training and technical assistance to individuals and businesses on the requirements and options of the ADA

**Living Well with a Disability**
A health promotion and wellness course designed specifically for adults with physical disabilities

**This is My Life (TIML)**
Teaches self-determination and self-advocacy skills to adults with developmental disabilities

**Outreach to Rehabilitation Centers for Newly-Disabled Individuals**
Provides peer support, resources and information to newly-disabled individuals and their families during their rehabilitation
Theatre360
Present artistic works that heighten our community visibility beyond disability

Reintegration from Nursing Homes
Assists adults under age 65 to move out of nursing homes into less restrictive living situations

Ability360 Employment Services (AES)
Assistance and support to persons with disabilities seeking employment through the Ticket to Work program

Social Security Work Incentives Consulting
Assists those receiving Social Security Disability benefits to understand how earned income will affect their cash, medical and other benefits, and informs them of work incentives that can ease the transition to work

Empowering Youth in Transition
Assists high school students ages 14-22 to transition from high school into community life

Home Care Services (HCS)
Provides quality non-medical, in-home care to seniors and people with disabilities, through qualified contracts such as ALTCS, or private-pay services are available

Socialization through Recreation
Monthly social recreation activities, community outings and special events

Ability360 Sports & Fitness Center
An accessible facility that provides sports, fitness, recreation and aquatic programs to people with disabilities and their families
www.ability360sports.org

Subscribe to LivAbility magazine!
www.ability360.org/LivAbility
FAMILY & FRIENDS

Tips for supporting a loved one

The love and support of family and friends are crucial in the healing process. Here are a few tips for family members and friends of someone in rehabilitation after a new disability:

1. There are no magic words for you to say. Understand that your loved one is responsible for his/her physical, emotional, mental, and spiritual healing, but he/she needs your support in order to do this.

2. Start a resource file. You’ll be handed many brochures, business cards, books, manuals and flyers while in the hospital. Keep an organized folder so you can refer to this information in the future, as needed. Ask questions when you can and write them down as they come to you.

3. There is an old song entitled “You Always Hurt the One You Love.” Keep in mind that since you are closest to the person with the injury, you are the most likely to be on the receiving end of emotional, sometimes angry, outbursts.

4. Everybody involved hopes and wishes for the best outcome (i.e. complete and full recovery). Always hope for the best but plan for other contingencies, just in case. Never take hope away from any person.

5. You are not alone. With any accident/injury, the whole family grieves. Your grief is your own and is your right. Grieving is a natural part of the healing process. If and when you are ready to talk to others, reach out to community resources for peer support.

6. Laughter is ok. Laughter is therapeutic. Don’t be afraid to laugh together when the time is right.

7. If you are a spouse who is considering being the primary caregiver for your loved one, be sure to look at all options. Becoming a caregiver can alter the husband/wife dynamic. This is especially true in the early stages. Ask for help.
8. You are a great asset. Never underestimate how important your visits are, even if they don’t always go perfectly. By spending time with someone, you are showing that person that he or she is of value to you. Don’t be hurt if your loved one falls asleep when you come to visit him/her—Rehab is tiring! Fatigue, medications and uneven sleeping patterns can zap even the strongest person’s energy. Think about how your visit can include more than just chatting. Consider bringing a game or something that allows your loved one to escape the pressure of recovery.

9. Make sure that your loved one is always involved in making decisions about his/her treatment. Keep a journal of medications, therapies and medical procedures. This information may be invaluable after the rehab hospital.

10. Keep the lines of communication open between friends and family and the injury survivor. Tell them how you are feeling and what you are thinking in a sensitive manner. Acknowledge your feelings (sadness, anger, anxiety) by sharing them with a counselor, a support group, or by writing them down in a journal.

11. Pet therapy can be very beneficial. Ask your rehab staff if you can bring the family pet in for a visit. If not, see if you can arrange a reunion with the pet outside the hospital doors.

12. Your loved one will spend a great deal of time in his or her hospital room. Brighten it up with pictures, items and photos. Be sure objects are placed in easy view of the hospital bed. Be aware that some subjects may be emotionally sensitive. Ask your loved one what items he or she might like to have brought in from home.

13. Everyone grieves and heals in their own way. Allow your loved one to adapt on his or her own timeline. Pushing someone before he or she is ready may produce undesired results. Set simple goals and develop a daily routine.

14. Everyone deals with a disability in stages that will vary significantly. Celebrate the little victories as you learn from the setbacks.

15. Be sure to take care of yourself. You can’t be of assistance to your loved one if you are ill, tired or unhealthy. Eat properly, get enough sleep and find ways to de-stress so you can remain healthy. Pursue the professional help of a psychiatrist, psychologist, counselor, social worker or other mental health provider if your feelings of sadness, anxiety and/or anger persist.

16. Adaptive technologies may be available to help your loved one better control his/her environment (e.g. voice-activated systems for controlling lights and the television for someone with limited arm function) and to communicate with friends and family (e.g. wifi, email, video calls, apps, etc.).
Most people dealing with a major setback will appreciate you treating them just as you did previously. Remember, despite any physical changes, your loved one is still the person you knew before the injury.
Some of the best tools and activities for adapting to a disability can be learned by reading about and discovering what other people are doing and then getting involved in those activities. There are numerous books, websites and magazines that can expose you to the dynamic people, products, ideas and lifestyles that are changing the world in which we live.

Below we have listed just a few of these exciting publications, including LivAbility, Ability360’s quarterly magazine.
Information & Referral

Navigating the vast amount of community resources related to disability and independent living can be overwhelming, especially when you are just learning how to deal with a new disability. Right now, you may not even know what you will need in the future. That’s ok. You will undoubtedly receive a multitude of brochures, flyers and other information in the hospital or rehab center, and making sense of them all may seem daunting. Take a deep breath and realize that you don’t have to figure it all out at once. Health care professionals, family and friends, and community advocates can help you navigate these resources.

Advocacy

Advocacy Organizations

American with Disabilities Act (ADA)
(800) 514-0301
www.ada.gov

American Association of People with Disabilities (AAPD)
(202) 457-0046
www.aapd.com

Arizona Commission for the Deaf & Hard of Hearing
(602) 542-3323
www.acdhh.org

Arizona DES Division of Developmental Disabilities
(602) 542-0419
www.azdes.gov/developmentaldisabilities

Arizona Developmental Disabilities Planning Council
(602) 542-8970
www.azdes.gov/ADDPC/Home/

Arizona Disability Advocacy Coalition (AzDAC)
www.azdac.org

Arizona Technology Access Program (AZTAP)
(602) 728-9534
www.aztap.org

Civil Rights

Ability360
(602) 256-2245
www.ability360.org

AZ State Attorney General’s Office
(602) 542-5025
www.azag.gov

Arizona Housing Alliance
(480) 788-4180
www.azhousingalliance.org

Arizona State Legislature
(602) 542-4221
www.azleg.gov

National Alliance on Mental Illness of Arizona (NAMI)
(602) 244-8166
www.namiaz.org

U.S. Congress
(202) 224-3121
www.house.gov

U.S. Senate
(202) 224-3121
www.senate.gov

Equal Employment Opportunity Commission
(602) 640-5000
www.eeoc.gov

Pacific Disability Business & Tech Assist Ctr. (PDBTAC)
(800) 949-4232
www.adapacific.org

Other Organizations

Alzheimer’s Association
(602) 528-0545
www.nia.nih.gov/alzheimers

This resource guide will assist you in finding programs, services, equipment and more. You will also find numerous organizations, including Centers for Independent Living, which can help you make sense of and access a variety of community resources and programs. Whether you need to find accessible housing, personal care services, a support group or accessible transportation, or if you are ready to find employment or learn how to drive, this guide is for you!
American Cancer Society
(602) 224-0524
www.cancer.org

American Diabetes Association
(602) 861-4731
www.diabetes.org

American Lung Association
(602) 258-7505
www.lung.org

Arizona Autism United
(602) 773-5773
www.azaunited.org

Arizona Kidney Foundation
(602) 840-1644
www.azkidney.org

Arizona Relay Service
TTY (800) 347-1695
www.azrelay.org

Arizona Speech-Language-Hearing Assoc.
(602) 354-8062
www.arsha.org

Arizona Spinal Cord Injury Association
(602) 507-4209
www.azspinal.org

Arthritis Foundation
(602) 264-7679
www.arthritis.org

Brain Injury Alliance of Arizona
(602) 508-8024
www.biaaz.org

Cystic Fibrosis
(602) 224-0068
www.cff.org

Epilepsy Foundation of Arizona
(602) 406-3581
http://www.epilepsyaz.org/

Family Involvement Center
(602) 288-0155
www.familyinvolvementcenter.org

Foundation for Blind Children (includes Adults)
(602) 331-1470
www.seeitourway.org

Friendly House
(602) 257-1870
www.friendlyhouse.org

Joni & Friends
(602) 275-2568
www.joniandfriends.org

Leukemia & Lymphoma Society
(602) 567-7600
www.lls.org
Lions Sight & Hearing Foundation
(602) 954-1723
www.LS-HF.org

Muscular Dystrophy Association
(480) 496-4530
www.mdausa.org

National Center for Learning Disabilities
(888) 575-7373
www.ncld.org

National Council on Alcoholism & Drug Dependence (NCADD)
(602) 264-6214

National Multiple Sclerosis Society, AZ Chapter
(480) 968-2488
http://aza.nationalmssociety.org

National Organization for Rare Disorders (NORD)
(203) 744-0100
www.rarediseases.org

National Parkinson’s Foundation
(800) 473-4636
www.parkinson.org

Southwest Autism Research & Resource Ctr. (SARRC)
(602) 340-8717
www.autismcenter.org

Spina Bifida Association of Arizona
(602) 274-3323
www.sbaaz.org

Statewide Independent Living Council (SILC)
(602) 271-4100
www.silc.org

Statewide Interpreting Service
(602) 973-8072

United Cerebral Palsy of Central Arizona
(602) 943-5472
http://ucpofcentralaz.org/

Valley Center of the Deaf (VCD)
(602) 267-1921
www.vcdaz.org

Community Resources
Caregiver Resource Line
(888) 737-7494
www.azcaregiver.org

Communications
Assistive Technology
Arizona Technology Access Program (AZTAP)
(602) 728-9534
www2.nau.edu/aztap-p

Phoenix Library Special Needs Center
(602) 261-8690

Safelink Wireless
(Free Cell Phone & Minutes Program)
(800) 723-3546
www.safelinkwireless.com

Data Bases & Resource Websites
Online/Phone/Bulletins
211 Arizona
211
www.211arizona.org

Ability360
(602) 256-2245
www.ability360.org

Arizona Self Help
www.arizonaselfhelp.org

AZ Links
www.azlinks.org

Disability Benefits 101
www.az.db101.org

Find Help Phoenix
www.FindHelpPhx.org

Independent Living Research Utilization
(713) 520-0232
www.ilru.org

Southwest Network / Handbook
(602) 266-8402
www.southwestnetwork.org/nt19rg/default.htm

Education
College/ Disability Resource Ctrs.
ASU Tempe Campus (Disability Resource Center)
(480) 965-1234
www.asu.edu/studentaffairs/ed/drc

Caregiving
Ability360’s Caregiving Services
Home Care Services (HCS)
(602) 256-2245
www.ability360.org
Maricopa Community Colleges
(480) 831-8000
https://my.maricopa.edu/student-services/disability-resources-services

**FAFSA/Financial Aid/Scholarships**
FAFSA (Free Application for Fed Student Aid)
(800) 433-3243
www.fafsa.com

**Literacy/Learn to Read Programs**
Literacy Volunteers of Maricopa County
(602) 274-3430
www.literacyvolunteers-maricopa.org

**Retraining/ Recareer**
Vocational Rehabilitation (VR)
(602) 266-6752
www.azdes.gov/rsa/vr

**Emergency Support**
911 Emergency Calls
Call 911

**24-Hour Crisis Hotline**
Crisis Response Network (Mental Health Emerg)
(602) 222-9444
www.crisisnetwork.org

EMPACT Suicide Hotline
(480) 784-1500
http://www.empact-spc.com

EMPACT Sexual Assault Hotline
(480) 736-4949
http://www.empact-spc.com

Psychiatric Urgent Care Center
(602) 344-1945

**24-Hour Emergency Hotlines**
Arizona Coalition Against Domestic Violence
(602) 279-2900
www.azcadv.org

Arizona Poison & Drug Information Center Hotline
(800) 362-0101

National 24-Hour Domestic Violence Hotline
(800) 799-SAFE (7233)

**Abuse Hotlines**
Adult Protective Services
(888) 767-2385
www.azdes.gov

Child Protective Services/ Child Abuse Hotline
(888) 767-2445

Center for Prevention of Abuse and Violence (CASA)
(602) 254-6400

Elder Abuse and Disabled (Area Agency on Aging)
(602) 264-2255
www.aaaphx.org

Child Crisis Center
(480) 969-2308
www.childcrisis.org

**Behavioral Health Services**
Mercy Maricopa Integrated Care Health Services
(800) 564-5465 Intake & Referral
http://www.mercymaricopa.org/

**Employment**

**Advocacy/ Discrimination Information**
Ability360
(602) 256-2245

**Employment Assistance**
Ability360 Employment Services (AES)
(602) 443-0701
www.ability360.org

AWEE (Arizona Women’s Education & Employment)
(602) 223-4333
www.awee.org

Arizona Disability Benefits 101
www.az.db101.org

Benefits to Work/Social Security
Work Incentive Benefits Assistance
(602) 443-0720
www.benefits2work.org

Arizona Workforce Connection
(602) 542-2460
www.maricopaworkforceconnection.com

Equal Employment Opportunity Commission
(800) 669-4000 Phoenix office
www.eeoc.gov

Family Service Agency
(602) 264-9891
www.fsaphoenix.org/

Goodwill Industries of AZ
(602) 254-2222
www.goodwill.org
Vocational Rehabilitation (VR) Help Line
(602) 542-7878
www.azdes.gov/rsa/vr

Events
Ability360 Events
(602) 256-2245
www.ability360.org

Sports & Fitness Center
(602) 386-4566
www.ability360.org/sports

Family Support
Advocacy and Respite
Family Involvement Center
(602) 288-0155

Area Agency on Aging, Family Caregiver Program
(602) 264-4357
www.aaaphx.org

Caregiver Resource Line (Respite Program)
(888) 737-7494

DUET
(602) 274-5022
www.duetaz.org

PSA (Behavioral Health Recipients & Families)
(602) 995-1767

NAMI (National Alliance on Mental Health)
(602) 759-8177
www.nami.org

Financial Assistance
Community Action Programs
Glendale Community Action Program (CAP)
(623) 930-2460

Guadalupe Community Action Program (CAP)
(480) 730-3093

Mesa Community Action Network (CAN)
(480) 833-9200

Scottsdale Community Action Program (CAP)
(480) 312-2323

Tempe Community Action Program (CAP)
(480) 350-5880

General Assistance
Dept. of Economic Security (DES)
(602) 542-9935
www.azdes.gov

Phoenix Family Service Centers
John F. Long
(602) 262-6510

Phoenix Senior Services Intake Line
(602) 262-6631

Sunnyslope
(602) 495-5229

Travis L. Williams
(602) 534-4732

Veterans Assistance
Veterans Affairs Office
(800) 827-1000
www.ebenefits.va.gov

Food Assistance
Food and Food Banks/Meals
Salvation Army Family Services
(602) 267-4122
www.salvationarmyfamilyservices.com

Arizona Association of Food Banks
(602) 528-3434
www.azfoodbanks.org

St. Mary’s Food Bank
(602) 242-FOOD (3663)
www.firstfoodbank.org

St. Vincent de Paul
(602) 266-4673
www.stvincentdepaul.net

United Food Bank, Help Yourself Program
(480) 926-4897
www.unitedfoodbank.org

Health Insurance
Medicaid//Medicare
AHCCCS (Arizona Medicaid Program)
(602) 417-4000
www.azahcccs.gov

AHCCCS Freedom to Work – Expansion Program for Workers with Disabilities
(602) 417-6677
www.azahcccs.gov/applicants/categories/workingdisabled.aspx

AHCCCS Medicare Cost Sharing Packages
(602) 417-6700
Arizona Long Term Care System (ALTCS)
(602) 417-6600
www.azahcccs.gov/applicants/application/ALTCS.aspx

Partnership for Prescription Assistance
(888) 477-2669
www.pparx.org

State Health Insurance Assistance Program (SHIP) - (Medicare)
(800) 432-4040
www.azdes.gov/daas/ship

Social Security Administration
(800) 772-1213
www.ssa.gov

**Dental**

   Dental on Central
   (602) 266-1776
   www.dentaloncentral.com

**Home Modification**

   **Ability360 Home Modification**
   (602) 256-2245

**Home Repair**

   **Home Repair and Safety**

   Angels on Call
   (480) 668-0566 x24
   www.angelsoncall.org

   **Duet**
   (602) 274-5022
   www.duetaz.org

   **Foundation for Senior Living (FSL)**
   (602) 532-2976
   www.fsl.org

   **Rebuilding Together Valley of the Sun**
   (480) 774-0237
   www.rebuildingtogetherphx.org

**Homeless Shelters**

   **Community Shelters**

   Central Arizona Shelter Services (CASS)
   (602) 256-6945
   www.cassaz.org

   **CONTACT Shelter Hotline**
   (602) 263-8900

   Salvation Army Family Services
   (602) 267-4130 (shelter)
   www.salvationarmyfamilyservices.com

**Domestic Violence**

   Chicanos Por La Causa (CPLC) De Colores
   (602) 269-1515

   Chrysalis
   (602) 955-9059
   www.noabuse.org

   New Life Center
   (623) 932-4404
   www.newlifectr.org

   Sojourner Center
   (602) 244-0089
   www sojournercenter.org

   UMOM (United Methodist Outreach Ministries)
   (602) 275-7852
   www.umom.org

**Housing Assistance**

   **Subsidized/ Low Income**

   Ability360 - Resources
   (602) 256-2245

   Apartment Finders
   (602) 957-7000
   www.aptfind.com/

   Housing & Urban Development (HUD)
   (602) 744-4500
   www.maricopahousing.org

**Housing Authorities**

   **Arizona Department of Housing**
   Arizona Department of Housing
   (602) 771-1000
   www.azhousing.gov

   **Housing Authorities By City**

   Chandler Housing Authority
   (480) 782-3200
   http://affordablehousing.chandleraz.gov/Chandler/Home.asp

   Glendale Housing Authority
   (623) 930-2180

   Mesa Housing Authority
   (480) 644-3544

   Peoria Housing Authority
   (623) 486-4375

   Phoenix Housing Authority
   (602) 534-2141
Housing Resources

Alternative Housing
Step by Step Transitional Living / My 2nd Chance Rental
(602) 393-4400

Assisted Living
Senior Directory
(800) 955-8510
www.seniordirectory.com

Behavioral Health
ABC Housing (Arizona Behavioral Corporation)
(602) 712-9200

Discrimination Assistance
Arizona Fair Housing Center
(602) 548-1599
www.azfairhousing.net

Eviction Assistance
211 Arizona
211
www.211Arizona.com

Foreclosure Assistance
AZ Dept. of Housing Mortgage/ Foreclosure Hotline
(877) 448-1211

Licensure/ Licensing Services
Arizona Dept. of Health / Division of Licensing Services
(602) 364-2536
www.azdhs.gov/als/index.htm

Senior Independent Living
Foundation for Senior Living (Persons 18+ with Disabilities)
(602) 285-1800
www.fsl.org

Independent Living
Independent Living Information
American Association of People with Disabilities
(800) 840-8844
www.aapd.com

Area Agency On Aging
(602) 264-2255
www.aaaphx.org

Ability360
(602) 256-2245
www.ability360.org

Division of Developmental Disabilities (DDD)
(602) 542-0419
www.azdes.gov/ddd

Independent Living Rehabilitation Services
(602) 470-1802
www.azdes.gov/rsa/ILRS

Independent Living Research Utilization
(713) 520-0232
www.ilru.org

Senior Adult Independent Living (SAIL)
(602) 264-4357
www.aaaphx.org/INDEPENDENT-LIVING

Legal

Information & Services
Arizona State University Legal Clinic
(480) 965-6968

Arizona Attorney General’s Office
(602) 542-5025
http://www.azag.gov/

Arizona Center For Disability Law
(V/TTY) (602) 274-6287
www.azdisabilitylaw.org

Arizona Community Legal Services
(602) 258-3434
www.clsaz.org

Arizona Summit Law School
(formerly Phoenix School of Law)
(888) 749-5291
http://www.azsummitlaw.edu/student-resources/student-success-programs/experiential-learning

Lawyer Referral Service
(602) 257-4434 (Fee)

State Bar of Arizona
(602) 252-4804
www.azbar.org

Special Needs Planning
PLAN of AZ
(602) 759-8176
www.PlanofAZ.org
Medical Equipment
Assistive Technology
AZ Technology Access Program (AZTAP)
(602) 728-9534
www.aztap.org

AZ Technology Access Program (AZTAP)
(602) 728-9534
www.aztap.org

Medical Equipment Resources
AZ AT and DME Reuse COALITION
(602) 776-4699
www.azmedequipreuse.org

AZ AT and DME Reuse COALITION
(602) 776-4699
www.azmedequipreuse.org

East Valley Adult Resources (Mesa and 50+ only)
(480) 962-5612  x 116
www.evadultresources.org

Granite Reef Senior Center
(480) 312-1700 (Scottsdale)
www.scottsdaleaz.gov/seniors

Medical Equipment Specialties
(602) 956-3000

Southwest Lending Closet
(623) 876-5331
www.southwestlendingcloset.org

Symbius Medical
(602) 507-4212
www.symbiusmedical.com

Mental Health
Services and Support
Arizona Division of Behavioral Health Services
(602) 364-4558
http://www.azdhs.gov/bhs/

Brain Injury Alliance of Arizona
(602) 323-9165
www.biaaz.org

Depression & Bipolar Support Alliance
(800) 826 3632
www.dbsalliance.org

Mercy Maricopa Integrated Care Health Services
(800) 564-5465
http://www.mercymaricopa.org/

NAMI (National Alliance on Mental Health)
(800) 950-NAMI (6264)
www.nami.org

NAMI Valley of the Sun
(602) 244-8166
www.namivalleyofthesun.org

National Institute of Mental Health (NIMH)
(866) 615-6464
www.nimh.nih.gov

Recovery Innovations
(602) 650-1212
www.recoveryinnovations.org

Substance Abuse & Mental Health Services Administration
(877) SAMHSA 7
www.samhsa.gov

Parenting
Classes & Advocacy
Raising Special Kids
(602) 242-4366
www.raisingspecialkids.org

Family Involvement Center
(602) 288-0155
www.familyinvolvementcenter.org

Peer Support
Support Groups & Information
Ability360 - Any disability
(602) 256-2245
www.ability360.org

The ARC of Arizona (Developmental Disabilities)
(602) 234-2721
www.arcarizona.org

Arizona Spinal Cord Injury Association
(602) 507-4209
www.azspinal.org

ASSIST! to Independence - All disabilities on Navajo Reservation
(928) 283-6261

BNI / Barrow Connection
(602) 406-6280
www.thebarrow.org

CHEEERS (mental illness support)
(602) 246-7607
www.cheeers.org

DIRECT - All disabilities - Southern AZ
(520) 624-6452
http://directilc.org

Epilepsy Society of AZ
(602) 406-3581
www.epilepsyfoundation.org/local/arizona
Gamblers Anonymous  
(602) 266-9784  
http://www.gamblersanonymous.org/

LGBTQ - GLBT National Hotline  
(888) 843-4564  
www.glnh.org

National Alliance on Mental Illness (NAMI)  
(602) 759-8177

New Horizons - All disabilities (Northern AZ)  
(928) 772-1266  
www.newhorizonsilc.org

Recovery Innovations (mental illness support)  
(602) 650-1212  
www.recoveryinnovations.org

SMILE - All disabilities (Yuma)  
(928) 329-6681  
www.smile-az.org

Southwest Autism Research & Resource Center (SARRC)  
(602) 340-8717  
www.autismcenter.org

VOICE (self-advocate group in the west valley)  
(602) 814-9717  
www.voice-az.com

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**Personal Assistance Services**  
**Home Care**

**Ability360 Home Care Services**  
Maricopa - (602) 256-2245  
Pinal/Gila - (520) 316-4300  
Pima - (520) 449-8375  
www.ability360.org

**ALTCS (Arizona Long Term Care)**  
Arizona Long Term Care System (ALTCS)  
(602) 417-6600 Phoenix  
http://www.azahcccs.gov

**Community Resources**

Area Agency on Aging (SAIL Program)  
(602) 264-2357  
http://www.aaaphx.org/INDEPENDENT+LIVING

Arizona Caregiver Resource Line  
(888) 737-7494  
www.azcaregiver.org

DUET  
(602) 274-5022  
www.duetaz.org
Recreation & Sports
Fitness, Wellness & Activities

Ability360
(602) 256-2245
www.ability360.org

Ability360 Sports & Fitness Center
(602) 386-4566
www.ability360.org/sports

Service Animals
Service Dogs
Eye Dog Foundation For The Blind, Inc
(800) 393-3641
http://www.eyedogfoundation.org/index.php

Guide Dog Foundation for the Blind
(800) 548-4337
http://www.guidedog.org

Therapy Pet & Pet Care
Pet Food Pantry
(888) 679-1109

Social Security
Application Assistance
Disability Help Center
(602) 888-0602
www.ssdHelpCenter.org

Social Security Information
Social Security Administration
(800) 772-1213
www.socialsecurity.gov

Substance Abuse
Community Resources
Alcoholics Anonymous (AA)
(602) 264-1341

National Council on Alcoholism and Drug Dependence (NCADD)
(602) 264-6214

Narcotics Anonymous (NA)
(480) 897-4636

Transportation
ADA Certification
Valley Metro - Mobility Center
(602) 716-2100
www.valleymetro.org

Adaptive Driving-Instruction
Banner Good Samaritan Rehabilitation Institute
(602) 839-2317
www.bannerhealth.com

Driving to Independence
(480) 449-3331
www.drivingtoindependence.com

Cab Companies and Services
Arizona Spinal Cord Injury Association
(602) 703-2199

Duet
(602) 274-5022
www.duetaz.org

Valley Metro ADA Certification
(602) 716-2100

Valley Metro Dial-A-Ride
(602) 253-4000
www.valleymetro.org

Super Shuttle
(602) 244-9000
www.supershuttle.com/Locations/PHXAirportShuttlePhoenix.aspx

Van Rental
Wheelchair Getaways
(602) 494-8257

Vehicle Modifications
Ability Center
(866) 405-6806
www.abilitycenter.com

Dignified Motors
(877) 344-6686
www.drivvendesign.com

Leeden Wheelchair Lift & Sport
(480) 966-2372
www.leedenwheelchairliftingandsport.com

VMI Mobility Center
(602) 385-5999
www.vmimobilitycenter.com

Youth Advocacy
Services and Information
Ability360’s Empowering Youth in Transition Program
(602)256-2245

Raising Special Kids (Services for Parents)
(602) 242-4366
www.raisingspecialkids.org
Youth in Transition

Information & Referral

The Youth Addendum is a new addition to the Disability Survival Guide that has been created due to growing and changing needs within the community. While the youth addendum provides information for organizations and resources that specialize in youth populations, it is not all inclusive. Please refer to the Disability Survival Guide for more information or resources that may not be included within this youth addendum. We hope that this addendum provides additional support and information to children living with disabilities, as well as their families and support systems.
## Centers & Organizations in AZ

### Autism

- **Southwest Autism Research & Resource Center**  
  602-340-8717  
  autismcenter.org
- **Arizona Autism United**  
  602-773-5773
- **Accel**  
  602-995-7366
- **Center for Autism and Related Disorders**  
  602-325-2485
- **Autism Academy for Education and Development**  
  aaaed.org  
  480-240-9255
- **Autism Society of Greater Phoenix**  
  phxautism.org
- **Autism Speaks**  
  autismspeaks.org
- **AZ Assist**  
  azassist.com  
  480-779-0899
- **SEEDS for Autism**  
  602-253-4471  
  seedsforautism.org
- **Be Safe-: Autism, Safety, Police**  
  Besafethemovie.com

### Cerebral Palsy

- **UCP of Central AZ**  
  602-943-5472

### Down Syndrome

- **GiGi’s Playhouse**  
  480-451-7529
- **Accel**  
  602-995-7366
- **Sharing Down Syndrome AZ**  
  sharingds.org
- **Down Syndrome Network AZ**  
  480-759-9150  
  dsnetworkaz.org

### Epilepsy

- **Epilepsy Foundation (AZ Chapter)**  
  epilepsyyaz.org

### Spina Bifida/ Spinal Injuries

- **AZ Spinal Cord Injury Association**  
  azspinal.org
- **Christopher and Dana Reeve Foundation**  
  christopherreeve.com
- **Spina Bifida Association of Arizona**  
  https://sbaaz.org/

### Deaf-Blindness / Deaf / Visually Impaired

- **AZ Blind and Deaf Children’s Foundation**  
  (520) 577-3700  
  azblinddeafchildren.org
- **Foundation for Blind Children**  
  (602) 331-1470  
  seeitourway.com
- **American Foundation for the Blind**  
  afb.org
- **AZ Deaf-Blind Project**  
  https://asdb.az.gov/services/statewide-services/arizona-deafblind-project/
- **AZ State Schools for the Deaf and Blind**  
  https://asdb.az.gov
- **AZ Commission for Deaf and Hard of Hearing**  
  acdhhh.org  
  602-542-3323
- **Southern AZ Association for Visually Impaired**  
  saavi.us  
  520-795-1331
- **Valley Center for the Deaf**  
  vcdaz.org  
  602-267-1921

### Brain Injury

- **Brain Injury Alliance of AZ**  
  biaaz.org  
  602-508-8024
- **We’re Moving Forward**  
  Wmforward.org
Inclusive Resources
Crisis Response Network
crisisnetwork.org
602-427-4600
Raising Special Kids
602-242-4366
raisingarizonakids.com
SilverTree Special Needs Planning
866-949-6202
silvertreesnpl.com
AZ Center for Disability Law
azdisabilitylaw.org
602-274-6287
AZ Development Disabilities Planning Council
addpc.az.gov
602-542-8970
Bart Stevens Special Needs Planning
bssnp.com

Recreation Resources
Civitan Foundation (Employment Training and Community Training)
(602) 953-2944
http://civitanfoundationaz.com/
Daring Adventures
(602) 290-0214
http://daring-adventures.org/
Arizona Disabled Sports
(480) 835-6273
https://arizonadisabledsports.com/
Adaptive Sports USA
https://adaptivesportsusa.org/
(720) 412-7979

Adaptive Recreation Centers
Peoria
Mesa
http://mesaparks.com/sports-programs/adaptive-leisure
Phoenix
https://phoenix.gov/parks/adaptive-recreation
Scottsdale
http://scottsdaleaz.gov/social-services/adaptive-services
Tempe
http://tempe.gov/residents/recreation/adapted-recreation
Glendale
glendaleaz.com/parksandrecreation
Tucson
tucsonaz.gov/parksandrec/
Gilbert
gilbertaz.gov/parks
Chandler
chandleraz.gov/therapeutic
Special Olympics AZ
http://specialolympicsarizona.org/
(602) 230-1200
Junior Adaptive Athletes in Motion
(617) 686-7176
Driving to Independence
Drivingtoindependence.com
What are Centers for Independent Living?

Centers for Independent Living (CILs) are consumer controlled, community based, cross disability, non-profit agencies, established by the Rehabilitation Act of 1973, as amended in 1978. They are designed and operated within a local community by individuals with disabilities and provide an array of independent living services.

Each CIL has different services, based on what people with disabilities need in their community. However, every CIL is mandated to provide the following five core services: Information & Referral; Independent Living Skills Instruction; Individual and Systems Advocacy; Peer Support; and Transition.

ASSIST! To Independence
(928) 283-6261   www.assistti.org

New Horizons Disability Empowerment Center
(928) 775-8870   www.newhorizonsilc.org

Ability360
(800) 280-2245   www.ability360.org

SMILE
(855) 209-8363   www.smile-az.org

DIRECT Center for Independence
(800) 342-1853   www.directilc.org

National Centers are located online at www.ilru.org through Independent Living Research Utilization (ILRU).