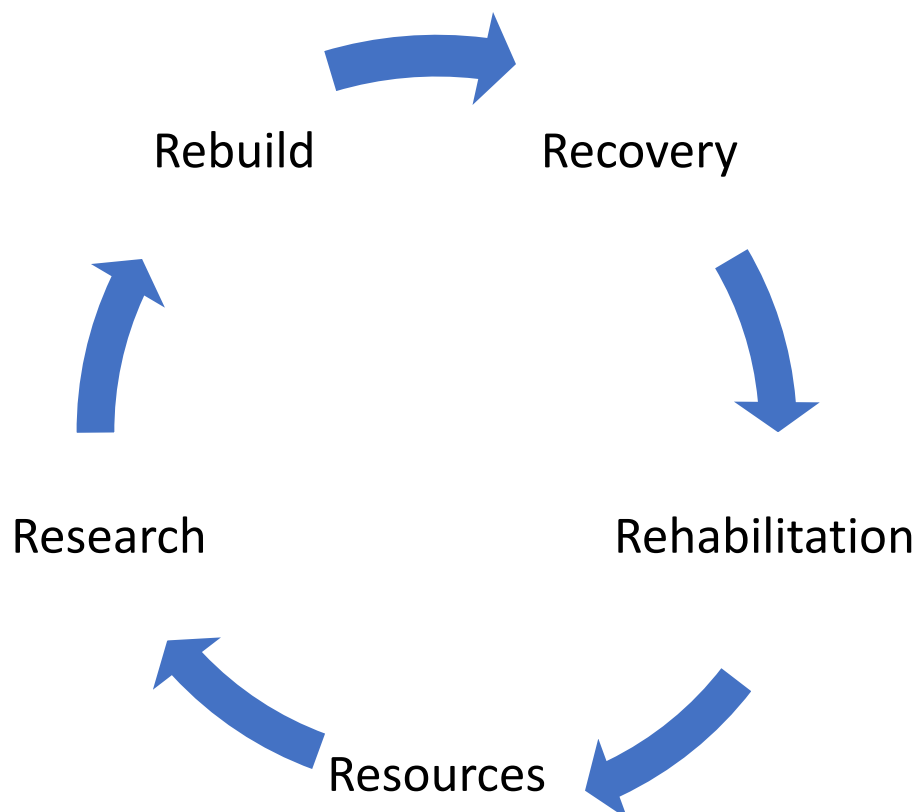


SPINAL CORD INJURY RESOURCE GUIDE



**Scan to download the
NORSCIS Resource Guide**

2024

NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

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For questions or assistance, please contact:

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Kanderson2@metrohealth.org

James Wilson, DO

Director, SCI Medicine and Fellowship

Co-Director, NORSCIS

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216-788-4414

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NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

CLINICAL CARE AND RESEARCH

MetroHealth Rehabilitation Institute (Research and Care)

<https://www.metrohealth.org/rehabilitation>

- **Outpatient appointments for adults and children, call 216-778-4414.**

Designed to help adults and children who have functional limitations or pain due to disease or injury, but who aren't in the hospital right now.

- **Inpatient services or admission for adults and children 13 years and older, call 216-778-4167.**

Provides advanced care for adults and children (13 years and older) recovering from serious medical conditions, including spinal cord injury, brain injury, stroke, orthopedic concerns, trauma or surgery.

- **SCI Medical Home Clinic.** A Medical Home is a patient-centered philosophy to provide comprehensive, team-based, coordinated, and accessible care focused on quality and safety. The healthcare system can be hard for anyone to navigate. Changes after SCI demand proactive and wholistic preventative care. Multiple healthcare specialties contribute to unusual concerns but finding high quality and convenient wheelchair-accessible care is not simple. We want to streamline the process for people with SCI and avoid miscommunication or missed opportunities. ***The central piece of the new SCI Medical Home is an interdisciplinary annual clinic.*** In one visit, patients will have the opportunity to see multiple providers and complete most needed blood tests and x-rays.

- SCI Physician: board certified and fellowship trained SCI specialists
- Family Medicine Physician: board certified, fellowship trained physician to provide full spectrum Primary Care or consultative SCI-specific preventative care, including basic OB/GYN care
- Physical and Occupational Therapy: assessment for declining function, discussion of new rehabilitation goals, evaluate for wheelchairs, equipment, home or vehicle needs
- SCI Nursing: careful skin and weight assessment, blood draws, vaccinations, digital screening tools, reeducation about SCI bowel, bladder and skin care
- SCI Researchers: discuss ongoing SCI research opportunities, SCI Model System updates, educational resources, and community outreach

NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

- SCI Specialty Referrals: SCI Wound Clinic, Osteoporosis Clinic, Spasticity Clinic, SCI Urodynamic Clinic, Wheelchair/Seating Clinic, Gerson Community Resource Center, Tetraplegia Management Clinic, Pain and Healing Center, High-Tech Driver Training and other specialty care providers
- If you or someone you care about has a spinal cord injury, reach out for more information today: **Call 216-778-4414 or sign up via <https://mychart.metrohealth.org/>**

Northeast Ohio Regional Spinal Cord Injury System (NORSCIS)

<https://www.metrohealth.org/rehabilitation/research/research-topics/norscis>

NORSCIS provides a comprehensive, multidisciplinary approach to the care of individuals with SCI at MetroHealth for acute rehabilitation for inclusion in the National SCI Database (NSCID) and provides lifetime comprehensive integrated care from time of injury. NORSCIS utilizes intramural and collaborative research projects to test innovative approaches to treating SCI and to assess rehabilitation outcomes.

For more information, contact Megan Hammond, Program Manager, mhammond1@metrohealth.org, 216-957-3562

Benjamin S. Gerson Family Resource Center

<https://www.metrohealth.org/physical-therapy/vocational-therapy/gerson-family-resource-center>

The Gerson Center connects you with community resources after a trauma or illness puts your life on hold. Many people are referred to us by their physicians, social workers or therapists. However, you don't need a referral.

Call 216-778-2388 to make an appointment, or toll-free 866-339-9775.

Our certified rehabilitation counselor meets with you and your family for an initial needs assessment. That conversation helps us determine what resources might be helpful for you. Then, we make referrals to resources to assist with issues such as:

- Home health aides and respite care
- Housing and transportation
- Medical equipment
- Mental health and substance abuse treatment
- Preventive care
- Recreation and wellness
- Support groups
- Vocational services

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Driver Rehabilitation

<https://www.metrohealth.org/physical-therapy/vocational-therapy/driver-rehabilitation>

The MetroHealth Rehabilitation Institute offers a Driver Rehabilitation Program. We offer driver evaluations, training, and vehicle modification consultation by a certified driver rehabilitation specialist. For more information about the program, please contact the Driver Rehabilitation Specialists at 216-778-2293.

To schedule an appointment, please call 216-778-4414.

Tetraplegia Management Clinic

<https://www.metrohealth.org/rehabilitation/about-the-institute/clinical-programs/tetraplegia-management-clinic>

The aim of the MetroHealth Tetraplegia Management Clinic is to restore upper extremity function to people who have a spinal cord injury utilizing innovative techniques. To accomplish this, we provide a thorough assessment of your current physical abilities. We will take time to discover your personal goals. As a team, we collaborate with you to determine the best course of action for your rehab journey. If you are eligible for more than one intervention, we will develop short term and long-term plans tailored to maximize your outcomes.

To learn more and schedule an appointment, please call 216-957-3571.

Wheelchair and Seating Clinic

<https://www.metrohealth.org/physical-therapy/wheelchair-and-seating-clinic>

MetroHealth's Wheelchair and Seating Clinic assists people of all ages, no matter the diagnosis. People come to us due to spinal cord or brain injuries, diseases like multiple sclerosis, or trouble using a walker without falling. Others may be receiving stroke rehab, trauma rehabilitation or amputee therapy. The clinic is led by an experienced physical therapist who is also a certified assistive technology provider. We work with certified wheelchair vendors. One will be present in the clinic to help recommend equipment you can test-drive. This saves you the time and trouble of making separate appointments. These professionals will also conduct a home visit to make sure your equipment works for you there. Everyone in our clinic is friendly and caring, working hard to ensure that your purchase process is quick and smooth. They even help you navigate the insurance paperwork required to cover the cost of your chair.

To learn more about our wheelchair clinic services, call 216-778-4414.

NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

ALT Lab

The MetroHealth Adaptive Life Technologies (ALT) Lab promotes clinically guided, peer informed, and community-collaborative assistive technology provision to individuals living with SCI throughout Northeast Ohio.

- exposes patients to a wide variety of technologies to meet clinical goals beyond those targeted in traditional rehabilitation including home automation, environmental control, computer access, and adaptive gaming -- among others.
- a new clinical service offered in the MetroHealth physical medicine & rehabilitation (PM&R) department
- is comprised of Blake Perkins, a credentialed physical therapist and assistive technology professional, and Stephen Polakowski, an information technology expert and business owner. Both Blake and Steve are individuals living with SCI, supplementing their professional expertise with invaluable lived experience.

As a part of the MetroHealth PM&R department, the ALT lab works closely with physicians, other therapy team members, researchers, and licensed social workers to identify and address barriers to obtaining technologies.

The ALT lab additionally has partnered with the Cleveland State University SCI Volunteer Corps to assist in the installation and configuration of select technologies for individuals in need.

To schedule an appointment with the ALT Lab contact Blake Perkins at 216-957-3691 or bperkins@metrohealth.org

Cleveland SCI

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

Northeast Ohio's online source for SCI information, research, and engagement.

Institute for Functional Restoration

<http://restorefunction.org/>

The mission of the Institute for Functional Restoration is to restore function to people with paralysis by creating a sustainable commercial enterprise for neuromodulation systems.

Cleveland FES Center

<https://fescenter.org/research/clinical-trials/spinal-cord-injury-programs/>

NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

A trans-disciplinary alliance of active, passionate and committed professionals, in science and medicine, specializing in the fields of biomedical and neural research, engineering, medicine, and rehabilitation. We embrace an open-door, collaborative, compassionate, and inquisitive engagement.

Clinical Trials for SCI

www.scitrials.org

SciTrials.org provides the community with a way of finding out about spinal cord injury clinical trials that are relevant to them in the fastest way possible by enabling individuals to:

- Search via location, injury details, therapies and outcomes
- Receive email updates on new trials of interest to them
- Find answers for the most common questions about trials
- Have the clinical information distilled into everyday language
- Applying quickly and directly to the trials in the web site

NORTHEAST OHIO REGIONAL SCI SYSTEM (NORSCIS)

COMMUNITY ORGANIZATIONS

United Spinal Association Northeast Ohio Chapter

<http://www.usaneo.org/>

The United Spinal Association Northeast Ohio Chapter is committed to sustaining a supportive community offering educational and recreational opportunities for individuals with Spinal Cord Injuries and related neurological diseases. Virtual Meetings every month on the 3rd Monday, starting at 7:00 pm EST. Visit www.facebook.com/unitedspinalneo for more information.

The Spinal Cord Injury Volunteer Corps

A new organization made of Cleveland State students from engineering, physical therapy, occupational therapy, are seeking partners with SCI.

They want to help with tasks that are typically overlooked and fill that gap in care. Tasks we are especially interested in helping with are:

- Companion visits
- Errands
- Minor Home Automation (Amazon Echo set-up, etc.)
- Other jobs on the same scale.

If interested, please email csu.scivc@gmail.com

Getting Back Up

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

This organization provides qualified individuals with funding for participation in Exercise-Based Recovery Programs and the purchase of Adaptable Products. These programs and products have been proven to greatly improve the physical and emotional well-being of the injured individual.

Center for Stroke and Hand Recovery (took over Buckeye Wellness Center)

<https://strokeandhandrecovery.com/>

Activity-based recovery programs designed to meet the needs of individuals living with spinal cord injury and stroke. Led by Dr. of Occupational Therapy, Sharon Covey, her staff assists clients in performing repetitive, weight-bearing exercises, strengthening and cardiovascular activities, and traditional therapies that have potential to restore function and maintain health. The facility and equipment are wheelchair accessible. Insurance is accepted.

5910 Harper Rd. Suite 102 Solon, OH 44139

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Call to schedule appointment 844-987-8765
sharoncoveyotr@gmail.com

PVA Buckeye Chapter

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

The Paralyzed Veterans of America, Buckeye Chapter strives to improve the quality of life of honorably discharged veterans who have spinal cord injury, dysfunction or illness including but not limited to multiple sclerosis and ALS (Lou Gehrig's disease) through advocacy, medical research, sports and recreation, education and communication.

Northwest Ohio United Spinal Chapter

<https://unitedspinal.org/chapter/northwest-ohio-chapter-of-united-spinal-association/>

We are committed to sustaining a supportive community that offers educational and recreational opportunities for individuals with spinal cord injuries and related neurological diseases. Together we provide emotional support for families and friends, as well as promoting community awareness and the prevention of spinal cord injuries.

Victim's Assistance Program (Summit County)

<https://victimassistanceprogram.org/>

At Victim Assistance Program we empower our community to restore lives impacted by crisis, violence, and tragedy. We help over 6,000 individuals in Summit County, Ohio each year through crisis intervention, advocacy, and education to both victims and to those in the professional community who assist them. We help all victims impacted by crisis, violence, and tragedy regardless of age, sex, religion, nationality, sexual orientation, disability, or ability to speak English.

Ryan Shazier Fund

<https://ryanshazierfund.org/>

The Ryan Shazier Fund for Spinal Rehabilitation has the mission to “*give those with spinal cord injuries (SCIs) and their caregivers the support, resources and funding they need to live independent and meaningful lives.*” Individuals that live in eastern Ohio, western Pennsylvania, and northern West Virginia may be eligible for various programs including the Golden Window program, Ryan Time, caregivers portal, and Woodland retreats. Phone (412) 356-2057

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EDUCATION

Model Systems Knowledge Translation Center – Spinal Cord Injury
The MSKTC works closely with researchers in the 14 Spinal Cord Injury (SCI) Model System Centers to develop resources for people living with spinal cord injury and their supporters. These user-friendly resources are grounded in evidence and available in a variety of formats such as printable PDF documents, videos, and slideshows.

<https://msktc.org/sci>

Topics include:

<https://msktc.org/sci/factsheets/guide-inpatient-rehabilitation-services-people-spinal-cord-injury>

<https://msktc.org/sci/factsheets/adaptive-sports-and-recreation>

<https://msktc.org/sci/factsheets/adjusting-life-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/aging-and-sci>

<https://msktc.org/sci/factsheets/areas-high-risk-developing-pressure-sores>

https://msktc.org/sci/factsheets/autonomic_dysreflexia

<https://msktc.org/sci/factsheets/bladder-management-options-following-sci>

<https://msktc.org/sci/factsheets/bone-loss-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/bowel-function-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/building-skin-tolerance-pressure>

<https://msktc.org/sci/factsheets/causes-and-risks>

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

<https://msktc.org/sci/factsheets/driving-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/employment-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/exercise-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/getting-right-wheelchair-what-sci-consumer-needs-know>

<https://msktc.org/sci/factsheets/how-do-pressure-reliefs-weight-shifts>

<https://msktc.org/sci/factsheets/maintenance-guide-users-manual-and-power-wheelchairs>

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

<https://msktc.org/sci/factsheets/opioids-and-your-health>

<https://msktc.org/sci/factsheets/pain-after-spinal-cord-injury>

<https://msktc.org/sci/factsheets/pain-after-spinal-cord-injury-activity-modification-musculoskeletal-pain>

<https://msktc.org/sci/factsheets/personal-care-attendants-and-spinal-cord-injury>

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

<https://msktc.org/sci/factsheets/preventing-pressure-sores>

<https://msktc.org/sci/factsheets/recognizing-and-treating-pressure-sores>

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

<https://msktc.org/sci/factsheets/safe-transfer-technique>

<https://msktc.org/sci/factsheets/sexuality-sexual-functioning-after-sci>

<https://msktc.org/sci/factsheets/skincare-and-pressure-sores-spinal-cord-injury>

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

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<https://msktc.org/sci/factsheets/spinal-cord-injury-and-gait-training>
<https://msktc.org/sci/factsheets/surgical-alternatives-bladder-management-following-sci>
<https://msktc.org/sci/factsheets/surgical-and-reconstructive-treatment-pressure-injuries>
<https://msktc.org/sci/factsheets/manual-wheelchair-what-spinal-cord-injury-consumer-needs-know>
<https://msktc.org/sci/factsheets/power-wheelchair-what-spinal-cord-injury-consumer-needs-know>
<https://msktc.org/sci/factsheets/understanding-spinal-cord-injury>
<https://msktc.org/sci/factsheets/understanding-spinal-cord-injury-part-1-body-and-after-injury>
<https://msktc.org/sci/factsheets/understanding-spinal-cord-injury-part-2-recovery-and-rehabilitation>
<https://msktc.org/sci/factsheets/urinary-tract-infection-and-spinal-cord-injury>
<https://msktc.org/sci/factsheets/wheelchair-information>

Craig Hospital Spinal Cord Injury Resource Library

<https://craighospital.org/resources> (Tons and tons and tons of topics – with downloadable PDFs)

PVA Consumer Guides

<https://pva.org/research-resources/publications/consumer-guides/>

Topics:

- a) Autonomic Dysreflexia: What You Should Know 2022
- b) Blood Clots: What You Should Know
- c) Consumer Sexuality Guidelines 2012
- d) Bladder Management Following Spinal Cord Injury: What You Should Know
- e) Respiratory Management Following Spinal Cord Injury: What You Should Know
- f) Preservation of Upper Limb Function Following Spinal Cord Injury: What You Should Know
- g) Pressure Ulcers: What You Should Know
- h) Expected Outcomes C1-3: What You Should Know
- i) Expected Outcomes C4: What You Should Know
- j) Expected Outcomes C5: What You Should Know
- k) Expected Outcomes C6: What You Should Know
- l) Expected Outcomes C7-8: What You Should Know
- m) Expected Outcomes T1-9: What You Should Know
- n) Expected Outcomes T10-L1: What You Should Know
- o) Expected Outcomes L2-S5: What You Should Know
- p) Depression: What You Should Know
- q) Neurogenic Bowel: What You Should Know

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r) Cardiometabolic Risk After Spinal Cord Injury

Kessler Foundation Spinal Cord Injury Courses – Free

- **Managing Medical Complications After Spinal Cord Injury** <https://www.kflearn.org/courses/managing-medical-complication-after-spinal-cord-injury> Medical complications, such as changes in bowel function, pressure ulcers, and pneumonia are common after spinal cord injury (SCI). These conditions can have a significant impact on day-to-day activities and quality of life if they are not managed properly and can result in rehospitalization and in some cases even death. The purpose of this educational video series is to provide information to individuals with SCI and caregivers on the management and prevention of some common medical complications that are associated with SCI. Topics covered are: Bowel Management, pressure ulcers, and pneumonia.
- **Sexuality Reborn** <https://www.kflearn.org/courses/sexuality-reborn> Spinal cord injury (SCI) causes a number of changes in sexual functioning. Despite these changes, people with SCI can participate in and enjoy an active and fulfilling sex life. In this video, Sexuality Reborn, which was funded by the Paralyzed Veterans of America, the physical and emotional effects of SCI are frankly discussed by four couples. These couples demonstrate and share their personal experiences concerning self-esteem, dating, bowel and bladder function, sexual response and varying types of sexual activities.
- **Understanding Spinal Cord Injury: A Course for Personal Care Assistants** <https://www.kflearn.org/courses/understanding-spinal-cord-injury> This course is designed to help the training of personal care assistants who work with clients with spinal cord injury (SCI). The course's goal is to increase knowledge about SCI, improve communication, and enhance quality of care.

Online Health Maintenance Tool – Free

<https://healthmaintenancetool.com/>

This tool is a guide to help understand and troubleshoot problems that individuals may experience throughout their spinal cord injury journey. It provides information, tips and tools to help you self-manage [your health](#) in 6 key areas:

- Mental health
- Bladder

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- Bowel
- Skin
- Pain
- Autonomic dysreflexia

SeePain Online Pain Management Resource – Free

<https://www.frontiersin.org/articles/10.3389/fpubh.2023.1197944/full>

The SeePain was developed because people living with SCI said they wanted more information about pain to better understand it, to learn more about how to manage pain, and to be able to talk with their healthcare providers who may not have expertise in SCI. The SeePain is based on published pain literature and many interviews with people living with SCI and chronic pain, their significant others, and healthcare providers with SCI expertise. The name SeePain was chosen because pain cannot be seen by others and many people with SCI have been told that they cannot have pain. The long-term goal of the SeePain is to empower people living with SCI and pain to make their pain manageable and reduce its negative impact on their quality of life.

Health Resources for Women with SCI

<https://www.hereforwomenwithsci.org/Home>

The purpose of this website is to provide a directory of links to consumer-based information, education, and resources on healthcare topics for women after SCI (e.g., videos, downloadable books). This site also provides a growing list of practitioners who serve women with SCI throughout the nation and a network of professionals and consumers who are interested in the health and wellness of women with SCI.

SCI Research Advocacy Course – Free

<https://nascic.org/courses/nascic-community-engagement-program-cep/>

This educational resource helps individuals with spinal cord injury understand their spinal cord injury, learn more about the research process, learn more about different types of research that is ongoing for spinal cord injury, and learn about how to become involved in research in multiple ways.

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EQUIPMENT AND SUPPLIES

Accucare Home Medical Equipment

<https://www.accucarehomemedical.net/>

5419 Mayfield Rd, Lyndhurst, OH 44124

(440) 605-0447

26997 Center Ridge Rd, Westlake, OH 44145

(440) 899-1060

Best Solutions Home Medical Supplies and Equipment

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

Wickliffe, Ohio

(440) 373-1200

Hill-Rom

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

Various beds, lifts, respiratory products

Miller's Rental and Sale

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

Cleveland area

5410 Warner Rd, Cleveland, OH 44125

(216) 642-1447

Mobility Plus Northfield

<https://www.mobilityplus.com/northfieldoh>

(330) 748-0675

Mobility Plus Dayton

<https://www.mobilityplus.com/dayton/>

(937) 949-8044

Mobility Plus Cincinnati

<https://www.mobilityplus.com/tricountyoh/>

(513) 469-4373

National Seating and Mobility

<https://www.nsm-seating.com/find-a-branch/>

Cleveland area

6430 Eastland Rd, Suite 1, Brook Park, OH 44142

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(440) 471-7973

Numotion wheelchair products

<https://www.numotion.com/products-services>

800 Resource Dr, Brooklyn Heights, OH 44131

(216) 539-5792

Sportaid

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

Sportaid has a large selection of wheelchairs, sports & everyday wheelchairs, wheelchair parts and accessories, urological products, wheelchair cushions. Sportaid has grown from a supplier of racing tires, wheelchairs, racing suits, and other racing related equipment to a supplier of everyday wheelchairs, wheelchair cushions, medical supplies, urological supplies, and daily living aids. If you have any questions please call 800-743-7203 or email at stuff@sportaid.com.

Living Spinal

<https://livingspinal.com/>

Living Spinal is owned and operated by people living with paralysis. They have a very large selection of wheelchairs, mobility products, seating options, accessories, daily living aids, bathing and toileting aids, medical supplies, and much more. For assistance, call 619-810-0010 or email info@livingspinal.com

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RAMP PROGRAMS

Lifeway Mobility

<https://www.lifewaymobility.com/cleveland/wheelchair-ramps/> Free on-site ramp assessment services in the Greater Cleveland and surrounding areas. They provide short term rental, rent to own, and certified used modular ramp options as well as installation services.

City of Parma Economic Development & Community Services

Through our Handicap Ramp Installation program, we install handicap wheelchair ramps at the designated dwelling entrance for income eligible homeowners with a documented medical necessity for themselves or a family member residing therein.

5517 State Road, Parma, OH 44134 (216) 661-7372

Erik Tollerup

AIP Help: Ramp Services

Contact: Bob Welch -330-665-0036

Needs 3–4-day notice and 1 day install.

United Way of Jefferson County

Volunteers build handicap ramps for Jefferson County residents

<https://www.unitedway-jc.org/>

511 N. Fourth St., P.O. Box 1463

Steubenville, OH 43952

(740) 284-9000

Beth Rupert-Warren

Council on Aging/Y-Men's Service Club

Club members build ramps for Marion-area residents in need.

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

P.O. BOX 275

Marion, OH 43302

(740) 387-0401

Bede Agner

AmRamp (Southern Ohio)

<https://www.amramp.com/franchises/cincinnati-ohio/>

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Founded in 1998 by Julian Gordon, Amramp has continued to grow as the leading provider of modular wheelchair ramps, stairlifts, vertical platform lifts and other accessibility solutions.

888-715-7598

Obtain funding for a residential wheelchair ramp

<https://www.ezaccess.com/post/get-funding-for-a-residential-wheelchair-ramp>

Next Day Access

Provides solutions for accessibility needs with the installation of commercial and residential wheelchair ramps, stair lifts, grab bars, patient lifts and other home accessibility products.

<https://www.nextdayaccess.com/cleveland-oh/>

330-594-9113

<https://www.nextdayaccess.com/columbus-oh/>

937-203-2197

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RECREATION

Adaptive Sports of Ohio

<https://adaptivesportsohio.org/>

The Adaptive Sports of Ohio is a nonprofit organization established to promote the health and wellness of individuals with physical disabilities. Here, we provide competitive and recreational adaptive sport opportunities throughout Ohio. Adaptive Sports of Ohio offers ten sports programs in Ohio and has partnered with the U.S. Olympic Committee to launch Paralympic Sport Ohio. We're headquartered in Wooster, Ohio; however, we have active programming in Cleveland, Akron, Columbus, Toledo, Youngstown, and more.

info@adaptivesportsohio.org

330-601-1400

Cleveland MetroParks Inclusive Outdoor Recreation Opportunities

<https://www.clevelandmetroparks.com/inclusiveprograms> All Outdoor Recreation programs have been evaluated regarding accessibility and activity level. With our professionally trained staff and ability to make equipment adaptations, most programs are accessible to anyone who would like to participate. Reasonable accommodations can be made, and those requests are best made no later than 72 hours prior to the program. For further information regarding program accessibility, please contact Outdoor Recreation at (216) 341-1704.

Fieldstone Farm Therapeutic Riding Center

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

Through a special partnership with horses, Fieldstone Farm Therapeutic Riding Center offers programs designed by professionals to foster personal growth and individual achievement for people with disabilities.

16497 Snyder Road Chagrin Falls, OH 44023

440-708-0013

Rec2Connect

<https://rec2connect.org/>

The mission of Rec2Connect is to utilize fully inclusive recreation therapy programs to connect people with and without disabilities and their families to community recreation, wellness, and lifelong leisure skills. They offer aquatics, exercise and movement, recreation therapy programming,

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outdoor adventures and more to residents in Cuyahoga, Summit, Portage, Lorain, Medina, Lake, and Geauga counties in Ohio.

2814 Detroit Avenue, Cleveland, OH 44113

330-703-9001

admin@rec2connect.org

Riders Unlimited

<http://www.ridersunlimited.org/>

Riders Unlimited offers horsemanship opportunities to individuals with and without physical, mental, emotional and psychological disabilities. We utilize the natural movement, personalities, and behaviors of our specially selected horses to teach riding and horsemanship skills and to provide many therapeutic benefits.

3140 N. Behlman Road, Oak Harbor, OH 43449

(419) 898-6164

Three Trackers of Ohio

<http://www.3trackers.org/>

Three Trackers of Ohio is a volunteer organization dedicated to the promotion of adaptive recreational sports to persons of all ages with a variety of physical disabilities.

The Turn

www.jointheturn.org

Since 2002, The Turn (formerly Northern Ohio Golf Association (NOGA) Charities & Foundation and Return To Golf® program) has been committed to serving people with physical disabilities in Northeast Ohio. Participants at The Turn receive personalized fitness services designed to improve balance, coordination, flexibility, and mobility. Individual and group programming sessions are conducted year round (45 weeks per year) on the campus of the Wharton Golf Center at North Olmsted Golf Club, which includes an on-site fitness center and indoor golf range.

Contact Shellie McQuaid at 440-686-1074 (ext. 210) or email:

smcquaid@jointheturn.org

Ukulele Support System for upper limb disabilities

<https://www.facebook.com/UkuleleProsthetics/>

This system is anchored to a desk or table and a person with bi-lateral disability plays facing the unit. Other adaptations are based on individual needs.

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Valley Riding

<https://valleyriding.org/>

Valley Riding provides quality English horseback riding instruction to physically and mentally challenged as well as able bodied children and adults and to educate the public to understand and appreciate horses in an urban setting. Therapeutic Riding is more than just sitting on a horse. The movements and shape of the horse allow tight, spastic muscles to relax to improve posture and balance. The horse can lend its strength and abilities to the rider. Therapeutic instruction improves eye/hand coordination, spatial relations, and an understanding of direction of varying complexity.

19901 Puritas Ave., Cleveland OH. 44135

216-267-2525

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STATE SUPPORT ORGANIZATIONS

Ohio Department of Aging, Long Term Care:

<https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/get-an-advocate>

Ohio guide to long term care services:

<https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/long-term-care-consumer-guide/>

Medicaid for older people and people with disabilities:

<https://medicaid.ohio.gov/FOR-OHIOANS/Programs/AgedBlindDisabled>
<https://medicaid.ohio.gov/RESOURCES/Publications/Materials>

Ohio Waivers service comparison:

<http://medicaid.ohio.gov/Portals/0/For%20Ohioans/Programs/Waivers/crosswalk-final-2015-01.pdf>

Ohio long term care insurance guide:

<https://ohiomemory.org/digital/collection/p267401ccp2/id/13475/>

Disability Rights Ohio

<https://www.disabilityrightsohio.org/>
<https://www.disabilityrightsohio.org/medicaid>

Ohio Bureau of Vocational Rehabilitation/ Opportunities for Ohioans with Disabilities (OOD)

<https://ood.ohio.gov/wps/portal/gov/ood/individuals-with-disabilities>

Empowering Ohioans with disabilities through employment, disability determinations, and independence.

The Bureau of Vocational Rehabilitation (BVR), now called Opportunities for Ohioans with Disabilities (OOD), provides individuals with disabilities services and supports necessary to help them attain and maintain employment. Disabilities may include physical, intellectual, mental health, or sensory disabilities. Vocational Rehabilitation (VR) services are customized for each individual through assessments and one-on-one meetings with professional VR Counselors. VR services are available in all 88 counties and include:

- Evaluation and treatment of an individual's disability;
- Information and referral services;

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- Vocational counseling and training;
- Job search and job placement assistance;
- Educational guidance (tuition resources and other support);
- Transportation services;
- Occupational tools and equipment;
- Personal attendant services (reader, interpreter, etc.)
- Home modifications if needed to obtain or maintain employment.

Centers for Independent Living

<http://www.ohiosilc.org/centers-for-independent-living/>

There are 12 Centers for Independent Living (CILs) in the State of Ohio.

CILs are unique in that a majority of board and staff members are individuals with disabilities. CILs are a one-stop resource for Ohioans with disabilities, providing a variety of programs and services. Our collective goal is to assist these citizens to live independently in their community of choice.

CILs provide the following services to individuals:

Advocacy

Information and Referral

Peer Support

Skills Training

Nursing home and institution transition to the community

Youth Transition

Diversion from nursing home or institution

Many CILs provide additional services beyond the list above that focus on working with individuals to achieve their goals of being more independent in the community. CILs also engage in their communities to work with partners to make the community more accessible and inclusive to all disabilities. CILs work with individuals of all ages, and all types of disabilities.

The Ability Center of Greater Toledo (ACT)

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

Offers HOME Choice services to Allen, Auglaize, Hancock, Hardin, Logan, Mercer, Paulding, Putnam, Sandusky, Seneca, and Van Wert counties.

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Access Center for Independent Living (ACIL)

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

Provides HOME Choice services (Transition Coordination, IL Skills Training and Community Support Coaching) to Montgomery, Greene, Clark, and Preble counties in addition to their four county service areas.

Center for Disability Empowerment

<http://www.disabilityempowerment.net/>

Provides HOME Choice, Personal Care Assistance Program Coordination and IL Core services to Franklin and Delaware counties. They also offer ADA training and consulting throughout Ohio.

Center for Independent Living Options (CILO)

<https://www.cilo.net/>

Provides OOD and Personal Care Assistance programs to Clinton, Lawrence, Pike, Ross, and Scioto counties.

Linking Employment, Abilities and Potential (LEAP)

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

Provides employment services to Lorain, Erie, Huron, Geauga, Lake, Medina and Cuyahoga counties. LEAP provides aging and disability services to Cuyahoga, Geauga, Lake, Lorain and Medina counties. They also offer IL (other funded), HOME Choice, Disability Benefits, Services, Assistive Technology and Youth Transition to Cuyahoga and Lorain counties.

Independent Living Center of North Central Ohio (ILCNCO)

<https://ilcnco.org/>

Provides HOME Choice services to Ashland, Crawford, Huron, Knox, Morrow, and Richland counties.

Southeastern Ohio Center for Independent Living (SOCIL)

<http://www.socil.org/>

Provides HOME Choice services to Fairfield and Hocking counties.

Mid-Ohio Board For Independent Living Environment (MOBILE)

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

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Provides HOME Choice services to Franklin, Delaware, Union, Madison, Pickaway, Licking, and Fairfield counties.

Services for Independent Living (SIL)

<http://www.sil-oh.org/>

Provides HOME Choice, peer support, and Personal Care Assistance services to Ashtabula County upon request.

Advancing Independence Network from Tri-County Independent Living Center (TCILC)

<https://www.ainohio.org/> Provides independent living services to Portage, Stark, Summit, and Wayne counties.

Western Reserve ILC (WRILC)

<http://www.wriloc.org/>

Provides HOME Choice (Transition Coordination, Community Support Coach, Independent Living Skills Training, and Community Living Specialist) to Trumbull, Mahoning, Columbiana and Ashtabula counties; as well as Emergency Preparedness Education, and Braille Transcription.

Maximum Accessible Housing of Ohio

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

The mission of Maximum Accessible Housing of Ohio is to develop and/or facilitate options in housing for people with physical disabilities.

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TRANSPORTATION

Public transportation Cuyahoga County

The Greater Cleveland Regional Transportation Authority (RTA) provides the following accessible transportation services:

1. Buses with the universal "wheelchair symbol" on the front, with wheelchair lifts or ramps to help people board buses safely and easily.
2. A bus fleet that is totally accessible.
3. ADA-accessible Rapid Transit stations, to help passengers safely ride RTA trains.

Paratransit service in specially equipped vehicles is provided to individuals who need more assistance than is available on the standard RTA services. These individuals must complete an application for ADA certification, available on the RTA Paratransit Service web site or by calling (216) 566-5124 or (216) 781-4757 (TDD).

For more information, visit <http://www.riderta.com/paratransit>

Public transportation Lorain County

Public transportation options in Lorain County are quite limited. Lorain County Transit (LCT) offers Dial-A-Ride service for LCT customers living and traveling within 3/4 of a mile on either side of a fixed LCT bus route. Ride-scheduling priority is given to ADA-certified customers with disabilities and customers who need transportation for urgent medical purposes. Service is available from 6 a.m. to 6 p.m. on weekdays and may be scheduled up to two weeks in advance, subject to seating availability. To schedule a trip, call (800) 406-7541 or (440) 365-0224.

Dial a ride Service- Reservations are required 2-14 days in advance of your trip. You can make reservations by calling LCT's Scheduling Office at (440) 365-0224 or toll-free (800) 406-7541

Cedar Transportation (216) 217-7777

Elite transportation (216) 281-6000

Provide a ride (888) 288-7050

Getting Around Cleveland in a Wheelchair

<http://wheelchairtraveling.com/transportation-getting-around-cleveland-ohio-with-wheelchair-access/>

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Americab Non-Emergency Medical Transportation

<https://americabs.com/nemt/>

Serves Cuyahoga, Eris, Stark, and Summit counties.

3380 W. 137th St., Cleveland, OH 44111

216-881-1111

Freedom 2 Go Non-Emergency Medical Transportation

<https://fdm2go.com/ambulette-service-cleveland-ohio/>

Wheelchair transportation services in the Cleveland area.

3570 Warrensville Center Rd #102b, Shaker Heights, OH 44122

216-386-2890

Kelco Transportation Services

<https://kelcoservices.com/wheel-chair-transport-cleveland/>

7877 Bainbridge Road, Chagrin Falls, OH 44023

440-542-4410

Wheelchair Accessible Vehicles

Mobility Works

MobilityWorks® is a national chain of wheelchair accessible van providers – serving the disability community with wheelchair accessible minivans, full-size vans with lifts and commercial fleet vehicles.

Akron

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-akron-cleveland-ohio/>

Cincinnati

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-sharonville-cincinnati-ohio/>

Cleveland

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-bedford-heights-cleveland-ohio/>

Columbus

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-plain-city-columbus-ohio/>

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Dayton

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-dayton-ohio/>

Toledo

<https://www.mobilityworks.com/locations/wheelchair-vans-for-sale-in-toledo-ohio/>

Other Wheelchair Accessible Vehicle Providers

Columbus

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

Marietta

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

Xenia

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

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GENERAL RESOURCES

Affordable Connectivity Program

You may qualify for free or reduced-rate high-speed internet through the federal government. Check here to see if you qualify:

<https://getinternet.gov/>

Christopher and Dana Reeve Foundation and the Paralysis Resource Center

<https://www.christopherreeve.org/living-with-paralysis>

Disability Resource Community

<http://www.disabilityresource.org/>

The Disability Resource Community is a platform designed for people with disabilities, their family members and caregivers to ask questions, share resources and build community around the things that matter most.

Eat Well, Live Well, with Spinal Cord Injury

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

A practical guide to help individuals with spinal cord injuries address secondary health complications in SCI through nutrition.

Facing Disability

<https://facingdisability.com/>

FacingDisability connects families experiencing a spinal cord injury (SCI) with the life experiences of others and provides information and resources for people with SCI, their families, caregivers, and professionals.

<https://facingdisability.com/resources> links to TONS of resources for SCI “*Voices of Experience*” is a 10-part video series for people with new spinal cord injuries that features people who have been living with paralysis for years.

<https://facingdisability.com/voices-of-experience-videos>

Facebook Page – Spinal Cord Injury Peer Support USA

<https://facebook.com/groups/SCPSUSA>

HelpHopeLive

<https://helphopelive.org/>

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HelpHopeLive supports community-based fundraising for people with unmet medical expenses and related costs due to cell and organ transplants or catastrophic injuries and illnesses.

Neurotech Network

<https://neurotechnetwork.org/>

Neurotech Network is a non-profit organization dedicated to improving the education of and the advocacy to access neurotechnology for persons with impairments. Learn about how these new alternative therapies and cutting-edge medical treatments impact the lives of people with neurological and psychiatric illnesses, diseases and disabilities.

North American SCI Consortium

<https://nascic.org/> The North American Spinal Cord Injury Consortium (NASCIC) brings together like-minded organizations, individuals, and groups to improve research, care, cure, and policies impacting people living with spinal cord injury, their families, and community.

Paralyzed Veterans of America

www.pva.org

PVA Yes You Can book

https://pva.org/wp-content/uploads/2021/09/yes-you-can_digital.pdf

SCI Info Pages

<https://www.sci-info-pages.com/>

This site is a free and informative resource for those living with a spinal cord injury or other disabling injuries or diseases of the spine. It is meant to be a “best of the web” site for SCI health and caregiver information. Visit regularly for updated resources, news and more.

Social Security Benefits for People with Disabilities

<https://www.ssa.gov/disability/>

SPINALpedia

<https://spinalpedia.com/index.php>

SPINALpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other with the knowledge and triumphs gained from our individual experiences.

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Understanding Medicaid
<https://www.macpac.gov>

United Spinal Association
<https://unitedspinal.org/>

Federal Resources Related to Disability

The PVA has numerous publications available online regarding advocacy and accessibility issues.

<https://www.pva.org/research-resources/publications/advocacy-and-accessibility/>

Within this link are numerous downloadable documents:

The Americans With Disabilities Act

The ADA: Tax Incentives

Accessible Transit And The Law

Preventing Discrimination In The Workplace

Questions And Answers About The ADA

Managing Personal Assistants

Fair Housing

Wheelchairs, Your Options And Rights

National Council on Independent Living
<https://ncil.org/>

Office of Disability Employment Policy
<https://www.dol.gov/agencies/odep>

While many workers experience injuries or health conditions that they believe prevent them from working, many *can* in fact return to work with a few simple modifications to their work environment, duties or schedule. For example, they may be able to work part time or from home, or with modifications to their job requirements and tasks. Employees should work together with their employers to identify what they need to resume working quickly and productively. This can include tools such as accommodations.

Parenting Resources

United Spinal Resource Center

<https://askus-resource-center.unitedspinal.org/index.php?pg=kb.chapter&id=363>

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SCI Parenting

<https://sciparenting.com/>

Facing Disability – personal parenting experiences

<https://facingdisability.com/?s=Parenting>

Wonderfully Ordinary: My story of motherhood

<https://www.youtube.com/watch?v=q2iKL2609Gg>

(published by The Rick Hansen Institute)

Karen developed a spinal cord injury at the age of 15. Despite the many challenges, Karen didn't let her injury stop her from achieving her goals. She has since gone on to have a successful career as a pediatric social worker, is a passionate advocate for spinal cord injury care and is also a wife and mother of two young children. Karen is also a member of the Perinatal Interest Group – a diverse committee working to increase dialogue and awareness between health care providers and women with spinal cord injury with an interest in sexuality, fertility and reproductive health. A one-day workshop hosted by the Perinatal Interest Group and supported by Rick Hansen Institute was held in November 2013 involving consumers, clinicians and researchers to initiate a collaborative process for addressing the significant gaps in knowledge and services for women with SCI.

Sexual Health

<https://scisexualhealth.ca/resources/>

List of the resources found within each chapter of this website.

Sexuality 101

Sexuality 201

Bowel + Bladder

Mobility

Contraception

Sensory

Relationships

Information for Partners

Sexual Self Image

Parenting and SCI

Female Fertility and Pregnancy

Male Fertility

Youth

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Foundations

Adversity 2 Alliance

<https://a2aalliance.org/>

American Mobility Project

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

Be Perfect Foundation

<https://bepperfectfoundation.org/>

Bridging Bionics Foundation

<https://bridgingbionics.org/>

Challenged Athletes Foundations Access for Athletes Grants

<https://www.challengedathletes.org/grants/>

Conquer Paralysis Now

<http://www.conquerparalysisnow.org/>

Ian Burkhardt Foundation

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

Kelly Brush Foundation

<https://kellybrushfoundation.org>

Operation Onward

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

Project 34

<https://projectthirtyfour.com/>

Surfgimp Foundation

<https://surfgimpfoundation.org/>

Tyler Schrenk Foundation

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

Unite 2 Fight Paralysis

<https://u2fp.org/>

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Other

PUSHLiving Network

<https://pushliving.com/>

PUSHLiving is a publisher, retailer, digital image library, travel operator, educator/trainer, business/marketing expert, and professional speaker service with the mission to elevate disability culture beyond charity and inspiration, to one of **real inclusion and opportunity**. PUSHLiving provides valuable resources, information, and services to people with mobility disabilities and those who care about including them in our society.

Sports 'n Spokes magazine

<https://sportsnspokes.com/>

SPORTS `N SPOKES gets you closer to the stories and people that matter. Since 1975, SPORTS `N SPOKES has been the world's best source for wheelchair sports and recreation and captivates, informs and entertains a global community of athletes, enthusiasts, organizations, caregivers and more.

New Mobility magazine

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

A colorful, award-winning lifestyle magazine, *New Mobility* encourages the integration of active wheelchair users into mainstream society with articles on health, advocacy, travel, employment, relationships, recreation, media, products and more. Ninety percent of its writers live with disabilities, creating a vibrant culture of disability journalism, philosophy and advocacy within each monthly edition. As the official publication of United Spinal Association, *New Mobility* advances the organization's mission to improve quality of life of people with spinal cord injuries and disorders by highlighting member opportunities for further education, peer support and community involvement.

National Center on Health, Physical Activity and Disability (NCHPAD)

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

Founded in 1999, the National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.

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Staying Healthy

<https://www.themiamiproject.org/participant/healthy-lifestyle/>

A collection of resources for staying healthy after SCI, including diet and nutrition, exercise, sports and leisure, and stretching.

<https://www.scitotalfitness.com/resources/helpful-videos/>

<https://www.spinalcord.org/disability-products-services/fitness-equipment-for-wheelchair-users/>

<https://livingspinal.com/active-mobility/wheelchair-exercise-equipment/>

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