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Foreword

The Spinal Cord Injury Consortium of the Greater Metropolitan Washington Area brings together healthcare providers with a particular interest in Spinal Cord Injury (SCI) and individuals affected by the condition. The Consortium, formed in 2002, is dedicated to improving the lives of persons living with SCI. If you are a member of this group, this SCI Resource Guide is for you.

As the Consortium began brainstorming about goals and visions, one of our first projects was a resource directory of businesses, healthcare providers, and community agencies that offer services to individuals with SCI. Our SCI Resource Guide, now in its 4th edition, has become a valuable tool for persons in this region. Each edition has been expanded to include more services, agencies and resources essential to the individual living with SCI. The layout and design of this edition has been revised to be a more user-friendly tool for you. It reflects a community that has a wide range of resources to meet your needs.

We want to thank our Editor, Daniela Castagnino, for her dedication to producing a Resource Guide that will serve each of you. We are indebted to members of the many focus and support groups who provided suggestions that are reflected in the format changes in this 4th Edition. The members of the SCI Consortium have spent deliberate, creative effort in the revision and expansion of the Resource Guide. Thank you to Grace Holt for her assistance with the final preparation of this document. We hope it will be a useful tool that will foster your independent living.

This booklet would not have been possible without the support of various individuals, foundations and organizations. In particular, we thank the Sam Schmidt Foundation and the Craig Neilsen Foundation for their belief in this project and their generous grants which have enabled our 4th Edition 2010 SCI Resource Guide to become a reality. We are grateful, as well, for our continued support from area rehabilitation facilities. Finally, we are most appreciative of a community that has recognized the importance of our work. It was with honor and sincere appreciation that we accepted the F. Michael Taff Humanitarian Award in January 2010 from the Rockville, Maryland, Human Rights Commission.

SCI Consortium of the Greater Metropolitan Washington Area is affiliated with SCI Network, the local National Spinal Cord Injury Association Chapter. SCIN is a non-profit, tax-exempt 501 (c) (3) organization.

Mission Statement

The SCI Consortium - Greater Metropolitan Washington Area is dedicated to improving the lives of persons living with spinal cord injury (SCI). Our mission is to work collaboratively with consumers and persons assisting and advocating for individuals living with SCI.

Our purpose is to improve the availability and accessibility of appropriate services and resources and provide vital health care information for the SCI community in our area.

Statement of Resources and Self Advocacy

Representatives of the services and programs listed in this Resource Guide have stated that they serve or are willing to serve persons living with Spinal Cord Injury/Dysfunction (SCI/D). Finding and accessing services and programs that are specific for the unique needs of the person living with SCI/D, will help you achieve an improved quality of life and increased independence.

Individuals living with SCI/D must learn to be their own best self-care advocate. We hope that these resources will enable you to advocate for the appropriate care and services. As your own self-care advocate, it is important that you:

- Have a basic understanding of your SCI/D
- Know the risks for secondary conditions and complications
- Receive health care from providers who are familiar with SCI/D or are willing to consult with a physician with SCI expertise
 - Request accessible services

SCI Consortium Members

Adventist Rehabilitation Hospital of Maryland

Dr. Terrence P. Sheehan, Chief Medical Officer**

Lisa Mathews, CTRS

Kelly Volk, PT, DPT, NCS, CBIS

Inova Mt. Vernon Rehabilitation Hospital

Allison Chapman, OT

Toni Jones, RN, MHA*

Kelli Marlow, PT

Stephanie Schwartz, DPT, ATP

National Rehabilitation Hospital

Cathy Ellis, PT

Amanda Goyne, PT

Mara Levy, MSOT, OTR/L

Inger Ljungberg, MPH

Carolyn Sorensen, RN, MSN, CRRN, CWOCN*

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SCI Resource Guide Editor

National Spinal Cord Injury Association

Charleene R. Frazier, RN, MS**

National Spinal Cord Injury Association

Downey Hinrichs, MSPT, CLCP*

Physical Therapy Consulting and Life Care Planning

Russ Holt *

President, Access Information, Inc.

Jesse Parker*

Disability Advocate

David Burds

Treasurer, SCI Consortium

SCI Network of Metropolitan Washington

** Founding members

*Original members

F. Michael Taff Award

The elimination of discrimination against individuals with disabilities and the achievement of equal access to all persons are fundamental to the respect and dignity of every member of our society.

PRESENTED BY
**THE MAYOR AND COUNCIL
AND THE
HUMAN RIGHTS COMMISSION**

In recognition of exemplary efforts to attain the full inclusion of persons with disabilities in our community

Spinal Cord Injury Consortium

January 18, 2010

GENERAL SCI RESOURCES

SPINAL CORD INJURY NURSING ADVICE

(303)789-8508 or (800)247-0257

Craig Hospital has a Spinal Cord Injury Nursing Advice line within the Outpatient Clinic for people living with spinal cord injury and their caregivers around the U.S. This service provides a dedicated nurse to answer non-emergent calls Monday-Friday between the hours of 9 a.m. - 4 p.m.

National Spinal Cord Injury Association (NSCIA)

Phone: (800)962-9629

Web: www.spinalcord.org/resources

Craig Hospital

Phone: (303) 789-8309

Web: www.craighospital.org/SCI/healthAndWellnessInfo.asp

Health and Wellness info – [Available in Spanish]

Information for Acute SCI, early weeks – (Online only)

Web: <http://sci.rutgers.edu/dynarticles/AcuteSCI.pdf>

Northwest Regional SCI System

SCI Updates and patient education pamphlets

Web: www.sci.washington.edu/info

PVA Publications

Consumer Guides and Clinical Practice Guidelines

Web: www.pva.org

Professionally managed, interactive forums for SCI

Web: www.sciwire.com

Secondary Conditions of Spinal Cord Injury Health Education Video Series

Web: www.spinalcord.uab.edu/show.asp?durki=97417

University of Alabama at Birmingham

Spinal Cord Injury Information Network

Phone: (205) 934-3283

Web: www.spinalcord.uab.edu

DOCTORS

DENTISTRY

SPENCER HORNSTEIN, D.D.S.

DENTISTRY OF BETHESDA

Address: 10401 Old Georgetown Rd., #204

Bethesda, MD 20814

Phone: 301-530-2700

Web: www.dentistryofbethesda.com

Wheelchair accessible office, staff trained to assist patients with special needs

SUSAN PEARSON, D.D.S.

Address: 1131 University Blvd. West, #103

Silver Spring, MD 20902

Phone: 301-649-2203

Web: www.susanpearsondds.com

JOHN SAVUKINAS, D.D.S.,

Address: 14812 Physicians Lane, #262

Rockville, MD 20850

Phone: 301-738-1155

Web: www.johnsavukinas.com

GARY J SEIDEN, D.D.S., P.C.

DUPONT DENTAL ASSOCIATES

Address: 1234 19th St., NW, #604

Washington, DC 20036

Phone: 202-296-7714

Web: www.dupontdental.com

DERMATOLOGY

WILLIAM S SAWCHUK, MD

Address: 8320 Old Courthouse Rd., #303

Vienna, VA 22182

Phone: 703-532-7211

INFECTIOUS DISEASE

SAMEH ALY, MD

METRO INFECTIOUS DISEASE CONSULTANTS

Address: 10110 Molecular Dr, #105

Rockville, MD 20850

Phone: 301-605-7468

Web: www.metroidc.com

FAIRFAX NORTHERN VIRGINIA HEMATOLOGY AND ONCOLOGY

Address: 8503 Arlington Blvd., #400

Fairfax, VA 22031

Phone: 703-280-5390

Web: www.fnvho.com

DONALD PORETZ, MD

INFECTIOUS DISEASE PHYSICIANS, INC.

Address: 3289 Woodburn Rd., #200

Annandale, VA 22003

Phone: 703-560-7900

PAUL RAMILO, MD

INFECTIOUS DISEASES SPECIALISTS OF VIRGINIA

Address: 3700 Joseph Siewick Dr., #209

Fairfax, VA 22033

Phone: 703-758-2664

OB/GYN

SANDRA CASKIE, MD

GWENDOLYN COBBS, MD

DANIELLE HOLMES, MD

ANDREA WILLIAMS, MD

Address: 1715 North George Mason Dr.

Arlington, VA 22205

Phone: 703-816-4152

Web: www.womentowomenobgyncare.com

Will see SCI; have hi/lo exam table

OPHTHALMOLOGY / OPTOMETRY

MARSHA BENSIR, O.D.

Address: 164 W. Main St, #B

New Market, MD 21744

Phone: 301-829-1910

Address: 9909 Medical Center Drive

Rockville, MD 20850

Phone: 240-864-6200

NORTHERN VIRGINIA CENTER FOR EYE CARE

Address: 3020 Haymaker Court, #503

Fairfax, VA 22031

Phone: 703-698-2020

Web: www.novaeyecare.com

ORTHOPEDECS

R. MARSHALL ACKERMAN, MD

Address: 9715 Medical Center Drive, #415

Rockville, MD 20850

Phone: 301 340-9200

Web: www.shadygroveortho.com

METRO ORTHOPEDIC AND SPORTS THERAPY (STEPHEN SMITH)

Address: 8401 Colesville Rd., #50

Silver Spring, MD

Phone: 301-588-7888

Web: www.mostsportsmedicine.com

JOHN STINSON, MD

Address: 9711 Medical Center Dr, #201

Rockville, MD 20850

Phone: 301 251-1433

Web: www.theorthocentermd.com

PAIN MANAGEMENT

STUART W. HOUGH, MD

RAMANI PERUVEMBA, MD

PAIN MANAGEMENT SPECIALISTS

Address: 15200 Shady Grove Rd., #302

Rockville, MD 20850

Phone: 240-453-9182

Web: [www.painmanagementspecialists.md /](http://www.painmanagementspecialists.md/)

1475 Taney Ave., #101

Frederick, MD 21702

301-668-2344

JUSTIN H. WASSERMAN, MD

Address: 7830 Old Georgetown Rd., #C-15
Bethesda, MD 20814-2432
Phone: 301-656-0220
Web: www.painpoints.com

PEDIATRICS

PAMELA PARKER, MD

Address: 12031 Old Columbia Pike
Silver Spring, MD 20904
Phone: 301-625-2800

PHYSICAL MEDICINE AND REHABILITATION (PM&R)

EDWARD ALLCOCK, DO

Address: 1715 North George Mason Dr., #402
Arlington, VA 22205
Phone: 703-248-0006
Web: www.arlingtonrehabilitation.com

PAMELA BALLARD, MD

JUDITH GLASER, MD

SUZANNE GROAH, MD

DALLAS LEA II, MD

NATIONAL REHABILITATION HOSPITAL

Address: 102 Irving St., NW
Washington, DC 20010
Phone: 202-877-1005
Web: www.nrhref.org

ALI GANJEI, MD

STEPHANIE GIORLANDO, DO

ROGER GISOLFI, MD

MARGARET GRAYNOVSKY, MD

SEA KIM, MD

INOVA REHABILITATION CENTER- INOVA MOUNT VERNON HOSPITAL

Address: 2501 Parker's Ln.
Alexandria, VA 22306
Phone: 703-664-7285
Web: www.inova.org

MATTHEW S. BROWN, DO
JAYARATHNE KOTTAGE, MD
TERRENCE SHEEHAN, MD

ADVENTIST REHABILITATION HOSPITAL OF MARYLAND

Address: 9909 Medical Center Dr.

Rockville, MD 20850

Phone: 240-864-6007

Web: www.adventisthealthcare.com/ARHM

PLASTIC SURGERY/ WOUND CARE

CHRISTOPHER ATTINGER, MD
GEORGETOWN UNIVERSITY HOSPITAL
CENTER FOR WOUND HEALING

Address: 1 Bles

3800 Reservoir Rd., NW

Washington, DC 20007

Phone: 202-444-9686

Does not typically consult on sacral or ischial ulcers

RAFAEL J. CONVIT, MD

WASHINGTON HOSPITAL CENTER / PHYSICIAN'S OFFICE BUILDING

Address: 106 Irving St., NW, #4000 North Tower

Washington, DC 20010

Phone: 202-882-5799

ERIC DESMAN, MD

INOVA MOUNT VERNON HOSPITAL WOUND HEALING CENTER

Address: First Floor

2501 Parker's Ln.

Alexandria, VA 22306

Phone: 703-664-8020

Web: www.inova.org

Inova Fair Oaks Hospital

3600 Joseph Siewick Dr.

Fairfax, VA 22034

703-391-3784

SUSAN OTERO, MD, PC

WASHINGTON HOSPITAL CENTER

Address: 106 Irving St., NW, #3400 North Tower

Washington, DC 20010

Phone: 202-785-4187

Web: www.metplasticsurgery.com

KAMRAN SHAYESTEH, DO

SHADY GROVE ADVENTIST HOSPITAL WOUND CARE CENTER

Address: 9909 Medical Center Dr.

Rockville, MD 20850

Phone: 301-530-1030

Web: www.adventisthealthcare.com/SGAH/services/wound-care

PRIMARY CARE

DOCTOR'S REFERRAL SERVICE

Address: 106 Irving St., NW
Washington, DC 20010
Phone: 202-877-DOCS (3627)

CARMELLA COLE, MD

WASHINGTON HOSPITAL CENTER AMBULATORY CARE CENTER
Address: 110 Irving St., NW
Washington, DC 20010
Phone: 202-877-2835
Web: www.medstarhealth.com

VINU GANTI, MD

Address: 19529 Doctors Dr.
Germantown, MD 20874
Phone: 301-540-8146

AROTI HEDGE, MD

WASHINGTON HOSPITAL CENTER
Address: 106 Irving St., NW, #208
Washington, DC 20010
Phone: 202-722-6040

HERNDON FAMILY MEDICINE

Address: 555 Herndon Pky., #100
Herndon, VA 20170
Phone: 703-481-1505
Web: www.herndonfamilymedicine.com

RAVI PASSI, MD

Address: 15245 Shady Grove Road, #130
Silver Spring, MD 20910
Phone: 301-587-5100

ELIZABETH WEAVER, MD

VIRGINIA FAMILY MEDICINE
Address: 9401 Lee Hwy., #400
Fairfax, VA 22031
Phone: 703-383-4VFM (4836)
Web: www.virginiafamilymed.com

UNITY HEALTH CARE / UPPER CORDOSA

Address: 3020 14th St., NW

Washington, DC

Phone: 202-745-4300

Web: www.unityhealthcare.org

Sliding scale fee and services for individuals in DC with limited financial support.

Operate Medical House Call Program in Wards 7 and 8 for adults who have difficulty getting to their clinic.

PSYCHOSOCIAL SERVICES

WAGDI ATTIA, MD

Address: 604 S. Frederick Ave, #211

Gaithersburg, MD 20877

Phone: 301-330-6470

Web: www.wagdiattiamd.com

SAMUEL GORDON, PhD

NATIONAL REHAB HOSPITAL

Address: 102 Irving St., NW

Washington, DC 20010

Phone: 202-877-1120

STEPHEN P. HERSH, MD, F.A.P.A.

MEDICAL AND EXECUTIVE DIRECTOR

MEDICAL ILLNESS COUNSELING CENTER

Address: 2 Wisconsin Circle, #910

Chevy Chase, MD 20815

Phone: 301-654-3638, ext. 209

PULMONARY

JOSEPH BALL, MD

CARL I. SCHOENBERGER, MD

Address: 16220 Frederick Road, #213

Gaithersburg, MD 20877

Phone: 301-963-2770

Web: www.pulmonologistspc.com

LAWRENCE STEIN, MD

VIRGINIA HOSPITAL CENTER

Address: 1400 South Joyce St., #126

Arlington, VA 22202

Phone: 703-521-6662

Web: www.pmaofnova.com

Will wean individuals with SCI off vent

MATTHEW WILLIAMS, MD

NORTHERN VIRGINIA PULMONARY ASSOCIATES

Address: 3289 Woodburn, #350

Annandale, VA 22003

Phone: 703-641-8616

Web: www.nvpcca.com

1715 George Mason Dr., #106

Arlington, VA 22205

703-276-1916

PEDIATRIC LUNG CENTER

Address: 2730 Prosperity Ave.

Fairfax, VA 22031

Phone: 800-424-NICU or 703-289-1400

Web: www.fairfaxneonatal.com

UROLOGY

ROBERT BALL, MD

MICHAEL BELL, MD

SIMON CHUNG, MD

EDMOND PAQUETTE, MD

ALISON GOLDFARB, B.S., PA-C

MARY M. LINN, N.P.

DOMINION UROLOGICAL CONSULTANTS

Address: 8503 Arlington Blvd., #310

Fairfax, VA 22031

Phone: 703-208-4200

Web: www.dominionurology.com

3700 Joseph Siewick Dr., # 208

Fairfax, VA 22033

Board Certified Urologist offering services including infertility, and Mitrofanoff procedure.

GEORGE CHANG, MD

MITCHELL EDSON, MD

WASHINGTON HOSPITAL CENTER, PHYSICIAN'S OFFICE BUILDING

Address: 106 Irving St., NW, #200, South Tower

Washington, DC 20010

Phone: 202-877-6032

ROBERTO PEDRAZA, MD

Address: 15225 Shady Grove Rd., #307

Rockville, MD 20850

Phone: 301-258-9553

Web: www.uroconsultants.com

HOME HEALTH SERVICES

ADVENTIST HOME CARE SERVICES

Address: 12041 Bournefield Way
Silver Spring, MD 20904
Phone: 800-610-2447 or 301-592-4400
Web: www.adventisthealthcare.com/AHCS

CARING NETWORK/RESPITE CARE

Address: 5360-E Enterprise St.
Eldersberg, MD 21784
Phone: 866-CARING-4 (227-4644) or 410-549-5707
Web: www.caringcommunities.org
Provides temporary relief or intermittent breaks for care givers and families of individuals with disabilities.

ENDEPENDENCE CENTER OF NORTHERN VIRGINIA

Address: 3100 Clarendon Blvd.
Arlington, VA 22201
Phone: 703-525-3268 or 703-525-3553 TTY
Web: www.ecnv.org
ECNV maintains a Personal Assistance Services (PAS) registry, a list of individuals who are available to provide personal assistance.

FAMILY AND NURSING CARE

Address: 8601 Georgia Ave., #505
Silver Spring, MD 20910
Phone: 800-588-0517 or 301-588-8200
Web: www.familynursingcare.com

HOME CALL, INC.

Address: 800 Oak St.
Frederick, MD 21703
Phone: 800-444-0096
Web: www.homecallinc.com/homecall

INOVA VNA HOME HEALTH SERVICES

Phone: 703-916-2800
Web: www.inova.org/healthcare-services/home-health-services

MEDSTAR VNA

Phone: 800-862-2166
Web: www.medstarhealthvna.org

POTOMAC HOME HEALTH CARE

Address: 6001 Montrose Rd.

Rockville, MD 20852

Phone: 301-896-6999

Web: www.phhc.org

PROFESSIONAL HEALTHCARE RESOURCES

Intake phone: 703-752-8741

Web: www.phri.com

REHABILITATION SERVICES

ADVENTIST REHABILITATION HOSPITAL OF MARYLAND

Address: 9909 Medical Center Dr.

Rockville, MD 20850

Phone: 240-864-6000

Web: www.adventisthealthcare.com

GLADE VALLEY NURSING AND REHABILITATION

Address: 56 West Frederick Street

Walkersville, MD 21793

Phone: 301-898-4300

GOOD SAMARITAN HOSPITAL OF MARYLAND

Address: 5601 Loch Raven Blvd.

Baltimore, MD 21239

Phone: 443-444-8000

Web: www.goodsam-md.org

INOVA REHABILITATION CENTER AT INOVA FAIRFAX HOSPITAL

Outpatient Services

Address: 3300 Gallows Rd.

Falls Church, VA 22042

Phone: 703-776-6080

Web: www.inova.org

INOVA REHABILITATION CENTER AT INOVA MOUNT VERNON HOSPITAL

Address: 2501 Parker's Ln.

Alexandria, VA 22306

Phone: 703-664-7590

Web: www.inova.org

INTERNATIONAL CENTER FOR SPINAL CORD INJURY

Address: 801 North Broadway

Baltimore, MD 21205

Phone: 443-923- 9222

Web: www.spinalcordrecovery.org

KERNAN ORTHOPEDICS AND REHABILITATION

Address: 2200 Kernan Dr.

Baltimore, MD 21207

Phone: 888-4KERNAN (453-7626)

Web: www.kernan.org

NATIONAL REHABILITATION HOSPITAL

Address: 102 Irving St., NW

Washington, DC 20010

Phone: 202-877-1005

Web: www.nrhrehab.org

SINAI HOSPITAL

Address: 2401 West Belvedere Ave.

Baltimore, MD 21215

Phone: 420-601-9000

Web: www.lifebridgehealth.org/sinaihospital

WOODROW WILSON REHABILITATION CENTER

Address: P.O. Box 1500

Fishersville, VA 22939

Phone: 800-345-WWRC (9972)

Web: www.wwrc.net

Short Term Unit (STRU) provides a 24-hour therapeutic environment that accommodates clients requiring advanced rehabilitation programs. For clients who still require additional therapy and/or vocational evaluations to maximize their level of independence and employability.

OCCUPATIONAL THERAPY

JENNIFER BERRY, MS, OTR/L

SPECTRUM PEDIATRICS

Address: 218 North Lee St., #201

Alexandria, VA 22314

Phone: 703-299-0051

Web: www.Spectrumpediatrics.com

PHYSICAL THERAPY

ADVANCED PHYSICAL THERAPY

Address: 1880 Howard Ave., #101

Vienna, VA 22182

Phone: 703-749-0223

Web: www.aptrehab.com

Functional Electrical Stimulation Lower Extremity Cycling

DH REHAB CONSULTING

DOWNEY HINRICHS, MSPT, CLCP

Phone: 703-401-0341

Web: www.dhrehabconsulting.com

Provides in home seating/mobility evaluation, home safety/accessibility assessments, education, and training and is able to address general therapy goals or develop an exercise program for the home or gym. Because of her certification in life care planning, is capable of addressing long term needs for persons with disabilities.

JESSICA K. TO, PT, DPT

BODY KINETICS REHAB, LLC

Address: 7617 Little River Turnpike, #LL 110

Annandale, VA 22003

Phone: 703-639-0950

Web: www.bodykineticsrehab.com

KAREN WHITESELL, PT, NCS, ATP

Address: Rockville, MD 20850

Phone: 301-275-2576

Provides seating and mobility evaluations, physical therapy evaluation, and treatment in the home setting

NEUROLOGICAL PHYSICAL THERAPY

Address: 5249 Duke St.

Alexandria, VA 22304-2926

Phone: 703-751-1733

Web: www.neuropt.net

SCI FITNESS TRAINING

Address: 11120 New Hampshire Ave., #205

Silver Spring, MD 20904

Phone: 703-944-2488

Web: www.sci-fitness.com

Personal trainer specializing in clients with disabilities

DRIVER TRAINING / RE-EDUCATION PROGRAMS

ADVENTIST REHABILITATION HOSPITAL OF MARYLAND

Address: 9909 Medical Center Dr.

Rockville, MD 20850

Phone: 240-864-6202

Web: www.adventisthealthcare.com

REHABILITATION OF FREDERICK

Address: 85 Thomas Johnson Ct., #C

Frederick, MD 21702

Phone: 301-682-9110

Have fully adapted van

FREDERICK MEMORIAL HOSPITAL

ROSE HILL REHABILITATION CENTER

Address: 1526 Opposumtown Pk.

Frederick, MD 21702

Phone: 240-566-3132

Web: www.fmh.org

GOOD SAMARITAN HOSPITAL

Address: 5601 Loch Raven Blvd.

Baltimore, MD 21239

Phone: 443-444-4601

Web: www.goodsam-md.org

INOVA MOUNT VERNON HOSPITAL

Address: 2501 Parkers Ln.

Alexandria, VA 22306

Phone: 703-664-7190

Web: www.inova.org

NATIONAL REHABILITATION HOSPITAL

Address: 102 Irving St., NW

Washington, DC

Phone: 202-877-1035

Web: www.nrhrefab.org

WASHINGTON COUNTY HOSPITAL

TOTAL REHABILITATION CARE

Address: 11110 Medical Campus Rd., #201

Hagerstown, MD 21742

Phone: 877-793-7422 or 310-714-4025

Web: www.wchsvs.org

WINCHESTER REHABILITATION CENTER

Address: 333 West Cork St.

Winchester, VA 22601

Phone: 800-382-0772 or 540-536-5113

Web: www.valleyhealthlink.com

WOODROW WILSON REHABILITATION CENTER

Address: P.O. Box 1500

Fishersville, VA 22939

Phone: 800-345-WWRC (9972) or 540-332-7117

Web: www.wwrc.virginia.gov

EMERGENCY PREPAREDNESS

Preparing for a natural disaster or terrorist attack takes just a few simple steps. By having the right supplies, knowing where to get information and having a written plan for you, your loved ones and your pets, individuals in the National Capital Region can do their part to protect themselves and their families.

EMERGENCY OFFICES AND RESOURCES

ARLINGTON COUNTY

Phone: 703-228-7935

Web: www.arlingtonva.us

FAIRFAX COUNTY

Phone: 703-324-9000

Web: www.fairfaxcounty.gov/oem

Maintains Medical Needs Registry, an emergency preparedness tool to be used by County officials for communicating with people with medical needs, pre-event emergency planning, and for evacuating and sheltering during actual emergencies.

To register: www.fairfaxcounty.gov/specialneeds

LOUDOUN COUNTY

Phone: 703-777-0333

Web: www.loudoun.gov/fire

The County of Loudoun Evacuation Assistance Registry (CLEAR) is a registry designed to assist the Office of Emergency Management (OEM) with the planning and coordination of evacuation assistance for individuals with disabilities who live or work in Loudoun County.

To register: www.loudoun.gov/Default.aspx?tabid=2493

MONTGOMERY COUNTY

Phone: 240-777-4200

Web: www.montgomerycountymd.gov

PRINCE GEORGE'S COUNTY

Phone: 301-583-1899

Web: www.goprincegeorgescounty.com

PRINCE WILLIAM COUNTY

Phone: 703-792- 6810

Web: www.pwcgov.org/emergency

WASHINGTON, DC

Phone: 202-727-6161

Web: www.dcema.dc.gov

US DEPT OF HOMELAND SECURITY

Web: www.ready.gov

DISABILITY PREPAREDNESS RESOURCE CENTER

Web: www.disabilitypreparedness.gov

INCLUSIVE PREPAREDNESS CENTER

Address: 1010 Wisconsin Ave., NW, #340

Washington, DC 20007

Web: www.inclusivepreparedness.org

NATIONAL CAPITAL REGION DISABILITY PREPAREDNESS INITIATIVE

Web: www.disabilitypreparedness-ncr.net

NSCIA EMERGENCY PREPAREDNESS 'GO-KIT'

Web:

www.spinalcord.org/UserFiles/File/NSCIAEmergencyPreparednessGoKitInventory17April2008.pdf

More emergency preparedness resources are available through the NSCIA website: Go to www.spinalcord.org/resources/ and select Emergency Preparedness

EMPLOYMENT

DISTRICT OF COLUMBIA REHABILITATION SERVICES ADMINISTRATION (RSA)

Address: 810 First St., NE, 9th Fl.

Washington, DC 20002

Phone: 202-442-8400

Web: www.dds.dc.gov/dds

MARYLAND DIVISION OF REHABILITATION SERVICES (DORS)

Address: 2301 Argonne Dr.

Baltimore, MD 21218

Phone: 888-554-0334 or 410-554-9442

Web: www.dors.state.md.us/DORS

VIRGINIA DEPARTMENT OF REHABILITATIVE SERVICES (DRS)

Address: 5904 Old Richmond Hwy., #410

Alexandria, VA 22303

Phone: 703-960-3411

Web: www.vadrs.org

WOODROW WILSON CENTER FOR EMPLOYMENT (WWCE)

Address: P.O. Box 1500

Fishersville, VA 22939

Phone: 800-345-WWRC (9972)

Web: www.wwrc.net

Provides career and technical education training and related instructional supports to prepare individuals with disabilities for competitive entry-level employment in growth occupations.

WORK FORCE & TECHNOLOGY CENTER (WTC)

Address: 2301 Argonne Dr.

Baltimore, MD 21218

Phone: 410-554-9205

Web: www.dors.state.md.us/DORS/ProgramServices/Business2

Offers innovative and personalized programs and services that help people with disabilities go to work or stay independent in their homes and communities.

INDEPENDENT LIVING CENTERS/RESOURCES

A center for independent living is a nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities. It provides an array of independent living services such as information about state disability services, local resources, access issues, and advocacy assistance.

INDEPENDENT LIVING CENTERS

DC CENTER FOR INDEPENDENT LIVING

Address: 1400 Florida Ave., NE, #3

Washington, DC 20002

Phone: 202-388-0033

Web: www.dccil.org

ENDEPENDENCE CENTER OF NORTHERN VIRGINIA

Address: 2300 Clarendon Blvd., #305

Courthouse Plaza II

Arlington, VA 22201

Phone: 703-525-3268

Web: www.ecnv.org

INDEPENDENCE NOW, INC.

Address: 1400 Spring St., #400
Silver Spring, MD 20910
Phone: 301-587-4162
Web: www.innow.com

INDEPENDENT LIVING RESOURCES

ACCESSIBLE LIVING, INC.

ROSEMARY CIOTTI, R.N., PRESIDENT

Phone: 703-309-8601

Email: rosemary.ciotti@starpower.net

Consulting regarding health and community living

DOWNEY HINRICHS, MSPT, CLCP

Phone: 703-401-0341

Web: www.dhrehabconsulting.com

Email: downey@dhrehabconsulting.com

Provides in home seating/mobility evaluation, home safety/accessibility assessments, education, and training and is able to address general therapy goals or develop an exercise program for the home or gym. Because of her certification in life care planning, is capable of addressing long term needs for persons with disabilities.

INWOOD HOUSE

Address: 10921 Inwood Ave.

Silver Spring, MD 20902

Phone: 301-649-6595

Web: www.inwoodhouse.org

Inwood House is an apartment community which offers accessible and affordable apartments in Montgomery County, MD. Many apartments have large shower stalls and the entire building is accessible. Applicants must be low income to qualify for the Section 8 rents, which are 30% of your income.

SPINAL CORD INJURY NETWORK

Phone: 703-525-3268 (ask for Kimball)

Web: www.spinalcordinjury.net

The Network provides information and referral, advocacy and visitation, peer and family support groups, and attendant care referrals from its Personal Assistant Registry for persons with mobility impairing conditions.

KAREN WHITESELL, PT, NCS, ATP

Address: Rockville, MD 20850

Phone: 301-275-2576

LEGAL ASSISTANCE / ADVOCACY

EQUAL RIGHTS CENTER

Address: 11 Dupont Circle, NW, #450

Washington, DC 20036-1226

Phone: 202-234-3062

Web: www.equalrightscenter.org

Civil rights organization that tackles problems of discrimination in the areas of fair housing, fair employment, disability rights, and immigrant rights.

SHERI R. ABRAMS, P.C.

ATTORNEY AT LAW

Address: 3915 Old Lee Highway, #22-A

Fairfax, VA 22030

Phone: 703-934-5450

Web: www.sheriabrams.com

Social security disability law, preparation of wills, living wills, health and financial powers of attorney. Serving VA, DC, and MD.

MICHAEL FLYNN, JR

Address: 11 North Washington Street, #400

Rockville, MD 20850-4278

Phone: 301-294-2110

Web: www.gleasonflynnemigfogleman.com

ERICA MUDD

Address: 204 Monroe Street, #101

Rockville, MD 20850

Phone: 301-251-0440

Web: www.adclawfirm.com

UNIVERSITY LEGAL SERVICE

Address: 220 I St. N.E., #130

Washington, DC 20002

Phone: 202-547-0198

Web: www.uls-dc.org

Disability-related legal issues advocacy services

SUPPORT GROUPS

ADVENTIST REHABILITATION HOSPITAL OF MARYLAND

Address: 9909 Medical Center Dr.

Rockville, MD 20850

Contact: Lisa Mathews

Phone: 240-864- 6076

Email: **sci-ms_support@adventisthealthcare.com**

Meets the third Thursday of each month from 6:00 - 8:00 PM in the gym.

Open to all; includes networking, snacks, speakers and discussion.

COMMUNITY CONNECTIONS AT NATIONAL REHABILITATION HOSPITAL

Address: 1102 Irving St., NW

Washington, DC 20010

Contact: Shannon Minnick

Phone: 202-877-1124

Email: **shannon.minnick@medstar.net**

Meets second Wednesday of the month 2:30-4:00 PM

Parking can be validated.

REBUILD SPINAL CORD INJURY EDUCATION & SUPPORT GROUP

Address: Fairfax Hospital Inova Rehabilitation Center

3300 Gallows Rd.

Falls Church, VA 22042

Contact: Daniel Stanto, LCSW

Phone: 703-776-6045

Email: **Daniel.stanto@inova.org**

Meets second Thursday of every month, 6:30 - 8:00 PM. Park in "blue lot".

KERNAN HOSPITAL CAREGIVER'S SUPPORT GROUP

Address: 2200 Kernan Dr.

Baltimore, Maryland, 21207

Contact: Jenny Johnson

Phone: 410-448-6307

Email: **jjohnson@kernan.umm.edu**

Meets the 1st Tuesday of each month from 12:00-1:00 PM. The group is open to all caregivers and does not focus on a specific disability, disease or condition.

(Kernan Hospital, Conference Room C, Terrace Level)

KERNAN HOSPITAL SPINAL CORD INJURY SUPPORT GROUP

Address: 2200 Kernan Dr.

Baltimore, MD 21207

Contact: Michael Henley

Phone: 410-448-6307

Email: mhenley@kernan.umm.edu

Meets the second Tuesday of each month 6:00-8:00 PM, SCI Gym

Spinal Cord Injury Patient Education: Classes are offered every Tuesday,

Wednesday, Thursday, and Saturday 11:30 AM – 12:00 noon.

SCI SUPPORT GROUP OF LOUDOUN

Address: 235 Dry Mill Rd

Leesburg, VA 20175

Contact: Janet Amendola

Phone: 703-582-2860

Email: janet.amendola@longandfoster.com

Meets 3rd Thursday of every month, 6:00PM

WASHINGTON COUNTY SPINAL CORD INJURY SUPPORT GROUP

ROBINWOOD MEDICAL CENTER

OUTPATIENT REHAB FACILITIES

Address: 11110 Medical Campus Dr.

Hagerstown, MD 21742

Contact: Ellen Doub

Phone: 301-714-4070

Meets the third Monday of each month from 3:00 – 4:00 PM at the Robinwood Medical Center in #201 (park at the Red Entrance).

TRANSPORTATION

ARLINGTON BLUE TOP CABS

Phone: 703-243-TAXI

Web: www.bluetop.com/accessible_taxi.htm

Wheelchair-Accessible Taxi Service

CALL-A-CAB

Phone: 301-883-5656

Call-A-Cab is a transportation assistance program that provides mobility at a reduced cost for senior (age 55 and over) and/or disabled Prince George's County residents. This program allows eligible residents to purchase coupon books that can be used to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-A-Bus are not available.

METRO

Phone: 202-962-1100

Web: www.wmata.com/accessibility

All Metro trains and buses are wheelchair accessible.

METROACCESS

Phone: 202-962-2700

Web: www.wmata.com/accessibility/metroaccess_service

MetroAccess is a shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail.

RED TOP CAB

Phone: 703-522-3333

Web: www.redtopcab.com

Has wheelchair accessible minivans.

STAR – ARLINGTON TRANSPORT

Phone: 703-892-8747

Web: www.commuterpage.com/art/star.htm

STAR serves Arlington residents who have difficulty using public fixed-route transit due to the effects of age or disability.

TAXIACCESS

Phone: 703-877-5800

Web: www.fairfaxcounty.gov/fcdot/taxiaccess.htm

Provides subsidized taxicab service to Fairfax County residents who are registered with MetroAccess. Users have the opportunity to purchase coupon books good toward taxicab rides at one-third of the face value.

WASHINGTON ELDERLY HANDICAPPED TRANSPORTATION SERVICE (WEHTS)

Phone: 202-715-7649

Provides basic transportation for seniors who cannot access traditional transportation systems. Arrangements are made to transport elderly persons to essential medical appointments, dialysis sessions, appointments with public benefits agencies (Medicaid, Medicare, Food Stamps, SSI, Social Security) and banking institutions.

YELLOW CAB CO. OF DC

Phone: 202-544-1212 or 202-TAXICAB

Web: www.dcyellowcab.com/wheelchaircabs

EQUIPMENT AND SUPPLIES

DURABLE MEDICAL EQUIPMENT

ARMOR MEDICAL SUPPLY

Address: 3022 Javier Rd., #102
Fairfax, VA 22031
Phone: 703-204-1213
Web: www.armormedical.com

BAY STATE MEDICAL, INC

Address: 7271 Park Circle Dr.
Hanover, MD 21076
Phone: 800-643-0268
Web: www.baystatemed.com

CHESAPEAKE REHAB EQUIPMENT, INC.

Address: 2700 Lord Baltimore Dr.
Baltimore, MD 21244
Phone: 800-777-6981 or 410-298-4555
Web: www.chesrehab.com

JESSA

Address: Kentlands Market Square
112 Market St.
Gaithersburg, MD 20878
Phone: 301-990-8706
Web: www.jessamedical.com

MED INC.

Address: 8827 Kelso Dr.
Baltimore, MD 21221
Phone: 410-238-7443
Web: www.med-inc.net

ROBERTS HOME MEDICAL

Address: 20465 Seneca Meadows Pky.
Germantown, MD 20876
Phone: 301-353-0300
Web: www.robertshomemedical.com

USA REHAB

Address: 105 Sudbrook Ln.
Baltimore, MD 21208
Phone: 888-727-3422 or 410-653-3903
Web: www.usa-rehab.com

HOME MODIFICATIONS

AREA ACCESS

Address: 8117 Ransell Rd.

Falls Church, VA 22041

Phone: 703-573-2111

Web: www.areaaccess.com

BRUNO INDEPENDENT LIVING AIDS

Web: www.bruno.com

Offers stair lifts, vertical platform lifts, and vehicle lifts.

DH REHAB CONSULTING

DOWNEY HINRICHS, MSPT, CLCP

Phone: 703-401-0341

Web: www.dhrehabconsulting.com

Email: downey@dhrehabconsulting.com

Provides in home seating/mobility evaluation, home safety/accessibility assessments, education, and training and is able to address general therapy goals or develop an exercise program for the home or gym. Because of her certification in life care planning, is capable of addressing long term needs for persons with disabilities.

FREEDOM MOBILITY

Address: 5203 Tiyana Ct.

Ellicott City, MD 21043

Phone: 410-615-4550

Web: www.freedommobility.biz

HANDI-RAMP

Phone: 800-876-RAMP (7267)

Web: www.handiramp.com

HOME ACCESS PROGRAM

Phone: 847-680-7700

Web: www.homeaccessprogram.org

Helps individuals and families find realtors who can assist in the search for an accessible home or consultants who can modify a current home

GEORGE KAAS

Address: 9716 Hansonville Road

Frederick, MD 21702

Phone: 301-898-9089

SAVARIA CONCORD LIFTS

Phone: 800-661-5112

Web: www.savariaconcord.com

Elevators, stair lifts and home accessibility products

STRATEGIES FOR INDEPENDENT LIVING

STEPHEN HAGE, CR

Address: 1007 Elm Ave.

Takoma Park, MD 20912

Phone: 301-585-5738

Email: steve.strategies@gmail.com

Home assessments and modifications

MEDICAL SUPPLIES

ARMOR MEDICAL SUPPLY

Address: 3022 Javier Rd., #102

Fairfax, VA 22031

Phone: 703-204-1213

Web: www.armormedical.com

THE MEDICINE SHOPPE PHARMACY

Address: 14454 Jefferson Davis Hwy.

Woodbridge, VA 22191

Phone: 703-491-7923

Web: www.medicineshoppe.com

QUALITY CARE MEDICAL SUPPLIES

Address: 1379 Old Bridge Rd.

Woodbridge, VA 22192

Phone: 800-975-9515 or 703-492-9696

Web: www.qcmedicalsupply.com

NEW HAMPSHIRE PHARMACY

Address: 5001 New Hampshire Ave., NW

Washington, DC 20011

Phone: 202-726-3100

PRESTON'S CARE PHARMACY

Address: 5101 Lee Hwy.

Arlington, VA 22207

Phone: 703-522-3412

Web: www.prestoncare.com

RODMAN'S

Address: 5100 Wisconsin Ave, NW
 Washington, DC 20015
 Phone: 202-363-3466
 Web: www.rodmans.com

UROMED

Phone: 800-841-1233
 Web: www.uromed.com

VIENNA REXALL DRUG CENTER

Address: 150 Maple Ave. E.
 Vienna, VA 22180
 Phone: 703-938-7111

ZASK INTERNATIONAL MEDICAL SUPPLY

Address: 4600-C Pinecrest Office Park Dr.
 Alexandria, VA 22312
 Phone: 703-354-1266
 Web: www.zaskmedical.com

ORTHOTICS / PROSTHETICS**HANGER ORTHOPEDIC GROUP**

Phone: 877-4HANGER (877-442-6437)
 Web: www.hanger.com

MEDICAL CENTER ORTHOTICS AND PROSTHETICS

Address: 2421 Linden Ln.
 Silver Spring, MD 20910
 Phone: 301-585-5347
 Web: www.medicalcenteroandp.com

NASCOTT

NATIONAL REHABILITATION HOSPITAL
 Address: 102 Irving St., NW
 Main Hospital, Floor 1
 Washington, DC 20010
 Phone: 202-877-1497 Phone:

GOOD SAMARITAN HOSPITAL
 Address: 5445 Loch Raven Blvd.
 Smyth Bldg., #107
 Baltimore, MD 21239
 443-444-3780

NASCOTT

Address: 15005 Shady Grove Rd., #320
 Rockville, MD 20850
 Phone: 301-424-2341 Phone:
 Web: www.nascott.com

Address: 3601-A Chainbridge Rd.
 Fairfax, VA 22030
 703-691-0606

ORTHOTIC AND PROSTHETIC CENTER, INC.

Address: 8330 Professional Hill Dr.
Fairfax, VA 22031
Phone: 703-698-5007
Web: www.orthoticprotheticcenter.com

5810 Hubbard Dr.
Rockville, MD 20852
301-770-6246

ORTHOTIC AND PROSTHETIC SOLUTIONS

Address: 2802 Merrilee Dr., #100
Fairfax, VA 22031
Phone: 877-849-9201 or 703-849-9200
Web: www.orthoticsolutions.com

VANS/VEHICLE MODIFICATIONS

C& C Mobility, LLC

Accessible Equipment Specialist
Address: 9577 Fletchers Chapel Rd.
King George, VA 22485
Phone: 877-325-7733
Web: www.candcmobility.net

Eastern Mobility

Address: P.O. Box 415
Woodsboro, MD 21798
Phone: 301-845-4188
Web: www.easternmobility.com

Koons Ford of Annapolis

Address: 2540 Riva Rd.
Annapolis, MD 21401
Sales: 800-930-5685
Service: 800-930-5672
Web: www.koonsford.com/ou/annapolis-ford/custom/mobilitycenter.html

Ride Away

Address: 11409 Maryland Ave.
Beltsville, MD 20705
Web: www.ride-away.com
Phone: 888-743-3292 or 301-595-4466

WHEELCHAIR SEATING CLINICS

It is highly recommend that new wheelchair purchases be done with the assistance of a physical or occupational therapist through one of the following seating clinics to ensure proper fit and appropriate equipment. You will need a prescription from your physician in order to get started.

ADVENTIST REHABILITATION HOSPITAL OF MARYLAND

Address: 9909 Medical Center Dr.

Rockville, MD 208

Contact: Elna Ward, PTCLT, Neuro-IFRAH

Phone: 240-864-6000

Web: www.adventisthealthcare.com

DH REHAB CONSULTING

DOWNEY HINRICHS, MSPT, CLCP

Phone: 703-401-0341

Web: www.dhrehabconsulting.com

Provides in home seating/mobility evaluation, home safety/accessibility assessments, education, and training and is able to address general therapy goals or develop an exercise program for the home or gym. Because of her certification in life care planning, is capable of addressing long term needs for persons with disabilities.

INOVA MOUNT VERNON HOSPITAL

OUTPATIENT REHABILITATION - WHEELCHAIR SEATING AND POSITIONING CLINIC

Address: 2501 Parkers Ln.

Alexandria, VA 22306

Contact: Alicia Zanders

Phone: 703-664-7190

Email: alicia.zanders@inova.org

All clinicians are certified Assistive Technology Professionals by the Rehabilitation Engineering and Assistive Technology Society of Northern America.

KAREN WHITESELL, PT, NCS, ATP

Address: Rockville, MD

Phone: 301-275-2576

Provides seating and mobility evaluations, physical therapy evaluation, and treatment in the home setting

NRH REGIONAL REHAB

Address: 102 Irving St., NW

Washington, DC 20010

Contact: Jim Roberts, ATP, Seating and Mobility Program Manager

Phone: 202-877-1983

Email: james.g.roberts@medstar.net

Web: www.nrhrehab.org

WHEELCHAIR SERVICES

These providers should be contacted for wheelchair repair and services. Please visit a seating clinic if you're interested in purchasing new equipment.

BAY STATE MEDICAL, INC

Address: 7271 Park Circle Dr.

Hanover, MD 21076

Phone: 800-643-0268

Web: www.baystatemed.com

DC SHARES

Address: 1301 Belmont St., #1D NW

Washington, DC 20009-4817

Phone: 202-332-2595

Web: www.dcshares.net

Disability equipment recycling program provides used electric wheelchairs, manual wheelchairs, walkers, canes, shower benches and other durable medical equipment free of charge to those who are uninsured, underinsured, or have no other means of obtaining these devices.

EAST COAST REHAB

Address: 5948 Richmond Hwy.

Alexandria, VA 22303

Phone: 703-370-5790

Web: www.eastcoastrehab.com

MED INC.

Address: 8827 Kelso Dr.

Baltimore, MD 21221

Phone: 410-238-7443

Web: www.med-inc.net

REHAB EQUIPMENT PROFESSIONALS

Address: 5130 Duke St., #12

Alexandria, VA 22304

Phone: 703-370-2100

Web: www.rep-inc.com

ROBERTS HOME MEDICAL

Address: 20465 Seneca Meadows Pky.

Germantown, MD 20876

Phone: 301-353-0300

Web: www.robertshomemedical.com

8100 Gatehouse Rd.
Falls Church, VA 22042
703-385-8018

USA REHAB

Address: 103 Sudbrook Ln.

Baltimore, MD 21208

Phone: 888-727-3422 or 410-653-3903

Web: **www.usa-rehab.com**

WHEELCHAIR SOCIETY

Address: 8220 Maynor Ln.

Silver Spring, MD 20910-4576

Contact: Paul Holland

Phone: 301-495-0277

Medical equipment donations are accepted, refurbished, and distributed to low income disabled individuals.

SPORTS AND RECREATION

This section provides a list of organizations whose mission is to increase inclusion of people with disabilities in sports and physical activities. Contact information is provided for such organizations located within the area between Annapolis, MD, Baltimore, MD, Charlottesville, VA, and Richmond, VA. They are listed by state and in alphabetical order. We have also listed other national organizations headquartered outside the immediate area that share this mission.

ART, THEATER AND DANCE

OPEN CIRCLE THEATRE

Address: 500 King Farm Blvd., #102

Rockville, MD 20850

Phone: 240-683-8934

Web: www.opencircletheatre.org

Professional theatre dedicated to producing professional productions that integrate the considerable talents of artists with disabilities.

RHYTHMS OF HOPE DANCE COMPANY

Address: 2556 Virginia Ave., NW Suite 160

Washington, DC 20037

Email: NRRFboots@aol.com

A dance company for people ages 12-55 who have neurologic disabilities. The company is under the direction of the National Rehabilitation & Rediscovery Foundation, Inc. (NRRF).

AQUATICS/WATER SPORTS

Most, if not all, public pools have lifts to get in/out of the pool, adapted swimming programs, ramps and some have 'beach areas'. Please contact your local county parks and recreation for more specific information. (County parks are listed under 'Miscellaneous Sports'.)

AMERICAN CANOE ASSOCIATION

Address: 1340 Central Park Blvd., #210

Fredericksburg, VA 22401

Contact: Judy Rodriguez

Phone: 540-907-4460

Web: www.acanet.org

Offers training courses on canoeing for individuals with disabilities and is a good resource for information on canoeing.

CHESAPEAKE REGION ACCESSIBLE BOATING (CRAB)

Address: Chesapeake Region Accessible Boating

P.O. Box 6564

Annapolis, MD 21401

Contact: Don Backe

Phone: 410-626-0273

Web: www.crab-sailing.org

Offers Adapted Sailing and “sail free” clinics. Private lessons are available. Vessels are available to qualified persons for private use. CRAB is the proud sponsor of the Crab Cup Regatta.

HANDICAPPED SCUBA ASSOCIATION INTERNATIONAL (HSAI)

Contact: Jim and Pat Gatacre

Phone: 949-498-4540

Web: www.hsascuba.com

Operates as an independent diver training and certifying agency. The diver education programs and Instructor Training Course are internationally recognized. Also available is a Dive Buddy Program, which offers able-bodied divers an opportunity to expand their underwater world to include sharing it with a handicapped partner.

BASKETBALL

NWBA – NATIONAL WHEELCHAIR BASKETBALL ASSOCIATION

Phone: 719-266-4082

Web: www.nwba.org

ADVENTIST KNIGHTS, DIII

Address: Adventist Rehabilitation Hospital of Maryland

9909 Medical Center Dr.

Rockville, MD 20850

Contact: Mary Kate Madden

Phone: 240-864-6076

Email: mmadden2@adventisthealthcare.com

AIR CAPITAL, DIII, CD, JUNIORS, GIRLS

Address: 2300 Good Hope Rd., #1008

Washington, DC 20020

Contact: Bill and Brenda Greene

Phone: 202-678-2960

Email: flighttoquality@aol.com

CHARLOTTESVILLE CARDINALS, CD

Address: 1408 B Burgess Lane
Charlottesville, VA 22902
Contact: Rick Shifflett
Phone: 434-971-9629
Email: **ricks@myelos.net**

MARYLAND RAVENS, DIII

Address: 1413 Glendale Rd.
Baltimore, MD 21239
Contact: Eddie Diggs
Phone: 410-825-5359
Email: **mdravens@aol.com**

NRH CAGERS, DIII - BLAZE SPORTS

Address: National Rehabilitation Hospital
102 Irving St., NW
Washington, DC 20010
Contact: Lisa Leach
Phone: 202-877-1441
Email: **lisa.b.leach@medstar.net**

SHENANDOAH VALLEY HIGH ROLLERS, DIII

Address: 305 South Dogwood Dr.
Harrisburg, VA 22801
Contact: Tim Moubray
Phone: 540-433-2474
Email: **timm@ci.harrisonburg.va.us**

SPORTABLE'S RICHMOND RIMRIDERS, DIII

Address: Post Office Box 7046
Richmond, VA 23225
Contact: Kristen Lessig
Phone: 804-716-2047
Email: **kllessig@sportable.org**

VIRGINIA SUNWHEELERS, DIII

Address: 8 Bowen Dr.
Hampton, VA 23666
Contact: Cynthia Pettus
Phone: 757-224-4504
Email: **ballhog66@yahoo.com**

EQUINE ASSISTED ACTIVITIES & THERAPY (EAAT)

CIRCLE OF HOPE

Address: Circle of Hope Therapeutic Riding, Inc.

PO Box 463

Barnesville, MD 20838

Program Location:

Pleasant View Farm

22500 West Harris Rd.

Barnesville, MD 20838

Phone: 301-916-2656

Web: www.chtr.org

EQUINE THERAPY ASSOCIATES (ETA)

Address: Equine Therapy Associates

PO BOX 59253

Potomac, MD 20859

Phone: 301-972-7833

Web: www.equinetherapyassociates.com

GREAT STRIDES

Address: 26771 Howard Chapel Dr.

Damascus, MD 20882

Contact: Terry Lewis

Phone: 301-253-1166

Web: www.greatstrides.org

MARYLAND THERAPEUTIC RIDING

Address: P.O. Box 6477

Annapolis, MD 21401

Contact: Anne Joyner, Development Director

Phone: 410-923-6800

Web: www.horsethatheal.org

1141 Sunrise Beach Rd.

Crownsville, MD 21032

NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM, INC.

Address: P.O. Box 184

Clifton, VA 20124

Phone: 703-764-0269

Web: www.nvtrp.org

GOLF

EASTERN AMPUTEE GOLF ASSOCIATION (EAGA)

Phone: 610-867-9295

Web: www.eaga.org

Sponsors First Swing clinics for individuals with any type of physical disability. Hosts golf tournaments in the northeast from Virginia to Maine. EAGA also offers videos and clubs for loan.

EVERY BODY GOLF SCHOOL/ EBG, INC.

Address: Oak Mar Golf Complex

3200 Jermantown Rd.

Oakton, VA 22124

Contact: Noel R. Jablonski

Phone: 703-255-5396

Web: www.everybodygolf.com

Offers golf instructions, training, and club fittings for all individuals.

JEFFERSON DISTRICT PARK

Address: 7900 Lee Hwy.

Falls Church, VA 22042

Phone: 703-573-0443

Web: www.fairfaxcounty.gov

Has an accessible miniature golf course as well as a standard nine-hole golf course.

KERNAN HOSPITAL (ADAPTIVE GOLF PROGRAM)

Address: 2200 Kernan Dr.

Baltimore, MD 21207

Contact: Pam Cauley

Phone: 410-448-6320

Web: www.peopleonwheels.org/baltimore.html

Kernan's adaptive golf program has a 2,400-square-foot putting green that has paved pathways. Kernan's golf program serves people of all ages and skill levels, from beginners to avid golfers.

NEEDWOOD GOLF COURSE

Address: 6724 Needwood Rd.

Rockville, MD 20850

Phone: 301-948-1075

Offers a fully accessible club house as well as accessible golf carts with 48 hours notice.

NORTHWEST GOLF

Address: 15711 Layhill Rd.

Silver Spring, MD 20906

Phone: 301-598-6100

Offers a fully accessible club house and can arrange for an accessible golf cart with 24 hour notice.

UNITED STATES GOLF ASSOCIATION (USGA)

Phone: 908-234-2300

Web: www.usga.org

Has modified the Rules of Golf for golfers with disabilities. The modifications allow the disabled to play equitably with an able-bodied individual or a golfer with disability.

HANDCYCLING

UNITED STATES HANDCYCLE FEDERATION (USHF)

Phone: 303-459-4159

Web: www.ushf.org

Has information on handcycling including basic techniques, types of races and handcycling maintenance. Clinics available for trying handcycling for the first time.

HUNTING

BUCKMASTERS AMERICAN DEER FOUNDATION

Phone: 205-366-8415

Contact: David Sullivan

Web: www.badf.org

A site for disabled hunters. Information and links on various forms of adaptive equipment, state laws/regulations, hunting opportunities, and local and national disabled groups are available.

NATIONAL RIFLE ASSOCIATION (NRA) DISABLED SHOOTING SERVICES

Contact: Dave Baskin

Phone: 703-267-1450 (option 9) or 703267-1495

Web: www.nrahq.org/compete

Offers a program designed specifically for individuals with disabilities. The program includes assistive devices, instruction, and an accessible indoor range, and is a wonderful source of information. The indoor 50-yard range, café and national firearms museum are all accessible.

MISCELLANEOUS/MULTI-SPORT

BALTIMORE ADAPTIVE RECREATION & SPORT (BARS)

Address: BARS

P.O. Box 878

Sparks, MD 21152

Contact: Pamela Lehnert

Phone: 410-771-4606

Web: www.barsinfo.org

Baltimore Adapted Recreation and Sports (BARS) is a community based, non-profit organization dedicated to providing year round recreational opportunities to both children and adults with disabilities. BARS offers recreational opportunities in camping, canoeing, fishing, hand cycling, sea kayaking, rafting, sailing, skeet shooting, snow skiing, and water skiing.

BENNETT BLAZERS PHYSICALLY CHALLENGED SPORTS

Address: 3835 Greenspring Ave.

Baltimore, MD 21211

Phone: 443-923-7844

Web: www.eteamz.com/bennettblazerz

Bennett Blazers is a physically challenged sports program based with teams for wheelchair basketball, sled hockey, track and field, power hockey and more.

CLEMYJONTRI PARK

Address: 6317 Georgetown Pk.

McLean, VA22101

Phone: 703-388-2807

Web: www.fairfaxcounty.gov/parks/clemyjontri

This park is a place where children who use wheelchairs, walkers or braces, or who have sensory or developmental disabilities, can have a parallel playground.

D.C. DEPARTMENT OF PARKS AND RECREATION

Phone: 202-282-2201

Web: www.dpr.dc.gov

Provides information on many accessible pools, campgrounds and parks in Washington, DC.

DISABLED SPORTS USA

Address: Disabled Sports USA

451 Hungerford Dr., Suite 100

Rockville, MD 20850

Phone: 301-217-0960

Web: www.dsusa.org

A national sports organization catering to individuals with disabilities. There are local chapters all over the U. S. including Nation's Capital Chapter. Local Chapter hosts a wide range of recreational activities including but not limited to: water skiing, fishing trips, golf clinics, picnics, socials, snow skiing, and tubing trips.

FAIRFAX COUNTY PARK AUTHORITY

Phone: 703-324- 8563

Web: www.fairfaxcounty.gov/parks/ada.htm

Accessible golf carts and accessible courses; accessible swimming pools with adaptive swim instructors.

FAIRFAX FALCONS WHEELCHAIR SPORTS TEAM

Address: 12011 Government Center Pkwy.

Suite 1050

Fairfax, VA 22035

Contact: Ashley Haddow

Web: www.fairfaxfalcons.org

The purpose of the Fairfax Falcon's wheelchair sports program is to provide adolescents under the age of 22 with a wide range of sports experiences, teamwork and socialization skills, and home fitness training. From this instruction, participants will be able to independently participate in team oriented tournaments as well as individualized home fitness programs. These experiences will help to enhance the participant's recreational life with an emphasis on sports and fitness.

FRONTLINE DISABLED SPORTS & RECREATION

Address: 8925 Leesburg Pk.

Vienna, VA 22182

Phone: 703-639-2000

TTD: 703-770-2939

Web: www.frontlinedc.com/disabledsports

An outreach ministry of McLean Bible Church. Sports and outdoor adventures in an atmosphere of fun and fellowship. Activities include, but are not limited to, camping, fishing, biking, snow/water skiing, and boating/canoeing.

KENNEDY KRIEGER

PHYSICALLY CHALLENGED SPORTS AND RECREATION PROGRAM

Address: Kennedy Krieger High School Career and Technology Center

3825 Greenspring Ave.

Baltimore, MD 21211

Web: www.kennedykrieger.org

Contact: Gerry and Gwena Herman

Phone: 443-923-9200 or 800-873-3377

Program provides therapeutic sports and recreational programs for children with varying degrees of physical abilities. Programs are tailored to the unique needs of each child and family.

MONTGOMERY COUNTY PARKS

Address: 9500 Brunett Ave.

Silver Spring, MD 20901

Phone: 301-495-2580

Web: www.montgomeryparks.org

Offers wheelchair tennis

NATIONAL PARK SERVICE

Phone: 202-565-1244

Web: www.nps.gov/accessibility.htm

Will provide listings of national parks with accessible camping areas throughout the United States. They offer a Golden Access Passport for individuals who are blind or permanently disabled. This permit is a lifetime entrance pass to the parks, monuments, historic sites, recreation areas, and wildlife areas.

PARALYZED VETERANS OF AMERICA (PVA)

Address: 801 18th St., NW

Washington, DC 20006

Phone: 800-424-8200

Web: www.pva.org

PVA Sports and Recreation Program promotes a range of activities for its members and other people with disabilities, with special emphasis on activities that enhance lifetime health and fitness. PVA hosts the National Veterans Wheelchair Games, Bass Tournaments and a Trapshoot Circuit. They also sponsor learn-to-ski clinics.

UPTON HILL REGIONAL PARK

Address: 6060 Wilson Blvd.

Arlington, VA 22205

Phone: 703-534-3437

Web: <http://www.nvrpa.org/parks/uptonhill/?pg=miniaturegolf.html>

Offers an accessible miniature golf course, batting cage, and swimming pool.

WINTERGREEN ADAPTIVE SKIING (WAS)

Address: 615 Paul's Creek Rd.

Afton, VA 22920

Contact: Massey Teel

Phone: 434-325-2007

Web: www.skiwas.org

WAS offers instruction in alpine skiing, snowboarding, kayaking and canoeing. Equipment such as outriggers, bi-skis and mono-skis are available.

WHEELCHAIR SPORTS USA

Web: www.wsua.org

Offers information on participation in archery, shooting, swimming, table tennis, weight lifting, track and field, as well as specifics on local competition and necessary forms.

POWER SOCCER

BLAZE SPORTS – POWER SOCCER - SPONSORED BY NRH

Address: National Rehabilitation Hospital
102 Irving St., NW
Washington, DC 20010
Contact: Joan Joyce
Phone: 202-877-1420
Email: joan.p.joyce@medstar.net

QUAD RUGBY

USQRA - UNITED STATES QUAD RUGBY ASSOCIATION

Phone: 561-964-1712
Web: www.quadrugby.com

BLAZE SPORTS – QUAD RUGBY- SPONSORED BY NRH

Address: National Rehabilitation Hospital
102 Irving St., NW
Washington, DC 20010
Contact: Joan Joyce
Phone: 202-877-1420
Email: joan.p.joyce@medstar.net

TENNIS

USA TENNIS WHEELCHAIR

Web: www.usta.com/usatenniswheelchair

A good source of information of wheelchair tennis, rules, regulations and information on wheelchair sanctioned tournaments, membership and locations of wheelchair tennis event.

BLAZE SPORTS – TENNIS - SPONSORED BY NRH

Address: National Rehabilitation Hospital
102 Irving St., NW
Washington, DC 20010
Contact: Brenda Gilmore
Phone: 240-460-5741
Email: brendagilmore@comcast.net

WINTER SPORTS

BLAZE SPORTS – SLED HOCKEY- SPONSORED BY NRH

Address: National Rehabilitation Hospital
102 Irving St., NW
Washington, DC 20010
Contact: Joan Joyce
Phone: 202-877-1420
Email: joan.p.joyce@medstar.net

BLUE RIDGE ADAPTIVE SNOW SPORTS, INC. (BRASS)

Address: Liberty Mountain Resort
78 Country Club Trail
Carroll Valley, PA 17320
Phone: 717-642-8282, Ext. 3479
Web: www.brasski.org

Offer lessons for individuals with varied abilities. Please make reservations in advance

OUTDOOR INDEPENDENCE TRAINING CENTER - MASSANUTTEN

Address: Massanutten Adaptive Snow Sports
Post Office Box 4668
Charlottesville, VA 22905
Phone: 434-981-5834
Web: www.therapeuticadventures.org

The Outdoor Independence Training Center serves persons of all ages with differing abilities (physical and developmental), chronic medical impairments and other special health needs. The center offers therapeutic water adventures including fly fishing, kayaking, canoeing, rafting, and sailing. Other adventures offered are alpine and cross country skiing, backpacking, camping, challenge courses, climbing, and cycling.

Pertinent Medical Information:

Name: _____

Address: _____

Phone Number: _____

Level of injury: _____

Date of spinal cord injury: _____

Normal Blood pressure: _____

History of Autonomic dysreflexia: _____

If so, signs/symptoms: _____

Primary Health Care provider/PCP: _____

Phone number: _____

Physiatrist: _____

Phone number: _____

Medications (name, dosage and requery) _____

Respiratory management: _____

Skin issues: **Please be sure that I am using pressure relieving surfaces and that I don't remain in one position for greater than 2 hours**

Bowel & Bladder management (catheter, frequency, medications, assistance needed etc):

Emergency Information:

In the event of an emergency, please contact: _____

Phone number: _____

Relationship: _____

MEDICAL ALERT CARD - AUTONOMIC DYSREFLEXIA

Autonomic Dysreflexia occurs in spinal cord injuries (SCI) at or above T6. Can be life threatening due to an increase in blood pressure.

SYMPTOMS: pounding headache, flushed skin & sweating above level of injury, blurring vision, nasal stuffiness, goose bumps, nausea, and BP.

CAUSES: Full bladder or bowel, infection, constipation, skin ulcers, traumatic pain (broken bones or cuts) below level of injury, tight clothing, tests & procedures (cysto, GYN), ingrown toe nails, or any painful stimulus below level of injury.

TREATMENT:

Sit patient up. Counteract rise in BP with orthostatic hypotension.

Eliminate the cause! Look for noxious stimuli below level of injury. Ex: catheterize, check for impaction, change position to relieve pressure.

Treat elevated systolic blood pressure (>150)

Medications: Apply Nitroglycerine Paste. 1-2 inches to skin q 2 hrs. May wipe off if BP stable. Reapply if needed. or Administer Nifedipine 10 mg capsule (immediate release form). May repeat in 20-30 min if necessary. Avoid sublingual which can cause abrupt hypotension.

IV Antihypertensives are secondary agents to be utilized in a monitored setting. Treat symptomatic hypotension by laying down the individual and elevating the legs.

Anesthetize noxious stimuli prior to removal to prevent exacerbation of AD.

Monitor symptoms and BP for at least 2 hrs after the resolution of an AD episode.

Admit the patient if response to treatment is poor or cause has not been identified.

A D can lead to seizures, stroke or death.

University of Alabama at Birmingham Spinal Cord Injury Model System

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