Disability
RESOURCE GUIDE

Helpful Topics to Guide Someone with a Disability

Moving Forward and Living Well

Tips for Supporting Someone with a New Disability

Community Resources

A publication by
ABILITY360

Jen Zupon is a peer mentor who has Parkinson's disease.

She understands the value of community resources. Hear her firsthand experience:

Being a peer mentor allows me to share resources and things that are available to people that are out there. So, in one way or another, I am helping people get the tools that they need, and I am a resource for them to contact if they need me — even if I am not a mentor to them. ... There's a whole bucketload of tools and resources out there for people to utilize. So, that is where the impact comes in — that I have given someone a resource."

- Jen Zupon, Peer Mentor

You Can Thrive

If you or someone you love is new to disability, then this resource guide is for you.

The purpose of this guide is to provide the kinds of information and resources that may be needed to become more empowered and independent.

Disability is not a tragedy. It's just something that happens to some of us. It is true that living with a disability can come with additional challenges and obstacles, which oftentimes involve making some adjustments and doing things a little differently. Nevertheless, it is important to remember that you are not alone and that a great deal of work has been done to address some of those barriers.

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. We encourage you to think of this as your toolbox to greater independence and a better quality of life!

Never forget, this is your life. Choose what is best for you. By doing so, it is our hope that you'll enjoy the journey and appreciate the many wonderful experiences and relationships that await you.

Christopher J. Rodriguez
President and CEO of Ability360

08 Helpful Topics to Guide Someone with a Disability

Adaptation doesn't happen overnight. There are many components to the journey, including physical, emotional, mental and spiritual aspects. Read these basics on how to adapt with self-determination and support.

12 Moving Forward and Living Well

Meet four people who have experience with a disability and are living well. These 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.

16 Tips for Supporting Someone with a New Disability

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.

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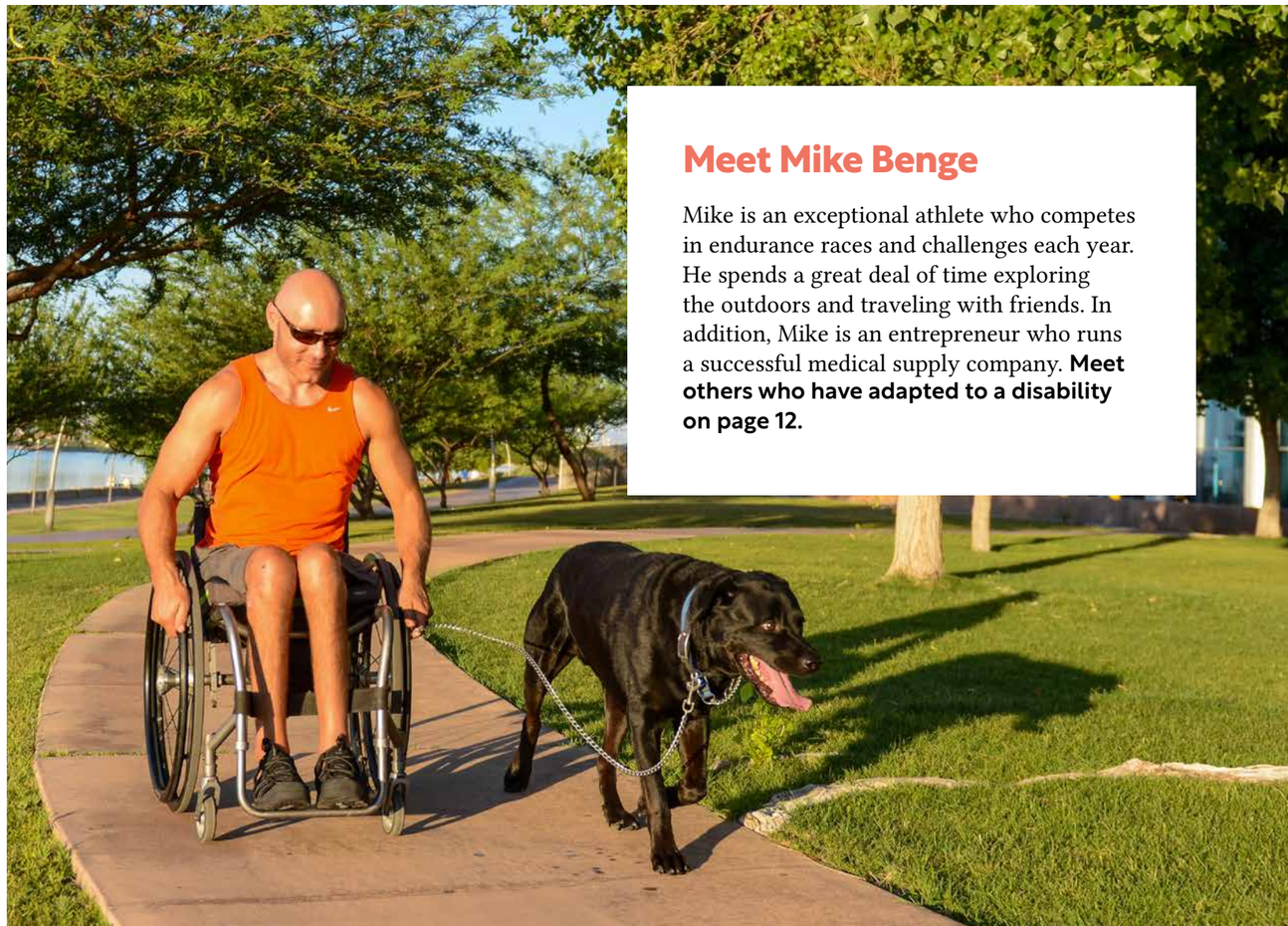


Meet Mike Benge

Mike is an exceptional athlete who competes in 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 12.**

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona.

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 and Systems Advocacy; Information and Referral; Independent Living Skills; Peer Support; Home Care Services; Work Incentives Consulting; Employment; Home Modification; Reintegration to Community; and Sports, Fitness and Recreation.

Ability360's Mission

Ability360 offers and promotes programs to empower people with all disabilities 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 other disability services organizations, and the Ability360 Sports & Fitness Center.

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

The center is a hub for uniting those with common goals to improve the lives of people with disabilities and is home to numerous events each year.

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 center hosts numerous national adaptive sporting events throughout the year.

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 and Annual Memberships

Ability360.org/Sports | (602) 386-4566

Helpful Topics to Guide Someone with a Disability

Adaptation to a Disability

Adaptation is a journey; it's not something that happens overnight. There are many components to the journey, including physical, emotional, mental and spiritual aspects. Even though you will face many challenges, you will also have plenty of good days. With self-determination and support, you can create a new life and begin your journey to live well with your disability. Here are the basics...

Emotional

Experiencing grief and loss is common. You may experience it in several ways, including denial, anger, depression and fear. Not everyone will feel all of these emotions, but it's important to understand that these are natural responses and part of the journey. If you find yourself constantly dealing with these emotions, many have found it beneficial to seek support from a doctor or a counselor.

Free 24/7 Counselor, Solari Hotline: (844) 534-4673

Mental

Your search for answers may take you places you have never gone before, but this may also be helpful in the healing process. Your mental adaptation includes your attitude, spirituality, beliefs and knowledge. While this might not always be easy, deciding to take charge of your life and to self-advocate may be helpful in many ways. Learning everything you can about resources, community support, your civil rights and gaining new skill sets better prepares you to move forward.

Physical

You may have to learn to adapt to physical changes. Whether it's mastering the use of a mobility device or adaptive technologies, the need to learn new skills will take time. Staying active, eating healthy and learning how to prevent secondary conditions can be beneficial.

Living Independently with Assistance

You may require assistance with certain activities while living with a disability. This may be especially true in the beginning. A caregiver is someone who can help you with personal hygiene and daily living tasks, including transferring, dressing, cooking, eating, housekeeping, shopping, medication reminders and more.

A caregiver can be a family member, friend or someone you hire. Finding one or more caregivers to meet your needs may be important to your health and well-being. Having a conversation with your physician or health care provider may assist in beginning this process.

Transportation

There are several transportation options for people with disabilities. From public transportation to vehicle modifications, there are resources available to help you stay active in the community. Driving a vehicle with adaptive equipment requires training and an adaptive equipment license endorsement. Numerous vendors have modified vehicles available for purchase or may be hired to modify your vehicle.

The Americans with Disabilities Act (ADA) requires existing public transportation to be accessible. Public transportation includes lift-equipped buses and Dial-A-Ride paratransit for those unable to use buses or the light rail. Taxi and rideshare services may be an option depending on your accessibility needs and where you live.

Employment and Education

Develop work skills and find employment that works well with your disability. This may require more skill training or education. Most community colleges and universities have disability resource centers that provide guidance. People with disabilities may qualify for grants and student loans to access programs to develop new skills and qualifications. Volunteering may also help you develop valuable work experience and hands-on opportunities to explore any accommodations you may need.

Many employers have "return to work" programs for individuals who are newly injured or diagnosed with a disability. The program can help qualified individuals return to their previous job or get another position with the same company if they can perform the assigned duties.

Programs are available to help people with disabilities understand how work may affect federal and state benefits. Many people with disabilities can benefit from the sense of productivity, contribution and increased financial independence that work provides. Fear of losing federal and state benefits should not be a barrier to exploring work opportunities.

Healthy Relationships

People with disabilities have the same desires and needs for healthy and safe interpersonal relationships as those without disabilities. However, the general public – and in some instances, the community that works with people with disabilities – may be uncomfortable or uninformed about the need for healthy and intimate relationships for people with disabilities. It's important to obtain current information and education about intimate relationships. Classes, peer groups and a consultation with your medical provider can help you gain the comfort, knowledge and skills to explore what a healthy and safe relationship looks like to you.

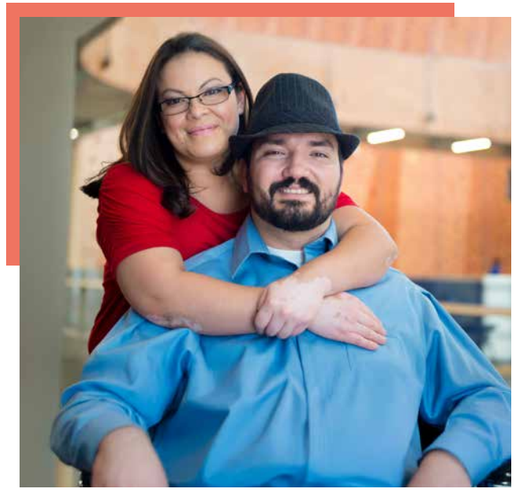
People with disabilities have the right to have relationships free from domestic and sexual violence, neglect and abuse. If you or someone you know is experiencing this, please contact the Arizona Coalition to End Sexual Domestic Violence (ACESDV).

AZ Hotline: (602) 279-2980 | ArizonaSurvivors.org

National Domestic Violence Hotline: 1 (800) 799-7233

Parenting

Being a parent with a disability or parenting a child with a disability may require creative thinking. Although daily activities may be done in non-traditional ways, you're still able to experience how rewarding parenthood can be. Resources that assist in building a network of support may be helpful for parents with a disability or parents raising kids with disabilities.



Housing

Housing accessibility can be a need. An existing house, condo or apartment can sometimes be modified or adapted. Disability organizations may have resources that can provide you with a consultation that can give you some guidance. If needed, there are advocacy tools, such as the Fair Housing Act, that provide legal protection for people with disabilities experiencing landlord or real estate discrimination.

Mentoring and Networking

One of the hallmarks of the Independent Living philosophy is that people with disabilities know best what it takes to live well with their disability and achieve the lifestyle they choose for themselves. When you are ready, you will find that many peer programs exist for you to interact with people who have similar experiences.

Leisure and Recreation

Leisure and recreation opportunities exist for people with all types of disabilities. No matter the sport or hobby, you will find others who have the same interests. You can learn how to adapt an activity to your ability. Adaptive equipment is available to help you participate in sports, hobbies and outdoor activities you are interested in. Arizona is home to numerous teams that play adaptive sports for you to join or cheer on.

Self-Advocacy

Self-advocacy, or speaking up for yourself, is a fundamental and essential skill for anyone living with a disability who wants to reach their goals. There are many times you will need to speak up for your needs, whether it is working with your doctor, advocating for accessibility at your favorite shopping center, or supervising your caregiver. Becoming comfortable and proficient in your self-advocacy skills is vital to getting your needs met.

Centers for Independent Living and other disability organizations can assist you in developing self-advocacy, systems-advocacy and legislative-advocacy skills.

Moving Forward and Living Well

Jennifer Longdon

Jennifer Longdon's passion for advocating on behalf of people with disabilities started in 2004 when the path of her life changed in an instant. She survived a random drive-by shooting that caused her to become paralyzed.

Since then, Jennifer worked on change for the good of her community. Jennifer has been an advocate against gun violence, spearheading efforts and helping advance policy changes from the state to national levels. She has raised awareness to improve the lives of people with disabilities, increasing opportunities and access for other underserved groups along the way. She served as the Chair of the City of Phoenix Mayor's Commission on Disability Issues. She was also a member of the Arizona Legislature from 2018 to 2024, signing significant bills related to disability.

Today, Jennifer continues to fight for equal opportunities and the needs of people with disabilities.

Mohamed "Mo" Moalim

Mo was playing with his cousins when he found himself in the crossfire of a random shootout. A stray bullet hit Mo's spine as they fled, which resulted in paraplegia at the age of nine.

During a physical therapy session, Mo observed a wheelchair basketball team practice, which led to a new passion.

"I had never even picked up a basketball before," Mo said. "It was love at first sight, basically. I love how fast [the wheelchair basketball team] was pushing it. I knew I wanted to do this."

Mo became proficient very quickly while playing for the Phoenix Suns Youth Wheelchair Basketball team. Mo credits his coaches for acting as strong role models and giving him the drive and determination to keep improving his game.

Mo continued to pursue his athletic career and now plays for the Division I wheelchair basketball team at the University of Illinois.

Cheston Brown

Cheston Brown is an autistic, 14-year-old boy with a mitochondrial disorder, asthma, epilepsy and utilizes a G-tube. He began using storyboards with one of his teachers as a way to help him communicate. It helped him explain how he was feeling, especially as he experienced anxiety before hospital appointments or after procedures.

The storyboards eventually turned into children's books about his experiences. Cheston created the CHB Publishing Company. His main goal with the stories was to help himself and kids like him feel safe.

"It helps me remember that I can do hard things, even when they feel impossible," Cheston said. "No matter how small my accomplishments may seem, they are still very important."

Cheston aims to donate his books to hospitals and schools. Some of his books detail how he was able to get through hospital stays when he was sick. There are also fun stories about his family and friends.

The Ahrenberger Family

Lori and Steve Ahrenberger describe their 26-year-old son, Brian, as a happy-go-lucky, "go with the flow" type of person.

He enjoys spending time with his parents, accompanying them on various types of outings, from the grocery store to Lake Havasu, where the family spends time on their boat. Born with cerebral palsy and hypotonic quadriplegia, their family has experienced challenges navigating Brian's disability. They are proud of how close they have become through this experience.

The family has found it important to utilize caregiving services. It takes some pressure off of Lori and Steve, allowing them to have time to care for themselves while having the comfort of knowing Brian has the support he needs.

"It's nice to have help doing the daily things we do for Brian – showering, taking him to the bathroom, making lunch and dinner," Lori said.

Having these caregiving supports allows the family time to enjoy more activities outside of the house, such as lake trips and fishing outings.

Ability360: Empowering People with Disabilities Since 1981

Visit Ability360.org to explore all of our programs and services that help people achieve independence and self-sufficiency, including:

Independent Living Skills Instruction
One-on-one and group Independent Living Skills Instruction

360 in the Kitchen
Helps you learn important cooking skills that can help you be more independent in the kitchen

360Youth
Provides Pre-Employment Transition Services (Pre-ETS), which are career exploration and job readiness services that help students with disabilities prepare for future employment

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

This is MY Life (TIML)
Teaches self-determination and self-advocacy skills to people with developmental disabilities receiving DDD services that are 16 years and older

Reintegration to Community
Provides support for individuals who are newly injured or diagnosed in hospitals or rehabilitation centers, as well as those living in nursing homes or long-term care facilities who want to reintegrate into community life

Employment Services
Assistance and support to people with disabilities seeking employment through the Social Security Administration 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

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

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

Tips for Supporting Someone with a New Disability

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

01 There are no magic words for you to say. Understand that the individual is responsible for their physical, emotional, mental, and spiritual healing, but they may benefit from your support to do this.

02 You are a great asset to the individual. Never underestimate how important your visits are, even if they don't always go well. By spending time with someone, you are showing that person that they are of value. Don't be surprised if they fall asleep when you come to visit them — rehab is tiring! Fatigue, medications, and uneven sleeping patterns can affect their energy. Keep in mind, there may be strong emotions and reactions.

03 Allow the individual to adapt on their own timeline. Pressuring someone before they are ready may produce undesired results. Support them in setting simple goals and developing a daily routine.

04 Create a resource file. There will be many resources you want to keep track of, including medical professionals, procedures, medications, information and community resources. Find a system or process that works for you so this information is available in the future, if needed.

05 Don't be afraid to ask questions. All questions are valid and you deserve to have all of them answered. Write questions down as they come to you so you don't forget them.

06 Everybody involved hopes and wishes for the best outcome (i.e., complete and full recovery). Hope for healing and recovery is important and can come in different ways, but it's important to plan for other outcomes.

07 Laughter is okay. Laughter is therapeutic. Don't be afraid to laugh together when the time is right.

08 If you are a spouse who is considering being the primary caregiver for your loved one, be sure to speak with your medical provider to look at all care options. Home care services may be available. Becoming a caregiver may change the relationship dynamic. Develop a care plan that includes support and resources for you as well.

09 With any accident, injury, or illness, the whole family grieves. Your grief process is your own. 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.

10 Keep the lines of communication open. Your family and friends can be a really powerful support system, providing a listening ear and encouragement. This can be especially helpful when given by people who know you well and understand how to best support you.

11 There may be a point in this journey where you find that it would be helpful to reach out to more professional support. Sharing and acknowledging your feelings with a counselor or a support group may be helpful.

12 While in a care facility, your loved one may spend a great deal of time in their room. Brighten it up with pictures, items and photos. Be sure objects are placed in easy view. Ask your loved one what items they would like from home. Pet therapy may also be very beneficial. Ask your care facility staff if you can bring the family pet in for a visit. Be aware that some items may bring up emotional memories.

13 Take care of yourself. Your wellbeing is essential to supporting your loved one. Prioritizing proper nutrition, sufficient rest, and stress management may help you stay healthy and more effective in your caregiving role.

14 Smart technologies may be available to help your loved one better control their environment and to communicate with friends and family. Some examples may be voice-activated systems, device apps and video calls.

EASTBOUND

Community Resources

Navigating the vast amount of community resources related to disability and independent living can be overwhelming, especially when you are just learning how to adapt 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.

This list of resources 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, accessible transportation, or employment services, this guide is for you!

Advocacy

Advocacy Organizations

Ability360
(602) 256-2245 | (800) 280-2245
ability360.org

Americans with Disabilities Act (ADA)
(800) 514-0301 | TTY: (800) 514-0383
ada.gov

American Association of People with Disabilities (AAPD)
(202) 457-0046 | (800) 840-8844
aapd.com

Arizona Developmental Disabilities Planning Council
(602) 542-8970
addpc.az.gov

AZ Commission for the Deaf and Hard of Hearing
(602) 542-3323 | Video Phone: (480) 559-9441
TTY: (800) 352-8161 - 520 and 928 Area Codes only
acdhh.org

Arizona Disability Advocacy Coalition (AzDAC)
(602) 386-4279 | TTY: (602) 364-0990
azdac.org

Arizona Council of the Blind
azcb.org

Arizona Housing Coalition
(602) 340-9393
azhousingcoalition.org

AZ Technology Access Program (AZTAP)
(602) 728-9534 | (800) 477-9921 | TTY: (602) 728-9536
aztap.org

Autism Society of Greater Phoenix
(480) 779-0899
info@PHXautism.org - Preferred contact method
phxautism.org

Disability Rights Arizona
(602) 274-6287
disabilityrightsaz.org

Encircle Families
(602) 242-4366 | (800) 237-3007
encirclefamilies.org

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

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

National Alliance on Mental Illness: Valley of the Sun
(602) 244-8166 | Crisis: (800) 631-1314
namivalleyofthesun.org

Pacific ADA Center (PDBTAC)
(800) 949-4232
adapacific.org

State Independent Living Center (SILC): Arizona
(602) 271-4100
azsilc.org

Disability Service Organizations

Arizona Alzheimer's Association
(602) 528-0545 | (800) 272-3900
nia.nih.gov/alzheimers

American Cancer Society: Arizona Chapter
(602) 224-0524 | (800) 227-2345
cancer.org

American Diabetes Association: Arizona Chapter
(602) 861-4731 | (800) 342-2383
diabetes.org

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

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

AZ Relay Service
Relay Phone Service: 711
Voice: (866) 259-1768 | TTY: (800) 347-1695
azrelay.org

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

Arthritis Foundation: Arizona Chapter
(602) 264-7679
arthritis.org/local-offices/az

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

Cystic Fibrosis
(602) 224-0068
cff.org

Division of Developmental Disabilities (DDD)
(844) 770-9500
des.az.gov/ddd

Epilepsy Foundation of Arizona
(602) 406-3581
epilepsyaz.org

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

First Place Arizona
(602) 464-6600
firstplaceaz.org

Institute for Human Development (IHD) at Northern Arizona University (NAU)
(928) 523-7988
legacy.nau.edu/ihd/community-services

Joni and Friends
(602) 275-2568
joniandfriends.org

Leukemia and Lymphoma Society
(602) 567-7600
lls.org

Lions Sight and Hearing Foundation
(602) 954-1723
LS-HF.org

Muscular Dystrophy Association: Arizona Chapter
(480) 496-4530
mdausa.org

National Multiple Sclerosis Society: Arizona-New Mexico Chapter
(480) 496-4530
nationalmssociety.org/resources/get-connected/in-your-area/aza

National Stuttering Association
westutter.org

Sonoran Center for Excellence in Disabilities
sonorancenter.arizona.edu

Southern Arizona Network for Down Syndrome (SANDS)
sandsaz.org

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

SAAVI Services for the Blind
saavi.us/

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

The Stuttering Foundation
(800) 992-9392
stutteringhelp.org

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

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

Caregiving

Ability360 Home Care Services
(602) 256-2245 | (800) 280-2245
AZ Relay Service: 711
ability360.org

Ability360 Main Office: Central Phoenix
(602) 256-2245 | (800) 280-2245
AZ Relay Service: 711
ability360.org

Ability360: Glendale Office
(602) 424-4100 | (800) 280-2245
AZ Relay Service: 711
ability360.org

Ability360: Gilbert/Mesa Office
(480) 655-9750 | (800) 280-2245
AZ Relay Service: 711
ability360.org

Ability360: Pinal-Gila County Office
(520) 316-4300 | (800) 280-2245
AZ Relay Service: 711
ability360.org

Ability360: Pima County Office
(520) 449-8375 | (800) 280-2245
AZ Relay Service: 711
ability360.org

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

Arizona Caregiver Coalition
(888) 737-7494
azcaregiver.org

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

Arizona Caregiver Coalition Caregiver Resource Line (Respite Program)
(888) 737-7494
info@azcaregiver.org

DUET
(602) 274-5022
duetaz.org

Ryan House
(602) 530-6920
ryanhouse.org

Communications

Assistive Technology

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

Arizona Talking Books Library
(602) 255-5578
azlibrary.gov/talkingbooks

Lifeline Support
(800) 234-9473
lifelinesupport.org

Phoenix Library Special Needs Center
(602) 261-8690 | TTY: (602) 254-8205

Sun Sounds of Arizona
sunsounds.org

Databases and Resource Websites

Online/Phone/Bulletins

211 Arizona
2-1-2001
211arizona.org

AZ Links (Aging and Disability Resource Center)
azlinks.org

ElderVention Behavioral Health (Area Agency on Aging)
(602) 264-4357 - 24-Hour Line
aaaphx.org

Domestic, Child, Adult, Elder Abuse/Neglect

Sexual and Domestic Violence

911

AZ Coalition to end Sexual and Domestic Violence
(602) 279-2900 | TTY: (602) 279-7920
acesdu.org

Child and Adult Abuse Reporting

Adult Protective Services
1 (877) 767-2385
azdes.gov

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

Child and Elder Abuse Resources

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

Child Crisis Arizona
(480) 834-9424
Child Abuse Hotline: 1 (888) 767-2445
childcrisisaz.org

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

Education

College/Disability Resource Centers

Arizona State University
(480) 965-1234
asu.edu/studentaffairs/ed/drc

Maricopa Community Colleges
(480) 831-8000
my.maricopa.edu/student-services/disability-resources-services

Northern Arizona University
(928) 523-7988
legacy.nau.edu/ihd/community-services

University of Arizona
sonorancenter.arizona.edu

Hotlines, Reporting

24 Hour Crisis Hotline

911

Solari Crisis and Human Services
1 (844) 534-4673 | (800) 631-1314
Text: HOPE to 4673 | Warm line: (602) 347-1100
crisis.solari-inc.org

Emergency Resources

911

Arizona Poison and Drug Information Center Hotline
(800) 362-0101
azpoison.com

National 24 Hour Domestic Violence Hotline
(800) 799-7233 | TTY: (800) 787-3224
Text: 23446 to 88788
thehotline.org

SACLAZ: Substance Awareness Coalition of Leaders of Arizona
saclaz.org

Child and Adult Abuse Reporting

Adult Protective Services
1 (877) 767-2385
azdes.gov

Child Protective Services/ Child Abuse Hotline
1 (888) 767-2445
dcs.az.gov/report-child-abuse

National Domestic Violence hotline
(800) 799-7233
thehotline.org

National Sexual Violence hotline
(800) 656-4673
rainn.org

Child and Elder Abuse Resources

AZ Coalition to end Sexual and Domestic Violence
(602) 279-2900 | TTY: (602) 279-7920
acesdu.org

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(602) 254-6400
centerforpreventionofabuse.org

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Child Abuse Hotline: 1 (888) 767-2445
childcrisisaz.org

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

Employment

Advocacy/Discrimination Information

Ability360 (For referrals)
(602) 256-2245
ability360.org

Arizona EEOC
eo.azgovernor.gov/eo/state-equal-opportunity-guidelines-and-manual

Job Accommodation Network (JAN)
(800) 526-7234
askjan.org

Pacific ADA Center (PDBTAC)
(800) 949-4232
adapacific.org

Employment Assistance

Ability360 Employment Services (AES)
(602) 943-0701
Ability360.org/employment

Arizona Workforce Connection/AZ@Work
(602) 542-2460
arizonaatwork.com

Fresh Start Womens Foundation
(602) 252-8494
freshstartwomen.org

Vocational Rehabilitation (VR)
(602) 542-7878 | TTY: (602) 542-3332
azdes.gov/rsa/vr

Benefits to Work/Social Security Work Incentive

Ability360 Benefits 2 Work Program
(602) 443-0720 | (866) 304-9675
benefits2work.org

Disability Benefits 101
az.db101.org

Financial Assistance

Community Action Programs, Utilities and Rental Assistance

Glendale Community Action Program (CAP)
(623) 930-2460
glendaleaz.com/live/city_services/citizen_assistance_programs/cap_office

Guadalupe Community Action Program (CAP)
(480) 730-3093 | (480) 505-5385
guadalupeaz.org/community-action-program-cap-0

John F. Family Service Center
(602) 534-2433
phoenix.gov/administration/departments/humanservices/programs-services/crisis-assistance

New Leaf Mesa Community Action Network
(480) 833-9200
turnanewleaf.org/services/financial-empowerment/mesacan

Phoenix Seniors Services Intake Line
(602) 262-6631

Scottsdale Community Action Program (CAP)
(480) 312-2323
maricopa.gov/5682/Community-Action-Program-Offices

Sunnyslope Family Services Center
(602) 534-2433
phoenix.gov/administration/departments/humanservices/service-locations

Tempe Community Action Program (CAP)
(480) 350-5880
tempeaction.org

Travis L. Williams
(602) 534-2433
phoenix.gov/administration/departments/humanservices/service-locations

Food Assistance

Food and Food Banks/Meals

All Faith Community Food Bank: Mobile food bank
(602) 255-0580

Andre House
(602) 255-0580
andrehouse.org

Arizona Association of Food Banks
(602) 528-3434 | (800) 445-1914
info@azfoodbanks.org

Home Delivered Meals (Meals on Wheels)
(602) 264-4357
mealsonwheelsamerica.org

Hope for Hunger Food Bank: Phoenix Rescue Mission
(602) 233-3000
phoenixrescuemission.org

Market on the Move (The 3000 club)
(623) 980-7357 | Text: (623) 980-7357
marketonthemove.org

Nourish Phx
(602) 254-7450
nourishphx.org

Produce On Wheels With-Out Waste
borderlandsproducerescue.org/programs/redistribute/borderlandspowwow

Salvation Army Family Services
(602) 267-4122
salvationarmyfamilyservices.com

St. Mary's Food Bank
(602) 242-3663
stmarysfoodbank.org

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

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

Health Insurance

Medicaid

AHCCCS (Arizona Medicaid Program)
(602) 414-4000
azahcccs.gov

AHCCCS Freedom to Work: Expansion Program for Workers with Disabilities
(602) 417-6677 | (800) 654-8713 - Option #6
azahcccs.gov/applicants/categories/workingdisabled.aspx

Arizona Long Term Care System (ALTCS)
(602) 417-6600
azahcccs.gov/applicants/application/ALTCS.aspx

Arizona Long Term Care System (ALTCS) Freedom to Work
(602) 417-5010 | 1 (855) 432-7587
azahcccs.gov/Members/GetCovered/Categories/workingdisabled

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

Medicare

Medicare
1 (800) 633-4227
medicare.gov/

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

State Health Insurance Assistance Program (SHIP): Understanding Medicare health plan choices
(800) 432-4040
azship.org

Dental

ATSU: A.T. Still University
(480) 219-6000
atsu.edu/arizona-schoolofdentistryandoralhealth

Coronado Mobile Dental
(480) 461-8683
coronadodental.com

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

Pacific Dental Services Foundation
pdsfoundation.org

Home Modification

Ability360
(602) 256-2245
ability360.org

AllThrive 365 (formerly FSL)
(602) 532-2976
allthrive365.org

Habitat for Humanity Arizona
(602) 268-9022
habitatcaz.org

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

Homeless Shelters

Community Shelters

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

CONTACT Shelter Hotline
(602) 263-8900 | (800) 799-7739

Family Housing Hub
(602) 595-8700
fhhub.org

Housing Assistance

Subsidized / Low Income

Arizona Self Help by Wildfire
arizonaselfhelp.org

Housing Search AZ
1 (877) 428-8844
housingsearch.az.gov

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

Emergency Housing

Crisis Assistance and Social Services: City of Phoenix
phoenix.gov/administration/departments/humanservices/programs-services/crisis-assistance

Housing Authorities and Home Repair

Arizona Department of Housing
(602) 771-1000
housingaz.gov

Housing Authorities By City

Buckeye Housing Authority
(623) 349-6619
maricopahousing.org

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

Glendale Housing Authority
(623) 930-2180
maricopahousing.org

Maricopa County Housing Authority
(602) 744-4500
maricopahousing.org

Mesa Housing Authority
(480) 644-3544
maricopahousing.org

Peoria Housing Authority
(623) 486-4375
maricopahousing.org

Pima County Housing Authority
(520) 724-2460
pima.gov/2030/Housing-Resource-Assistance

Pinal County Housing Authority
(520) 866-7203
pinal.gov/584/Housing-Authority

Phoenix Housing Authority
(602) 534-2141
maricopahousing.org

Scottsdale Housing Authority
(480) 312-7717
maricopahousing.org

Surprise Housing Authority
623-222-4673
maricopahousing.org

Tempe Housing Authority
(480) 350-8950
maricopahousing.org

Housing Resources

Discrimination Assistance

Southwest Fair Housing Council
(520) 798-1568 | (602) 218-6491
swfhc.org

Foreclosure Assistance

AZ Dept. of Housing Mortgage/Foreclosure Hotline
(877) 448-1211
difi.az.gov/consumer/f/foreclosure

Rent and Utility Assistance

Crisis Assistance and Social Services: City of Phoenix
phoenix.gov/administration/departments/humanservices/programs-services/crisis-assistance

Sunnyslope Family Services Center: Multi-Purpose Family Services Center
(602) 495-5229
phoenix.gov/administration/departments/humanservices/programs-services/crisis-assistance

Housing Support

Arizona Behavioral Health Corporation (AHCCCS Housing Program)
azabc.org

Legal

Information and Services

Arizona State University Legal Clinic
(602) 258-3434
law.asu.edu/civillegalasst

AZ Attorney General's Office
(602) 542-5025
azag.gov

AZ Community Legal Services
(602) 258-3434 | (800) 852-9075
clsaz.org

Arizona Ombudsman: Citizens' Aide Office
(602) 277-7292
azoca.gov

Disability Rights Arizona
(520) 327-9547 | (602) 274-6287
disabilityrightsaz.org

Lawyer Referral Service
(602) 257-4434 (Fee)
maricopabar.org/?pg=clientReferrals

Veterans Legal Assistance Clinic
(602) 464-7820
phoenixlaw.edu/clinics

Mobility Equipment/ Adaptive Technology

AZ Technology Access Program (AZTAP)
(602) 728-9534 | (800) 477-9921
aztap.org

Ability360
(602) 256-2245
ability360.org

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

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

Foothills Caring Corp
(480) 488-1105
foothillscaringcorps.com

Granite Reef Senior Center/ Via Linda Senior Center
Scottsdale Residents Only: (480) 312-1700
scottsdaleaz.gov/seniors

Medical Equipment Specialties
(602) 956-3000

Solecito
(623) 876-5331
solecitoservices.com

Paralyzed Veterans of Americans: Arizona Chapter (Open to all)
(602) 244-9168
azpva.org

Southwest Lending Closet
(623) 932-1016
swlendingcloset.org

Mental Health

Services and Support

988 Lifeline (Suicide and Crisis Lifeline)
988 (videophone available) | Text: 988
988lifeline.org

Chicanos Por La Causa
(623) 247-046
cplc.org

Community Bridges
24/7 Access to Care line: (877) 931-9142
Main line: (888) 224-2087
communitybridgesinc.org

Copa Health powered by Marc Community Resources and Partners in Recovery: Andy Arnowitz
(480) 994-4407
communitybridgesinc.org

Copper Springs | There's Hope. There's Help
(480) 667-5500
coppersprings.com

Eric Gilbertson Advocacy Institute
(602) 712-9200
azabc.org/eg_institute

Mentally Ill Kids In Distress (M.I.K.I.D.)
1 (844) 805-2080
mikid.org

NAMI (National Alliance on Mental Health) Valley of the Sun
(800) 950-6264
namivos.org

Neighborhood Outreach Access to Health (NOAH)
(480) 882-4545
noahhelps.org

Recovery Innovations
(602) 650-1212 | (866) 481-5361
recoveryinnovations.org

Solari Crisis and Human Services
1 (844) 534-4673 | (800) 631-1314
Text: 4673 to 44673 | Warm line: (602) 347-1100
crisis.solari-inc.org

Terros Health
(602) 685-6000
terroshealth.org

Veterans Crisis Line
988 - Press 1 | Text: 838255
veteranscrisisline.net

Parenting

Classes and Advocacy

Autism Society of Greater Phoenix
(480) 779-0899
info@PHXautism.org - Preferred contact method
phxautism.org

Disability Rights Arizona (For IEP questions)
(520) 327-9547 | (602) 274-6287
disabilityrightsaz.org

Encircle Families
(602) 242-4366 | (800) 237-3007
encirclefamilies.org

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

Fresh Start Womens Foundation
(602) 252-8494
freshstartwomen.org

Feeding Matters
feedingmatters.org

Mentally Ill Kids In Distress (M.I.K.I.D.)
1 (844) 805-2080
mikid.org

Pilot Parents of Southern Arizona
pilotparents.org

Peer Support

Support Groups and Information

Ability360
(602) 256-2245
ability360.org

Alcoholics Anonymous (AA)
(602) 264-1341 | Mesa: (480) 834-9033
Glendale: (623) 937-7770
aa.org

Al-Anon Family Groups
1 (888) 425-2666
al-anon.org

Arizona Alzheimer's Association
(602) 528-0545 | (800) 272-3900
nia.nih.gov/alzheimers

Arizona Council of the Blind
azcb.org

American Diabetes Association: Arizona Chapter
(602) 861-4731 | (800) 342-2383
diabetes.org

Amputee Coalition of America: Arizona Chapter
amputee-coalition.org

Autism Society of Greater Phoenix
(480) 779-0899
info@PHXautism.org - Preferred contact method
phxautism.org

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

Banner Hospitals
bannerhealth.com/calendar

Best Buddies in Arizona
bestbuddies.org/arizona

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

Down Syndrome Network
(480) 759-9150
dsnetworkaz.org

Epilepsy Society of AZ
(602) 406-3581 | (888) 768-2690
epilepsyfoundation.org/local/arizona

Encompass Health
(623) 878-8800
encompasshealth.com/area/arizona-rehab

Gamblers Anonymous
GA Hotline: (602) 266-9784
GAM Anon Hotline: (602) 303-7876
gaphoenix.org

Mentally Ill Kids In Distress (M.I.K.I.D.)
1 (844) 805-2080
mikid.org

Muscular Dystrophy Association (MDA)
(800) 572-1717
mda.org

MORIAH Cooperative
(480) 779-9011
moriahus.org/us

NAMI (National Alliance on Mental Health) Valley of the Sun
(602) 759-8177

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

National Multiple Sclerosis Society
nationalmssociety.org/resources/get-support/find-support-groups-and-programs

National Federation of the Blind: Arizona
az.nfb.org

National Stuttering Association: Phoenix Chapter
(480) 276-8328
westutter.org

Narcotics Anonymous (NA)
(480) 897-4636
na.org

NubAbility
(618) 357-1394
nubability.org

One N Ten (Youth to young adult)
onenten.org

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

People First of Arizona (IDD)
(602) 725-3117
facebook.com/groups/499911246727733

Self-Advocacy Resource and Technical Assistance Center (IDD)
selfadvocacyinfo.org

St. Joseph's Hospital/Barrow Connection
(602) 406-6280
thebarrow.org

The Muhammad Ali Parkinson Center (MAPC) at Barrow Neurological
(602) 406-4931
BarrowNeuro.org/MAPC

The Trevor Project: LGBTQ+ Support
1 (866) 488-7386 - 24/7 line | Text: 78272 to 678-678
thetrevorproject.org

Recreation and Sports

Fitness, Wellness and Activities

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

Arizona Adaptive Water Sports
(602) 228-3660
azadaptivewatersports.org

Arizona Disabled Sports
(480) 835-6273
arizonadisabledsports.com

Arizona Coyotes Sled Hockey Association
coyotessledhockey.com

Barrow Neurological Institute: Therapeutic Recreation and Adventures
602-406-1620

Camp with a Ramp
campwitharamp.org

Challenger Baseball (Little League)
littleleague.org/play-little-league/challenger

Chandler
chandleraz.gov/therapeutic

Gilbert
gilbertaz.gov/parks

Glendale
glendaleaz.com/parksandrecreation

High Country Adaptive Sports
(928) 525-4084
highcountryadaptive.org

Mesa
http://mesaparks.com/sports-programs/adaptive-leisure

Miracle League of Arizona
(480) 686-8137
info@miracleleagueaz.com

Move United
(301) 217-0960
moveunitedsport.org

New Horizons Arizona
newhorizonaz.org

Peoria
peoriaaz.gov/government/departments/community-services/recreation-programs/adaptive-recreation-ada

Phoenix
phoenix.gov/parks/adaptive-recreation

Scottsdale
http://scottsdaleaz.gov/social-services/adaptive-services

Southern Arizona Adaptive Sports
(520) 370-0588
soazadaptivesports.org

Special Olympics Arizona
(602) 230-1200
specialolympicsarizona.org

Tempe
http://tempe.gov/residents/recreation/adapted-recreation

Telephone Pioneer Park
(602) 386-4282
ability360.org/sports/tpp

Tucson
tucsonaz.gov/parksandrec

Report Identity Theft

Report Identity Theft to the Federal Trade Commission
identitytheft.gov

Service Animals

Service Dogs

Ability Dogs of Arizona
(480) 970-1322
abilitydogsaz.org

Canine Companions: Arizona Chapter
canine.org/location/southwest/chapter/grand-canyon-state-chapter

Eye Dog Foundation For The Blind, Inc
(800) 393-3641
eyedogfoundation.org

Guide Dog Foundation for the Blind
(800) 548-4337
guidedog.org

Power Paws Assistance Dogs
(480) 970-1322
azpowerpaws.org

Therapy Pet and Pet Care

Cause4Paws Pet Food Bank
(480) 577-6777
cause4pawsaz.org

Social Security

Social Security Information

Social Security Administration
(800) 772-1213 | Phoenix: (866) 964-4852
ssa.gov

Substance Use Supports

Community Resources

Alcoholics Anonymous (AA)
(602) 264-1341 | Mesa: (480) 834-9033
Glendale: (623) 937-7770
aa.org

Gamblers Anonymous
GA Hotline (602) 266-9784
GAM Anon Hotline (602) 303-7876
gaphoenix.org

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

Narcotics Anonymous (NA)
(480) 897-4636
na.org

Transportation

ADA Certification

Valley Metro: Mobility Center (Public transportation)
(602) 716-2100
valleymetro.org

General Transport

Dial-A-Ride
(602) 716-2200
Glendale Dial-a-Ride: (623) 930-3515
Peoria Dial-a-Ride: (623) 773-7435
Phoenix Dial-a-Ride: (602) 253-4000
valleymetro.org/accessibility/dial-ride

Valley Metro Paratransit
(602) 716-2200 | (800) 775-7295
TTY: (602) 258-9980 - use only if calling from a TTY machine
valleymetro.org/accessibility/ada-paratransit

Valley Metro Mobility Center (Public transportation)
(602) 716-2100

Accessible Public Transportation Education

Ability360
(602) 256-2245

Valley Metro Travel Trainer
(602) 716-2100

Adaptive Driving: Instruction

Banner Good Samaritan Rehabilitation Institute
(480) 581-3900 - ext. 3670
bannerhealth.com

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

Van Rentals

AMS Vans
(602) 560-4214
amsvans.com

United Access
(877) 501-8267 | 1 (888) 824-7413
braunability.org

Wheelers Van Rentals
(623) 294-8342
wheelersvanrentals.com

Vehicle Modifications

AMS Vans
(602) 560-4214
amsvans.com/arizona/phoenix

Dignified Motors
(877) 344-6686
drivvendesign.com

Leeden Wheelchair Lift and Sport
(480) 966-2372
leedenwheelchairliftandsport.com

United Access
(480) 999-5939
unitedaccess.com

Veterans and Military Member Resources

Ability360 Veterans Direct Care Program (Home Care Services)
(602) 256-2245
ability360.org

Ability360 Sports & Fitness Center: Military Past and Present Program
(602) 256-2245
ability360.org/sports/military

Arizona Department of Veterans' Services
(602) 255-3373
dvs.az.gov

Arizona Veterans' Donation Fund
(480) 617-8912
dvs.az.gov/services/financial-assistance/donation-fund

AZT Vets Program
(602) 252-4794
aztrail.org/get-involved/vets-program

Helping Hands for Freedom Financial Assistance for Veterans
(602) 845-1390
helpinghandsforfreedom.org

Home Base Arizona
(617) 724-5202
homebase.org/programs/arizona

Housing Assistance
(877) 424-3838
va.gov/housing-assistance

Paralyzed Veterans of Americans: Arizona Chapter (Open to all)
(602) 244-9168
azpva.org

U.S. Vets: Phoenix Chapter
(602) 397-4555
usvets.org/locations/phoenix

Veterans Crisis Line
988 - Press 1 | Text: 838255
veteranscrisisline.net

VA Benefits Hotline
(800) 827-1000

Voting Resources

Arizona Department of Transportation, Motor Vehicles Division
(602) 255-0072 | TDD: (602) 712-3222
azmvdnow.gov

Youth in Transition: Community Resources

The youth addendum 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 general resource list in previous pages for more information or resources that may not be included within this section. We hope that this provides additional support and information to children living with disabilities, as well as their families and support systems.

Centers and Organizations in AZ

Autism

Accel
(602) 995-7366
accel.org

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

Autism Society of Greater Phoenix
(480) 779-0899
info@PHXautism.org - Preferred contact method
phxautism.org

First Place Arizona
(602) 464-6600
firstplaceaz.org

Southwest Autism Research and Resource Center (SAARC)
(602) 340-8717
autismcenter.org

Cerebral Palsy

UCP of Central AZ
(888) 943-5472
ucpofcentralaz.org

Crisis

Arizona Teen Crisis Solutions
(623) 879-9600 - 24/7 line
suicide.org/hotlines/arizona-suicide-hotlines

Solari Crisis and Human Services
1 (844) 534-4673 | (800) 631-1314
Text: HOPE to 4673 | Warm line: (602) 347-1100
crisis.solari-inc.org

The Trevor Project: LGBTQ+ Support
1 (866) 488-7386 - 24/7 line | Text: 78272 to 678-678
thetrevorproject.org/

Deaf-blind

AZ Deaf-Blind Project
asdb.az.gov/services/statewide-services/arizona-deafblind-project

AZ State Schools for the Deaf and Blind
Tucson: (520) 770-3458 | Phoenix: (602) 771-5304
asdb.az.gov

AZ Commission for Deaf and Hard of Hearing
(602) 542-3323
acdhh.org

Deaf and Hard-of-hearing

AZ Commission for Deaf and Hard of Hearing
(602) 542-3323
acdhh.org

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

Driving Instruction

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

Down Syndrome

Accel
(602) 995-7366
accel.org

Down Syndrome Network AZ
(480) 759-9150
dsnetworkaz.org

GiGi's Playhouse
(480) 451-7529
gigisplayhouse.org/phoenix

Sharing Down Syndrome AZ
sharingds.org

Epilepsy

Epilepsy Foundation (AZ Chapter)
(602) 282-3515
epilepsyaz.org

Employment

Benefits 2 Work (16 and over)
(602) 443-0720 | (866) 304-9675
benefits2work.org

Employment Network (18 and over)
choosework.ssa.gov/library/fact-sheet-choosing-the-right-employment-network-for-you

Pathway to Work
(480) 307-6295
azpathwaytowork.org

Pre-Employment Transition Services (Pre-ETS)
des.az.gov/services/employment/working-disability/vocational-rehabilitation/pre-ets

Vocational Rehabilitation (VR)
(602) 542-7878 | TTY: (602) 542-3332
azdes.gov/rsa/vr

Education

Ability360
(602) 256-2245 | (800) 280-2245
ability360.org

Disability Rights Arizona
(602) 274-6287
disabilityrightsaz.org

Encircle Families
(602) 242-4366 | (800) 237-3007
encirclefamilies.org

General Advocacy

Ability360
(602) 256-2245 | (800) 280-2245
ability360.org

AZ Development Disabilities Planning Council
(602) 542-8970
addpc.az.gov

Disability Rights Arizona
(602) 274-6287
disabilityrightsaz.org

Encircle Families
(602) 242-4366 | (800) 237-3007
encirclefamilies.org/

Low Vision Blindness

AZ Blind and Deaf Children's Foundation
(520) 577-3700
azblinddeafchildren.org

Arizona Industries for the Blind
azifb.com

Foundation for Blind Children
(602) 331-1470
seeitourway.com

Foundation Fighting Blindness
(800) 683-5555
Fightingblindness.org

SAAVI Services for the Blind
(520) 795-1331
saavi.us

Parent / Caregiver Services

Ability360
(602) 256-2245 | (800) 280-2245
ability360.org

Arizona Caregiver Coalition Caregiver Resource Line (Respite Program)
(888) 737-7494
info@azcaregiver.org

Autism Society of Greater Phoenix
(480) 779-0899
info@PHXautism.org - Preferred contact method
phxautism.org/

Care 4 the Caregivers
(602) 320-6556
care4thecaregivers.org

Encircle Families
(602) 242-4366 | (800) 237-3007
encirclefamilies.org

Recreation Resources

Ability360
(602) 256-2245 | (800) 280-2245
ability360.org

Arizona Adaptive Water Sports
(602) 228-3660
azadaptivewatersports.org

Arizona Disabled Sports
(480) 835-6273
arizonadisabledsports.com

Camp No Limits
(207) 569-6411
nolimitsfoundation.org

Civitan Foundation (Employment Training and Community Training)
(602) 953-2944
civitanfoundationaz.com

Challenger Baseball (Little League)
littleleague.org/play-little-league/challenger

Chandler
chandleraz/gov/therapeutic

Gilbert
gilbertaz.gov/parks

Glendale
glendaleaz.com/parksandrecreation

Glendale Community College
gccaz.edu/community/fitness-centers/adapted-fitness

High Country Adaptive Sports
(928) 525-4084
highcountryadaptive.org

Mesa
http://mesaparks.com/sports-programs/adaptive-leisure

Move United
(720) 412-7979
moveunitedsport.org

NubAbility
(618) 357-1394
nubability.org

Muscular Dystrophy Organization
(800) 572-1717
mda.org

Peoria
peoriaaz.gov/government/departments/community-services/recreation-programs/adaptive-recreation-ada

Phoenix
phoenix.gov/parks/adaptive-recreation

Southern Arizona Adaptive Sports
(520) 370-0588
soazadaptivesports.org

Scottsdale
scottsdaleaz.gov/social-services/adaptive-services

Special Olympics AZ
(602) 230-1200
specialolympicsarizona.org

Telephone Pioneer Park
(602) 386-4282
ability360.org/sports/tpp

Tempe
tempe.gov/residents/recreation/adapted-recreation

Tucson
tucsonaz.gov/parksandrec

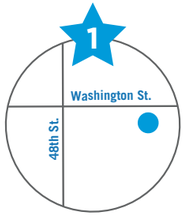
Spina Bifida/Spinal Injuries

Camp Patrick
(602) 614-2572
camppatrick.com

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

For an updated Community Resource list, scan the QR code or visit Ability360.org

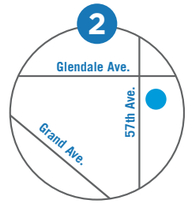
ABILITY360
Office Locations



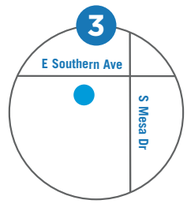
Phoenix Main Office
5025 E. Washington St.,
Suite 200
Phoenix, AZ 85034
(602) 256-2245

Sports & Fitness Center
5031 E. Washington St.
Phoenix, AZ 85034
(602) 386-4566

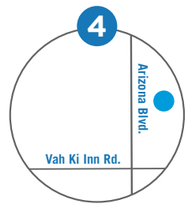
Telephone Pioneer Park
1946 W Morningside Dr.
Phoenix, AZ 85023
(602) 386-4282



Glendale Office
6829 N. 57th Ave.
Glendale, AZ 85301
(602) 424-4100



Mesa Office
205 E. Southern Ave.
Mesa, AZ 85210
(480) 655-9750

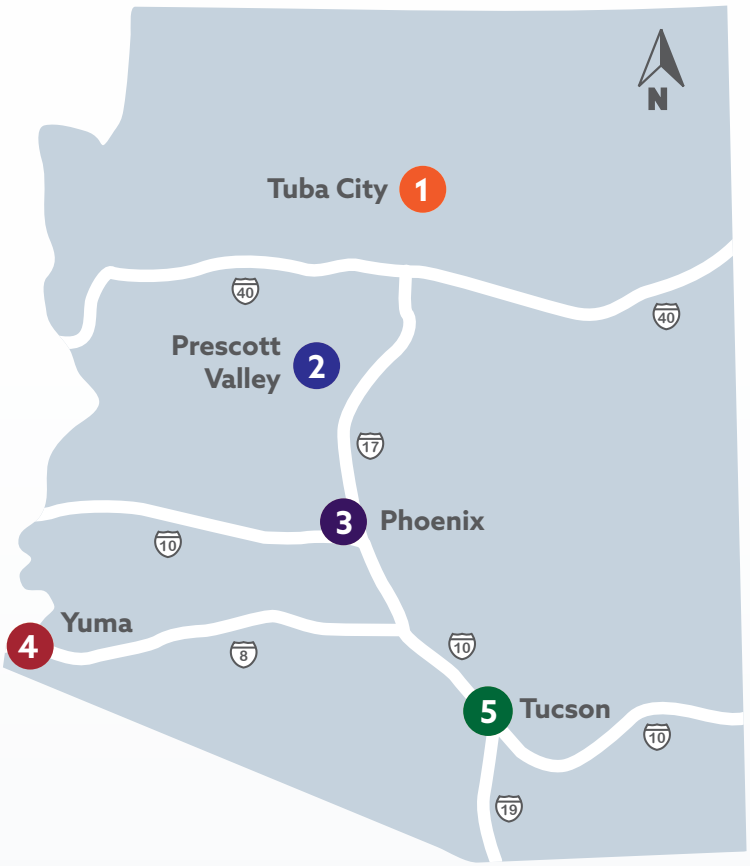


Coolidge Office
1419 N. Arizona Blvd.
Coolidge, AZ 85128
(520) 316-4300

Tucson Office
1001 N. Alvernon Way
Tucson, AZ 85711
(520) 449-8375

Toll Free (800) 280-2245
AZ Relay 7-1-1
Info@Ability360.org

ABILITY360.ORG



What are Centers for Independent Living (CILs)?

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 and Referral
Independent Living Skills Instruction
Individual and Systems Advocacy
Peer Support
Transition

Arizona Centers for Independent Living

1. Tuba City: **ASSIST! To Independence**
(928) 283-6261 | AssistTI.org

2. Prescott Valley: **New Horizons Disability Empowerment Center**
(928) 772-1266 | NHDEC.org

3. Phoenix: **Ability360**
(800) 280-2245 | Ability360.org

4. Yuma: **SMILE**
(855) 209-8363 | Smile-AZ.org

5. Tucson: **Direct Advocacy & Resource Center**
(520) 624-6452 | DirectAZ.org

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

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