

ALABAMA'S



BRAIN MAP TO SERVICES

The goal of this resource guide, Alabama's Brain Map to Services, is to assist anyone in finding appropriate resources and services related to Brain Injuries in our state.

A Brain injury can happen to anyone at any time regardless of age, race, gender or economic status. Traumatic Brain Injury is also referred to as closed head injury, head trauma, concussion, TBI, mild TBI, disorder of consciousness, blast injury and shaken baby syndrome, just to name a few. These terms are used interchangeably to indicate an injury to the brain occurred.

Dealing with the reality of brain injury can be difficult, especially when making the many decisions related to your own or a loved one's recovery. This resource guide has been designed to assist in finding the programs, organizations and services that are needed. The information is being provided solely as a reference resource for the public.

For more information contact the Alabama Department of Rehabilitation Services TBI Program 1-888-879-4706.

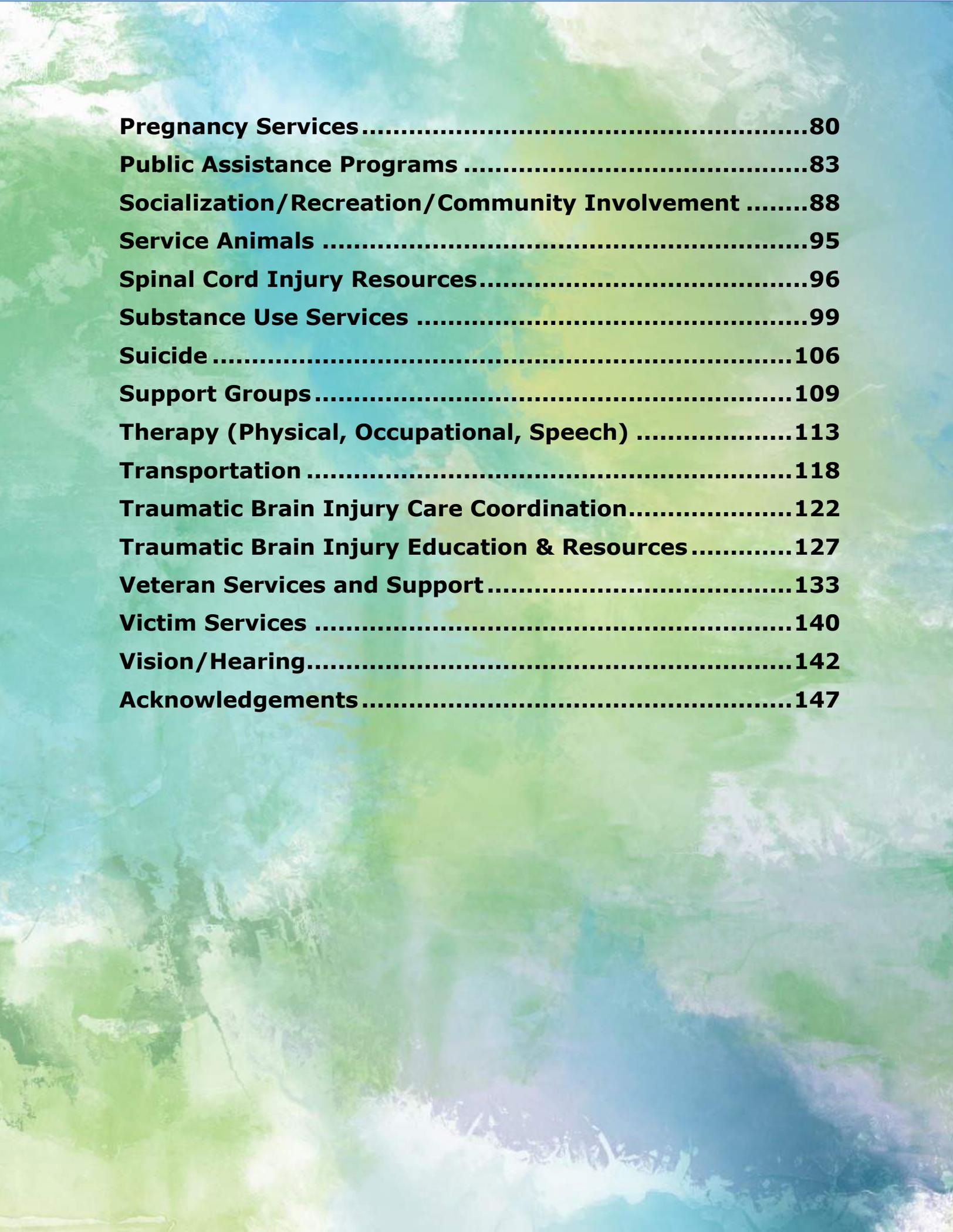


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Welcome to Alabama's Brain Map to Services!

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Advocacy

Alabama Head Injury Foundation

500 Chase Park South, Suite 130, Hoover, Alabama 35244

Phone: 1-800-433-8002 | 205-823-3818

Website: <https://www.ahif.org/>

PHONE: 800-433-8002 E-MAIL: INFO@AHIF.ORG

Alabama Head Injury Foundation

What is Alabama Head Injury Foundation?



Alabama Head Injury Foundation (AHIF) is a 501(c)3 nonprofit organization that provides support services for survivors of traumatic brain injuries and for their families. In many cases, medical care and rehabilitation can lead to significant recovery for TBI survivors, but the return to life after TBI can be a longer struggle, especially in adjusting to the "new normal" that exists for both the survivor and for their family. AHIF never charges for any of its services, and will work with you to achieve the best quality of life possible.

AHIF Services

- Support Services
- Respite Care
- Advocacy
- Counseling
- Recreational Camps
- Support Groups
- Therapy Camps
- Caregiver Support

ALABAMA HEAD INJURY FOUNDATION

Improving the quality of life for survivors of traumatic brain injury and for their families.

The First Step is to Contact Your Local AHIF Support Specialist

AHIF provides its statewide network of services through the use New Client and Long-Term Client Support Specialists. They live in the communities where the survivors they serve reside, allowing them to have a unique knowledge of the local resources available to survivors and to their families.

AHIF Support Specialists can assist survivors with an array of needs, that include the following:

- Assisting with home modifications or independent living options
- Support applying for and receiving Medicaid/Medicare/Disability benefits, financial management, personal budgeting and long-term legal planning
- Connecting to AHIF Services and other community services such as respite care, counseling, camps, support groups and ongoing therapy

Please visit www.ahif.org or call the AHIF office at (800) 433-8002 to confirm the appropriate AHIF Support Specialist for your location.

AHIF Support Specialist Territories



AHIF has a New Client Support Specialist and a Long-Term Client Support Specialist serving in the North Alabama, Central Alabama and South Alabama regions.

ADA National Network

Phone: 1-800-949-4232

Website: <https://adata.org/national-network>

The ADA National Network provides information, guidance and training on how to implement the Americans with Disabilities Act (ADA) in order to support the mission of the ADA to “assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.”

Administration for Community Living

330 C Street SW, Washington, DC 20201

Phone: 202-401-4634

Website: <https://acl.gov/programs>

Our goal is to maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers. ACL itself does not disburse any programs for individuals. Contact your state, county, or nonprofit office that administers specific programs directly. The funding flows from Congress through ACL to each state, but we do not have any direct consumer contact.

Alabama Care

Phone: 205-565-7573

Website: <http://www.alabamacare.org/>

Media/News Company that covers disability topics, advocacy, supports and resources.

Alabama Council on Developmental Disabilities

RSA Union Building, 100 North Union Street, Montgomery, Alabama 36130

Phone: 1-800-232-2158

Website: <https://www.acdd.org/>

We are dedicated to the vision that all Alabamians, regardless of disability, will live, learn, work, and play in inclusive communities. To that end, we work towards system changes in aspects of service/support to promote better lives for individuals with developmental disabilities and their families. Councils are committed to advancing public policy and system change that help individuals and families gain more control over their lives.

Alabama Department of Rehabilitation Services (ADRS)

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7116

Website: <https://www.rehab.alabama.gov/>

ADRS is the state's lead agency for coordination of services for Alabamians with TBI. Through its comprehensive array of programs and partnerships, and its coordination with the Alabama Head and Spinal Injury Registry, ADRS services include information and referral, educational assistance, pre-vocational resources, employment assistance, extended support provision and more to meet the consumer's individual and changing needs.

- **[Early Intervention System \(EI\)](#)**
Early Intervention provides supports and services for infants and toddlers birth through age 2 (0 to 36 months of age) who have a developmental delay or a medical diagnosis that can delay normal development, which can prevent the child from meeting developmental milestones. Early intervention supports and services focus on teaching the parents and caregivers ways to help the child learn and participate in everyday activities.
- **[Children's Rehabilitation Service \(CRS\)](#)**
Children's Rehabilitation Service (CRS) is a statewide system of services for children with special health care needs and their families, and adults with hemophilia. Every county in Alabama is served through a network of 14 community-based offices staffed with skilled professionals who provide quality medical, rehabilitative, and educational support services.
- **[State of Alabama Independent Living \(SAIL\)](#)**
SAIL helps Alabamians with the most-significant disabilities achieve their independence. With compassionate, skilled and trusted counselors, nurses and specialists, SAIL provides in-home education, counseling, attendant care, training, medical and vocational services to ensure independent living can be achieved at home, at school, at work and in the community.
- **[Vocational Rehabilitation Service \(VRS\)](#)**
ADRS's largest division, VRS provides individualized employment- and education-related services and training to assist youth and adults with disabilities achieve their employment goal.
VRS provides transition services in collaboration with local high schools, technical colleges, junior colleges and universities statewide to assist students with disabilities in receiving appropriate educational opportunities.
- **[Alabama Head Injury Task Force \(AHITF\)](#)**
Website: <https://www.rehab.alabama.gov/services/vr/tbi>
The Alabama Head Injury Task Force (AHITF) is the statewide advisory board for traumatic brain injury (TBI) in Alabama. Its mission is to develop the ideal service delivery system for Alabamians who experience TBI, and does this by:
 - Developing and monitoring the Statewide TBI Action Plan to address the needs of children, youth and adults with TBI and their families
 - Providing statewide coordination among agencies and organizations
 - Creating a forum for communication relative to TBI issues
 - Contributing to the development of awareness and training for professionals
 - Provides a Quarterly TBI Newsletter (The Brainliner) for Information, Resources and an Advocacy Platform
 Members of the Task Force bring diverse perspectives and knowledge in state policy and legislative issues, service delivery, advocacy, consumer and family issues, and other expertise that have enabled Alabama to develop this very effective System of Care for People with TBI.

Alabama Disabilities Advocacy Program (ADAP)

University of Alabama, 2008 12th Street, Tuscaloosa, Alabama 35401

Phone: 205-348-4928

Website: <https://adap.ua.edu/>

Offers services to people living with disabilities within Alabama to help promote a higher quality of life and protect, promote, and expand their rights. Particular services include: training for consumers, family members, and professional groups about disability rights issues; answer technical issues and provide referrals on rights issues; and advocacy services for those eligible within the seven programs offered. ADAP performs intakes over the phone and can travel to recipients' homes if necessary.

Alabama Parent Education Center

10520 US Highway 231, Wetumpka, Alabama 36092

Phone: 334-567-2252

Website: <http://alabamaparentcenter.com/>

The Alabama Parent Education Center (APEC) provides services and supports to assist families particularly those underserved including minority, low-income, and those with children with disabilities. APEC provides parents with training, information, and support to help them become meaningful participants in their children's education and lives.

AlabamaTBI.org

Alabama Department of Rehabilitation Services

Traumatic Brain Injury Program - Federal TBI Grant Website

Website: <http://www.alabamatbi.org/>

AlabamaTBI.org is a comprehensive site for service providers, individuals with brain injuries and family members, providing links and resources to the information you are seeking. The site also provides online training on numerous topics such as sports concussion, law enforcement, classroom strategies or customized training can be requested to meet an organization's needs.

Disability Rights and Resources (DRR)

1418 6th Avenue N, Birmingham, AL 35203

Phone: 205-251-2223

Website: <https://www.drradvocates.org/>

Empowering individuals with disabilities to FULLY participate in their community. Core Services: Information and referral, independent living skills, advocacy, peer support, transition into the community, nursing home diversion, youth transition services, home modifications, and employment assistance.

- **Link to DRR Facebook Peer Support Group:**
<https://www.facebook.com/groups/drrpeersupport/>

Elder Justice and Advocacy

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Email: ageline@adss.alabama.gov

Website: <https://alabamaageline.gov/elder-abuse/>

Elder Abuse is not only physical, but also emotional, financial exploitation, sexual or neglect. If this is happening to you or someone you know then please contact

us. We can help connect you to the State department or local law enforcement to end the abuse.

Epilepsy Foundation Alabama

3100 Lorna Road, Suite 300, Birmingham, Alabama 35216

Phone: 1-800-626-1582 | 205-453-8205

Website: <https://epilepsyalabama.org/about-us/>

The Epilepsy Foundation Alabama seeks to improve the quality of life for individuals with epilepsy and seizures by connecting people to treatment, support and resources; leading advocacy efforts; funding innovative research and the training of specialists; and educating the public about epilepsy and seizure first aid.

Governor’s Office on Disability (GOOD)

602 South Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7228

Website: <https://good.alabama.gov/>

GOOD’s mission is to facilitate the inclusion of Alabamians with disabilities in education, employment, housing, transportation, health care, and leisure.

National Alliance on Mental Illness Alabama (NAMI)

1401 I-85 Parkway, Suite A, Montgomery, Alabama 36106

Phone: 334-396-4794

Website: <https://namialabama.org/>

NAMI Alabama is comprised of local support and advocacy groups throughout the state dedicated to improving the quality of life for persons with a mental illness in Alabama. The number of such groups is growing rapidly as families become more determined to improve treatment and care for Alabamians diagnosed with a mental illness.

National Association of State Head Injury Administrators (NASHIA)

PO Box 1878, Alabaster, Alabama 35007

Phone: 202-681-7840

Website: <https://www.nashia.org/>

NASHIA addresses state government’s role in formulating policies, programs, and services for brain injury. Our mission is to assist states in promoting partnerships and building systems to meet the needs of individuals with brain injury and their families.

People First of Alabama

1929 Canyon Road, Vestavia, Alabama 35216

Phone: 205-986-9988

Email: state@peoplefirstal.net

Website: <https://www.peoplefirstal.net/>

People First of Alabama is a group of people with developmental disabilities living in Alabama communities dedicated to making our dreams happen by having choices and control over our lives. This means having opportunities to make decisions and plans for ourselves instead of having others make them for us.

Aging/Senior Services

The Aging and Disability Networks

The Administration for Community Living

Phone: 334-240-4670

Website: <https://acl.gov/programs/aging-and-disability-networks>

The aging and disability networks are made up of local, state, and national organizations and committed advocates working to support older adults and people with disabilities. Some organizations focus on a particular type of disability, age group, or type of service, whereas others have a more comprehensive mission.

Alabama Care Planning Council

Phone: 1-800-989-8137

Website: <https://www.carealabama.net/index.htm>

Lists companies and individual providers on this website who help families deal with the crisis and burden of long-term care. Purpose is to provide, in one place, all of the available government and private services for eldercare.

- [Alabama Geriatric Health Services List](#)
Connects you with a council member for your area to help you find the resources that are nearest and best for you.
- [Alabama Senior Centers](#)
A list of senior centers throughout Alabama, organized by city.

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Email: ageline@adss.alabama.gov

Website: <https://alabamaageline.gov/>

Offers statewide programs for the aging population and their families through the Regional Planning Commissions and the local Area Agencies on Aging. Programs offered include Medicare Patrol, Disaster Preparedness, Elder Abuse Prevention, among many others. When contacting the clinic, ask for intake and a caseworker will screen for program/service eligibility.

- [Area Agency on Aging County Locator](#)
Find the AAA nearest to you to call about services.
- [Alabama Cares Support for Caregivers](#)
Provides caregiver assistance, respite, education, and supplemental services to those offering care to individuals 60 years of age and older. Consult your local Area Agency on Aging for a center near you or call us.
- [Alabama Elderly Nutrition Program](#)
Are you at least age 60, married to someone age 60, or have a person with a disability residing with you and are homebound? Would you benefit from a home delivered meal? Would you enjoy meeting others, socializing, playing games, learning about healthy eating, and enjoy a hot meal? Contact your local Area Agency on Aging to see if you qualify.
- [Alabama SeniorRx Prescription Assistance Program](#)
SeniorRx is a program for Alabamians who are age 55 and older and for persons with disabilities who are diagnosed with chronic medical conditions requiring daily medication. The program aims to help people manage their

chronic illnesses earlier and prevent more serious health problems later in life.

- **[Alabama Senior Medicare Patrol Program](#)**
Anybody can be a health care fraud criminal – doctors, health care providers, medical equipment suppliers, telemarketers, or your neighbor. Protect yourself from, detect, and report potential errors, fraud, and abuse. Please call your local Area Agency on Aging (AAA) and Aging & Disability Resource Center (ADRC) at 1-800-AGE-LINE (1-800-243-5463).
- **[Disaster Assistance](#)**
In Alabama, as well as the other states, seniors are fortunate to have access for disaster assistance through their Area Agencies on Aging (AAA). Individuals at these locations can assist seniors in meeting their planning needs before a disaster occurs, as well as help after a disaster occurs. Consult your local Area Agency on Aging for a center near you or call us.
- **[Elder Justice and Advocacy](#)**
Elder Abuse is not only physical, but also emotional, financial exploitation, sexual or neglect. If this is happening to you or someone you know then please contact us. We can help connect you to the State department or local law enforcement to end the abuse.
- **[Legal Assistance Program](#)**
Staffed by lawyers licensed by the State Bar of Alabama and their supervised legal assistants to provide you with no cost representation. Our program targets people 60 or above in the most social or economic need, low-income minorities, or individuals in rural areas.
- **[Long-Term Care Ombudsmen](#)**
If you have concerns about the health, safety, or welfare of a loved one in a long-term care facility (nursing homes, board & care homes, specialty care, Dementia) & assisted living, we can assist you.
- **[Medicaid Waiver Programs](#)**
Four waiver programs provided by the Alabama Department of Senior Services.
- **[Safe Centers](#)**
Safe Centers continues to serve as places of refuge for seniors during climatic events. During the catastrophic tornadoes of April 2011, seniors sought safety in safe centers and/or safe rooms throughout Alabama. Often, these safe centers were the only functioning facilities in some regions. Consult your local Area Agency on Aging for a center near you or call us.
- **[Senior Community Service Employment Program](#)**
SCSEP provides community and worked-based training to seniors and assists in finding unsubsidized employment upon completion. SCSEP is funded by the U.S. Department of Labor and enrollment in the training program is limited.
- **[State Health Insurance Assistance Program \(SHIP\)](#)**
Answers to your questions about: Medicare, Medigap, Medicare Advantage, Medicaid, Long-term care insurance, and other health insurance programs for seniors. Provides information and materials, assistance, and referrals when appropriate.

Alabama Senior Center Directory

Website: <https://www.seniorcenterdirectory.com/alabama/>

Alabama Senior Centers offers programs and activities to keep seniors active and fun ways to stimulate your mind and body while making new friends. This directory provides a list of adult activity centers throughout the state of Alabama.

AmeriCorps Senior Corps Senior Companions

Website: <https://americorps.gov/serve/fit-finder/amicorps-seniors-foster-grandparent-program>

AmeriCorps Senior Corps is open to individuals 55 and older, volunteers work with those who are homebound or who are in day programs by helping individuals to maintain their highest level of independent living; preparing meals for clients; helping with grocery shopping; escorting to medical appointments; and assisting with day-to-day living tasks.

Birmingham: 205-803-3211 x210 or laquitas@positivematurity.org

Cullman, Lawrence and Morgan Counties: 256-260-3117 or
jordan.jones@capna.org

Mobile: 251-574-3232

Elder Law Clinic

101 Paul Bryant Drive, Tuscaloosa, Alabama 35401

Phone: 205-348-4960

Website: <https://www.law.ua.edu/academics/law-clinics/elder-law-clinic/>

Provides free legal advice, legal assistance, and legal counsel to individuals 60 years and older in seven West Alabama counties of Bibb, Greene, Hale, Fayette, Lamar, Pickens, and Tuscaloosa. There is no income qualification for use of services.

Geriatric Program: Crossbridge Behavioral Health

Baptist Medical Center South

4385 Narrow Lane Road, Montgomery, Alabama 36116

Phone: 334-286-3113

Website: <https://www.baptistfirst.org/locations/crossbridge-behavioral-health>

Devoted to helping adults age 55 and older and their families focus on depression, anxiety, confusion, agitation or additional indications that hinder an older person's quality of life. Focuses on issues related to aging, such as the loss of a loved one, a devastating injury or illness, increased use of medication and loss of independence. A complete medical assessment is conducted to acquire a clear understanding of any separate medical problems, such as congestive heart failure, arthritis or diabetes.

Retired Senior Volunteer Program

803 W. Washington Street, Eufaula, Alabama 36027

Phone: 334-687-6055

Website: <https://www.facebook.com/Retired-Senior-Volunteer-Program-1720560414932103/>

Retired Senior Volunteer Program (RSVP) connects volunteers to meaningful community service. Volunteers can choose to serve at a favored non-profit or

public agency, or be matched with a position that allows use of skills and interests or that fits into a personal time schedule.

State of Alabama Independent Living Services (SAIL)

Alabama Department of Rehabilitation Services

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7500

Website: <https://www.rehab.alabama.gov/services/sail>

SAIL serves residents in all 67 counties of Alabama and helps Alabamians with disabilities achieve their independence. With compassionate, skilled and trusted counselors, nurses and specialists, SAIL provides in-home education, counseling, attendant care, training, medical and vocational services to ensure independent living can be achieved at home, at school, at work and in the community. SAIL offers four programs, including Homebound, Community Support, Waiver, and SAIL/VR Hybrid.

UAB Medicine's Division of Gerontology, Geriatrics, and Palliative Care

Phone: 1-800-822-8816

Website: <https://www.uabmedicine.org/patient-care/treatments/geriatrics>

UAB Hospital-Highlands houses our Acute Care for Elders (ACE) Unit, specializing in geriatric patients, as well as our Geriatrics Clinic and Geriatric Heart Failure Clinic. The Continence Clinic at the Kirklin Clinic offers comprehensive evaluation and treatment of incontinence. Outpatient supportive care and palliative and services are offered at The Kirklin Clinic and the 1917 Clinic. For patients who desire a higher level of personalized care, or "concierge medicine", The Camellia Medical Group offers 24/7 access to your physician, quicker appointment times, home visits, and much more, for an annual fee.

Caregiver Assistance

Alabama Cares Support for Caregivers

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Website: <https://alabamaageline.gov/alabama-cares/>

Provides caregiver assistance, respite, education, and supplemental services to those offering care to individuals 60 years of age and older. Consult your local Area Agency on Aging for a center near you or call us.

Alabama Head Injury Foundation (AHIF)

Phone: 205-823-3818

Website: <https://www.ahif.org/services.html>

AHIF provides respite care to caregivers, giving them, at no cost, a brief break from the demands of 24/7 care of a loved one.

Alabama Lifespan Respite

UCP Huntsville

1856 Keats Drive, Huntsville, Alabama 35810

Phone: 256-859-8300

Email: info@alabamarespite.org

Website: <https://alabamarespite.org/>

Alabama Respite is a statewide program of United Cerebral Palsy. We are located in Huntsville, AL, but serve all 67 counties across the state. We provide monetary reimbursement for hiring someone to take a break from your caregiver role (as well as other services). You choose the respite provider and determine the hourly rate you are willing to pay. We do not send or recommend respite providers. The caregiver must be providing around the clock care to a loved one with a special need, disability, or chronic/terminal/mental illness. The caregiver/care recipient can NOT be receiving respite services through another state agency, such as Alabama Cares, AL Head Injury Foundation, or Medicaid Waiver.

- **Caregiver Wellness Initiative**

This program provides caregivers the opportunity to speak with a mental health professional. ALR will pay the provider directly for a pre-determined number of sessions or assist in paying co-pays for those caregivers who have insurance that covers counseling services.

Love Your Brain

Website: <https://www.loveyourbrain.com/attend-a-virtual-caregiver-retreat>

Becoming a caregiver impacts life in many ways — responsibilities, beliefs, hopes, expectations, and relationships. Through our pillars of mindfulness, movement, and community, this online retreat will support you to cultivate greater awareness in your role as a caregiver. By doing so, you'll learn to see that the power of change starts from within and that you have an infinite number of responses in every moment to generate a more balanced and connected relationship with yourself and your loved one.

A Mother's Rest

Email: innkeeper@amothersrest.org

Website: <https://www.amothersrest.org/>

A Mother's Rest's mission is to improve the emotional and physical health of caregivers through proactive, affordable, restorative respite opportunities. AMR coordinates affordable, frequent 3-night B&B caregiver respite retreats nationwide. A year-round respite inn is located in North Georgia, and available to all special needs moms, adoptive moms, and other adult caregivers every weekend.

National Alliance on Mental Illness: Family to Family Class

Website: <https://namialabama.org/support-and-education/mental-health-education/family-to-family-class/>

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program.

PINK Concussions Support Group for Caregivers (and Parents) of Women with Brain Injuries

Website: <https://www.facebook.com/groups/PINKconcussionsParents/>

PINK Concussions is the FIRST EVER non-profit organization to focus on pre-injury education and post-injury medical care for women and girls with brain injury including concussion incurred from sport, violence, accidents or military service. Support groups are open to men as well.

Respite Care Programs

United Cerebral Palsy of Mobile

3058 Dauphin Square Connector, Mobile, Alabama 36607

Phone: 251-479-4900

Website: <http://www.ucpmobile.org/ucp-programs/family-services/respite/>

UCP of Mobile offers two Respite Programs, and families can choose which program best fits their needs.

Respite Care to Air Force Families

Easterseals Central Alabama

Phone: 334-387-3284

Website: <https://eastersealscentralalabama.org/programs/respite-care/>

The U.S. Air Force EFMP has established a quality respite child care program for families with children having special needs and who are enrolled in the USAF EFMP. Respite Child Care is specially designed for Air Force families who have children diagnosed with moderate or severe special needs.

Severe BI Caregivers

Website: www.severebicaregivers.weebly.com

Telephone: 301-502-8420

Severe BI Caregivers is a nationwide online support group that meets virtually twice per month on Sunday evenings. Its goal is to provide support to individuals and families who care for those suffering from any type of serious brain injury.

Through an online community of other caregivers, the group shares stories, ideas, suggestions, and words of encouragement.

Smart Patients

Website: <https://www.smartpatients.com/communities/brain-injury>

The Smart Patients Brain Injury Discussion Forum is an online support group for patients and caregivers dealing with traumatic brain injury. Members share help, advice and information about treatments, symptoms and side effects.

TBI Skill Builder

Center on Brain Injury Research and Training

Website: <https://cbirt.org/research/current-projects/staff-tbi-skill-builder>

TBI Skill Builder is a 14-module, on-line training program designed for frontline staff new to working with adults with brain injury across a range of settings (e.g., residential support programs, day programs).

VA Caregiver Support

US Dept of Veterans Affairs

Phone: 1-855-260-3274

Website: <https://www.caregiver.va.gov/>

As a family caregiver you play an important role in caring for the Veteran at home and in the community. The VA offers various caregiver support services. Each VA Medical Center has a Caregiver Support Coordinator available to assist you with enrolling in these programs. For help, contact your local Caregiver Support Coordinator using the Caregiver Support Coordinator search tool, or call the VA Caregiver Support Line number.

Concussion Services

Comprehensive Concussion Awareness and Treatment Program-Clinic

University of South Alabama

Phone: 251-434-3475

Website: <https://www.usahealthsystem.com/concussions>

Provides retesting following an injury, return to learn and return to play protocols that are individualized for each athlete and many medical specialists including a concussion trained vestibular physical therapist, a neurosurgeon and a behavioral health specialist.

Concussion Care

Hughston Clinic

Website: <https://hughston.com/concussion/>

Hughston offers comprehensive concussion management for a wide variety of patients of all ages—from those on the football field to those who suffer from injuries at home or at work.

- **Dothan Location:** 512 North Shady Lane, Dothan, Alabama 36303
Phone: 334-699-5747
- **Montgomery Location:** 2257 Taylor Road, Suite 100, Montgomery, Alabama 36117
Phone: 334-245-6605
- **Columbus Location:** 6262 Veterans Parkway, Columbus, Georgia 31909
Phone: 706-324-6661

Concussion Alliance

Website: <https://www.concussionalliance.org/>

Concussion Alliance is a science-based patient advocacy organization meeting the diverse needs of concussion patients and educating providers on current research and recommendations. ConcussionAlliance.org is the most comprehensive, evidence-based concussion resource for patients and advocates anywhere online. It provides in-depth information about concussions, treatment options, search tools to find providers, and population-specific information for veterans, survivors of intimate partner violence, women & girls, and more.

The Concussion Clinic

Children's of Alabama

Suite 402 of the Lowder Building, 1600 7th Avenue South, Birmingham, AL 35233

Phone: 205-934-1041

Website: <https://www.childrensal.org/concussion>

Established to provide evaluation, treatment and medical clearance for youth, adolescent, and college-aged athletes in our community. The strength of our program lies in the interdisciplinary focus of our skilled athletic trainers, physical therapists, nurses and physicians from the divisions of Sports Medicine, Emergency Medicine, Rehabilitation Medicine, Neurosurgery and Neuropsychology, working together to optimize the management of children and adolescents who have suffered a concussion.

Crestwood Therapy Services Brain Injury Program

610 Airport Road, Suite 100, Huntsville, Alabama 35803

Phone: 256-429-4930

Website: <https://www.crestwoodmedcenter.com/neurologic-rehabilitation>

Focused on community reintegration, our therapeutic approach encourages independence and rebuilding core life skills. Crestwood Therapy Services offers rehabilitation for stroke, mild traumatic brain injury, concussion, and traumatic brain injury.

Dr. Ackerson and Associates

400 Vestavia Pkwy, Suite 130, Vestavia Hills, Alabama 35216

Phone: 205-823-2373

Website: <https://ackersonandassociates.com/>

Ackerson and Associates specialize in understanding the brain and its many functions including behavior, thoughts and emotions. They are committed to helping each individual achieve personal success through the application of the science of psychology to the fields of health, medicine, law, education and athletics.

Encompass Health

Website: <https://encompasshealth.com/inpatient-rehabilitation/irf-our-programs-and-services/brain-injury>

With a proven history of effective, specialized brain injury rehabilitation, we instill confidence in our patients and their loved ones. By combining the most innovative and advanced technologies with our highly trained team of experts, we ensure that each patient receives the best possible care for their needs.

- **Encompass Health Rehabilitation Hospital of Montgomery**
4465 Narrow Lane Road, Montgomery, Alabama 36116
Phone: 1-800-882-4677
- **Encompass Health Rehabilitation Hospital of Shelby County**
900 Oak Mountain Commons Lane, Pelham, Alabama 35124
- **Encompass Health Lakeshore Rehabilitation Hospital**
3800 Ridgeway Drive, Birmingham, Alabama 35209
Phone: 1-800-945-3333
- **Encompass Health Rehabilitation Hospital of North Alabama**
107 Governors Drive SW, Huntsville, Alabama 35801
Phone: 256-535-2300

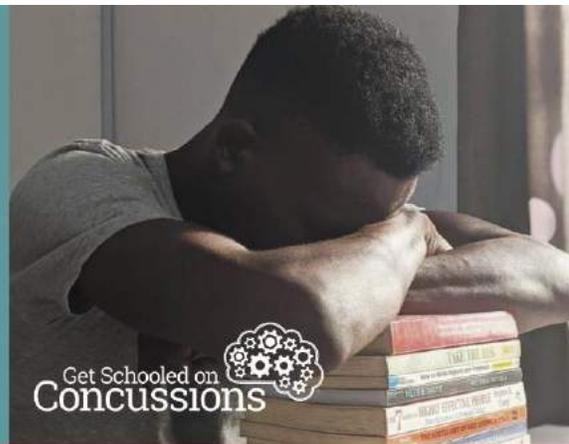
Get Schooled on Concussions

Email: TACT@GetSchooledOnConcussions.com

Website: <https://www.getschooledonconcussions.com/>

Our mission is to empower educators to take control over how concussions are handled in their classrooms. School is the educator's domain, no one knows the classroom better than you!

Are you ready to Get Schooled on Concussions?



Enhance your Return to Learn (RTL) plan with these FREE easy-to-access tools

Do you have a student with a concussion?

Majority of students with concussion resolve within 1 to 4 weeks, and are back to school (often still with symptoms) within days. Classroom teachers play a pivotal role in promoting the best chance for a smooth and seamless recovery.

Get Schooled on Concussions provides you quick tools and strategies to support students with concussions when you need it, no advanced training needed.

Recommendations are clinical, practical and best practice approaches to concussion RTL management.

 **Start using your FREE access today:**

getschooledonconcussions.com/alabama

Password: TACTalabama2020

2020 - 2021
subscription for
your state educators
made possible by



You have complimentary access to:



Teacher Acute Concussion Tool (TACT)

4-week specific classroom strategies delivered directly to your inbox tailored to your teaching style, content area, environmental and student factors.



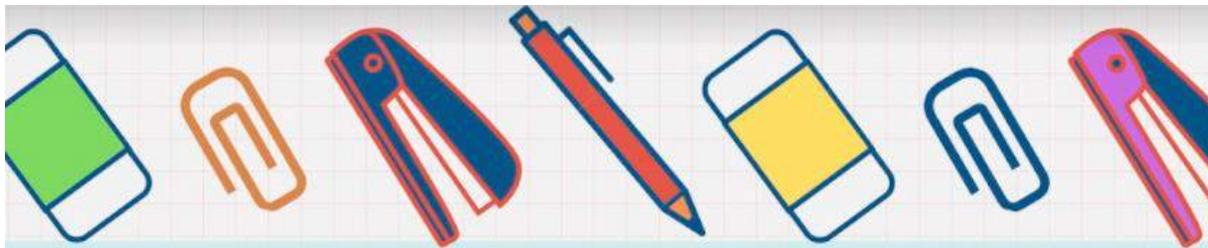
Tip Sheets

Access to over 30 individually crafted lessons on how to support students in the classroom and with protracted recovery.



Videos

Video tutorials on the academic support of concussion management in elementary, middle and high schools.



MANAGING CONCUSSIONS IN ALABAMA SCHOOLS

CONCUSSIONS HAPPEN, AND NOT JUST TO ATHLETES- TO ALL CHILDREN AND YOUTH.

When they do, students need support to return to learning. As they recover, educators need to know how to help by providing immediate, flexible and relevant academic support in school or at home.

WE CAN HELP!

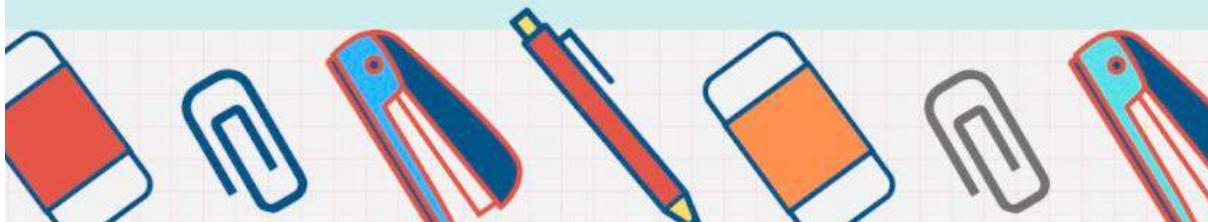
Alabama has adopted the Teacher Acute Concussion Tool (TACT), an online resource kit designed to help teachers learn strategies to support students as they Return to Learn following a concussion. The TACT builds general education classroom teacher capacity so students feel and learn better during recovery from a concussion. TACT builds teacher knowledge and confidence as they learn how to customize approaches to teaching styles to support the needs of students with a concussion, and delivers all these supports and information when teachers need it.

WANT TO LEARN MORE?

Visit our landing page <http://www.getschooledonconcussions.com/alabama/>
(Password: TACTalabama2020)
or contact: april.turner@rehab.alabama.gov
334.293.7116



SPONSORED BY THE ALABAMA HEAD INJURY TASK FORCE AND
THE ALABAMA DEPARTMENT OF REHABILITATION SERVICES



HEADS UP to School Sports

Center for Disease Control and Prevention

Website: <https://www.cdc.gov/headsup/highschoolsports/index.html>

To help coaches, parents and athletes properly identify and respond to a concussion, CDC, in partnership with leading experts and organizations, developed the HEADS UP: Concussion in School Sports initiative and materials.

Lemak Health Concussion Management Clinic

Phone: 205-453-7550

Email: info@lemakhealth.com

Website: <https://lemakhealth.com/services/concussion-clinics/>

Our goal is to provide patients (athlete or non-athlete), of any age, with prompt evaluation, proper treatment and medical clearance for sports and non-sports-related concussion. Every patient will receive a comprehensive evaluation, including a medical exam, neurocognitive testing and, if indicated, neuropsychological testing. Our team of experts will guide treatment, which may include rehabilitation, neurocognitive and vestibular therapy.

PINK Concussions Expert Interviews

Website: <https://www.pinkconcussions.com/expert-videos>

PINK Concussions has a series of Female Brain Injury Interviews organized by Topic on their website. Their mission is to drive change and innovation to develop and implement sex-specific/gender-responsive, evidence-based strategies for the identification, management and support of women and girls with brain injuries.

TeachAids Crash Course on Concussions

Website: <https://teach aids.org/for-concussions/crashcourse/>

Our research-based interactive productions are available online as standard videos and in virtual reality (free of charge) to provide athletes, parents, coaches and the sports community with the latest medical knowledge on the prevention and treatment of concussions. Products include an interactive Concussion Story Wall and the Brain Fly-Through (video or virtual reality).

Wallace Foundation – Wise Up!

5184 Caldwell Mill Road Suite 204 - Box 167, Hoover, Alabama 35244

Email: info@wiseupinitiative.org

Website: <http://www.wiseupinitiative.org/>

Wise Up! has been organized to bring awareness to the public on the various dangers and issues surrounding concussions, as well as raising research funding for the advancement in concussion research.

Disabilities Services

Alabama Department of Mental Health (ADMH)

Developmental Disabilities Phone: 1-800-361-4491

Mental Illness Phone: 1-800-367-0955

Website: <https://mh.alabama.gov/>

The Alabama Department of Mental Health serves Alabama citizens with mental illnesses, intellectual disabilities, and substance use disorders. The department strives to Serve, Empower, and offer Support to create awareness while promoting the health and well-being of Alabamians.

Alabama Department of Rehabilitation Services (ADRS)

Phone: 334-293-7500

Website: <https://www.rehab.alabama.gov/>

From birth through adulthood, we have programs and a highly skilled, compassionate staff who can help assess your situation and provide the most appropriate treatment, therapies and services. Whatever we can do to help you reach your maximum potential, we'll be with you and your family all the way. Browse our many services or contact us now.

Alabama Department of Senior Services (ADSS)

201 Monroe Street, Suite 350, Montgomery, Alabama 36104

Phone: 1-877-425-2243 | 334-242-5743

Email: ageline@adss.alabama.gov

Website: <https://alabamaageline.gov/about/>

A cabinet level state agency that administers programs for senior citizens, people with disabilities, and caregivers.

Alabama Disabilities Advocacy Program (ADAP)

University of Alabama, 2008 12th Street, Tuscaloosa, Alabama 35401

Phone: 205-348-4928

Website: <https://adap.ua.edu/>

Offers services to people living with disabilities within Alabama to help promote a higher quality of life and protect, promote, and expand their rights. Services include: training for consumers, family members, and professional groups about disability rights issues; answer technical issues and provide referrals on rights issues; and advocacy services for those eligible within the seven programs offered. ADAP does intake over the phone and can travel to recipients' homes if necessary.

Alabama Institute for Deaf and Blind (AIDB)

205 South Street East, Talladega, Alabama 35160

Phone: 256-761-3214

Video Phone: 256-474-0237

Website: <https://www.aidb.org/Page/1>

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deaf-blind and multi-disabled. Founded in 1858 by a young medical doctor who wanted to educate his deaf brother, AIDB now serves

more than 26,000 infants, toddlers, children, adults and seniors with hearing and vision loss throughout Alabama each year. AIDB has eight regional centers located in Birmingham, Dothan, Huntsville, Mobile, Montgomery, Talladega, Tuscaloosa and Tuscumbia which extend the program offerings throughout the state.

The Arc of Alabama

Phone: 256-383-1472

Website: <http://thearcofal.org/>

The Arc of Alabama, Inc., is a non-profit, volunteer-based membership organization whose primary role is to advocate for the rights and protections of people with intellectual and developmental disabilities (I/DD) and their families. This advocacy is provided through Information and Referral services, educational opportunities like the annual Alabama Disability Conference, and public policy initiatives.

Disability Rights and Resources

Phone: 205-251-2223

Website: <https://www.drradvocates.org/>

Disability Rights and Resources' mission is to empower people with disabilities to fully participate in the community. We encourage people with disabilities to support one another in reaching their own independent living goals. We also promote equal access and disability rights through advocacy and public awareness activities.

Easterseals

Website: <https://www.easterseals.com/>

For more than 100 years, Easterseals has served as an indispensable resource for individuals with disabilities, veterans, seniors and their families. Together, Easterseals affiliates in communities nationwide serve 1.5M people through high-quality programs including autism services, early intervention, workforce development, adult day care and more. In schools, workplaces and communities, we're fostering environments where everyone is included and valued — with a real and positive impact on us all. Join us in ensuring that everyone – regardless of age or ability – is 100% included and 100% empowered.

Family Support

1050 Government Street, Mobile, Alabama 36604

Phone: 251-438-1609

Website: <https://famsupport.com/welcome.html>

It is a source of help that is designed for Alabama's children or adults with developmental disabilities and their families, and also Alabamians with Traumatic Brain Injury at any age. We are dedicated to helping families in south Alabama help themselves, and do so by offering emotional support, information, referrals, flexible financial assistance, and special project assistance, all provided through local area volunteer councils.

Family Voices of Alabama

1050 Government Street, Mobile, Alabama 36604-2402

Phone: 1-877-771-3862

Email: info@familyvoicesal.org

Website: <https://familyvoicesal.org/index.php>

Family Voices of Alabama (FV of AL) aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities.

Help Me Grow

2595 Bell Road, Montgomery, Alabama 36117

Phone: 1-866-711-4025

Website: <https://helpmegrowalabama.org/what-we-do/>

Help Me Grow (HMG) receives calls regarding a child's developmental concerns, assesses needs & available resources, and refers families to services. They also educate professionals about developmental surveillance & screening while promoting access to services.

Social Security Administration

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

The Social Security Administration allows you to apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and more – from anywhere and from any of your devices!

State of Alabama Client Assistance Program (SACAP)

400 South Union Street, Suite 465, Montgomery, Alabama 36104

Phone: 1-800-228-3231

Website: <https://sacap.alabama.gov/>

If you are a person with a disability and are experiencing problems, or are in need of information regarding the Alabama's Vocational Rehabilitation Service (VRS), vocational rehabilitation service providers, or an Independent Living Center, we can be of assistance. SACAP tries to improve communication between you, your counselor and others involved in your rehabilitation program. SACAP may also provide additional information regarding resources in the community. If you have been denied services or need guidance in the application process, SACAP can provide support that is confidential.

United Ability

100 Oslo Circle, Birmingham, Alabama 35211

Phone: 205-944-3900

Email: info@unitedability.org

Website: <https://www.unitedability.org/about/mission-vision/>

United Ability provides innovative services connecting people with disabilities to their communities and empowering individuals to live full and meaningful lives.

Domestic Violence/Sexual Assault

24/7 Resource Hotlines

Alabama Domestic Violence Hotline: **1-800-650-6522**

Family Sunshine Center: **334-263-0218**

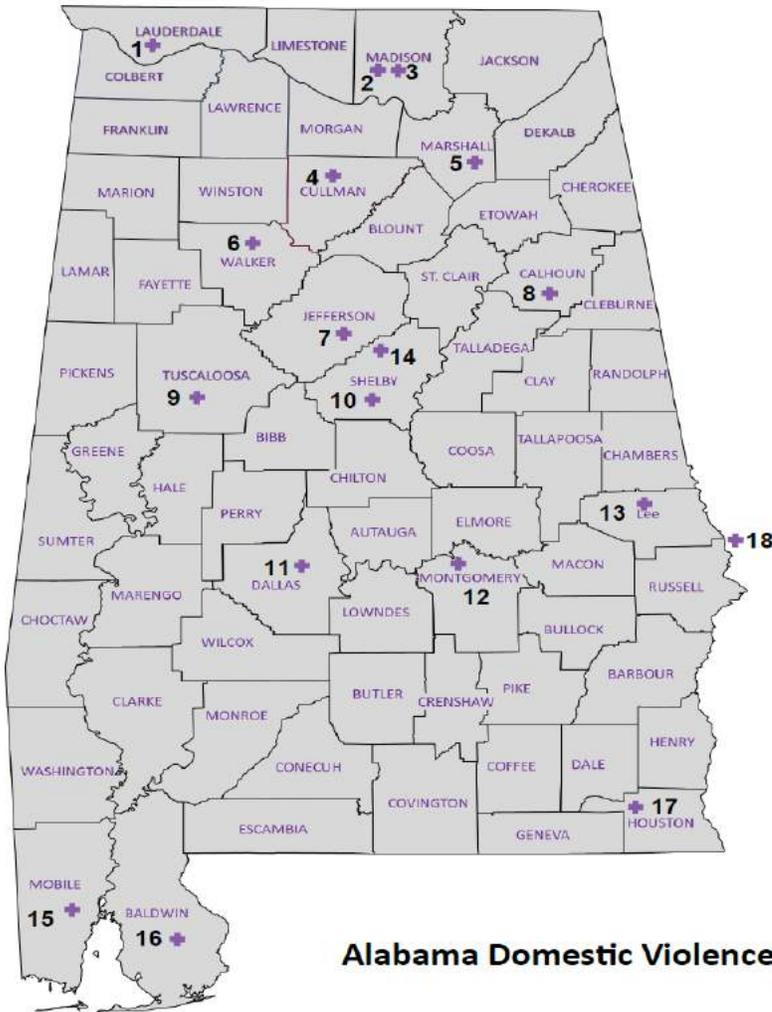
Battered Women's Justice Project: **1-800-903-0111**

National Sexual Assault Hotline RAINN: **1-800-656-4673**

Rape Counselors of East Alabama: **334-705-0510**

AL Coalition Against Rape: **1-888-725-7273**

DOMESTIC VIOLENCE SHELTERS IN ALABAMA



✚ Domestic Violence Shelters

- 1 - Safeplace - Florence, AL
- 2 - Crisis Services of North Alabama - Huntsville, AL
- 3 - Asha Kiran - Huntsville, AL
- 4 - Harbor Haus/Victim Services of Cullman - Cullman, AL
- 5 - Kelley's Rainbow - Albertville, AL
- 6 - Daybreak - Jasper, AL
- 7 - YWCA Domestic Violence Services - Birmingham, AL
- 8 - 2nd Chance - Anniston, AL
- 9 - Turning Point - Tuscaloosa, AL
- 10 - SafeHouse of Shelby County - Columbiana, AL
- 11 - SABRA Sanctuary - Selma, AL
- 12 - Family Sunshine Center - Montgomery, AL
- 13 - Domestic Violence Intervention Center - Opelika, AL
- 14 - King's Home - Chelsea, AL
- 15 - Penelope House - Mobile, AL
- 16 - The Light House of Baldwin County - Robertsdale, AL
- 17 - House of Ruth - Dothan, AL
- 18 - Hope Harbour - Columbus, GA (serves Russell County, AL)

Alabama Domestic Violence Hotline: 1-800-650-6522



Alabama Coalition Against Rape (ACAR)

7003 Fulton Court, Montgomery, Alabama 36117

Phone: 334-264-0123

Email: klove@acar.org

Website: <https://www.alabamacoalitionagainstrape.org/>

A statewide nonprofit organization working to prevent sexual violence in the State of Alabama. ACAR advocates for the rights of countless victims and affects critical change through its active role in public policy, education and training.

Family Sunshine Center

Montgomery, Alabama 36103

Phone: 334-206-2100

24-hour Hotline: 334-263-0218

Website: <https://familysunshine.org/>

The mission of the Family Sunshine Center is to end family violence, sexual assault, and human trafficking, foster hope and healing, offer immediate response and a safe haven in crisis, provide advocacy, counseling, and support for victims, empower them to lead safe, violence-free lives and promote community awareness through education and training.

Love is Respect

24/7 Hotline: 1-866-331-9474

Website: <https://www.loveisrespect.org/>

Love is Respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

RAINN

24/7 Hotline: 1-800-656-4673

Website: <https://www.rainn.org/about-rainn>

Information and resource materials on the types, effects, and aftermath of sexual assault. Live chat help line that is free, secure, confidential, and available 24 hours.

Rape Counselors of East Alabama

Phone: 334-741-0707

Hotline: 334-705-0510

Email: rceainc@yahoo.com

Website: <https://www.rapecounselorsofeastalabama.com/>

Rape Counselors of East Alabama strives to provide 24-hour free and confidential services to victims of sexual assault, their families, and friends. RCEA is committed to empowering survivors and eliminating all forms of sexual violence in our community. Through education and awareness, RCEA aims to change the cultural norms that enable sexual assault to proliferate. Our service area includes: Lee, Tallapoosa, Macon, and Chambers county with our office located in Auburn, AL.

Rape Response Advocacy Program

The Mental Health Association Morgan County

Phone: 256-353-1160

Website: <https://mhainmc.net/services/rape-response-advocacy/>

The Mental Health Association in Morgan County offers both Sexual Violence prevention & education programs and services for victims of sexual assault.

Shoals CASA

102 Jackson Court, Sheffield, AL 35660

Phone: 256-765-0041

Website: <http://www.shoalscasa.org/>

Promoting Advocacy, serving abused and neglected children with a trained and committed volunteer workforce ensuring the child's best individual interests are priority.

Teen Dating Violence Initiative

That's Not Cool

Email: thatsnotcool@futureswithoutviolence.org

Website: <https://thatsnotcool.com/>

That's Not Cool is an award-winning national public education initiative that partners with young people to help raise awareness and bring educational and organizing tools to communities to address dating violence, unhealthy relationships, and digital abuse. Our vision is for everyone to experience healthy relationships— online and off. The program's interactive website, tools, and resources support young people as they learn to recognize, avoid, and prevent dating violence in their lives.

Education Support

Adult Basic Education/GED

Easterseals Alabama

5960 East Shirley Lane, Montgomery, Alabama 36117

Phone: 334-395-4489

Website: <https://www.easterseals.com/alabama/our-programs/learn/basic-education-ged.html>

Easterseals offers several basic education programs. These include weekly Adult Basic Education classes for adults who are in need of basic skill remediation and GED preparation. Small classes are offered at 3 GES locations throughout Mobile. Additionally, outreach program sites, staffed by GES instructors and/or volunteers, make Adult Education more accessible to communities throughout the region. GES also offers volunteer tutors to provide individual instruction to help adult nonreaders obtain basic literacy skills.

Adult Education Providers

Alabama Community College System

Website: <https://www.accs.edu/adult-education/adult-ed-providers/>

Your one-stop shop for free resources to help you get where you want to be in life. We have 400 sites across the state to assist you. Take a look at our partners listed and connect with the one closest to you.

Alabama College Accommodations

Alabama Disabilities Act (ADA)

Website: <https://www.ada.gov/>

Public colleges and universities are required through the Americans with Disabilities Act (ADA) to provide accommodations to students with disabilities. Students are responsible for initiating the accommodation process per their Office of Disability, which can be found through the college website. For more information, please call your college office of disability or visit our website to learn more about the ADA.

Alabama GED Preparation Classes & Test Centers

- **Alabama GED Preparation Classes**

Website: <https://bestgedclasses.org/alabama/>

You can choose a traditional GED prep class near you. Choose the city closest to you.

- **Alabama GED Test Centers**

Website: <https://bestgedclasses.org/alabama/>

Provides information and locations for taking the GED.

Alabama GED Registration

Phone: 1-877-392-6433

Website: <https://ged.com/policies/alabama/>

Study material, GED account, scheduling information, and more can be found here.

Alabama Institute for the Deaf and Blind (AIDB)

Phone: 256-761-3318

Website: <https://www.aidb.org/domain/6>

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deaf-blind and multi-disabled. Founded in 1858 by a young medical doctor who wanted to educate his deaf brother, AIDB now serves more than 26,000 infants, toddlers, children, adults and seniors with hearing and vision loss throughout Alabama each year. AIDB has eight regional centers located in Birmingham, Dothan, Huntsville, Mobile, Montgomery, Talladega, Tuscaloosa and Tuscumbia which extend the program offerings throughout the state.

AmeriCorps Foster Grandparents Program

Website: <https://americorps.gov/serve/fit-finder/americorps-seniors-foster-grandparent-program>

Foster Grandparents Program volunteers tutor students to improve academic skills; motivate and instill good behavior; reward good socialization habits; listen to and counsel each child/youth individually; serve as positive role model; mentor youth; help with reading abilities; care for babies and children with long-term illness and assist children with mental and physical disabilities. Volunteers earn a stipend of \$3.00 an hour (must be low income to qualify for this program), lunch is also provided.

Auburn and Opelika: 334-826-6514

Barbour, Coffee, Geneva, Henry and Houston Counties: 334-793-9044 ext.101 or mnelson@graceba.net

Birmingham: 205-803-3211

Cullman, Lawrence and Morgan Counties: 256-260-3120 or chantal.collier@capna.org

Lee and Russell Counties: 334-826-6514 or easefgp@gmail.com

Mobile: 251-574-6488

Russellville: 256-332-6800 or lathamfgp@gmail.com

Tuscaloosa: 205-554-1916

Birmingham Jumpstart Inc.

2202 Ascot Lane, Birmingham, Alabama 35216

Phone: 205-774-6100

Email: info@birminghamjumpstart.org

Website: <https://birminghamjumpstart.org/>

Our program places a concentrated and intentional focus on adults and improving their literacy and academic skills. Provides a GED program, free materials, social connections, and more.

Gadsden Job Corps Center

600 Valley Street, Gadsden, Alabama 35901

Phone: 1-800-733-5627

Website: <https://gadsden.jobcorps.gov/>

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to

24 improve the quality of their lives through career technical and academic training.

Homework Alabama

6030 Monticello Drive, Montgomery, Alabama 36117

Website: <https://aplsws1.apls.state.al.us/aplsnew/web/homework/>

Homework Alabama is a statewide effort made possible by the State Library of Alabama (APLS) through local public libraries. Provides Homework help, Academic Tutoring, one on one online 24/7, writing labs, self-study resources and test prep tools, career prep, quizzes, and GED prep. Services are offered to all ages, from K-12 to adults.

The Literacy Council of Central Alabama

Phone: 205-203-4653

Email: mburchart@literacy-council.org

Website: <https://literacy-council.org/>

The Literacy Council's mission is to improve the life of adults and their families through literacy education that teaches people to read, write, and speak English.

Montgomery Job Corps Center

1145 Air Base Boulevard, Montgomery, Alabama 36108

Phone: 1-800-733-5627

Website: <https://montgomery.jobcorps.gov/our-program>

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

National Literacy Directory

Hotline: 1-877-389-6874

Website: <https://www.nld.org/>

Locates literacy programs based on zip code.

Special Education in Alabama: A Right Not A Favor

Alabama Disabilities Advocacy Program

Phone: 205-348-4928

Website: <https://adap.ua.edu/special-education.html>

ADAP provides trainings for parents and school systems, case advocacy, information and referral services and resources for special education.

Special Education Services

Alabama State Department of Education

50 North Ripley Street, P.O. Box 302101, Montgomery, Alabama 36104

Phone: 334-694-4900

Email: vm@alsde.edu

Website: <https://www.alabamaachieves.org/>

Through leadership and service, the vision of Special Education Services is to foster positive educational outcomes for all students with special needs.

Youth Build Program

Pickens County Community Action Committee and Community Development Corporation

Address: 71 Lakeside Street, Carrollton, Alabama 35447

Phone: 205-367-8166

Website: <https://www.caapickens.org/services/youth-projects>

Youth Build is a program offered to low-income 16-24-year-olds to provide pathway to obtaining their GED, while earning real world job skill training by building or renovating homes in their community, and also learning leadership traits. This training program is meant to lead to employment or college.

Emergency Preparedness and Response

2-1-1 Disaster Assistance

Phone: Dial 2-1-1

Website: <https://www.211.org/get-help/disaster-recovery>

We have collected resources that may help you and your loved ones to access services locally and across the country, which you can find on this page or by calling your local 211.

Alabama Emergency Management Agency

Phone: 1-800-843-0699 | 205-280-2312

Email: info@ema.alabama.gov

Website: <https://ema.alabama.gov/>

Alabama EMA provides timely and accurate information for senior elected officials and the general public. The Agency also manages the flow of state/federal/private resources, services, and personnel to the incident. Finally, the agency establishes and provides a unity of response, recovery, coordination, and control.

American Red Cross

Phone: 1-800-733-2767

Website: <https://www.redcross.org/get-help.html>

Provides ways to find relief after disaster occurs.

Are You Ready? Emergency Preparedness Guide

Alabama Department of Public Health (ADPH)

Website:

<https://www.alabamapublichealth.gov/cep/assets/emergencyprepguide.pdf>

This booklet was written to provide basic disaster preparedness education. The Alabama Department of Public Health works with a variety of organizations, businesses and individuals on preparedness and prevention activities.

DisasterAssistance.gov

Website: <https://www.disasterassistance.gov/>

To find help for your immediate needs, enter an address to get a list of the closest FEMA Disaster Recovery Centers (DRCs), starting with the closest three. If no resource is close to you, contact your state's emergency management agency to ask about other resources or to get your county's contacts. To find your closest hospital, use the U.S. Hospital Finder.

Disaster Distress Helpline

Substance Abuse and Mental Health Services Administration (SAMHSA)

Phone: 1-800-985-5990 (call or text)

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline?msclkid=8341f1e0a3c311ec84296e8each600ed>

The SAMHSA Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in

the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text to connect with a trained crisis counselor.

Disaster Response

Alabama Department of Mental Health (ADMH)

100 North Union Street, Montgomery, Alabama 36130

Phone: 1-800-367-0955 | 334-242-3454

Email: alabama.dmh@mh.alabama.gov

Website: <https://mh.alabama.gov/disaster-response/>

Offers various resources for responding to disasters.

Emergency Preparedness

Alabama Department of Public Health (ADPH)

201 Monroe Street, Suite 1010, Montgomery, Alabama 36104

Phone: 334-206-5226

Website: <https://www.alabamapublichealth.gov/disability/ep.html>

Our goal at Public Health is to help all Alabamians prepare for emergencies. We hope this information will help those in Alabama with special needs do that a little bit better.

- [Preparing for Functional and Access Needs During an Emergency](#)

A booklet providing information on how to respond and be prepared for disasters and ensure safety of those with disabilities.

Emergency Preparedness for Special Needs

Alabama Department of Public Health (ADPH)

Website: <https://www.alabamapublichealth.gov/disability/ep.html>

Being prepared can sometimes be the difference between life and death in an emergency. But, preparing for an emergency can be a more difficult process if you have special needs or are caring for someone with special needs. This Public Health booklet will offer valuable tips on how to prepare for an emergency if you are: living with physical impairment, deaf/hard of hearing, blind/low vision, living with mental illness, living with developmental/cognitive disabilities, or non-English speaking.

- [Public Health Booklet \(click here\)](#)

Hurricane Preparedness for People with Disabilities

Phone: 1-855-461-1926

Website: <https://blog.directenergy.com/hurricane-preparedness-tips-special-needs-infographic/>

This infographic contains the crucial hurricane preparedness steps those with special needs and disabilities may need to take in order to protect themselves during a storm.

Employment / Career Services

Alabama Department of Labor (DOL) - Office of Disability Employment

Phone: 1-800-548-2546 (TTY) | 711 (Voice)

Website: <https://www.dol.gov/general/topic/disability>

Several U.S. Department of Labor (DOL) agencies assist people with disabilities in seeking meaningful work and succeeding once on the job. DOL also advises employers on effective strategies for recruiting and retaining qualified people with disabilities, as well as educates federal agencies and federal contractors and sub-contractors about their obligations related to affirmative action and nondiscrimination in hiring.

- **Workforce Innovation & Opportunity Act (WIOA)**

Phone: 334-242-5300

Website: <https://wioa-alabama.org/>

Provides resources, services, and leadership tools for the public workforce system to help individuals find good jobs and stay employed. Various employment services and training opportunities are offered.

The Achievement Center Easterseals

410 West Thomason Circle, Opelika 36801

Phone: 334-745-3501

Website: <http://achievement-center.org/our-services/>

The Achievement Center –Easterseals (AC-ES) provides the following employment outcome related services to persons with disabilities referred to us by the Alabama Department of Rehabilitation Services and the Georgia Vocational Rehabilitation Agency for Lee county and surrounding areas.

Alabama Department of Rehabilitation Services (ADRS)

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7500

Website: <https://www.rehab.alabama.gov/>

The Alabama Department of Rehabilitation Services (ADRS) is the state agency that serves Alabamians with disabilities from birth throughout their lives. Our “continuum of care” approach means that help is here at every stage of a person’s life. Services are provided by our four main programs which include Early Intervention, Children’s Rehabilitation, Vocational Rehabilitation and Independent Living. ADRS has 25 community offices reaching all 67 Alabama counties.

Alabama Department of Commerce - Alabama Works!

600 South Court Street, Suite 450, Montgomery, Alabama 36104

Email: info@alabamaworks.com

Website: <https://alabamaworks.com>

A network of interconnected providers of workforce services, including all of the governmental, educational, and private sector components that train, prepare, and match job seekers with employers.

AmeriCorps

Website: <https://americorps.gov>

- **Foster Grandparents Program**

Website: <https://americorps.gov/serve/fit-finder/americorps-seniors-foster-grandparent-program>

Foster Grandparents Program volunteers tutor students to improve academic skills; motivate and instill good behavior; reward good socialization habits; listen to and counsel each child/youth individually; serve as positive role model; mentor youth; help with reading abilities; care for babies and children with long-term illness and assist children with mental and physical disabilities. Volunteers earn a stipend of \$3.00 an hour (must be low income to qualify for this program), lunch is also provided.

Auburn and Opelika: 334-826-6514

Barbour, Coffee, Geneva, Henry and Houston Counties: 334-793-9044 ext. 101 or mnelson@graceba.net

Birmingham: 205-803-3211

Cullman, Lawrence and Morgan Counties: 256-260-3120 or chantal.collier@capna.org

Lee and Russell Counties: 334-826-6514 or easefgp@gmail.com

Mobile: 251-574-6488

Russellville: 256-332-6800 or lathamfgp@gmail.com

Tuscaloosa: 205-554-1916

- **AmeriCorps Senior Corps Senior Companions**

Website: <https://americorps.gov/serve/fit-finder/americorps-seniors-senior-companion-program>

AmeriCorps Senior Corps is open to individuals 55 and older, stipends are paid to volunteers. Volunteers visit with individuals who are frail in day programs or who are homebound by helping others to maintain their highest level of independent living; preparing meals for clients; helping with grocery shopping; escorting to medical appointments; and assisting with day-to-day living tasks. Senior Companions are paid a stipend of \$3.00 an hour.

Birmingham: 205-803-3211 x210 or laquitas@positivematurity.org

Cullman, Lawrence and Morgan Counties: 256-260-3117 or jordan.jones@capna.org

Mobile: 251-574-3232

- **AmeriCorps Senior RSVP (Retired and Senior Volunteer Program)**

Website: <https://americorps.gov/serve/fit-finder/americorps-seniors-rsvp>

The AmeriCorps Seniors RSVP program pairs thousands of Americans aged 55 and older with organizations making change in communities across the country. AmeriCorps Seniors volunteers who serve in our RSVP program choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity with any of the thousands of organizations we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers themselves report better health and longevity having served their community. RSVP engages and connects individuals ages 55 and older in a diverse range of community service activities in the areas of Healthy

Futures, Education, Economic Opportunity, Disaster Services, Veterans & Military Families and Environmental Stewardship.

Athens: 256-232-7207 or bruth@al-rsvp.com

Baldwin, Butler, Escambia, Jefferson, Mobile and Montgomery Counties: 251-433-6541 ext. 000 or chrismiller@sarpc.org

Birmingham (Blount, Jefferson, Shelby and Walker Counties): 205-803-3211

Cherokee and Etowah Counties: 256-549-8147 or tpondick@etowahcounty.org

City of Thomasville: 334-637-1143 or tyles@thomasvilleal.com

Lauderdale County: 256-760-5888 or rsvp@lauderdalecountyal.gov

Mobile County: 251-574-7787

Benefits Counseling Services

Alabama Department of Rehabilitation Services (ADRS)

602 South Lawrence Street Montgomery, Alabama 36104

Phone: 1-877-816-4602 | 334-293-7500

Website: [https://www.rehab.alabama.gov/services/vr/vr#:~:text=Call%20the%20ADRS%20Benefits%20Counseling,\(877\)%20816%2D4607.&text=In%20addition%20to%20ADRS%2C%20a,\(800\)%20671%2D6842](https://www.rehab.alabama.gov/services/vr/vr#:~:text=Call%20the%20ADRS%20Benefits%20Counseling,(877)%20816%2D4607.&text=In%20addition%20to%20ADRS%2C%20a,(800)%20671%2D6842).

ADRS employs trained and certified benefits specialists to active (Application to Closure) consumers of the adult VR program receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) based on disability and who need information about how wages from employment may or may not impact cash and or health care benefits.

Benefits Counseling Services include but are not limited to the following:

- Assistance with wage reporting for both SSDI and SSI
- Monitoring and Tracking of Trial Work Period for individuals on SSDI
- Benefits Summary and Analysis: a written report that summarizes the person's current benefits status and the impact of wages on their disability benefits to include all federal, state, and local benefits. This report also outlines wage reporting responsibilities and includes SSI calculations, Medicare Savings Program calculations, Earnings comparisons/snapshots, etc.; Reports are provided to both consumers and their VR Counselors.
- SMILE Documentation/Updates for Counselors: VR Counselors are able to track and see details of the benefits counseling services through detailed case notes and referral tracking.

The Arc of Clarke County

Phone: 251-246-3000

Website: <http://www.thearcofclarke.com/>

The Arc is the premier provider of supports and services for people with intellectual and developmental disabilities and has a demonstrable record of success in achieving the outcomes people want for their lives. Provides employment services among a variety of other services.

The Arc of Madison County

1100 Washington Street NW, Huntsville, Alabama 35801-4678

Phone: 256-539-2266

Email: receptionist@hsvarc.org

Website: <https://www.hsvarc.org/>

We work hand-in-hand with our clients to create inclusive workplaces and hiring practices and forge connections between our clients and their local disability community to attract jobseekers with disabilities.

The Arc of Shelby County

203 Amphitheater Road Pelham, Alabama 35124

Phone: 205-664-9313

Website: <http://thearcofshelby.org/>

The Arc of Shelby County's Employment Program assists individuals with intellectual and developmental disabilities in achieving their career goals and assists community employers in finding eager employees looking for meaningful work.

Darden Rehabilitation Foundation

1001 E Broad Street, Suite C, Gadsden, Alabama 35903

Email: darden@dardenrehab.org

Website: <http://dardenrehab.org/>

To provide excellence in service, in evaluation, in training and employment opportunities for adults and students with disabilities so that they will become informed, involved, qualified and well-rounded citizens ready to enter the competitive workforce and society.

Disability in the Work Place: A Complete Guide

Phone: 254-294-7742

Email: support@zippia.com

Website: <https://www.zippia.com/advice/disability-resource-guide/>

74.6 million people in the U.S. have a disability that affects their physical capacity either temporarily or permanently. From learning about laws that protect you, how to interview, to finding accommodating companies, here is a guide to make things a little easier.

Easterseals Alabama - Employment and Vocational Support

5960 East Shirley Lane, Montgomery, Alabama 36117

Phone: 334-395-4489

Website: <https://www.easterseals.com/alabama/our-programs/work/services.html>

Provides a complete listing of all employment programs and skills training services at each Easterseals Alabama location. Services such as certificate programs, transitional programs, vocational training, GED, and more.

The ARC of Central Alabama - Employment Support

6001 Crestwood Boulevard, Birmingham, Alabama 35212

Phone: 205-323-6383

Website: <https://www.arcofcentralalabama.org/programs/employment-program/>

We offer a comprehensive variety of work and work preparation programs. The work activity center helps adults learn pre-vocational skills, including counting, money management, safety and appropriate work-related behaviors.

Gadsden Job Corps Center

600 Valley Street, Gadsden, Alabama 35901-2440

Phone: 800-733-5627

Website: <https://gadsden.jobcorps.gov/>

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

Goodwill Alabama

2350 Green Springs Highway, Birmingham, Alabama 35205

Phone: 205-323-6331

Email: info@alabamagoodwill.org

Website: <https://alabamagoodwill.org/>

Alabama Goodwill Industries is an organization that offers training and employment opportunities to people who need it most.

Goodwill Career Services

Goodwill Industries of Alabama, Inc.

900 Air Base Boulevard, Montgomery, Alabama 36108

Phone: 334-263-4633

Website: <http://www.algoodwill.org/page/career-services>

Provides work adjustment evaluation, on-the-job training, job readiness skills, and more!

Independent Advantage Placement Agency

2008 21st Street Ensley Suite C, Birmingham, Alabama 35218

Phone: 205-243-0105

Website: <http://carf.org/providerProfile.aspx?cid=268913>

Provides activities that are employment related to promote successful training of a person to a new job, job adjustment, retention, and advancement. These services are based on the individual employee with a focus on achieving long-term retention of the person in the job.

The Is-Able Center

244 West Valley Avenue, Suite 206, Birmingham, Alabama 35209

Phone: 205-777-4017

Email: isablecenter@gmail.com

Website: <https://www.isable.org/about>

Provides services that encourage, educate and empower. Our goal is to enhance the quality of life for individuals with disabilities, their loved ones and caregivers. Our core services include social development, support groups, accessible computer labs, employment services and life skills / health & wellness classes.

Jackie Johnson Employment Services

1930 Mall Boulevard, Auburn, Alabama 36830

Phone: 334-246-3034

Website: <https://businessfinder.al.com/jackie-johnson-employment-svc-auburn-al.html>

Provides employment and supported employment placement for individuals with disabilities.

Job Accommodation Network

Phone: 1-800-526-7234 | 1-877-781-9403 (TTY)

Email: jan@askjan.org

Website: <https://askjan.org/>

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues, helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace. JAN's trusted consultants offer one-on-one guidance on workplace accommodations, the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.

The JOBS Program

Alabama Department of Human Resources

Phone: 334-242-1773

Website: <https://dhr.alabama.gov/family-assistance/jobs-program/>

The JOBS Program which is DHR's welfare to work program is operational in all 67 Alabama counties. The Program provides services and work supports to parents receiving cash assistance to help them find and retain employment. Services also include employability assessments, job readiness and job skills training, disability assessments and adult education. Following an initial interview which involves individual and family assessments, JOBS case managers provide services directly or by referral to other agencies.

Madison Area Supported Employment-The ARC Madison County

Phone: 256-533-6860

Website: <https://www.hsvarc.org/services-for-individuals/job-coaching/>

This program prepares adults with disabilities for work readiness, including job interviews and leads. The Arc can also provide transportation arrangements and many other needs for potential employment.

Montgomery Job Corps Center

1145 Air Base Boulevard, Montgomery, Alabama 36108

Phone: 1-800-733-5627

Website: <https://montgomery.jobcorps.gov/our-program>

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.

Opportunity Center-Easterseals

6300 McClellan Boulevard, Anniston, Alabama 36206

Phone: 256-820-9960

Website: <https://www.opportunity-center.com/>

The mission of the Opportunity Center - Easterseals Community Rehabilitation Program is to provide vocational development and extended employment, primarily for individuals with mental, emotional, and physical disabilities, to maximize their employment potential.

Partnership on Employment & Accessible Technology (PEAT)

Contact Us Form: <https://peatworks.org/contact/>

Website: <https://www.peatworks.org/about/>

A central hub for accessible technology-related tools and resources, including the latest PEAT research on the accessibility of online job applications and other eRecruiting technologies. PEATworks content is designed to help employers and the technology industry adopt and promote accessible technology as part of everyday business practices, for the benefit of all employers and workers.

Phoenix Vocational Services

2939 Johnson Road SW, Huntsville, Alabama 35805-5844

Phone: 256-880-0671

Email: info@phoenixhsv.org

Website: <https://www.phoenixhsv.org/vocational-services/>

Phoenix provides an array of vocational rehabilitation services intended to assist individuals with disabilities succeed in the world. Services are offered in 12 counties: Madison, Morgan, Limestone, Franklin, Colbert, Marshall, Jackson, Lauderdale, Cullman, Marion, Walker and Winston. Phoenix has several dedicated staff members providing these services. Programs within the Vocational Services Division are CARF International accredited.

Senior Community Service Employment Program

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Website: <https://alabamaageline.gov/scsep/>

SCSEP provides community and worked-based training to seniors and assists in finding unsubsidized employment upon completion. SCSEP is funded by the U.S. Department of Labor and enrollment in the training program is limited. Contact your local Area Agency on Aging (AAA) and Aging & Disability Resource Center.

Ticket to Work - Social Security

Help Line: 1-866-968-7842 or 1-866-833-2967

Website: <https://choosework.ssa.gov/>

Social Security's Ticket to Work Program supports career development for Social Security disability beneficiaries age 18 through 64 who want to work. The Ticket Program is free and voluntary. The Ticket Program helps people with disabilities progress toward financial independence.

Understanding Brain Injury, a Guide for Employers

Website: Mayo.edu/pmts/mc1200-mc1299/mc1298.pdf

Published by the Mayo Clinic and intended to provide an overview of brain injury and suggested strategies employers can implement to support those living with a brain injury in the workplace.

United Ability Employment Services

100 Oslo Circle, Birmingham, Alabama 35211

Phone: 205-944-3900

Email: info@unitedability.org

Website: <https://www.unitedability.org/programs/united-ability-employment-services/>

United Ability Employment Services Department is committed to the long-term success of every business that participates in one of our employment programs. Our goal is to help both employers and individuals with disabilities acquire and maintain a beneficial employer/employee relationship.

United Way Priority Veteran

3600 8th Avenue South, P.O. Box 320189, Birmingham, Alabama 35232

Phone: 1-866-460-3827

Email: information@priorityveteran.org

Website: <https://www.priorityveteran.org/services-for-veterans/>

Priority Veteran is a service-coordination program for homeless veterans and their families to help them secure permanent, sustainable housing. In addition, case managers help veterans create their own Housing Stability Plan, as well as locate and gain access to resources such as medical or mental health services, veteran's benefits enrollment, job-search assistance, financial coaching and more. We serve all counties in Alabama, with the exception of Baldwin and Mobile.

Wiregrass Rehabilitation Center

795 Ross Clark Circle, Suite 1, Dothan, AL 36303

Phone: 334-792-0022

Email: chris.flynn@wrcjobs.com

Website: <https://www.wrcjobs.com/>

The Job Placement Services Program at WRC is a human resources solution for area businesses, creating partnerships between local business and WRC. This service is provided to those who have never worked, as well as those who have held a job, have acquired a disability due to illness or accident, and have a goal to re-enter the work force in the community. Our goal is to locate and match individuals with disabilities with current and future labor needs.

Health and Wellness

Aerobic Exercise Following TBI

Brainline

Phone: 703-998-2020

Website: <https://www.brainline.org/article/aerobic-exercise-following-tbi>

Offers information about the types of exercises that have been proven most helpful after a TBI occurs.

Easing the Transition from Rehabilitation to Home

UAB TBI Model System

Website: <https://www.uab.edu/medicine/tbi/131-uab-tbims-information/115-easing-the-transition-from-rehabilitation-to-home>

Our team of professionals from the University of Alabama at Birmingham Traumatic Brain Injury Model System (UAB-TBIMS) has put together some tips to ease the transition from rehab to home. We have also added links to valuable resources to go along with our tips.

Feed Your Brain To Boost Recovery

Brain Injury Hope Foundation

Phone: 1-844-444-4522

Website: <https://www.braininjuryhopefoundation.org/feed-your-brain-to-boost-recovery/>

Provides information on common appetite changes and cravings post TBI and healthy diets to try.

Love your Brain Yoga

Website: <https://www.loveyourbrain.com/>

We're on a mission to improve the quality of life of people affected by traumatic brain injury through programs that build community and foster resilience.

Homeless Services/Shelters

Alabama Homeless Shelter List

Website: <https://www.homelessshelterdirectory.org/state/alabama>

A listing of homeless shelters across the state. Many are emergency shelters along with general homeless shelters and some transitional housing opportunities. As a note, many of these shelters now have waiting lists. Please call ahead.

Alabama Rent Assistance

Phone: 641-715-3900, Extension 190247

Email: support@rentassistance.us

Website: <https://www.rentassistance.us/state.php?state=alabama&submit=>

Alabama Rent Assistance provides an online directory of rental assistance programs in Alabama.

Jimmy Hale Mission

3420 2nd Ave. N. Birmingham, Alabama 35222

Email: info@jimmiehalemission.com

Website: <https://jimmiehalemission.com/>

Our mission is to transform adults directly affected by homelessness, poverty-thinking, and/or addiction, into those who lead healthy, self-sufficient, and productive lives for the glory of God.

- **Jessie's Place (for Women and their Children)**

2305 5th Ave. N., Birmingham, Alabama 35203

Phone: 205-323-0170

Website: <https://jessiesplace.com/>

Mid-Alabama Coalition for the Homeless (MACH)

101 Coliseum Boulevard, Montgomery, Alabama 36109

Phone: 334-261-6182

Email: mach@midalhomeless.org

Website: <https://midalhomeless.org/homeless-shelters/>

If you are homeless or know someone experiencing homelessness, MACH is here to connect you with the resources that can best meet your needs. By clicking on the shelter name, you will be taken to that shelter's website for more information. Please note that every shelter is operated independently, and each has its own policies for admission. You may also reach the MACH Street Outreach Worker and the MACH Housing Assistance Program by dialing 2-1-1.

My Home

The Salvation Army of Birmingham

Phone: 205-453-9581

Email: omisha.mcconnico@uss.salvationarmy.org

Website: <https://salvationarmyalm.org/birmingham/shelter-and-family-housing/>

The My Home program is The Salvation Army's Permanent Housing Program that helps homeless women, children and families transition out of homelessness and into permanent housing. The goal of the program is to help families break the

cycle of homelessness and generational poverty by becoming productive members of the community.

Public Housing Listing

Contact Us Form: publichousing.com/ar/about

Website: <https://www.publichousing.com/state/alabama>

The forms of listings include: HUD apartments, Public Housing Apartments, Low Income Apartments, Subsidized Apartments, Senior Subsidized Apartments, Apartments for Disabled and local Housing Authority listings and apartments. Rental rates often vary based on income. We display rates where applicable. In other cases, we cannot display rates as you must call the apartment for subsidized rates and prices.

The Salvation Army Location Search

Website:

https://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?query=36832&mode=query_3

The above link will connect you to the nearest salvation army based on needed services.

Step Up Program

The Salvation Army of Birmingham

P.O. Box 11005, Birmingham, Alabama 35202

Phone: 205-328-2420

Email: birminghamsalvationarmy@gmail.com

Website: <https://salvationarmyalm.org/birmingham/shelter-and-family-housing/>

The Step-Up program is tailored to the needs of homeless men and women. These men and women live in 2-4 person apartments at the Center of Hope and may be enrolled in educational, vocational or rehabilitation programs.

United Way Priority Veteran

3600 8th Avenue South, P.O. Box 320189, Birmingham, Alabama 35232

Phone: 1-866-460-3827

Email: information@priorityveteran.org

Website: <https://www.priorityveteran.org/services-for-veterans/>

Priority Veteran is a service-coordination program for homeless veterans and their families to help them secure permanent, sustainable housing. In addition, case managers help veterans create their own Housing Stability Plan, as well as locate and gain access to resources such as medical or mental health services, veteran's benefits enrollment, job-search assistance, financial coaching and more. We serve all counties in Alabama, with the exception of Baldwin and Mobile.

VA Programs for Veterans Experiencing Homelessness

Phone: 1-800-698-2411

Website: https://www.va.gov/homeless/for_homeless_veterans.asp

VA's specialized programs for homeless Veterans serve hundreds of thousands of homeless and at-risk Veterans each year. Independently and in collaboration with federal and community partners, VA programs provide Veterans with housing solutions, employment opportunities, health care, justice- and reentry-related services and more.

Hospice/Home Health

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Choose "Home Health Agencies" from the drop-down menu.

Alabama Hospice Care Services

Alabama Care Planning Council

Phone: 1-800-989-8137

Website: https://www.carealabama.net/list04_alabama_hospice_care.htm

Provides names and websites of hospice centers throughout Alabama.

Amedisys Home Health and Hospice

Website: <https://locations.amedisys.com/al/>

Amedisys provides high-quality home health and hospice in Alabama. We believe every life is precious. That's why we treat every patient with the same respect, care and compassion that we'd give our own family members. Our goal is to keep you safe and independent at home.

Baptist Hospice

Baptist Medical Center South

301 Interstate Park Drive Montgomery, Alabama 36116

Phone: 334-395-5000

Email: hospiceinfo@baptistfirst.org

Website: <https://www.baptistfirst.org/services/hospice/>

Baptist Medical Center South provides palliative care for people with serious or chronic illnesses. This specialized care focuses on support and symptom management as patients undergo treatment. Focuses on improving quality of life and comfort so they can spend their final days surrounded by their loved ones.

Compassus

Phone: 334-326-6373

Website: <https://www.compassus.com/locations/find/alabama/focus>

A hospice center providing services all over Alabama, including Auburn, Birmingham, Florence, Gadsden, Huntsville, Roanoke, Troy, and their surrounding areas. Compassus provides palliative care, respite care for family caregivers, spiritual care and support, ongoing grief support, as well as a variety of other services.

Encompass Health

Website: <https://encompasshealth.com/>

Our team provides comprehensive home health and hospice care including skilled nursing, rehabilitation and assistive care services wherever the patient calls home, whether that's a traditional home setting or a residential care community such as an assisted (ALF) or independent living facility (ILF). We take a holistic approach to care that seeks to meet the specific needs of each home health patient. The closest location to you can easily be found by entering your city and state and searching through their site.

- **Encompass Health Rehabilitation Hospital of Montgomery**
4465 Narrow Lane Road, Montgomery, Alabama 36116
Phone: 1-800-882-4677
- **Encompass Health Rehabilitation Hospital of Shelby County**
900 Oak Mountain Commons Lane, Pelham, Alabama 35124
- **Encompass Health Lakeshore Rehabilitation Hospital**
3800 Ridgeway Drive, Birmingham, Alabama 35209
Phone: 1-800-945-3333
- **Encompass Health Rehabilitation Hospital of North Alabama**
107 Governors Drive SW, Huntsville, Alabama 35801
Phone: 256-535-2300

Interim HealthCare

Phone: 334-539-5140

Website: interimhealthcare.com/auburnal/home/

Our services are delivered in your home and are centered on you and your individual needs. Every day we help people just like you. Our Interim HealthCare office staff are ready to listen to what you need and to talk with you about the services and care we can provide. If you are looking for people you can trust, please call us first.

Montgomery Home Care Assistance

Phone: 334-581-9783

Website: <https://homecareassistancemontgomery.com/>

Offers hourly and live-in care by trained caregivers. Offers care for those with Dementia, Alzheimer's, and Traumatic Brain Injury, hourly home care to provide respite to the family/friends, and care in assisted living facilities. Services are available for those living in Montgomery, Prattville, Millbrook, Wetumpka, Pike Road, and the Auburn/Opelika Area.

Housing/Assisted Living

About Assisted Living

Phone: 334-206-5575

Website: <https://www.aboutassistedliving.org/al>

Provides assisted living services across the state of Alabama, as well as senior assisted living details and costs for major cities in Alabama.

Accessible Space, Inc. Apartments

Email: info@accessiblespace.org

Website: <http://www.accessiblespace.org/alabama-accessible-housing>

ASI offers apartments in which people could live independently in their own accessible, affordable cooperative homes or apartments and draw on supportive services as needed. In Alabama, 3 apartment locations exist in Florence, Hoover, and Mobile.

Alabama Assisted Living Facilities

Alabama Care Planning Council

Phone: 1-800-989-8137

Website:

https://www.carealabama.net/list05_alabama_assisted_living_facilities.htm

A list of assisted living facilities throughout Alabama, organized by city.

Assisted Living Research Institute

Phone: 1-855-221-9611

Website: <https://www.assistedliving.org/assisted-living-options-for-people-with-disabilities/>

Provides information on assisted living options for people with disabilities and seniors. Explains when assisted living may be beneficial, cost, education, and information.

Care Assurance System for the Aging and Homebound ("CASA") of Madison County

701 Andrew Jackson Way, Huntsville, Alabama 35801

Phone: 256-533-7775

Website: <http://www.casamadisoncty.org>

CASA's mission is to provide needed services to individuals who are aging or homebound that allow them to remain at home and age in place.

Care Assurance System for the Aging and Homebound ("CASA") of Marshall County

Marshall County Family Resource Center, 18 Grimes Drive, Guntersville, Alabama

Phone: 256-279-0007

Website: <https://casamarshallcounty.org/>

CASA's mission is to provide needed services to individuals who are aging or homebound that allow them to remain at home and age in place.

Caring.com

Website: caring.com/senior-living/assisted-living/

Helpful for finding assisted living centers by zip code in Alabama. Also has memory care and home care services.

Community Action Association of Alabama

201 Beacon Parkway West, Suite 204, Birmingham, Alabama 35209

Phone: 205-227-7688

Website: <http://caaalabama.org/>

The organization serves people with disabilities by having staff available in each county of Alabama. The staff visits the home the potential candidate to identify the need of the wheelchair ramp. After qualifying for the ramp, a local contractor is contacted to install a ramp.

Disability Rights and Resources (DRR)

Home Modification Specialist (City of Birmingham)

Phone: 205-251-2223, ext. 114

Email: chris.jones@drradvocates.org

Website: <https://www.drradvocates.org/home-modification/>

Within the City of Birmingham, we assist low-income homeowners with disabilities to make their homes more accessible. The mission of this program is to allow people to get in and out of their home safely and use their bathroom as safely and independently as possible. Examples include modifications such as ramp construction, widening doorways, installing grab bars, removing tubs, and installing visual alarm systems.

Easter Seals of Birmingham

529 Beacon Parkway West Suite 214 Birmingham, AL 35209

Phone: 205-942-6277

Website: <https://eastersealsbham.org/medical-assistance-grant/>

This program covers residents of the following counties: Bibb County, Blount County, Chilton County, Jefferson County, Saint Clair County, and Shelby County.

Family Support

1050 Government Street, Mobile, Alabama 36604

Phone: 251-438-1609

Website: https://famsupport.com/what_we_do/home_modifications.html

Gary Sinise Foundation

Phone: 1-888-708-7757

Website: <https://www.garysinisefoundation.org/rise/>

Gary Sinise Foundation provides specially adapted smart homes, home modifications, mobility devices, and adapted vehicles to America's most severely wounded heroes & their families. This program helps injured, wounded, ill, and/or aging veterans.

Homes For Vets

Website: <https://www.homesforveterans.us/>

We offer help with barrier-free services, for example: wheelchair ramps, widening doorways for wheelchair access, kitchen adaptations including roll-under sinks and lowering countertops, bathroom adaptations including wheelchair accessible showers. We try to do anything that will make our veteran heroes free from injuring themselves when they return home from their service and make them more independent and comfortable in their own homes.

Independent Rights and Resources

345 Molton Street, Montgomery, Alabama 36104

Phone: 334-240-2520 | 711.334.240.2520 (TDD)

Website: <http://www.independentrandr.org/independent-living-skills-1-1-1-1-1>

Independent Rights and Resources Home Modification Program assists people with disabilities who need modifications to their residence that will improve the accessibility and safety. This is a match program where consumers are expected to pay 10% of the cost of the modification through cash, in-kind contribution (labor, materials, volunteerism), or through other funding contributions. Due to funding limitations, there is a limit on each modification.

Phoenix House

2939 Johnson Road SW, Huntsville, Alabama 35805-5844

Phone: 256-880-0671

Email: info@phoenixhsv.org

Website: <https://www.phoenixhsv.org/phoenix-house/>

Comprised of fourteen one-bedroom, ground-level access units. HUD Section 8 housing complexes provide individuals with subsidized housing, based upon the individual's rent-paying ability. The subsidized rent includes grounds maintenance, laundry, utilities and all other services.

Ronald McDonald House

1626 Spring Hill Avenue, Mobile, Alabama 36604

Phone: 251-694-6873

Website: <https://rmhcmobile.org/>

Ronald McDonald House Charities of Mobile provides a supportive home environment offering care, compassion, and hope to families with seriously ill and injured children being treated at area hospitals.

USDA Rural Development, Section 502

4121 Carmichael Road, Suite 601, Montgomery, Alabama 36106

Phone: 334-279-3400

Email: nivory.gordon@usda.gov

Website: <https://www.rd.usda.gov/al>

Contact your local SDA/Rural Developments county office for more information.

- **Direct Rural Housing Loan Program, Section 502**

Provides assistance to very low, and low income owner-occupied households. Low-income homeowners over 62 also qualify for grants under

504 to build and repair their homes; 502 loans are for anyone who is low or very low income (no disability or age requirement).

- **Guaranteed Rural Housing Loan Program**

Provides assistance to households with moderate incomes to buy, build, improve, repair or rehabilitate rural homes.

US Department of Energy Weatherization Program

Website: <https://adeca.alabama.gov/weatherization/>

These funds can be accessed through your local Area local community action agencies and the Central Alabama Regional Planning and Development Commission. The mission is to reduce energy costs for low-income households, particularly for the elderly, people with disabilities and families with children, by improving the energy efficiency of their homes while ensuring their health and safety. In order to receive assistance, the applicant's income must not exceed 200% of the federally established poverty level. Alabama weatherization assistance typically includes mitigating outside air infiltration into the conditioned space of the home, installing attic, wall and floor insulation, sealing duct work, performing HVAC system tune-ups and repairs, repairing leaky and/or faulty windows and doors and replacing incandescent light bulbs with highly efficient Light Emitting Diode (LED) bulbs. Health and safety checks are also performed on the home.

U.S. Department of Housing and Urban Development (HUD Homes)

Birmingham Field Office: 950 22nd St North, Ste 900 Birmingham, Alabama 35203

Phone: 205-731-2617

Email: AL_Webmanager@hud.gov

There are various programs for low-income families and persons with disabilities. HOME Grant recipient contacts- some communities use HOME funds from HUD for home improvement assistance to homeowners. Reach out to them directly to advise if they do.

Independent Living

Disability Resource Network

415 Church Street E, Suite 11, Huntsville, Alabama 35801

Phone: 256-403-0033

Email: 52avina.patterson@drradvocates.org

Website: Coming soon!

Disability Rights and Resources

Phone: 205-251-2223

Website: <https://www.drradvocates.org/>

Disability Rights and Resources' mission is to empower people with disabilities to fully participate in the community. We encourage people with disabilities to support one another in reaching their own independent living goals. We also promote equal access and disability rights through advocacy and public awareness activities. Locations in Jasper, Alabaster, and Birmingham.

Independent Living Center of Mobile

6750 Howells Ferry Road, Mobile, Alabama 36618

Phone: 251-460-0301

Website: <https://ilcmobile.org/>

Alabama Centers for Independent Living

- **Disability Resource Network**

415-E Church Street NW, Suite 11, Huntsville, Alabama 35801

Voice/TDD Phone: 256-403-0033

Website: <http://www.drn256.org/>

Service Area: Colbert, Cullman, DeKalb, Franklin, Jackson, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, Winston

- **Independent Living Resources of Greater Birmingham, Inc. dba Disability Rights and Resources**

1418 6th Ave. N. Birmingham, Alabama 35201

Voice/TDD Phone: 205-251-2223

Website: https://www.drradvocates.org

Service Area: Bibb, Blount, Calhoun, Cherokee, Clay, Cleburne, Etowah, Fayette, Greene, Hale, Jefferson, Lamar, Perry, Pickens, Randolph, Shelby, St. Clair, Talladega, Tuscaloosa, Walker

- **Independent Rights & Resources**

345 Molton Street, Montgomery, Alabama 36104

Voice/TDD Phone: 334-240-2520

Website: <http://www.independentrandr.org/>

Service Area: Autauga, Barbour, Bullock, Chambers, Chilton, Coosa, Dale, Dallas, Elmore, Henry, Houston, Lee, Lowndes, Macon, Montgomery, Pike, Russell, Tallapoosa

- **Mobile Independent Living Center**

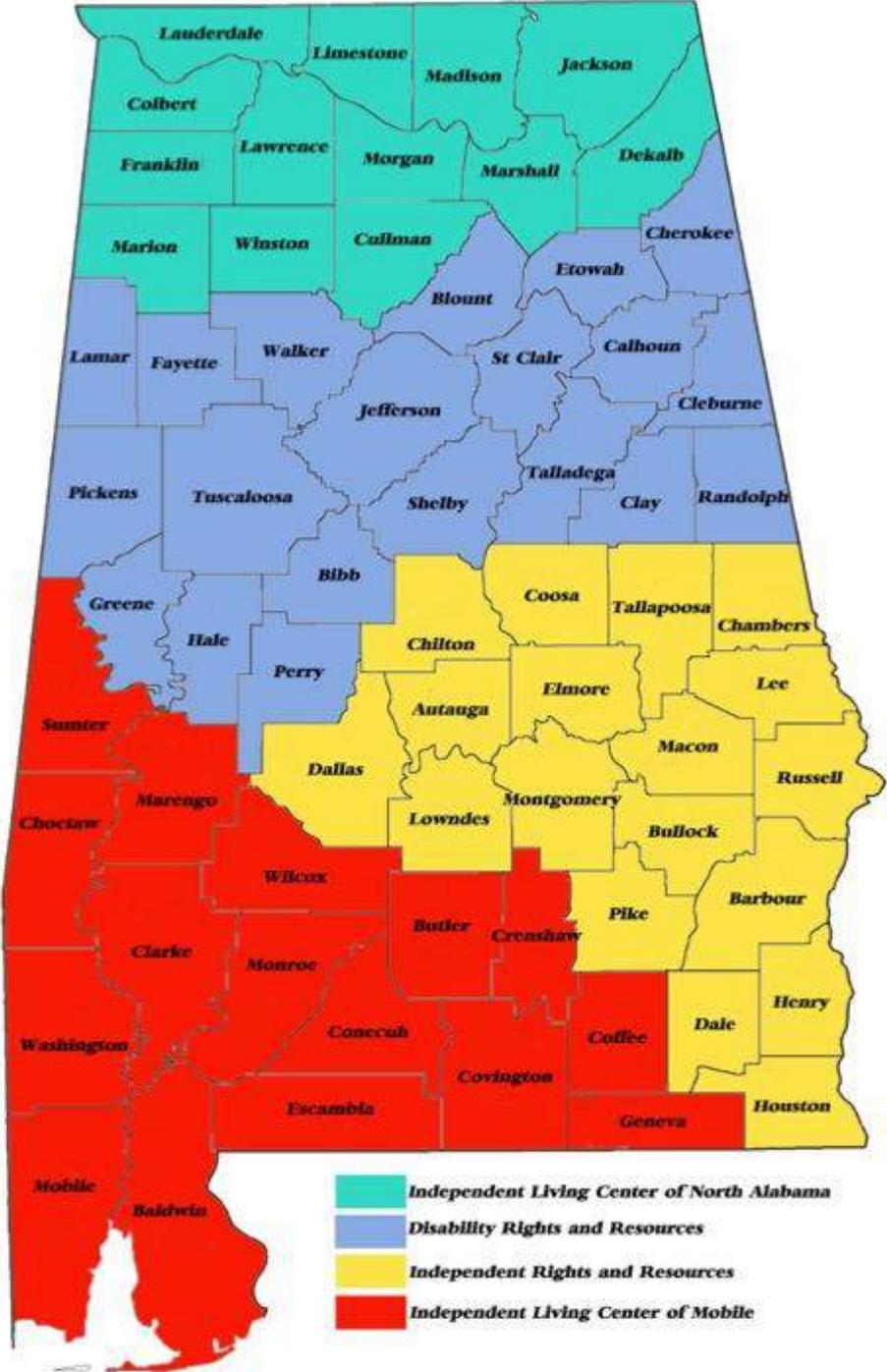
6750 Howell's Ferry Road, Mobile, Alabama 36618

Voice/TDD Phone: 251-460-0301

Website: www.ilcmobile.org

(continued) Service Area: Baldwin, Butler, Choctaw, Clarke, Coffee, Conecuh, Covington, Crenshaw, Escambia, Geneva, Marengo, Mobile, Monroe, Sumter, Washington, Wilcox

Proposed ILC's State Coverage Map



Resources & Funding for Independent Living

Website: <https://www.moneygeek.com/mortgage/resources/home-modification-for-disability/>

You will find an overview of how much some types of renovations cost, tips on where to find help to pay for remodeling projects, your available mortgage options, and expert advice about what types of projects make sense. Those who don't want to deal with renovations or find the task is beyond their economic means can still find help to live independently through other resources such as rental assistance in homes designed for people with disabilities.

STAR: Alabama's Assistive Technology Program

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 1-800-STAR-656 (1-800-782-7656) | 1-811-499-1816 (TTY)

Website: <https://al.at4all.com/>



Alabama's assistive technology resource

MISSION: *to enhance independence, productivity, and quality of life for Alabamians with disabilities through access to and acquisition of assistive technology.*

DEVICE REUTILIZATION PROGRAM

Providing no-cost assistive technology (AT) and durable medical equipment at five locations around the state:

- Huntsville, Waste Not Program, 256-837-2373
- Mobile, We Share Project, 251-300-6094
- Montgomery, CARE Project, 334-387-3261
- Birmingham, ReMEDy Project, 205-783-9170
- Dothan, R.E.A.L. Project, 334-699-7727

Visit www.al.at4all.com to browse the inventory in "real time" or place a want ad for an item not listed.



ALTERNATIVE FINANCE PROGRAM (Ability Loan Program)

- Partnership between STAR and Southern Disability Foundation
- Low-interest, extended-term loans of up to \$35,000 for adaptive equipment and services

Visit www.sdfalabama.com to download an application.



ASSISTIVE TECHNOLOGY DEMONSTRATIONS

- To compare features and benefits of AT devices
- For individuals or small groups
- To enable the individual to make an informed choice

Visit www.al.at4all.com for a list of devices available.



ADRS, a program of the Alabama Department of Rehabilitation Services, is funded by the Administration for Community Living of the U.S. Department of Health and Human Services (ACL/HHS) through the Assistive Technology Act of 1998, as amended.

08.20

ASSISTIVE TECHNOLOGY SHORT-TERM LOANS

- Trial use of device(s) – "try before you buy"
- For use while an AT device is being repaired or while waiting for funding
- For use as an accommodation for a time-limited event
- To conduct training/education

Visit www.al.at4all.com for a list of devices available.



TRAINING AND TECHNICAL ASSISTANCE

- Customized training to meet specific needs
- For skills development in assessment, acquisition, and application of AT devices and services
- On-site or web-based classes, webinars, and presentations
- To increase awareness of funding resources
- Problem-solving to ensure appropriate application and continuity of services

Visit www.startraining.org for available resources.



INFORMATION AND ASSISTANCE

- Information on the availability, funding, and benefits of services through a toll-free number, the Alabama Department of Rehabilitation Services (ADRS)/STAR website, and the STAR training website
- Referrals for AT evaluations and assessments
- Information on AT devices, services, resources, vendors, etc.
- www.facebook.com/adrs.star



For more information, call 1-800-782-7656 or visit www.rehab.alabama.gov/star.

State of Alabama Independent Living Services (SAIL)

Alabama Department of Rehabilitation Services

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7500

Website: <https://www.rehab.alabama.gov/services/sail>

SAIL serves residents in all 67 counties of Alabama and helps Alabamians with disabilities achieve their independence. With compassionate, skilled and trusted counselors, nurses and specialists, SAIL provides in-home education, counseling,

attendant care, training, medical and vocational services to ensure independent living can be achieved at home, at school, at work and in the community. SAIL offers four programs, including Homebound, Community Support, Waiver, and SAIL/VR Hybrid.

The Ultimate Guide to Home Accommodations for Persons with Disabilities

Phone: 1-844-759-7734

Website: <https://www.redfin.com/blog/the-ultimate-guide-to-home-accommodations-for-persons-with-disabilities/>

You may have recently acquired your new ability status, moved into a new home that needs updates, you're planning to age in place, or simply noticed an opportunity to make your home more easily accessible. Whatever the case, there are important questions you should ask yourself to figure out what home modifications will best suit your needs.

Legal Services

AL Legal Services: 334-832-4570

Alabama State Bar Lawyer Referral: 1-800-392-5660

Legal Services AL Foreclosure Hotline: 1-877-293-2333

Alabama State BAR

Website: <https://www.alabar.org/>

The state-wide lawyer organization of Alabama. Lists all lawyers to be accessed based on need.

Elder Law Clinic

101 Paul Bryant Drive, Tuscaloosa, Alabama 35401

Phone: 205-348-4960

Website: <https://www.law.ua.edu/academics/law-clinics/elder-law-clinic/>

Provides free legal advice, legal assistance, and legal counsel to individuals 60 years and older in seven West Alabama counties of Bibb, Greene, Hale, Fayette, Lamar, Pickens, and Tuscaloosa. There is no income qualification for use of services.

Lawyer Referral Program

415 Dexter Avenue, Montgomery, Alabama 36104

Phone: 334-269-1515

Toll-Free Number: 1-800-354-6154

Website: <https://www.alabar.org/for-the-public/get-legal-help/>

The Lawyer Referral Service ("LRS") is a public offering from the Alabama State Bar Association to those who are in need of legal representation and require assistance in making the selection that is best for them. The LRS is a program designed to assist members of the public who can afford to pay a lawyer, but do not know how to find one. When contacted by a potential client a representative from LRS gathers basic information and provides the name and contact information of an appropriate attorney in the county where the potential client requires assistance, if such attorney is available in that county.

Legal Assistance Program

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Email: ageline@adss.alabama.gov

Website: <https://alabamaageline.gov/legal-assistance/>

Staffed by lawyers licensed by the State Bar of Alabama and their supervised legal assistants to provide you with no cost representation. Our program targets people 60 or above in the most social or economic need, low-income minorities, or individuals in rural areas.

Legal Services Alabama

Phone: 1-866-456-4995

Email: info@legalservicesalabama.org

Website: <https://legalservicesalabama.org/>

LSA serves low-income people by providing civil legal aid and by promoting collaboration to find solutions to problems of poverty. Our offices are located in Anniston/Gadsden, Birmingham, Dothan, Huntsville, Mobile, Montgomery, Selma and Tuscaloosa. LSA offices handle civil cases only. Each office has lawyers licensed to practice in Alabama and other staff who know how to help low-income people resolve their legal problems.

Medical Equipment/Assistive Technology

ABC Orthotics & Prosthetics

805 Downtowner W Loop, Mobile, Alabama 36609

Phone: 251-316-3160

Website: <https://www.healthcare4ppl.com/supplier/alabama/mobile/abc-orthotics-prosthetics-mobile-968.html>

ABC Orthotics & Prosthetics Mobile is doing business as a local retailer of ABC Orthotics and Prosthetics, providing medical supplies and equipment which are considered as Medicare chargeable items.

Alabama Community Disability, Assistive Technology & Transportation Services

Alabama Care Planning Council

Phone: 1-800-989-8137

Website:

https://www.carealabama.net/list14_alabama_disability_transportation_senior_services.htm

A list of assistive technology programs and transportation services throughout Alabama, listed by county.

Alabama Department of Rehabilitation Services Assistive Technology

Website: <https://www.rehab.alabama.gov/services/vr/star>

ADRS

Rehab Engineering and Assistive Technology Services

Whether you are preparing to attend college, enter the workforce, or simply striving for greater independence at home and in the community, the Alabama Department of Rehabilitation Services' (ADRS) Rehabilitation Engineering and Assistive Technology Services can help with your accommodation needs. Through the use of assistive technology, barriers can be overcome and individuals with disabilities can achieve their maximum potential.

What is a rehabilitation engineer?

A rehabilitation engineer is a highly trained expert who specializes in providing innovative technology to individuals with disabilities to empower them to reach their maximum potential in independence, education, and employment.

How does a rehabilitation engineer help?

ADRS rehabilitation engineers engage in a comprehensive approach to providing assistive technology services that addresses the physical, sensory, cognitive, and psychosocial aspects of disability-related barriers.

Methods and techniques can include:

- Individualized assessment
- Research of existing and emerging technologies
- Design of the technology system
- Modification or fabrication of assistive devices
- Assembly of the assistive technology system
- Training and integration of technology
- Support of assistive technology system

What are assistive technology services?

Assistive technology (AT) services are a range of services that aid individuals with disabilities with the goal of reducing or removing barriers. These can include:

- Providing evaluations for AT for various levels of education
- Providing job site evaluations
- Designing home modifications to improve independence
- Designing custom adaptive devices
- Designing and publicly sharing free 3D printable assistive technology
- Participating in clinics for children with disabilities to promote AT to improve independence in school and at home
- Building accessibility surveys to improve community access

For more information, call 1-800-671-6837 or 1-800-499-1816 (TTY)
or visit our website, www.rehab.alabama.gov/REATS



Alabama Head Injury Foundation (AHIF)

500 Chase Park South, Suite 130, Hoover, Alabama 35244

Phone: 1-800-433-8002 | 205-823-3818

E-mail: info@ahif.org

Website: <https://www.ahif.org/>

Support in securing donated or discounted medical equipment and/or therapy/counseling services.

Alabama State Board of Prosthetists and Orthotists

Website: <https://www.apob.alabama.gov/>

Our Mission is to safeguard the health, safety, and welfare of the people of Alabama against the unauthorized, unqualified, and improper administration of prosthetic and orthotic care. Given that, it is necessary to provide for the licensing and regulation of persons offering prosthetic and orthotic services to the public.

- [List of Artificial Limb Facilities \(click here\)](#)

Care Project of Easterseals Central Alabama

2185 Normandie Drive, Montgomery, Alabama 36111

Phone: 334-387-3261

Website: <https://eastersealscentralalabama.org/programs/care-project-medical-equipment/>

The Care project helps people acquire no-cost medical equipment that has been refurbished, repaired, and sanitized, in order to live, learn, work, and play more independently. Examples include equipment, devices, products, and services used to maintain, increase, or improve the lives of individuals with disabilities.

Disability Rights and Resources

1418 6th Avenue N, Birmingham, Alabama 35203

Phone: 205-251-2223

Website: <https://www.drradvocates.org/center-for-independent-living/>

Has programs to help with assistive technology needs.

Medical Assistance Grant

Easterseals of Birmingham

Phone: 205-942-6277

Email: info@eastersealsbham.org

Website: <https://eastersealsbham.org/medical-assistance-grant/>

The Medical Assistance Grant helps individuals and families pay for medical equipment and necessary home modifications for children and adults who have disabilities and are unable to provide for their own needs.

Medical Equipment and Disability Aids

Alabama Care Planning Council

Phone: 1-800-989-8137

Website:

https://www.carealabama.net/a2e_alabama_home_medical_equipment.htm

ACPC provides you with contacts to various medical equipment services throughout Alabama.

The REAL Project (Refurbished Equipment Assisting Lives)

805 Ross Clark Circle, Dothan, Alabama 36303

Phone: 334-699-7727

Email: jlee@wrcjobs.com

Website: <http://www.therealproject.com/>

The REAL project is a one-stop collection distribution point for donated used medical equipment to be used for any person who is in need of equipment, but who may not be able to afford the price of a new item.

THE R·E·A·L· PROJECT



REFURBISHED EQUIPMENT ASSISTING LIVES

Let us put your surplus medical or assistive technology equipment to work by donating it to *The R.E.A.L. Project*. *The R.E.A.L. Project is a one-stop collection distribution point for donated used medical equipment to be used for any person who is in need of equipment, but who may not be able to afford the price of a new item.*

WE WILL:

- Pick up donated equipment
- Perform minor repairs, clean and upgrade to make equipment serviceable
- Inventory donated assistive technology equipment
- Accept requests for needed equipment
- Provide a tax-deduction letter



SOME EXAMPLES OF EQUIPMENT WE WILL COLLECT & DISTRIBUTE

ARE:

- Manual & Power Wheelchairs (Adult & Children)
- Bedside Commodes & Shower Chairs
- Hospital Beds (Electric & Manual)
- Personal Mobility Devices
- Portable Wheelchair Ramps
- Geriatric & Seat Lift Chairs
- Patient Lifts
- Breathing Equipment
- Canes, Crutches & Walkers
- Hearing Impaired Telephones
- Other Durable Medical Equipment

© 2011 The R.E.A.L. Project. All Rights Reserved.
The R.E.A.L. Project is a division of WRC, Inc.

*Sponsored by The Jon Lee Foundation

Contact Us:

805 Ross Clark Circle
(Adjacent to WRC MARKET)
Dothan, AL 36303

Jon Lee, Manager
P | 334.699.7727
E | jlee@wrcjobs.com

ReMedy Project

Birmingham Metro Baptist Association

750 Montclair Road, Birmingham, Alabama 35213

Phone: 205-599-3245

Email: hello@bmbaonline.org

Website: <https://www.bmbaonline.org/remedy>

Remedy exists to improve the lives of individuals and families who are dealing with temporary or chronic disabilities. This is accomplished through a durable medical equipment loan system that receives donated equipment from those who no longer need it and loans this equipment to those who have a need for it.

Team Adaptive Wheelchair Van Accessibility

1251 Boltons Branch Drive, Mobile, Alabama 36606

Phone: 251-471-1088

Website: <http://www.teamadaptive.com/>

Team Adaptive is the premier dealer of wheelchair vans for sale and customized van conversions for customers across Mississippi, Alabama and Florida. Team Adaptive partners with top manufacturers like BraunAbility conversion vans to provide customers with the highest quality and most reliable wheelchair vans. If you're looking to trade in your current adapted or non-adapted vehicle, Team Adaptive will work with you at each step.

STAR: Alabama's Assistive Technology Program

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 811-499-1816 TTY

Toll-Free Number: 1-800-STAR-656

Website: <https://al.at4all.com/>



Alabama's assistive technology resource

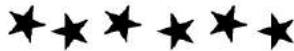
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- Birmingham, ReMEDy Project, 205-783-9170
- Dothan, R.E.A.L. Project, 334-699-7727

Visit www.al.at4all.com to browse the inventory in "real time" or place a want ad for an item not listed.



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- Trial use of device(s) – "try before you buy"
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- Customized training to meet specific needs
- For skills development in assessment, acquisition, and application of AT devices and services
- On-site or web-based classes, webinars, and presentations
- To increase awareness of funding resources
- Problem-solving to ensure appropriate application and continuity of services

Visit www.startraining.org for available resources.



INFORMATION AND ASSISTANCE

- Information on the availability, funding, and benefits of services through a toll-free number, the Alabama Department of Rehabilitation Services (ADRS)/STAR website, and the STAR training website
- Referrals for AT evaluations and assessments
- Information on AT devices, services, resources, vendors, etc.
- www.facebook.com/adrs.star



For more information, call 1-800-782-7656
or visit www.rehab.alabama.gov/star.



STAR, a program of the Alabama Department of Rehabilitation Services, is funded by the Administration for Community Living of the U.S. Department of Health and Human Services (ACL/HHS) through the Assistive Technology Act of 1998, as amended.

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State of Alabama Independent Living Services (SAIL)

Alabama Department of Rehabilitation Services (ADRS)

602 S. Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7116

Website: <https://www.rehab.alabama.gov/services/sail>

SAIL serves residents in all 67 counties of Alabama and helps Alabamians with disabilities achieve their independence. With compassionate, skilled and trusted counselors, nurses and specialists, SAIL provides in-home education, counseling, attendant care, training, medical and vocational services to ensure independent living can be achieved at home, at school, at work and in the community. SAIL offers four programs, including Homebound, Community Support, Waiver, and SAIL/VR Hybrid.

Medical Insurance

Alabama Medicaid Agency

Phone: 1-800-361-1504

Website: <https://medicaid.alabama.gov/>

Includes Non-emergency Transportation Services

AMA is a state/federal program that pays for medical and long-term care services for low-income pregnant women, children, certain people on Medicare, disabled individuals and nursing home residents who meet certain income and other requirements.

Alabama HIPP

Phone: 1-855-692-5447

Email: customerService@MyALHIPP.com

Website: <https://www.myalhipp.com/>

The Alabama HIPP Program is designed to save money for Medicaid families with high health care costs by eliminating most out-of-pocket medical expenses for qualifying Medicaid recipients. The program also helps Medicaid recipients by reimbursing a policyholder for the cost of health insurance provided by an employer or COBRA.

ALL Kids

Children's Health Insurance Program (CHIP)

Phone: 1-800-252-1818

Website: <https://www.alabamapublichealth.gov/allkids/index.html>

ALL Kids is a low-cost, comprehensive healthcare coverage program for children under age 19. Benefits include regular checkups and immunizations, sick child doctor visits, prescriptions, vision and dental care, hospitalization, mental health and substance abuse services, and much more.

Enroll Alabama

Phone: 1-844-248-7698

Email: enrollalabama@gmail.com

Website: <http://enrollala.com/>

A customer service representative can help you apply and enroll in health insurance over the phone or in-person. Give us a call or schedule an appointment if you would like to talk about enrolling in health insurance or to schedule an appointment.

Financial Assistance Program

Children's of Alabama

Phone: 1-844-750-8950 | 205-638-5600

Website: <https://www.childrensal.org/financial-assistance>

Children's of Alabama wants to give uninsured and underinsured patients discounted care that is medically necessary. An individual will not be charged more than amounts generally billed for emergency or other medically necessary care.

Healthcare.gov

Phone: 1-800-318-2596 | 1-855-889-4325 (TTY Toll-Free)

Website: <https://www.healthcare.gov/>

Open enrollment: November 1-December 15

Medicaid and Children's Health Insurance Program is open for enrollment any time of year.

Medicaid

Phone: 1-877-267-2323 | 1-866-226-1819 (TTY Toll-Free)

Website: <https://www.medicaid.gov/>

Medicaid provides health coverage to low-income people and is one of the largest payers for health care in the United States.

Medicaid for Pregnant Women

Phone: 1-888-373-5437

Website:

https://medicaid.alabama.gov/content/3.0_Apply/3.2_Qualifying/3.2.2_Medicaid_Pregnant.aspx

An insurance program for lower income children and pregnant women.

Medicare

Phone: 1-800-633-4227

Website: <https://www.medicare.gov/>

Federal health insurance for those who are 65 and older or with certain disabilities.

UAB Charity Care

Financial Assistance Application

Phone: 205-801-9910

Website:

<https://www.uabmedicine.org/documents/142028/0/UAB+Medicine+Financial+Assistance+Letter+and+Application/c93c4e26-f080-4c7f-b8a1-8838caac78db>

UAB Medicine provides financial assistance to persons who have health care needs and are uninsured, underinsured, ineligible for a government program, or otherwise unable to pay for medically necessary care based on their individual financial situations.

Medical Services

I. Low-Cost Medical Services

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Drop-down Healthcare Facilities Directory for...Abortion or Reproductive Health Centers, Ambulatory Surgical Centers, Assisted Living Facilities, Specialty Care Assisted Living Facilities, Cerebral Palsy Centers, Community Mental Health Centers, End Stage Renal Disease Treatment Centers, Federally Qualified Health Centers, Home Health Agencies, Hospices, Hospitals, Independent Clinical Laboratories, Independent Physiological Laboratories, Nursing Homes, Organ Procurement Centers, Portable X-Ray Suppliers, Psychiatric Residential Treatment Facilities, Rehabilitation Centers, Rural Health Clinics, and Sleep Disorders Centers.

Eastern Health Center

601 West Boulevard Roebuck, Birmingham, Alabama 35206

Phone: 205-591-5180

Website: https://www.freeclinics.com/det/al_35206_eastern-health-center

Department of Health Clinic that provides outpatient health care for underinsured and uninsured residents.

SARHA - Southeast Alabama Rural Health Associate

1414 Elba Highway, Troy, Alabama 36097

Phone: 1-800-654-5451 | 334-670-6726

Website: <https://sarha.org/>

Southeast Alabama Rural Health Associates (SARHA) is a private, non-profit corporation established in 1983 to insure the availability of quality medical services to all residents of southeast Alabama. SARHA currently provides primary and preventive health services to the residents of Barbour, Coffee, Crenshaw, Dale, Geneva, Henry, Houston, Pike and surrounding counties. SARHA is a deemed federal Public Health Service organization. A financial assistance/sliding fee scale program is available for those who qualify.

UAB Civitan-Sparks Clinics

1720 2nd Avenue S, Birmingham, Alabama 35294

Phone: 1-800-822-2472 (option 8) | 205-934-5471

Website: <https://www.uab.edu/civitansparks/>

Civitan-Sparks Clinics provide many essential clinical and community services for individuals and families. The clinics provide evaluation and intervention services for individuals with a broad range of physical, developmental, learning and/or behavioral challenges, in a family-centered and culturally-sensitive setting.

UAB Dental School

School Of Dentistry, Rm. 406, 1919 7th Avenue S, Birmingham, AL 35233

Phone: 205-934-1293

Website: <https://www.uab.edu/dentistry/home/patients/billing-insurance>

Our clinics are generally a great fit for people who want to improve their overall oral health, especially self-pay patients and patients who want to make their insurance dollars go further. In most of our clinics, dentists-in-training work with experienced dentists to provide your care. While the cost of treatment in these clinics is less, appointment times are longer.

Whatley Health Services

Website: <https://whatleyhealth.org/>

Primary/Family care that provides health services for Medicaid recipients and uninsured patients, such as women’s health care, pediatric care, nutrition, HIV/AIDS services, mental health services, pharmacy assistance programs, and eye care (once a month). To receive services, provide proof of income (within last 30 days).

- **Whatley Health Services at Carrollton**
289 William E Hill Drive, Suite C, Carrollton, Alabama 35447
Phone: 205-367-2455
- **Pickens County Family Practice Center**
27340 Highway 86, Gordo, Alabama 35466
Phone: 205-364-7135

II. Hospitals

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Choose “Hospitals” from the drop-down menu.

III. Rehabilitation Clinics & Facilities

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Choose “Rehabilitation Centers” from the drop-down menu.

Encompass Health

Website: <https://encompasshealth.com/inpatient-rehabilitation/irf-our-programs-and-services/brain-injury>

No two patients recovering from a brain injury are alike. With a proven history of effective, specialized brain injury rehabilitation, we instill confidence in our patients and their loved ones. By combining the most innovative and advanced technologies with our highly trained team of experts, we ensure that each patient receives the best possible care for their needs.

- **Encompass Health Rehabilitation Hospital of Montgomery**
4465 Narrow Lane Road, Montgomery, Alabama 36116
Phone: 1-800-882-4677
- **Encompass Health Rehabilitation Hospital of Shelby County**
900 Oak Mountain Commons Lane, Pelham, Alabama 35124
- **Encompass Health Lakeshore Rehabilitation Hospital**

3800 Ridgeway Drive, Birmingham, Alabama 35209

Phone: 1-800-945-3333

- **Encompass Health Rehabilitation Hospital of North Alabama**

107 Governors Drive SW, Huntsville, Alabama 35801

Phone: 256-535-2300

Encompass Health Lakeshore Rehabilitation Center

3800 Ridgeway Drive, Birmingham, Alabama 35209

Phone: 1-800-945-3333 | 205-868-2000

Website: <https://encompasshealth.com/lakeshorerehab>

Encompass is an inpatient facility that offers a network of physicians, nurses, nurse practitioners, physical therapists, occupational therapists, speech/language pathologists, psychologists, social workers, and other healthcare professionals for both brain and spinal cord injury patients. Encompass is also known for using some of the most advanced rehabilitation technology for both brain and spinal cord injury patients.

Mental Health/Behavioral Health

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Choose "Community Mental Health Centers" from the drop-down menu.

Active Minds

Website: <https://www.activeminds.org/>

We are dedicated to saving lives and to building stronger families and communities. Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States. There are chapters at Athens State University, Auburn University, Jacksonville State University, Tuskegee University, University of Alabama at Birmingham, University of Alabama at Tuscaloosa, University of North Alabama University of South Alabama, and University of West Alabama.

The Alabama Department of Mental Health (ADMH)

100 North Union Street, Montgomery, Alabama 36130

Phone: 1-800-367-0955 | 334-242-3454

Email: alabama.dmh@mh.alabama.gov

Website: <https://mh.alabama.gov/providers-search/>

The Alabama Department of Mental Health serves Alabama citizens with mental illnesses, intellectual disabilities, and substance use disorders.

Developmental Disability: 1-800-361-4491

Mental Illness: 1-800-367-0955

ADMH Substance Use Disorder Helpline: 1-844-307-1760

Veterans Crisis Line: 1-800-273-8255

Alabama Department of Mental Health Regional Providers' Map



The Auburn University Psychological Services Center

Cary Hall, Auburn University

Phone: 334-884-4889

Website: <https://cla.auburn.edu/psychology/aupsc/>

AUPSC is a training clinic that provides therapy, psychological evaluation, and assessment services for children, adolescents, adults, families, and couples in the Auburn-Opelika area.

The Bridges, A Counseling Place

166 North Gay Street, Auburn, Alabama 36830

Phone: 334-618-0033

Email: thebridges12@gmail.com

- Kelly Cody Turner, M.S., C.C.S., LPC
- CEO/Clinical Director
- Licensed Professional Counselor #2417
- Certified DYS Juvenile Sex Offender Treatment Provider
- Certified Clinical Supervisor #649
- Certified State Alcohol and Drug Counselor #671

Community Counseling Clinic

University of Alabama at Birmingham

1150 10th Avenue S, Birmingham, Alabama 35294

Phone: 205-996-2414

Website: <https://www.uab.edu/education/counselingclinic/services>

The UAB Community Counseling Clinic offers counseling services to members of the Greater Birmingham community. Appointments can be scheduled by calling. Fees are \$5 per individual session and must be paid at time of service.

Community Counseling Clinic

University of Montevallo

Phone: 205-665-6379 | 205-665-6377

Email: communitycounseling@montevallo.edu

Website: <https://www.montevallo.edu/academics/colleges/college-of-education/community-counseling-clinic/>

The clinic provides free mental health care to those in the surrounding communities who cannot afford it. It also acts as a training ground where counseling students, under the supervision of counseling faculty, gain valuable experience working with clients. The services provided cover counseling for depression, anxiety, grief, anger, marital, recovery, extreme behaviors and other psychosocial concerns that impact individuals, couples, and families.

Crossbridge Behavioral Health

Baptist Medical Center South

4385 Narrow Lane Road, Montgomery, Alabama 36116

Phone: 334-286-3113

Website: <https://www.baptistfirst.org/locations/crossbridge-behavioral-health>

Crossbridge Behavioral Health is committed to providing mental health services to individuals who are in crisis. Crossbridge has a skilled and dedicated team of

psychiatrists, nurses, counselors, social workers and support staff to meet the needs of our patients, throughout central Alabama.

Marriage and Family Therapy Center

Auburn University

312 Quad Drive, Auburn, Alabama 36849 (The Glanton House)

Phone: 334-844-4478

Website: <http://www.mftcenter.auburn.edu/clients.php#therapyindiv>

The Auburn University Marriage and Family Therapy Center is a training facility for graduate students enrolled in Auburn University's Master of Science Marriage and Family Therapy Program. Assists clients with anything from divorce, grief, depression, TBI, etc.

National Alliance on Mental Illness Alabama (NAMI)

1401 I-85 Parkway, Suite A, Montgomery, Alabama 36106

Phone: 334-396-4794

Toll-Free Phone: 1-800-626-4199

Email: kemerson@namialabama.org

Website: <https://namialabama.org/>

NAMI Alabama is comprised of local support and advocacy groups throughout the state dedicated to improving the quality of life for persons with a mental illness in Alabama. The number of such groups is growing rapidly as families become more determined to improve treatment and care for Alabamians diagnosed with a mental illness.

NPI Registry

Website: <https://npidb.org/>

National Provider Identifier Database allows you to look up healthcare providers by name or NPI number.

Psychiatric Intake Response Center (PIRC)

Children's of Alabama

Phone: 205-638-7472

Website: <https://www.childrensal.org/pirc>

A confidential psychiatric response center designed to assist patients, their loved ones and/or caregivers, and community providers in finding the appropriate level of mental health care. These services are provided via telephone or in person by licensed mental health clinicians trained to assess a child or teen's mental, emotional, and behavioral needs and recommend the best treatment options.

Psychology Today

Website: <https://www.psychologytoday.com/us>

Find a therapist by typing in a location or a name.

Treating Patients with Traumatic Brain Injury

Substance Abuse and Mental Health Services Administration (SAMHSA)

Website: <https://store.samhsa.gov/product/treating-patients-with-traumatic-brain-injury/PEP21-05-03-001>

UAB Civitan-Sparks Clinics

Phone: 205-934-5471

Website: <https://www.uab.edu/civitansparks/>

The clinics provide evaluation and intervention services for individuals with a broad range of physical, developmental, learning and/or behavioral challenges, in a family-centered and culturally-sensitive setting.

USA Psychological Clinic

University of South Alabama

307 University Boulevard North, UCOM 2000, Mobile, Alabama 36688

Phone: 251-460-7149

Email: psychologyClinic@southalabama.edu

Website:

<https://www.southalabama.edu/colleges/artsandsci/psychology/psychologyclinic/>

Provides low-cost mental health services to Mobile community members and University of South Alabama.

Multilingual/Interpreter Services

Alabama Institute for the Deaf and Blind (AIDB)

Contact Form: <https://www.aidb.org/domain/3317>

Website: <https://www.aidb.org/domain/6>

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deaf-blind and multi-disabled. Provides interpreter services, braille services, as well as many other programs.

Alabama's Foreign Language Court Interpreter Program

300 Dexter Avenue, Montgomery, Alabama 36104

Phone: 334-954-5014

Website: <https://www.alacourt.gov/>

List of translation providers for court proceedings.

M&N Language Services, LLC

P.O. Box 36272, Birmingham, Alabama 35236

Phone: 1-888-224-9192

Email: info@mnlanguageservices.com

Website: <https://www.mnlanguageservices.com/>

Provides interpretation services over the phone, video remote interpreting, and translation services.

Neuropsychologists

Neuropsychologists are testing doctors who specialize in the understanding between the human brain's cognitive function and behavior, while **psychologists** focus more on emotions and behavior for therapy.

Dr. Ackerson and Associates

400 Vestavia Pkwy, Suite 130, Vestavia Hills, Alabama 35216

Phone: 205-823-2373

Website: <https://ackersonandassociates.com/>

At Ackerson and Associates we specialize in understanding the brain and its many functions including behavior, thoughts and emotions. We are committed to helping each individual achieve personal success through the application of the science of psychology to the fields of health, medicine, law, education and athletics.

Children's of Alabama Neuropsychology

Behavioral Health Ireland Center

1600 7th Avenue S, 4 Dearth, Birmingham, Alabama 35233

Phone: 205-638-9193

Website: <https://www.childrensal.org/our-psychiatry-team>

Age group served: Pediatric only

Ogden & Epker Psychological Services

2450-A Old Shell Road Mobile, Alabama 36607

Phone: 251-478-3044

Email: mobile@jeffersonneuro.com

Website: <http://www.ogdenandepker.com/>

Age group served: 16 years and up

Spain Rehabilitation Center - University of Alabama at Birmingham

530 Spain Rehabilitation Center

1717 6th Avenue South, Birmingham, Alabama 25233

Phone: 205-934-3454

Website: <https://www.uab.edu/medicine/physicalmedicine/faculty/hollis-sean-d-phd>

Prescription Assistance Programs

Some brand name drug companies offer manufacturer discounts through their website. Check the company website to find out more.

Alabama Rx Card

Phone: 1-877-507-5445

Website: <https://alabamarxcard.com/>

Alabama Rx Card is a statewide free prescription assistance program open to all residents of Alabama. There are no restrictions to membership, no age or income requirements, and no stipulations on pre-existing health conditions. Those with insurance can also use the program on drugs not covered by their plan. A coupon card is given that can provide up to 80% off drug prices. This card can only be used at pharmacies who participate in the program. Call ahead to your program and ask if they participate before using.

Alabama SenioRx Prescription Assistance Program

Alabama Department of Senior Services (ADSS)

Phone: 1-800-243-5463

Website: <https://alabamaageline.gov/seniorx/>

SenioRx is a program for Alabamians who are age 55 and older and for persons with disabilities who are diagnosed with chronic medical conditions requiring daily medication. The program aims to help people manage their chronic illnesses earlier and prevent more serious health problems later in life. Contact your local Area Agency on Aging (AAA) and Aging & Disability Resource Center.

BuzzRX: Prescription Discount Card

Helpline: 1-844-749-1019

Website: <https://www.buzzrx.com/>

Save up to 80% at over 60,000 pharmacies including CVS, RITE AID, TARGET, WALGREENS, WALMART. Great Savings can be found at Walgreens.

GoodRx

Phone: 1-855-268-2822

Email: ada@goodrx.com

Website: <https://www.goodrx.com/>

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. Just go to the home page, type in your drug's name in the search field, and click the "Find the Lowest Price" button. GoodRx coupons will help you pay less than the cash price for your prescription. They're free to use and are accepted at most U.S. pharmacies.

NeedyMeds Program

Phone: 1-800-503-6897

Email: info@needymeds.org

Website: <https://www.needymeds.org/>

NeedyMeds is *not* a patient assistance program, but rather a source of information on thousands of programs that may be able to offer assistance to people in need. NeedyMeds does not have an application, nor can we answer questions about individual assistance programs. We strive to provide accurate and current information, but ask that you contact specific programs directly with questions.

Publix Medication Savings

Customer Care Phone: 1-800-242-1227

Website: ww4.publix.com/pharmacy-wellness/pharmacy/pharmacy-services/medication-savings

What if we told you select meds are free at the Publix Pharmacy? Yep, that's right. We offer select maintenance meds—such as those for blood pressure or diabetes—and antibiotics, free. See which meds made our list.

Singlecare: Pharmacy Savings Card

Phone: 1-844-833-6393

Website: <https://www.singlecare.com/>

Save up to 80% on prescription medications, Savings valid exclusively at CVS, Walmart, Walgreens, Albertsons, Kroger and their respective subsidiaries. The card is not insurance.

Walmart Pharmacy Discounts

Website: <https://www.walmart.com/cp/4-prescriptions/1078664>

Save on 30-day generic medications & spend just \$10 on 90-day prescriptions. No insurance necessary. Find your medication in the list below, sorted by diagnosis.

Pregnancy Services

Baby Yourself Maternity Program

Blue Cross Blue Shield of Alabama

Phone: 1-800-222-4379

Website: <https://www.bcbsal.org/web/health/baby.html>

Our free maternity program includes: a personal nurse to answer questions during and after pregnancy, gifts and educational resources, information on breastfeeding, and a FREE app to track your pregnancy.

Medicaid for Pregnant Women

Phone: 1-800-362-1504

Website:

https://medicaid.alabama.gov/content/3.0_Apply/3.2_Qualifying/3.2.2_Medicaid_Pregnant.aspx

You may apply for any of the programs in this handout using the single streamline Medicaid application. Children may be living in one or two parent families. You may also apply for unrelated children as long as they are living in your home, and you provide parental care and support. For fast service, you may apply on-line at www.insurealabama.org. You may also mail your application. For a paper application, call us or visit Medicaid's website at www.medicaid.alabama.gov. If you cannot apply online or by mail, you can apply in person at your local county health department, federally qualified health care center or some local hospitals.

R.O.S.S.

24/7 HELPLINE: 1-844-307-1760

Website: <https://www.rosshelpline4u.org/>

**ARE YOU PREGNANT AND HAVE A SUBSTANCE USE DISORDER?
YOU ARE NOT ALONE!!!!**



PLEASE LET US HELP!



**Recovery Organization of Support Specialist,
R.O.S.S.**

Is a peer-run organization providing non-clinical supportive services to help in the process of recovery. These services are provided before, during and after treatment for individuals with a substance use disorder.

This project will employ peers to connect a pregnant individual with a substance use disorder to their choice of resources to obtain and maintain recovery. The peer will assist the individual in removing barriers to recovery, help individuals stay engaged in the recovery process, and live full lives in communities of their choice.

Mission Statement: The Recovery Organization of Support Specialists aims to advocate, empower, and collaborate for any individual seeking recovery.

ALL SERVICES ARE CONFIDENTIAL AND FREE ▶ ▶ ▶

SERVICES AVAILABLE:

- Introduce and explain recovery resources, including the many pathways to recovery.
- Assist the individuals with navigating the substance use disorder system of care, legal system, and child custody system.
- Provide transportation to recovery resources.
- Support the individual before, during, and after treatment to provide hope that we do recover.
- All services are free of charge.



24/7 HELPLINE

844-307-1760

rosshelpline4u.org/

Steps Ahead Program

Phone: 205-783-7175

Website: http://www.abcstepsahead.com/sa_main.html

Steps Ahead may be the right plan for you! Steps Ahead is a program that can provide prenatal care, hospital delivery and care after the baby is born. You can enroll in the Steps Ahead Program today if you are pregnant, on Medicaid or qualify for Medicaid, and live in Blount, Chilton, Cullman, Jefferson, Shelby, St. Clair, Walker or Winston Counties. Alabama Regional Medical Services will provide you with the information required to register you in this program sponsored by Princeton Baptist Medical Hospital.

WIC Program

Phone: 1-888-942-4673

Email: wic@adph.state.al.us.

Website: <https://www.alabamapublichealth.gov/wic/>

Women, Infants and Children (WIC) is a supplemental nutrition program for pregnant women, breastfeeding women, women who had a baby within the last six months, infants, and children under the age of five. One must meet income requirements and have a nutritional risk that proper nutrition could help to improve.

Women's Health Care

United Way 211 Directory

Phone: Dial 2-1-1

Website: <https://www.211connectsalabama.org/healthcare/>

211 provides Birth Control, Family Planning, Pregnancy Tests, STD Tests, Mammograms, and many other services to assist families from all walks of life, but most importantly benefits our most vulnerable populations such as the elderly, people with disabilities, and low-income by facilitating access to public services.

Public Assistance Programs

2-1-1 Essential Needs

Phone: Dial 211

Website: <https://www.211.org/>

It can be difficult to find local help to put food on the table, find a safe place to live, or access affordable healthcare. No matter what you or someone you care about needs right now, 211 can help you find available services and resources in your community.

Food Bank Locator

Community Food Bank of Central Alabama

Website: www.feedingal.org/find-food/

Alabama Food Pantries

Website: <https://www.foodpantries.org/st/alabama>

A cumulative list of food pantries and food banks across Alabama. Click your city to find one near you!

Alabama Project SHARE Utility Assistance Program

Email: info@needhelppayingbills.com

Website:

https://www.needhelppayingbills.com/html/alabama_project_share_utility_.html

Assisting qualified families in Alabama with paying their utility, heating, and cooling bills. The Salvation Army oversees the program and the money is for the disabled and elderly in the state.

Alabama Rent Assistance

Website: <https://www.rentassistance.us/state.php?state=alabama&submit=>

We provide an online directory of rental assistance programs in Alabama. Choose the city in Alabama on the right side of the page. We list the cities where we found help for those needing help paying their rent. We only list the rental assistance programs on the website and do not provide the aid ourselves.

Assistance Programs of Alabama

Website: <https://www.needhelppayingbills.com/index.html>

Find information on charities, churches, government assistance programs, and other resources that will provide you help. The charities as well as non-profit organizations may offer long term or emergency assistance for paying bills, pass out free stuff, or provide counseling type services among other programs. Agencies will also show you how to save money as well as provide some tips and methods to pay the bills when money is tight. Find information on programs that offer a number of ways to get help with paying bills. Assistance is available for everything from debts to energy bills, free food, housing, property tax help, and much more. Non-profits also offer help for paying car loans and transportation programs.

Community Action Agency of Northwest Alabama

Phone: 256-766-4330

Website: <https://www.caanw.org/>

Low-income families and individuals are assisted to achieve self-sufficiency through advocacy, resources mobilization, budgeting resources, counseling, parenting, housing, weatherization, energy assistance and nutrition.

Community Action Partnership

Phone: 256-639-4430

Website: <https://www.caaneal.org/>

Serving families in Blount, Cherokee, DeKalb, Jackson, Marshall and St. Clair counties. Provides assistance for utilities, bills, housing, food, and assistance for children.

Community Action Partnership of North Alabama (CAPNA)

1909 Central Parkway Southwest, Decatur, Alabama 35601

Phone: 256-355-7843

Website: <https://capna.org/>

Provides assistance for utilities, bills, housing, food, and assistance for children.

Family Guidance Center of Alabama

2358 Fairlane Drive, Montgomery, Alabama 36116

Phone: 334-270-4100

Email: fgc@familyguidancecenter.org

Website:

http://familyguidancecenter.org/index.php?option=com_content&view=article&id=185&Itemid=185

Dedicated to strengthening families through partnering with families, organizations, and communities and through the provision of an accessible comprehensive system of coordinated programs and services designed to enable people of all ages in Alabama to envision and achieve their goals.

Hardest Hit Alabama

Phone: 1-877-497-8182

Email: hhalabamainquiry@hardesthitalabama.com

Website: <https://www.hardesthitalabama.com/home.aspx>

In the midst of the COVID-19 pandemic, Hardest Hit Alabama (HHA) reopened to help Alabama families facing temporary financial hardships keep their home. HHA provides short-term mortgage payment assistance to those who have experienced a loss of employment or substantial reduction in household income. Due to anticipated demand for this program, HHA will accept applications in cycles of 200 submissions. At that time, we will close the application portal to evaluate applications. During this time, applicants may check their application status online to confirm they have submitted all required documents.

Homeownership Services

Community Action Partnership of North Alabama

Phone: 256-260-3108

Email: candy.ayers@capna.org

Website: <https://capna.org/homeownership-services/>

The Community Partnership of North Alabama is a HUD-certified counseling agency offering advice on buying a home, renting, defaults, foreclosures, and credit issues.

Housing And Community Development

Community Action Partnership of North Alabama

Phone: 256-260-3121

Email: aron.boldog@capna.org

Website: <https://capna.org/housing-and-community-development/>

Our Real Estate Development team supports Affordable Housing properties in 28 Alabama counties.

Huntsville Assistance Programs

Phone: 256-539-2320

Website: <https://www.huntsvilleassistanceprogram.org/>

HAP's primary goal is to help clients have a better life. This does not always mean paying their bill will be the answer. We endeavor to meet many needs whether they are emotional, financial, or spiritual. All of our clients are interviewed in person and as much time as is needed to "peel back the onion" and get to the core of that person's particular problem is taken. We may need to refer this person for financial counseling, marital counseling, drug/alcohol addiction, or medical assistance. We are a major referral source for services available within Madison County. All persons interviewed are encouraged to find a church family regardless of their denomination preference.

Jasper Area Ministerial Emergency Services

Jasper Area Family Services

Phone: 205-512-1030 | 205-302-0801

Website: <https://www.jafsc.org/jasper-area-ministerial-emergency-services.html>

Financial resources are limited at this time. It is the purpose of J.A.M.E.S., Inc. to assist only those considered to be in emergency situations. The organization does not wish to contribute to maintaining a lifestyle of continual assistance. Applicants living in the Jasper zip codes of 35501, 35503, and 35504 are eligible for assistance and considered first. Persons living in Walker County beyond the Jasper zip codes can apply and will be considered if funds are available.

Meals on Wheels

Website: <https://www.mealsonwheelsamerica.org/find-meals>

Meals on Wheels operates in virtually every community in America through our network of more than 5,000 independently-run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes. Use the search option to find the program closest to you or a loved one and give them a call. They can help guide you and get you started.

MyAlabama

Website: <https://www.myalabama.gov/services>

Lists various statewide assistance resources for health care and insurance, food and nutrition assistance, family services, and employment.

Northbrook Baptist Church Caring Center

3691 Al Hwy 157, Cullman, Alabama 35058

Phone: 256-734-6401

Email: nicky@northbrookbc.com

Website: <https://www.northbrookbc.com/caring-center>

Offers limited financial assistance to those that qualify when funds are available. Please contact them directly for more detailed program information, availability of assistance, eligibility requirements, their application process or to schedule an appointment.

Pickens County Community Action Agency

71 Lakeside Street, Carrollton, Alabama 35447

Phone: 205-367-8166

Website: <https://www.caapickens.org/>

Works to mobilize resources in an effort to eliminate poverty and improve the quality of life for the disadvantaged and low-income resident of Pickens County, Alabama. All programs offered are listed online and all programs offered through Community Action are on a "first come, first served" basis. Community Action Agency can also assist with referrals for housing and/or food needs.

United Way of Marshall County

Phone: 256-582-4700

Website: <https://www.unitedwaymarshall.org/>

Builds stronger communities by partnering with agencies and programs that focus on education, income, health, and basic needs. Provides information and referral services through 2-1-1.

United Way of Northwest Alabama

Phone: 256-764-5892

Website: <https://www.uwnwal.org/>

A humanitarian organization that supports twenty-three human service programs through donations and volunteerism in four counties in Northwest Alabama - Lauderdale, Colbert, Marion, and Franklin.

United Way of West Alabama

2720 6th Street, Tuscaloosa, Alabama 35401

Phone: 205-345-6640

24/7 Hotline: Dial 2-1-1

Website: <https://uwwa.org/>

United Way provides resources and assistance on a wide variety of issues from birth to death. Some programs include: prescription discounts, Medicaid/Medicare assistance, employment assistance, parenting classes, monetary help, school

supplies and resources for education for grandparents that raise children, and much more. Call the 211 hotline to learn if there is a program to help whatever issue you or your family may be facing.

Socialization/Recreation/Community Involvement

Accessible Art Works

Huntsville Museum of Arts

Phone: 256-535-4350 ext. 223

Email: cbean@hsvmuseum.org

Website: <https://hsvmuseum.org/academy/accessible-art/>

AAW comprises two programs – one for people with vision impairment, low vision or blindness; the other program is specific to those who are deaf or hard of hearing. Each session will allow an assistant or companion to attend with the workshop participant. The Accessible Art Program gives one the opportunity to experience a docent-led private tour of specific art pieces from a current exhibit, followed by an art making session led by a trained instructor. AAW sessions are offered on a monthly basis year-round.

Accessible Playgrounds

Email: playgrounds@npr.org

Website: <http://www.playgroundsforeveryone.com/>

NPR created a site that will generate accessible playgrounds near you. Just type in your city and state!

Adapted Sports: Office of Accessibility

Auburn University School of Kinesiology

Email: rjt0012@auburn.edu

Website: <https://cws.auburn.edu/Accessibility/AdaptedSports/Sports>

Our mission is to offer equal recreation and athletic opportunities to Auburn students, faculty, and staff with disabilities at Auburn University while promoting health, wellness, and disability awareness to all. Athletic opportunities include wheelchair basketball, wheelchair tennis, weight room, and handcycling.

Alabama Wheelchair Accessible Trails and Maps

Rails to Trails Conservancy

Website: <https://www.trailink.com/stateactivity/al-wheelchair-accessible-trails/>

Find the top-rated wheelchair accessible trails in Alabama, whether you're looking for an easy short wheelchair accessible trail or a long wheelchair accessible trail, you'll find what you're looking for. Click on a wheelchair accessible trail below to find trail descriptions, trail maps, photos, and reviews.

Alabama's Hunting and Fishing Trail for People with Physical Disabilities

Outdoor Alabama

Website:

<http://bonusdownload.net/free/alabamamaps/Hunting%20and%20Fishing%20Disabilities.pdf>

These facilities provide accessible fishing, shooting, and hunting opportunities for individuals with physical disabilities. These trails were developed by the Alabama Department of Conservation and Natural Resources (ADCNR) in cooperation with a broad range of sponsors. Trail sponsors encourage individuals, families, friends,

etc. to visit these sites and experience the joys of recreational fishing, hunting, and shooting.

American Association of Adaptive Sports

Website: <https://adaptedsports.org/>

The American Association of Adapted Sports Programs (AAASP) represents a standardized approach to interscholastic sports programming for students with physical disabilities. It's a not-for-profit association dedicated to developing adapted interscholastic sport programs in partnership with national, state, and local educational agencies. This cooperative approach represents the most successful model for affording students with physical disabilities access to competitive sport.

Auburn Wheelchair Basketball Camp

Email: rtj0012@auburn.edu

Website: <https://www.auburnadapted.com/summer-camp.html>

This summer camp is focused on individual fundamental skill development. Campers will have the opportunity to participate in skill development drills and games, as well as controlled scrimmages that emphasize the skills and concepts taught by the staff. This camp is meant to help you grow as an athlete, learn new skills, and play with athletes from around the country.

Auburn Wheelchair Basketball Summer Camp is open to males and females, ages 12-19, with a permanent disability of the lower extremity. All campers must be independent and perform all activities of daily living. No attendant care will be provided.

BraveHeart Center for Place and Purpose

Auburn University School of Social Work

East Thach Avenue, Auburn, Alabama

Email: azp0043@auburn.edu

Website: <https://cla.auburn.edu/cpp/>

A health and wellness program for young adults with moderate to severe disabilities transitioning out of high school. Focuses on enhancing social skills, cognitive skills, work skills, creativity, and self-esteem. Young adults participating with BCPP are inclusion ambassadors, with the mission of building community inclusivity and educating the community about their neighbors with disabilities.

Bright Ideas TBI Camp/Recreational TBI Camps

Alabama Head Injury Foundation (AHIF)

Phone: 205-823-3818

Email: info@ahif.org

Website: <https://www.ahif.org/recreational-camps.html>

Therapy-based camp initiative through partnerships with local colleges and universities. These camps are designed to help TBI survivors and caregivers learn new strategies and initiatives that can help survivors and/or caregivers who might have stagnated in their recovery after several years have passed since their initial injury. AHIF offers recreational camps that provide survivors with a special and unique time of recreation and fellowship.

Camp ASCCA

5278 Camp ASCCA Drive, Jacksons Gap, Alabama 36861

Phone: 256-825-9226

Email: info@campasca.org

Website: <https://www.campasca.org/>

Camp ASCCA is a special place where campers with disabilities have the opportunity to express their individuality and independence within a supervised setting. The activities offered at Camp ASCCA include horseback riding, swimming, canoeing, fishing, arts and crafts, accessible waterslide, zip-line, water tubing, archery and rifle range, mini-golf course, paved nature trails, splash pad and more.

The Dothan Leisure Services Therapeutic Recreation Program

400 Recreation Road, Dothan, Alabama 36303

Phone: 334-615-4743

Website: <https://www.dothan.org/254/Therapeutic-Recreation>

Provides recreation and leisure activities for individuals with intellectual challenges.

EAGLES Program

Auburn University College of Education

Phone: 334-844-4446

Email: eagles@auburn.edu

Website: <http://www.education.auburn.edu/degree-certificate/eagles/>

A post-secondary education program (non-degree) for students with intellectual disabilities to engage in a two or four-year campus experience. This program focuses on academic enrichment, social skills, independence, health and wellness, and integrated work experience.

Expressions of a BraveHeart

Auburn University School of Social Work

Phone: 334-844-2834

Email: burquad@auburn.edu

Website: <https://cla.auburn.edu/braveheart/>

A fine arts program offering art, music, and dance to young adults ages 11-21 with moderate to severe disabilities. Expressions of a BraveHeart focuses on being a safe and inclusive space for young adults to socialize and build self-esteem. If joined before the age of 21, the member can continue being part for as long as wanted, even after the age of 21. There is NO cost to join.

Happy Hearts

3320 Triana Boulevard SW, Huntsville, Alabama 35805

Phone: 256-534-6455

Email: info@merrimackhall.com

Website: <https://www.merrimackhall.com/happy-headquarters/happy-hearts/>

Happy Hearts is our visual and performing arts educational programming designed to enhance the quality of life for our participants. All involved must be at least 3 years old and can participate well into later years of life.

Kaleidoscope Adult Day Program

Goodwill Gulf Coast

Phone: 251-375-2177

Email: RAllen@goodwillgc.org

Website: <https://www.gesgc.org/services/>

Kaleidoscope is a program for younger adults who have recently transitioned out of high school and other non-senior adults who desire to remain active and engaged in structured daytime learning and recreational activities. Our goal is to help adults with developmental and/or other disabilities to enhance skills and characteristics important to personal growth, happiness and self-sufficiency through meaningful and challenging group activities.

Lakeshore Foundation

UAB Institute for Human Rights

4000 Ridgeway Drive, Birmingham, Alabama 35209

Phone: 205-313-7400

Website: <https://www.lakeshore.org/activity/sports-recreation/>

A 501(c)3 nonprofit organization with a goal of building healthy lifestyles for people with disability or chronic health conditions through activity, advocacy, health promotion, and research. Provides options for aquatics, fitness, athletics and recreation, U.S. Olympic and Paralympic Training Site, and USA Rugby for all age groups six months and older.

Love your Brain

Website: <https://www.loveyourbrain.com/mindset>

Love Your Brain offers a free six-week online programs offer peer support and tools for anyone looking to cultivate mental flexibility, physical strength, positive thinking, and more! They also offer free six-week yoga and meditation program for people with TBI and caregivers in yoga studios.

The Miracle League of North Alabama

P.O. Box 4145, Huntsville, Alabama 35815

Email: hsvmiraclaleague@gmail.com

Website: <https://www.mlhuntsville.com/>

Our purpose is to provide opportunities for individuals with disabilities to play Miracle League sports regardless of their abilities, to develop and promote community support and sponsorship of the Miracle League for individuals with disabilities in their communities, and to develop and promote the construction of special facilities that meet the unique needs of Miracle League Players and their families.

Montgomery Area Nontraditional Equestrians (MANE)

3699 Tallahatchie Road, Pike Road, Alabama 36064

Phone: 334-213-0909

Email: maneinfo@maneweb.org

Website: <https://maneweb.org/>

Providing safe and effective therapeutic horseback riding opportunities to children and adults in the Tri-County region.

Outdoor Friends Forever

821 Coosa County Road 91, Alexander City, Alabama 35010

Email: jim@outdoorfriendsforever.com

Website: <http://outdoorfriendsforever.com/>

The O.F.F. Mission is to pair people with special needs with people with special talents and form a bond in the outdoors that will last forever! This is to be accomplished through quality activities that are safe, education and fun for all!

Paralympic Sport Auburn

Auburn University Office of Accessibility

Phone: 334-844-2096

Email: accessibility@auburn.edu

Website: <https://cws.auburn.edu/Accessibility/adaptedsports>

Our mission is to offer equal recreation and athletic opportunities to students, faculty, and staff with disabilities at Auburn University while promoting health, wellness, and disability awareness to all.

Parks By State

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

Website: <https://www.nchpad.org/Directories/Parks>

This is a directory of parks throughout the U.S. that may have some accessible features. You can either browse the parks by name, state or country, specific accessibility feature (whether an environmental feature such as a hiking trail or an accessible communication format such as text telephones), or you can search by a keyword or text.

- [Parks in Alabama with Accessible Features \(click here\)](#)

PASSAGE USA

University of South Alabama

Phone: 251-460-7558

E-mail: chantowetter@southalabama.edu

Website: <https://www.southalabama.edu/colleges/ceps/passage/>

PASSAGE USA (Preparing All Students Socially and Academically for Gainful Employment) is a comprehensive transitional program. It is a two-year non-degree, certificate program. This program is designed for students who need extra supports to be successful in our community.

Pilot Club

Website: <https://www.alabamadistrictpilot.com/>

The Alabama District Traumatic Brain Injury Camp was established in 2014. Once a year we host a camp for adult survivors of Traumatic Brain Injuries and their caregivers at beautiful Camp ASCCA in Jackson's Gap, AL. TBI Camp is fully funded by Pilots and Pilot Clubs with donations, grants, and sponsors.

The Red Barn

2722 Bailey Road, Leeds, Alabama 35094

Phone: 205-699-8204

Website: <https://theredbarn.org/>

The mission of The Red Barn is to promote and provide equine assisted activities to low-income individuals with disabilities and special circumstances.

Senior Companions

Community Action Partnership of North Alabama

Central Office (Decatur)

1909 Central Parkway SW, Decatur, Alabama 35601

Phone: 256-355-7843

Moulton Office

12521 Alabama Highway 157, Suite K, Moulton, Alabama 35650

Phone: 256-974-9026

Cullman Office

107 2nd Avenue NE, Cullman, Alabama 35055

Phone: 256-734-5170

Website: <https://capna.org/senior-companions/>

Seniors, 55 and older, are recruited to provide help in the homes of individuals at risk of having to accept alternative care rather than continue to live in the comfort and familiarity of their homes. They offer light housekeeping, prepare meals, monitor medications, encourage exercise and provide respite care. Senior Companions enable their clients to maintain their independence. Services are provided in Morgan, Lawrence and Cullman counties.

Special Equestrians

1215 Woodward Drive, Indian Springs, Alabama 35124

Phone: 205-987-WHOA

Email: ride@specialequest.org

Website: <https://www.specialequest.org/>

A horse provides a hip action that is almost identical to humans. This motion provides physical benefits such as stimulating dormant nerves and muscles, increasing strength and stimulating vocal cords. Relaxation occurs from the warmth of the horse's body reducing rigidity or spasticity. Emotional and psychological benefits include an increase in confidence and self-esteem through learning to master the horse. Interacting with and controlling the horse enhances focus, decision-making skills, and effective verbal and nonverbal communication (especially empowering to the speech impaired).

Special Olympics Alabama

880 South Court Street, Montgomery, Alabama 36104

Phone: 1-800-239-3898 | 334-242-3383

Email: soaloffice@aol.com

Website: <https://www.specialolympics.org/programs/united-states/alabama>

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Those activities give them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship.

Therapeutic Recreation

Tuscaloosa County Park and Recreation Authority

Phone: 205-562-3220

Website: www.tcpa.org/programs/therapeutic-recreation

Provides recreational and activity of daily living programming for adults with developmental disabilities.

Therapeutic Recreation Center

City of Montgomery

103 North Perry Street, Montgomery, Alabama 36104

Phone: 334-625-4636

Website: <https://www.montgomeryal.gov/how-do-i/register/therapeutic-recreation-center>

Therapeutic Recreation provides recreational and activity of daily living programming for adults with developmental disabilities.

United Spinal Association

Website: <https://askus-resource-center.unitedspinal.org/>

On the United Spinal's Help Desk you can submit questions on any aspect of Spinal Cord Injury/Disease or get information and resources that may help you resolve a situation including local support. Our experienced Information Specialists will answer your questions and may supply you with additional information and resources that can be of help to you.

- [US Adaptive Sports By State \(click here\)](#)

VSA Arts of Alabama

PO Box 12504, Birmingham, Alabama 35202

Phone: 205-307-6300

Website: <https://www.birminghamal.org/listings/vsa-arts-of-alabama/>

VSA Arts of Alabama creates and implements programs and services for people with disabilities, using the arts as tools of empowerment, discovery, inclusion and respect.

Service Animals

Dogs on Call

Easterseals Alabama

1629 Perry Hill Road, Montgomery, Alabama 36106

Phone: 334-395-4489

Email: info@al.easterseals.com

Website: https://docs.google.com/document/d/e/2PACX-1vSNa0YWtXw8IH0cBquRuxKLtOiy88qyaI4zo66IhwN0pMrJJceY0I_f8wZKYqaLyegm-TqQyx00ZY_f/pub

A program to learn how to train your therapy dog.

K9s for Warriors

Phone: 904-686-1956

Email: info@k9sforwarriors.org

Website: <https://www.k9sforwarriors.org/>

K9s For Warriors is the nation's largest veteran service organization providing highly skilled service dogs to disabled American heroes. Our goal is to empower Warriors to return to life with dignity and independence. The core of our training program is focused on mitigating the symptoms associated with Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and Military Sexual Trauma (MST), with the end goal of preventing veteran suicide.

Service Dogs Alabama

8365 Mobile Highway, Hope Hull, Alabama 36043

Phone: 334-676-3733

Email: info@servicedogsalabama.org

Website: <https://www.servicedogsalabama.org/>

Service Dogs Alabama provides medical and psychiatric assistance dogs to children, adults, and Veterans with disabilities as well as Resident Facility Intervention Dogs trained for behavior disruption for schools, courtrooms, and State Departments where trauma is prevalent.

Three Dimensional Dog, LLC

Phone: 205-563-8383

Website: <https://www.threedimensionaldog.com/>

We are canine behavior counselors. Our mission is to help "dog parents" achieve harmony in their relationship. Our effective process includes: In-home diagnosis, Theory discussion, Strategy-building, and Hands-on instruction.

Spinal Cord Injury Resources

Aging and Disability Resource Centers (ADRC)

Alabama Department of Senior Services

Website: <http://www.alabamaageline.gov/adrc>

This site is provided by the Alabama Department of Senior Services to assist older adults, individuals with disabilities and their family members locate services they might need as well as other information that might be of interest. This website has a collection of tools, resources, and educational information to help with this search.

Alabama Department of Rehabilitation Services (ADRS)

Website: <http://www.rehab.alabama.gov/home>

ADRS provides individualized services to assist every person with a disability in achieving his or her maximum potential at home, school, workplace, and in the community.

- **State of Alabama Independent Living (SAIL)**

SAIL helps Alabamians with the most-significant disabilities achieve their independence. With compassionate, skilled and trusted counselors, nurses and specialists, SAIL provides in-home education, counseling, attendant care, training, medical and vocational services to ensure independent living can be achieved at home, at school, at work and in the community.

Alabama Disabilities Advocacy Program (ADAP)

University of Alabama, 2008 12th Street, Tuscaloosa, Alabama 35401

Phone: 205-348-4928

Website: <https://adap.ua.edu/>

Offers services to people living with disabilities within Alabama to help promote a higher quality of life and protect, promote, and expand their rights. Particular services include: training for consumers, family members, and professional groups about disability rights issues; answer technical issues and provide referrals on rights issues; and advocacy services for those eligible within the seven programs offered. ADAP does intake over the phone and can travel to recipients' homes if necessary.

Alabama Head Injury Foundation (AHIF)

500 Chase Park South, Suite 130, Hoover, Alabama 35244

Phone: 1-800-433-8002 | 205-823-3818

E-mail: info@ahif.org

Website: <https://www.ahif.org/>

In addition to traumatic brain injury, AHIF offers SCI support services for professionals and families.

Alabama Medicaid Agency

Phone: 1-800-361-1504

Website: <https://medicaid.alabama.gov/>

Includes Non-emergency Transportation Services

AMA is a state/federal program that pays for medical and long-term care services for low-income pregnant women, children, certain people on Medicare, disabled individuals and nursing home residents who meet certain income and other requirements.

Christopher Reeve Foundation

Website: <https://www.christopherreeve.org/get-support/reeve-foundation-virtual-support-group>

There are also [online virtual support groups](#) and a [peer mentor program](#).

Disability Rights & Resources

Website: <http://drradvocates.org/>

Disability Rights and Resources' mission is to empower people with disabilities to fully participate in the community. We encourage people with disabilities to support one another in reaching their own independent living goals. We also promote equal access and disability rights through advocacy and public awareness activities.

Governor's Office on Disability (GOOD)

602 South Lawrence Street, Montgomery, Alabama 36104

Phone: 334-293-7228

Website: <https://good.alabama.gov/>

GOOD's mission is to facilitate the inclusion of Alabamians with disabilities in education, employment, housing, transportation, health care, and leisure.

Lakeshore Foundation

UAB Institute for Human Rights

4000 Ridgeway Drive, Birmingham, Alabama 35209

Phone: 205-313-7400

Website: <https://www.lakeshore.org/about/>

Lakeshore Foundation is a non-profit 501c3 organization that promotes independence for persons with physically disabling conditions and provides opportunities to pursue active, healthy lifestyles. Lakeshore Foundation offers a wide range of fitness, recreation, athletic and education programs to children and adults who experience diagnostic conditions including spinal cord injuries, cerebral palsy, multiple sclerosis, stroke, amputation, and visual impairment. The Foundation also serves persons who have been diagnosed with arthritis, diabetes, chronic pain, cardiac conditions, and many other related disorders.

The Rehabilitation Engineering Research Center on Recreational Technologies (RERC Rec-Tech)

Website: <http://www.rectech.org/>

The RERC Rec-Tech expands new knowledge and research on recreation technology for people with disabilities as well as disseminates technology development through education, training and collaboration with private sectors.

- [Rec-Tech Blog \(click here\)](#)

Spinal Cord Injury USA Facebook Support Group

Facebook Link: <https://www.facebook.com/groups/2014869075503756/>

UAB Spain Rehabilitation Center

1717 6th Avenue South, Birmingham, Alabama 35249

Phone: 205-934-4131

Website: <https://www.uabmedicine.org/locations/spain-rehabilitation-center>

UAB Spain Rehabilitation Center is the hub for UAB's Traumatic Brain Injury Model System and Spinal Cord Injury Model System. Each Model System is nationally recognized for providing a multidisciplinary system of rehabilitation care, ranging from emergency services through rehabilitation and reentry into full community life. Each Model System also conducts research, provides education, and disseminates information, with the goal of improving long-term functional, vocational, cognitive, and quality-of-life outcomes for persons with traumatic brain injury or spinal cord injury.

United Spinal Association

Website: <https://unitedspinal.org/events/>

All support groups are currently online.

- **Peer Mentoring**

Peer mentoring takes place between a peer mentor who has adjusted and progressed and a peer mentee who requires support and advice. A long-distance mentor is someone who can offer you advice, guidance, resources and real-life experience to help navigate life with a disability.

Substance Use Services

Alabama Department of Mental Health & Substance Use Disorder 24/7

Helpline: 1-844-307-1760

Substance Use Disorder Helpline: helpline4u.al@gmail.com

AL Tobacco Quitline: 1-800-784-8669

Substance Abuse and Mental Health Services Administration (SAMSHA)

Website: <https://www.samhsa.gov/>

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

- **Medication Assisted Treatment**

Website: <https://www.samhsa.gov/medication-assisted-treatment>

Medication-assisted treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient’s needs.

- **My Smart Dose**

Website: <http://mysmartdose.com>

My Smart Dose is a cooperative effort of the Alabama Department of Mental Health and the Substance Abuse and Mental Health Services Administration. The mission of the My Smart Dose initiative is to break the cycle of prescription drug abuse among young people through prevention, education, and awareness.

- **Courage For All**

Website: <http://www.courageforall.com>

The Courage for All initiative is here to help. A partnership of the Alabama Department of Mental Health and the Substance Abuse and Mental Health Services Administration, it focuses on prevention, education, and awareness of opioid addiction. It is made possible by an Alabama Opioid STR Grant provided by SAMHSA.

- **Virtual Recovery Resources**

Website: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

This tip sheet from the Substance Abuse and Mental Health Services Administration describes resources that can be used to virtually support recovery from mental/substance use disorders as well as other resources. It includes Virtual Recovery Programs, Recovery Resources and Support Help Resource Hotlines.

Substance Abuse Treatment Services: Accessing Help

Alabama Department of Mental Health

Phone: 1-800-367-0955

Website: <https://mh.alabama.gov/division-of-mental-health-substance-abuse-services/substance-abuse-treatment-services/>

ADMH does not operate any substance use disorder programs; however, we contract with community-based entities throughout Alabama to offer outpatient and residential services. All state funded providers offer services on a sliding fee scale which is based on income, resulting in low or no cost services to persons with low income.

Directions: Click on "Find a Provider link" in the middle of the page under Accessing Help > from this page you can search by substance use disorder (under category) and then select county (under location); click "search listing" for the agencies in that county.

Another way is to access from the Find a Provider link is to click on the Provider Directory Spreadsheet > Tab at the bottom of this sheet for Substance Abuse Division for a list of agencies alphabetically.

- **Peer Support for Individuals Experiencing Substance Use Disorders**

Website: <https://mh.alabama.gov/individuals/peer-support/>

Alabama has a peer-driven accessible system of recovery-oriented services that address the holistic needs of individuals who have experienced substance use disorders.

Substance Use Disorder and Mental Health Peer Mentor Program

Phone: 1-800-832-0952 | 334-242-3456 (Montgomery area)

Website: <https://mh.alabama.gov/division-of-mental-health-substance-abuse-services/peer-programs/>

The Alabama Department of Mental Health Office of Peer Programs is staffed by peers. The office promotes recovery by coordinating the department's support for peer operated programs, training and educational programs.

AddictionResource.net

Phone: 1-844-616-3400

Website: <https://www.addictionresource.net/>

Provides help finding the best rehab center near you. Shows rehab centers that allow pets, are LGBTQ friendly, long-term, etc. to meet your needs.

Addiction Resources for American Communities

Addiction Group

Website: <https://www.addictiongroup.org/addiction/>

Provides information on substance use, types of treatment, what happens during treatment, drug types, and lists resources.

Alabama Drug Rehabs

Addiction Center

Phone: 855-383-7630

Website: <https://www.addictioncenter.com/rehabs/alabama/>

Find a rehabilitation center based on your location, drug, and needs. Provides rehab locations, education about substance use, information on payment, and additional rehab-related questions.

Alabama Rehab Facility Director

Phone: 866-317-7050

Website: <https://sobernation.com/rehab/alabama/>

Call now for a free confidential assessment for drug & alcohol rehab centers in Alabama. We are professionals who can help get you or a loved in the right facility depending upon your needs.

Alabama Rehabs: Best Addiction Treatment Centers in AL

Addiction Resource

Phone: 888-276-6433

Website: <https://addictionresource.com/drug-rehab/alabama/>

Provides a hotline to get connected with resources, as well as additional resources on rehabs in Alabama.

Baptist Health Center for Addiction Recovery

Crossbridge Behavioral Health

4371 Narrow Lane Road, Suite 202, Montgomery, Alabama 36116

Phone: 334-747-7742

Website: <https://www.baptistfirst.org/services/center-for-addiction-recovery>

Provides inpatient withdrawal management, hospital consultations, and outpatient medication-assisted treatment with attention to coexisting medical and co-occurring psychiatric disorders. While the Center does offer medication-assisted service, it is not a residential service. It is open to non-insured, under-insured, Medicare, Medicaid and court-ordered as well as those with private insurance coverage.

East Alabama Medical Center Substance Abuse Services

Phone: 334-742-2130

Website: <http://eamhc.org/services/substance-abuse/>

Services include Psycho-Social Assessments, Individual and Group Therapy, Psycho-Educational Therapy, and Continuing Care Groups. There are also services to those who are experiencing challenges with substance abuse while involved with the court system. Services are available to anyone living in Chambers, Lee, Russel, or Tallapoosa County. Priority admission for intravenous drug users and pregnant women. A sliding scale fee is offered to provide affordable treatment.

PINK's Sober Sisters – Safe place to talk about substance abuse and TBI

Website: www.pinkconcussions.org

PINK Concussions is the FIRST EVER non-profit organization to focus on pre-injury education and post-injury medical care for women and girls with brain injury including concussion incurred from sport, violence, accidents or military service.

- **Link to Facebook Support Group:**

<https://www.facebook.com/groups/PINKConcussionsSoberSisters>

Toolkit – Traumatic Brain Injury and Substance Use Disorders: Making the Connections

National Association of State Head Injury Administrators (NASHIA)

Website: <https://www.nashia.org/resources-list/olia67paxy7sg1u4fr3tzqpezuvdto-knjxh-5j6np>

NASHIA released a new resource which merges the content on TBIs and SUD to expand capacity to address both issues in treatment. The toolkit provides valuable and practical information for advancing behavioral health providers' capacity when serving persons who have brain injuries.

Wings Across Alabama

Warm Line: 1-844-999-4647

Call for NON-CRISIS peer support! A certified peer specialist will answer. It is confidential and is open 7 days a week!

Website: <https://wingsacrossal.org/>

Wings Across Alabama is the largest Mental Health Consumer-Ran Organization in Alabama. We are a "for us, by us" organization that deeply believes in healing that comes through shared experience. We offer peer support through an array of direct services.

INTRODUCTION

In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery is critically important. Virtual resources can and should be used during this time. Even after a pandemic, virtual support may still exist and still be necessary.

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders as well as other resources.

VIRTUAL RECOVERY PROGRAMS

- **Alcoholics Anonymous:** Offers online support
<https://aa-intergroup.org/>
- **Cocaine Anonymous:** Offers online support and services
<https://www.ca-online.org/>
- **LifeRing:** LifeRing Secular Recovery offers online support
<https://www.lifering.org/online-meetings>
- **In The Rooms - Online Recovery Meetings:** Provides online support through live meetings and discussion groups
<https://www.intherooms.com/home/>
- **Marijuana Anonymous:** Offers virtual support
<https://ma-online.org/>
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options
<https://www.na.org/meetingsearch/>
- **Reddit Recovery:** Offers a virtual hang out and support during recovery <https://www.reddit.com/r/REDDITORSINRECOVERY/>

- **Refuge Recovery:** Provides online and virtual support
<https://www.refugerecovery.org/home>
- **Self-Management and Recovery Training (SMART) Recovery:** Offers global community of mutual-support groups, forums including a chat room and message board
<https://www.smartrecovery.org/community/>
- **SoberCity:** Offers an online support and recovery community
<https://www.sobercity.com/>
- **Sobergrid:** Offers an online platform to help anyone get sober and stay sober
<https://www.sobergrid.com/>
- **Soberistas:** Provides a women-only international online recovery community
<https://soberistas.com/>
- **Sober Recovery:** Provides an online forum for those in recovery and their friends and family
<https://www.soberrecovery.com/forums/>
- **We Connect Recovery:** Provides daily online recovery groups for those with substance use and mental illness
<https://www.weconnectrecovery.com/free-online-support-meetings>

RECOVERY RESOURCES AND SUPPORTS

AA Beyond Belief

A program for the agnostics, atheists, and free thinkers interested in AA
<https://aabeyondbelief.org/>

Al-Anon Family Groups

Providing help and hope for families and friends of alcoholics
<https://al-anon.org/>

Association of Recovery in Higher Education

Represents collegiate recovery programs and collegiate recovery communities, the faculty and staff who support them and the students who represent them
<https://collegiaterecovery.org/>

Buddhist Recovery Network

Promotes the use of Buddhist teachings and practices to help people recovery from the suffering caused by addictive behaviors
<https://www.buddhistrecovery.org/>

Celebrate Recovery

A Christ-centered 12-step recovery program
<https://www.celebraterecovery.com/>

Crystal Meth Anonymous

Fellowship of people who share their experience, strength and hope with each other so they may solve their common problem and help others to recovery from addiction to crystal meth
<https://www.crystalmeth.org/>

Fountain House

(NYC Peer Organization) virtual clubhouse with links to virtual “living rooms” and other community-focused virtual spaces
<https://virtual.fountainhouse.org/>

Hazelden Betty Ford Foundation

Contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, The Daily Pledge: <https://www.hazeldenbettyford.org/recovery/tools/daily-pledge> and “Tips for Staying Connected and Safeguarding Your Addiction Recovery”: <https://www.hazeldenbettyford.org/about-us/news-media/tips-for-staying-connected>

HelpGuide

A small non-profit organization that manages one of the world’s top ten mental health websites
<https://www.helpguide.org/>

Latinx Therapy

Founded to destigmatize mental health issues in the Latinx community
<https://latinxtherapy.com/>

Mental Health America

Mental health and Covid-19 Information and Resources
<https://mhanational.org/covid19>

Moderation Management

A lay-led non-profit dedicated to reducing the harm cause by the abuse of alcohol
<https://moderation.org/>

National Alliance for Mental Illness (NAMI) HelpLine

Coronavirus Information and Resources Guide
<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>

National Alliance for Recovery Residences

Compiled best practices and resources
<https://narronline.org/>

One Sky Center

A national resource center for American Indian and Alaska Native health, education and research. Dedicated to quality health care across Indian country
<http://www.oneskycenter.org/>

Peer Recovery Center of Excellence

Provides training, technical assistance and resources on peer support services, recovery community organization capacity building, peer workforce development and evidence based practice utilization
<https://peerrecoverynow.org/>

Project LETS

Peer-led communities of support education and advocacy for folks with live experience of mental illness, trauma, disability, and/or neurodivergence
<https://projectlets.org/>

Recovery Dharma

Method of freeing from suffering of addiction using Buddhist practices and principles
<https://recoverydharma.org/>

Rural Communities Opioid Response Program

Technical Assistance June 2020 Newsbrief “Sustaining Recovery Support Services During the COVID-19 Pandemic” https://www.rcorp-ta.org/sites/default/files/2020-08/RCORP-Newsbrief-Sustaining-Recovery-7-10-2020-508_0.pdf

Shatterproof

“How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions <http://bit.ly/shatterproof-coping>

She Recovers

An international movement of self-identified women in or seeking recovery from a range of issues, including substance use disorders, trauma, abuse, codependency, grief etc.
<https://sherecovers.org/>

The Chopra Center

"Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System." <http://bit.ly/Chopra-calm>

The Phoenix (fitness oriented recovery support)

Now live streaming fitness classes through Zoom <https://thephoenix.org/>

The Trevor Project

The leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under age 25 <https://www.thetrevorproject.org/>

Therapy for Black Men

Provides an online directory for men to find a therapist to fit their needs by searching by location, specialization, and other detailed criteria <https://therapyforblackmen.org/therapists/>

Trans Lifeline

Provides trans peer support for community, run by and for trans people <https://translifeline.org/>

VetChange

Free, confidential online program to help Veterans cut back or stop drinking alcohol and learn to manage post-traumatic stress disorder symptoms without using alcohol <https://vetchange.org/home/index2>

We R Native

Targeted to Native American youth, including all genders who have questions or difficulties <https://www.wernative.org/>

White Bison or Wellbriety

Offers sobriety, recovery, addictions prevention and wellness/wellbriety 12-step learning resources to the Native American/Alaskan Native community nationwide <https://whitebison.org/>

Women for Sobriety

An organization and self-help program also called the New Life Program for women with substance use disorders <https://womenforsobriety.org/>

HELPFUL RESOURCES HOTLINES

SAMHSA's Disaster Distress Helpline

Call or Text: 1-800-985-5990 (English and español)

Website:

<https://www.disasterdistress.samhsa.gov>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment

Referral Information Service in English and español)

Website:

<https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English):

<https://www.suicidepreventionlifeline.org>

Website (español):

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Treatment Locator Behavioral Health Treatment

Services Locator Website:

<https://findtreatment.gov/>

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <https://www.samhsa.gov/dtac>

Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

Reviewed July 2021

Suicide

National Suicide Prevention Lifeline: 1-800-273-8255

For those who are Hearing or Speech Impaired: 1-800-799-4889

National Suicide Hopeline: 1-800-784-2433

I'm Alive Chat: If you are in crisis or considering suicide, please click the "Chat Now" button to talk with one of our volunteers.

Website: <https://www.imalive.org/>

Call 2-1-1: to be connected to resources or visit <https://www.211.org/about-us/your-local-211>.

Veterans Crisis Line: 1-800-273-8255

Alabama Department of Veteran's Affairs: Alabama Governor's Challenge - Veteran Suicide Prevention (ADD)

Website: www.va.alabama.gov

Assists with connecting service members, veterans and families to provide information and knowledge about suicide, supports, resources to cope with PTSD, TBI and crisis situations. A list of Suicide Prevention Resources is included.

Crisis Center of Central Alabama

24-Hour Hotline: 1-800-273-8255 | 205-323-7777

Website: <https://crisiscenterbham.org/>

Our mission is to serve the unmet needs of people experiencing personal crisis or mental health issues and respond with services that promote coping, emotional health and well-being. Includes helplines and phone numbers to meet your needs. 24/7 Service to serve unmet needs of people experiencing crisis and mental health issues. Service area includes Blount, Chilton, Jefferson, St. Clair, Shelby and Walker Counties.

Main Line: 205-323-7777

Teen Line: 205-328-LINK

Kids Helpline: 205-328-KIDS

Senior Talk Line: 205-328-TALK

The Crisis Center of East Alabama

P.O. Box 1053, Auburn, Alabama 36831

Phone: 334-821-8600

Email: dougreardon@mindspring.com

Website: <https://auburnserves.com/Partner/Details/147>

We provide suicide and crisis intervention. We have a telephone hotline where we talk with callers about problems, and we try to find appropriate solutions for those problems. Accepting collect calls from Lee and Chambers Counties in Alabama, and from West Point, Georgia.

Crisis Services of North Alabama

Helpline: 1-800-691-8426 | 256-716-1000

Website: <https://csna.org/>

Provides resources, helplines, and connections to services for those in North Alabama.

Girls & Boys Town National Hotline

Phone: 1-800-448-3000 (Call or Text) | 1-800-448-1833-TTY

24-hour nationwide

Website: <https://www.yourlifeyourvoice.org/pages/home.aspx>

Helping a Suicidal Person

Website: <http://suicidal.com/helping/index.html>

Provides information on how to help someone you love who is considering suicide.

National Graduate Student Crisis Line

Phone: 1-877-GRAD-HLP (1-877-4723-475)

National Youth Crisis Hotline

24-Hour Nationwide Phone: 1-800-442-HOPE (1-800-442-4673)

Samaritans

Phone: 1-800-252-TEENS (1-800-252-8336)

3:00 p.m. - 9:00 p.m.

Suicide Crisis Center: When No Hope Is In Sight

Website: <http://suicide.com/suicidecrisiscenter/>

The Suicide Crisis Center is about staying alive, getting you through the moment, giving you a glint of hope, finding treatment to stop the hurting, and helping you believe you can feel good again.

The Trevor Lifeline

24-Hour Nationwide Phone: 1-866-488-7386

Website: <https://www.thetrevorproject.org/crisis-services/>

The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for LGBTQ youth.

- **TrevorText**

Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT).
Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

- **TrevorChat**

Available 7 days per week (3:00 p.m. - 9:00 p.m. ET / 12:00 p.m. - 6:00 p.m. PT)

United States National Suicide & Crisis Hotlines

Website: <http://www.suicidehotlines.com/national.html>

Provides over 800 National hotlines to help everyone feel comfortable, from teens, to postpartum, Native Americans, and more!

Youth America Hotline (YAH!)

Phone: 1-877-YOUTHLINE (1-877-968-8454)

Youth Crisis Hotline

24-Hour Nationwide Phone: 1-800-HIT-HOME (1-800-448-4663)

Support Groups

Alabama Department of Mental Health - Peer Program

Phone: 1-800-832-0952 | 334-242-3456 (Montgomery Area)

The Office of Peer Programs is staffed by peers in the areas of mental health and substance use. The office promotes recovery by coordinating the department's support for peer operated programs, training and educational programs. Peer Support is also available at Drop-in Centers and the Wings Across Alabama Warmline 1-844-999-4647.

- **PEIR People Engaged in Recovery (PEIR)**

Phone: 1-888-421-7347

Email: gulfcoastpeir@gmail.com

PEIR advocates, empowers and collaborates for individuals seeking recovery from substance use disorder in the Mobile area. Our goal is to assist professionals and other peers with providing quality certified peer-oriented services.

- **ROSS The Recovery Organization of Support Specialists (ROSS)**

Phone: 844-307-1760

Website: <https://ross4u.org/>

ROSS seeks to further develop and advance the role of Recovery Support within the community while promoting the right of self-determination and personal responsibility in individuals pursuing recovery. ROSS will provide support services to all individuals, both before and after treatment. No one in need of recovery support services will be denied immediate attention. The Recovery Organization of Support Specialists aims to advocate, empower, and collaborate for any individual seeking recovery.

Alabama Head Injury Foundation (AHIF)

Email: info@ahif.org

Website: <https://www.ahif.org/support-groups.html>

AHIF provides online support group meetings on a weekly basis for clients and their caregivers across the state of Alabama.

American Stroke Association Stroke Family Warmline

Phone: 1-888-4-STROKE (1-888-478-7653) Monday-Friday, 8AM-5PM CST

The Stroke Family Warmline connects stroke survivors and their families with an American Stroke Association team member who can provide support, helpful information or just a listening ear.

American Stroke Association Support Group Finder

Website: <https://www.stroke.org/en/stroke-support-group-finder>

To find a group near you, simply enter your ZIP code and a mile radius.

Amputee Coalition Support Group

Contact Us Form:

<https://www.amputee-coalition.org/limb-loss-resource-center/ask-an-information-specialist-2/>

Website: <https://www.amputee-coalition.org/support-groups-peer-support/support-group-network/>

Amputee support groups provide a safe and supportive environment for individuals living with limb loss or limb difference as well as their family members. With over 400 support groups registered with the Amputee Coalition, individuals with limb loss or limb difference and their families across the country are receiving the vital support to help them along their journey.

Christopher Reeve Foundation

Website: <https://www.christopherreeve.org/get-support/reeve-foundation-virtual-support-group>

There are also [online virtual support groups](#) and a [peer mentor program](#).

Disability Rights and Resources (DRR)

1418 6th Avenue N, Birmingham, AL 35203

Phone: 205-251-2223

Website: <https://www.drradvocates.org/>

Empowering individuals with disabilities to FULLY participate in their community. Core Services: Information and referral, independent living skills, advocacy, peer support, transition into the community, nursing home diversion, youth transition services, home modifications, and employment assistance.

- **Link to DRR Facebook Peer Support Group:**
<https://www.facebook.com/groups/drrpeersupport/>

Epilepsy Foundation Support Group

Phone: 205-453-8205

Email: alabama@efa.org

Website: <https://epilepsyalabama.org/support-groups/>

Some people and their families living with epilepsy report a need for support and education within the epilepsy community. The Epilepsy Foundation Alabama Education and Networking Groups are designed to provide this to those who are interested in connecting with others living with epilepsy, and to learn from guest speakers on topics associated with epilepsy.

PINK Concussions

Website: www.pinkconcussions.org

PINK Concussions is the FIRST EVER non-profit organization to focus on pre-injury education and post-injury medical care for women and girls with brain injury including concussion incurred from sport, violence, accidents or military service. The links to the Facebook groups are listed below.

- **Women's Group Facebook Link:**
<https://www.facebook.com/groups/PINKconcussionsWomen/>

This group is for woman over age 25 who are suffering a brain injury (aka mTBI, TBI, or concussion) and/or Post-Concussion Syndrome which is now recognized as symptoms lasting over a month. Topics will address women's issues with TBI including employment, spouses, and/or being a parent. We also have a group for women under age 25 where school and college age issues will be addressed. Pick the group best for you.

- **Young Women's Group (under 25) Facebook Link:**
<https://www.facebook.com/groups/PINKunder25/>
 This group is for woman under age 25 who are suffering a brain injury (aka mTBI, TBI, or concussion) and/or Post-Concussion Syndrome which is now recognized as symptoms lasting over a month. Topics will address young women's issues with TBI including school and college age issues.
- **PINK's BIPOC - Women of Color Group Facebook Link:**
<https://www.facebook.com/groups/527875158583740/>
 Where women of color can share community and connection in a safe and supportive space. This group is moderated by women of color.
- **Caregivers and Parents Group Facebook Link:**
<https://www.facebook.com/groups/PINKconcussionsParents/>
 This group is for caregivers and/or parents who is caring for a woman or a girl suffering a brain injury (which can be called mTBI, TBI, or concussion) and/or Post-Concussion Syndrome (which is now recognized as symptoms lasting over a month).
- **PINK Military Group Facebook Link:**
<https://www.facebook.com/groups/PINKveterans/>
 For women who are active military or veterans.
- **PINK Medical Professionals Facebook Link:**
<https://www.facebook.com/groups/pinkTBIpros/>
 This group is for professionals interested in Female Brain Injury and interested in having a forum to ask questions and share research. There are a number of female medical professionals/first responders in the group who also have brain injury. The definition of professionals is broad to include medical professionals, athletic trainers, researchers, graduate students, first responders, etc.
- **PINK's Sober Sisters Facebook Link:**
<https://www.facebook.com/groups/PINKConcussionsSoberSisters>
 TBI safe place to talk about substance abuse and brain injury.
- **PINK's Sisters Unite Facebook Link:**
<https://www.facebook.com/groups/12565444546185>
 Advocacy for Change

Spinal Cord Injury USA Facebook Support Group

Facebook Link: <https://www.facebook.com/groups/2014869075503756/>

Traumatic Brain Injury Support Group

Facebook Link: <https://www.facebook.com/Traumatic-Brain-Injury-Support-Group-180684948672011/>

The Traumatic Brain Injury Support Group is a place where you can share your frustration, joy, fears, and anything else that pertains to TBIs.

TryMunity

Website: <https://www.trymunity.com/>

TryMunity is a non-profit organization increasing awareness and providing support to individuals and families suffering from traumatic brain injury (TBI) through an online social community for survivors and supporters of shared stories, ideas,

suggestions, and words of encouragement. TryMunity gives you the opportunity to meet others and create a supportive network, share your story, join a discussion, post a blog, upload photos, and learn from others.

United Spinal Association

Website: <https://unitedspinal.org/events/>

All support groups are currently online.

- **Peer Mentoring**

Peer mentoring takes place between a peer mentor who has adjusted and progressed and a peer mentee who requires support and advice. A long-distance mentor is someone who can offer you advice, guidance, resources and real-life experience to help navigate life with a disability.

Therapy (Physical, Occupational, Speech)

Alabama Healthcare Facilities Directory

Website: <https://dph1.adph.state.al.us/FacilitiesDirectory>

Choose "Home Health Agencies" from the drop-down menu.

Alabama State Board of Prosthetists and Orthotists

Website: <https://apob.alabama.gov/>

- **Facility Directory:** <https://apob.alabama.gov/PDF/2020/FacilitiesListing6-17-2020.pdf>

Ability Clinic Outpatient Therapy

United Ability

100 Oslo Circle, Birmingham, Alabama 35211

Phone: 205-944-3900

Email: info@unitedability.org

Website: <https://www.unitedability.org/programs/ability-clinic-2/ability-clinic-outpatient-therapy/>

We believe in holistic care that centers on the child and family and provide parent training as an integral part of therapy sessions. Our multi-disciplinary team is specially trained in pediatrics and sees children from birth through 14 years.

Auburn University at Montgomery Speech and Hearing Center

7177 Halcyon Summit Drive, Montgomery, Alabama 36117

Phone: 334-244-3408

Website: <https://www.aum.edu/current-students/speech-and-hearing-clinic/>

The AUM Speech and Hearing Clinic is a comprehensive facility serving the central Alabama area. Now located on Halcyon Summit Drive, just minutes from Auburn Montgomery, the clinic provides complete diagnostic and therapeutic services for children and adults who have speech and hearing problems.

AU Speech and Hearing Clinic

Auburn University College of Liberal Arts

425 Heisman Drive, Auburn, Alabama 36832

Phone: 334-844-9600 or 334-844-9684

Website: <https://cla.auburn.edu/speechandhearingclinic/>

The clinic provides a full range of evaluation and treatment services for clients of all ages, from infants to the elderly.

Buckaroo Barn, LLC

39821 Duffee Lane, Bay Minette, Alabama 36507

Phone: 251-604-3904

Website: <http://www.buckaroobarnllc.com/>

Provides hippotherapy, physical therapy in which a patient (as one affected with cerebral palsy or multiple sclerosis) sits or lies on the back of a horse for the therapeutic effect of the horse's movement.

Children's Hospital of Alabama

1600 7th Avenue S., Birmingham, Alabama 35233

Phone: 205-638-9100

Website: <https://www.childrensal.org/>

Children's Hospital offers an integrated program for rehabilitation including speech therapy, physical therapy, occupational therapy, therapeutic recreation, education, nutrition, child life, neuropsychology and social services. In addition, the hospital has a close relationship with Children's Rehabilitation Services which has TBI care coordinators throughout the state that help the child and family with community and school re-entry.

- **The Concussion Clinic**

Suite 402 of the Lowder Building

Phone: 205-934-1041

The Concussion Clinic at Children's of Alabama was established to provide evaluation, treatment and medical clearance for youth, adolescent, and college-aged athletes in our community. The strength of our program lies in the interdisciplinary focus of our skilled athletic trainers, physical therapists, nurses and physicians from the divisions of Sports Medicine, Emergency Medicine, Rehabilitation Medicine, Neurosurgery and Neuropsychology, working together to optimize the management of children and adolescents who have suffered a concussion.

- **Traumatic Brain Injury (TBI)**

Children's Hospital offers an integrated program for rehabilitation including speech therapy, physical therapy, occupational therapy, therapeutic recreation, education, nutrition, child life, neuropsychology and social services. In addition, the hospital has a close relationship with Children's Rehabilitation Services which has TBI care coordinators throughout the state that help the child and family with community and school re-entry.

- **Vestibular and Balance Program**

The Vestibular and Balance Program at Children's of Alabama is the first facility in the state to offer comprehensive clinical pediatric evaluations to assist in the diagnosis and treatment of vestibular disorders. Audiology is an active member of this program working alongside a team that includes physical therapy, occupational therapy, sports medicine, rehabilitation medicine, and ENT. Audiology now has equipment which allows us to test for balance impairments in children that may occur as the result of a variety of conditions, including concussion and hearing loss.

Easterseals Alabama

5960 East Shirley Lane, Montgomery, Alabama 36117

Phone: 334-395-4489

Website: <https://www.easterseals.com/>

A listing of all the therapy services offered at every Easterseals throughout the state of Alabama.

- **Therapy**

Provides a complete listing of all physical, occupational, speech, and other therapies offered by all locations of Easterseals throughout Alabama.

Encompass Health

Website: <https://encompasshealth.com/>

Options for rehabilitation can be as vast as the conditions that require it. The most important path to follow is the one that best meets the specific needs of each individual. We are here to help you navigate those options, placing your needs and goals first to ensure you receive better care for superior outcomes. Provides inpatient rehabilitation and physical, occupational, and speech therapies. The closest rehabilitation site can easily be found by entering your location and searching through their site.

- **Encompass Health Rehabilitation Hospital of Montgomery**
4465 Narrow Lane Road, Montgomery, Alabama 36116
Phone: 1-800-882-4677
- **Encompass Health Rehabilitation Hospital of Shelby County**
900 Oak Mountain Commons Lane, Pelham, AL 35124
- **Encompass Health Lakeshore Rehabilitation Hospital**
3800 Ridgeway Drive, Birmingham, Alabama 35209
Phone: 1-800-945-3333
- **Encompass Health Rehabilitation Hospital of North Alabama**
107 Governors Drive SW, Huntsville, Alabama 35801
Phone: 256-535-2300

Find a PT

Website: <https://aptaapps.apta.org/APTAPTDirectory/FindAPTDirectory.aspx>

Directions: Search for providers by choosing a state from the drop-down menu, then click on:

- "Setting" to see a list of options (including Acute Care Hospital, Aquatic Physical Therapy, Hospital-based Clinic, Private Outpatient Office, Skilled Nursing Facility, Telehealth)
- "Practice Focus" to scroll through options (including Acute Care, Amputation Care, Athletic Training, Back Pain, Balance, Burns, Concussion, Falls Prevention, Fitness and Conditioning, Functional Capacity Evaluations, Headaches, Home Health, Home Modifications, Incontinence, Military Wounded Warriors, Orthopedics, Orthotics, Pediatrics, Sports Physical Therapy, Wheelchair Mobility, Workplace Health, Wound Management)

Glenwood

150 Glenwood Lane, Birmingham, Alabama 35242

Phone: 205-969-2880

Website: <https://glenwood.org/>

Offers occupational therapy and speech-language therapies.

Inpatient and Outpatient at UAB Spain Rehabilitation Center

1717 6th Avenue South, Birmingham, Alabama 35249

Phone: 205-934-4131

Website: <https://www.uabmedicine.org/locations/spain-rehabilitation-center>

UAB Spain Rehabilitation Center is the hub for UAB's Traumatic Brain Injury Model System and Spinal Cord Injury Model System. Each Model System is nationally recognized for providing a multidisciplinary system of rehabilitation care, ranging

from emergency services through rehabilitation and reentry into full community life. Each Model System also conducts research, provides education, and disseminates information, with the goal of improving long-term functional, vocational, cognitive, and quality-of-life outcomes for persons with traumatic brain injury or spinal cord injury.

Outpatient Rehabilitation Programs

DCH Tuscaloosa Health System

Phone: 205-759-7111

Website: <https://www.dchsystem.com/services/rehabilitation-services/rehabilitation-pavilion/outpatient-rehabilitation-program/>

Outpatient Rehabilitation is a comprehensive therapy program that may include a combination of physical therapy, occupational therapy and/or speech-language therapy for patients of all ages. Individualized therapy programs may consist of one or any combination of these disciplines and is provided in one convenient location at the DCH Rehabilitation Pavilion. Services are provided by a team of trained therapists experienced in rehabilitation for stroke, traumatic brain injury, spinal cord injury, balance disorders, amputations, fractures, joint replacements, Parkinson's disease, other neurological and orthopedic disorders, and pediatric diagnoses.

Rotary Rehabilitation Hospital

5 Mobile Infirmary Circle, Mobile, Alabama 36607

Phone: 251-435-3417

Website: <https://www.infirmiryhealth.org/services/rehabilitation/jl-bedsole-rotory-rehabilitation-center>

We help patients who have been hospitalized due to an illness or injury gain independence and resume their normal daily activities. We provide rehabilitation for patients affected by stroke, spinal cord injury, brain injury or other neurological illnesses.

Therapy Services

United Cerebral Palsy of Mobile

3058 Dauphin Square Connector, Mobile, Alabama 36607

Phone: 251-479-4900

Website: <http://www.ucpmobile.org/ucp-programs/therapy/>

UCP of Mobile offers Occupational, Physical, and/or Speech Therapy programs to children under 6 years old. We also offer evaluations and targeted therapy to adults with disabilities.

UAB TBI Model System

Website: <https://www.uab.edu/medicine/tbi/uab-tbi-information-network/about-the-uab-tbims>

To maintain and improve a cost-effective, comprehensive service delivery system for people who incur a brain injury. A Model System must demonstrate outstanding care to individuals with traumatic brain injury, from the emergency medical services, to acute care in the hospital, to rehabilitation.

- [Rehab Tip Sheets \(click here\)](#)

University of Alabama Speech and Hearing Center

700 University Boulevard East, Tuscaloosa, Alabama

Phone: 205-348-7131

Website: <https://cd.ua.edu/speech-and-hearing-center/>

Each year the Speech and Hearing Center serves some 900 Alabamians of all ages, providing more than 4,500 hours of treatment and diagnostic services. A full list of our programs is provided on this website; each program's individual page provides detailed information.

University of South Alabama Speech and Hearing Center

1119 HAHN, 5721 USA Drive, North, Mobile, Alabama 36688

Phone: 251-445-9378

Email: speechandhearing@southalabama.edu

Website:

<https://www.southalabama.edu/colleges/alliedhealth/speechandhearing/clinic.html>

The Center serves two primary purposes: to provide services in speech, language and hearing to citizens of Mobile and surrounding areas, and to provide the supervised clinical experiences needed by the students for graduation and to obtain professional licensure/certification. Because the USA Speech and Hearing Center functions as a service facility and teaching facility, activities and procedures address both purposes. Diagnostic and treatment services in speech, language and hearing are provided to persons of all ages and with all types of speech-language and hearing disorders.

University of Montevallo Speech and Language Center

Phone: 205-665-6730

Email: umslc@montevallo.edu

Website: <https://www.montevallo.edu/academics/colleges/college-of-arts-sciences/communication-science-disorders/university-of-montevallo-speech-language-center/>

All services are provided by graduate students under the direct supervision of licensed Speech Language Pathologists who hold the Certificate of Clinical Competence from the American-Speech-Language-Hearing-Association. All CSD faculty members hold the CCC and supervise cases in our center.

Transportation

Alabama Department of Transportation - Altran's

Website: <https://aldotgis.dot.state.al.us/altrans/default.aspx>

This resource is provided by ALDOT and provides information on public transportation options that exist in your area including paratransit, volunteer driver programs and county and city transportation. Paratransit is Public Transportation that is provided to all riders including individuals with disabilities that may prevent them from utilizing fixed route buses.

American Public Transportation Association

Website: <https://www.apta.com/>

- List of Alabama Transit links for: larger transit agencies, all transit agencies & local links by county & city, rail, ferry, and statewide, intercity & regional. <https://www.apta.com/research-technical-resources/public-transportation-links/alabama/>

Adaptive Driving Training

Alabama Department of Rehabilitation Services Lakeshore

Phone: 1-800-441-7609 | 1-800-499-1816

Website: <https://www.rehab.alabama.gov/services/lakeshore>

Offers assessment and training to ADRS consumers who are interested in learning to drive; three vehicles with varying levels of technology are available to provide hands-on experience

ADECA "Yellow Dot" Program

Alabama Department of Economic and Community Affairs

Phone: 334-242-5100

Website: <https://adeca.alabama.gov/lets/>

This is the first program of its kind in the state of Alabama. It is designed to assist Alabama citizens and first responders in the event of an automobile crash or other medical emergency involving the participant's vehicle. The program can help save lives during the critical "golden hour" by improving communication at a time when accident victims may be unable to communicate for themselves.

Alabama Community Disability, Assistive Technology, and Transportation Services

Alabama Care Planning Council

Phone: 1-800-989-8137

Website:

https://www.carealabama.net/list14_alabama_disability_transportation_senior_services.htm

A list of transportation services and assistive technology programs throughout Alabama, listed by county.

Alabama Transit Links

American Public Transportation Association

Email: update@apta.com

Website: <https://www.apta.com/research-technical-resources/public-transportation-links/alabama/>

All transit agencies and local links by city and county.

ESWA Transportation Department

Easterseals Opportunity Center

1400 James I. Harrison, Jr. Parkway East, Tuscaloosa, Alabama 35405

Phone: 205-759-1211 ext. 274

Email: eswa@eswaweb.org

Website: <http://www.eswaweb.org/contact-us.html>

Provides work-related transportation for clients with no means of travel that live in Anniston and Tuscaloosa and the surrounding areas. The Opportunity Center also provides meals on a daily basis to vocational rehabilitation clients.

Lee-Russel Public Transit

Phone: 1-877-743-3739 | 334-749-9092

Website: <http://www.lrcog.com/LRPT.html>

Dial-A-Ride is the demand response service offered by Lee-Russell Public Transit (LRPT). There are various connection routes all across these counties. LRPT provides curb to curb service. The driver can assist the passenger into the vehicle from the curb, if needed. A bus can be arranged to meet any special needs. If further assistance is needed after the trip has begun, please advise a driver so assistance and/or accommodations can be made. However, the driver is not allowed to enter the home, garage or office building where the passenger is picked up or dropped off. Rides can be scheduled Monday-Friday 8am-2pm and can be scheduled as early as two weeks in advance. LRPT is open to all general public who live in Lee and Russell Counties.

Non-Emergency Transportation Program

Alabama Medicaid

501 Dexter Avenue, Suite 100, Montgomery, Alabama 36104

Phone: 334-242-5000

Website:

https://medicaid.alabama.gov/content/9.0_Resources/9.5_FAQ_Pages/9.5.25_FAQ_Transportation.aspx

Medicaid's NET program is set up to help pay for rides to and from a doctor's office, clinic or other place for medical care that can be planned ahead of time. This ride can be in your own personal car, a car of a friend, neighbor or family member, or on a bus or a van. You can also get a ride on a city bus or from a group in your town or area.

Team Adaptive Wheelchair Van Accessibility

1251 Boltons Branch Drive, Mobile, Alabama 36606

Phone: 251-471-1088

Website: <http://www.teamadaptive.com/>

Team Adaptive is the premier dealer of wheelchair vans for sale and customized van conversions for customers across Mississippi, Alabama and Florida. Team Adaptive partners with top manufacturers like BraunAbility conversion vans to

provide customers with the highest quality and most reliable wheelchair vans. If you're looking to trade in your current adapted or non-adapted vehicle, Team Adaptive will work with you at each step.

UAB Trip Lab

916 19th Street South, Birmingham, AL 35294

Phone: 205-975-9440

Email: UABTRIPLAB@gmail.com

Website: <http://triplaboratory.com/>

UAB TRIP Lab

Transportation Research for Injury Prevention



Research

The TRIP Lab was established in 2009 by Dr. Despina Stavinos as an official outlet for her research, and as a means to recruit other scholars – students and professionals – drawn to the intersection of the transportation, behavioral, and cognitive research fields.

We are committed to gaining a better understanding of the psychological aspects of transportation-related injury through multi-disciplinary research and translating those findings to the practice of injury prevention and control.

Wondering what participating in our research is like? We guide you through every step of the process in the presentation available at <https://bit.ly/TRIPParticipant>. You can join our Participant Registry at <https://bit.ly/PartRegistry>.

Driving Simulator

The TRIP Lab houses a fully immersive, state-of-the-art driving simulator designed by Realtime Technologies, Inc., and sponsored by Honda Manufacturing of Alabama and the Alabama Department of Transportation. It takes the form of a 2016 Honda Pilot, and features a fully functional steering wheel, throttle, brake, gear selector, turn signals, and dashboard.

The simulator's software is fully customizable to meet a wide variety needs. The faculty and staff of the TRIP Lab have extensive experience in multi-disciplinary transportation-related injury prevention research and are happy to share their knowledge, experience, and resources to assist you.



TRIP Lab's Driving Simulator

Social Media

Please visit our website www.triplaboratory.com and follow us on Social Media!



Facebook [Facebook.com/uabtriplab](https://www.facebook.com/uabtriplab)

Instagram [Instagram.com/uabtriplab](https://www.instagram.com/uabtriplab)

Twitter [Twitter.com/uabtriplab](https://twitter.com/uabtriplab)



US Bus Station Alabama

Email: contact@accidentin.com

Website: http://www.usbusstation.com/alabama_bus_routes.htm

Find Alabama bus route, schedule and timetable. Bus stations through the Yellowhammer State, from Montgomery to Birmingham. Find schools bus companies or coach charters. We list thousands of bus companies, local or specific routes.

Traumatic Brain Injury Care Coordination System of Alabama

Alabama TBI Helpline: 1-888-879-4706

Alabama Department of Rehabilitation Services

602 S. Lawrence Street, Montgomery, Alabama 36104

Website: <https://www.rehab.alabama.gov/Services/VR/TBI>

ADRS is the state's lead agency for coordination of services for Alabamians with TBI. Through its comprehensive array of agency programs and other public and private partnerships, ADRS services include information and referral, educational assistance, pre-vocational resources, employment assistance, extended support provision and more to meet the consumer's individual and changing needs. Every effort is made to enhance current services for a higher quality of life.

- **AlabamaTBI.org**

Website: <http://www.alabamatbi.org/>

An educational and resource site for service providers, staff, individuals with brain injuries and family members. AlabamaTBI.org provides links to training and resources and may offer onsite training to meet your needs and assist you in providing services for children, youth, adults, and family members in Alabama who have experienced a TBI.

- **Adult TBI Care Coordinators by County**

Website: <http://www.alabamatbi.org/contacts-by-counties.html>

The ICBM Program helps individuals with TBI and families address cognitive retraining, social skills development, independence, community reintegration, and employability. (*See the ICBM informational one-pager below.)

- **Children's Rehabilitation Service (CRS)**

Website: <https://www.rehab.alabama.gov/services/crs>

The CRS Care Coordinators are prepared to work with families of children and youth with TBI through services that include information and referral, care coordination, treatment, and other related services. (*See Fast Facts about TBI below.)

- **The Alabama Head and Spinal Cord Injury Trust Fund**

The trust fund, administered by ADRS, is led by a board that works with legislators to secure needed funding for services such as case management, counseling, prevocational services, cognitive remediation, family education, community resource provision, respite care, and recreational supports.

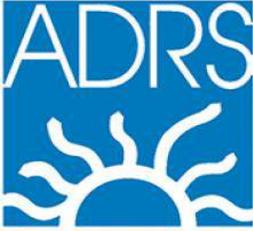
- **Alabama Head and Spinal Injury Registry (AHSCIR)**

A registry of all general trauma in the state is kept by the Alabama Department of Public Health, and AHSCIR is a registry maintained by ADRS that specifically links together all head and spinal cord trauma reported by hospitals statewide. The registry connects trauma survivors with much-needed resources as soon as possible after they leave the hospital, gathers data for mortality and morbidity rates statewide, and uses this data to implement safety and prevention programs.

- **The Alabama Head Injury Task Force (AHITF)**

The Alabama Head Injury Task Force is the statewide advisory board for TBI in Alabama. Its mission is to develop the ideal service delivery system for Alabamians who experience TBI, and does this by:

- Developing and monitoring the Statewide TBI Action Plan to address the needs of children, youth and adults with TBI and their families
- Providing statewide coordination among agencies and organizations
- Creating a forum for communication relative to TBI issues
- Contributing to the development of awareness and training for professionals
- Provides a Quarterly TBI Newsletter (The Brainliner) for Information, Resources and an Advocacy Platform



ALABAMA DEPARTMENT OF REHABILITATIVE SERVICES

Statewide Traumatic Brain Injury Program
Pre-Vocational Services / Interactive Community-Based Model



What is the TBI/ICBM Program? After a traumatic brain injury many individuals need time to adjust to physical, emotional, thinking and independent living challenges when they come home from the hospital. The Alabama TBI Program (called Interactive Community-Based Model) provides help with these adjustments to prepare a person to return to community, school and/or work. The Alabama Department of Rehabilitation Services, the lead agency for TBI, provides this program across all counties. The ICBM Program helps individuals with TBI and families address cognitive retraining, social skills development, independence, community reintegration and employability. Services are provided through state funds; medical insurance is not required.

Who Qualifies? The TBI/ICBM Program is designed for individuals who:

<i>Have sustained a traumatic brain injury as a result of neurotrauma (external force).</i>	<i>Are less than 2 years post injury.</i>	<i>Have an Alabama address and need for in-home services.</i>	<i>Can benefit from cognitive and/or behavioral rehabilitation program.</i>	<i>Are not ready for traditional vocational rehabilitation services at time of referral.</i>
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Traumatic Injury Care Coordinators are Master's Level Rehabilitation counselors trained in providing specialized services. Through the ICBM Program, the TBI Care Coordinator works with individuals with TBI and family members so that services are tailored to meet individual needs.

The Care Coordinator will:

- Gather personal and medical information
- Coordinate services provided
- Evaluate independent living skills
- Assist family in navigating health care and social service system
- Provide counseling
- Provide injury education and training
- Recommend/provide testing
- Provide case management and planning
- Structure cognitive, social and/or volunteer experiences
- Share and refer to local resources
- Provide cognitive activities
- Develop and share coping strategies and behavior management techniques
- Refer to other agencies and providers for individual support

Visit our websites for more information:

TBI(www.alabamatbi.org) / *ADRS*(www.rehab.alabama.gov/tbi)

<p>Contact Us! ADRS Traumatic Brain Injury Program April B. Turner, State Head Injury Coordinator Email: april.turner@rehab.alabama.gov Phone: 334-293-7116 / Fax: 334-293-7389</p>

Resources

Alabama Department of Rehabilitation Services houses four programs particular to brain injury:

- **Children's Rehabilitation Service (CRS)** houses specialty-trained pediatric TBI Care Coordinators for facilitating services a child (birth to 21) receives. CRS provides parent, family, and community education, assists with transition from hospital to home, school, community, provides education on TBI issues in the classroom to family and school system, and assists in establishing appropriate educational goals and services. <https://www.rehab.alabama.gov/services/crs>
- **TBI Program/Interactive Community-Based Model (ICBM)** is a prevocational service program for adults that provide a wide range of services to assist adults recovering from traumatic brain injury (TBI) in regaining independence when possible, and returning to school/work. Services transition an individual from hospital to home, community and to employment through a specialty-trained TBI Care Counselor. <https://www.rehab.alabama.gov/services/vr/tbi>
- **Vocational Rehabilitation Services (VRS)** assists Alabamians with disabilities to achieve independence through employment. VRS provides specialized employment- and education-related services and training to assist teens and adults with disabilities in becoming employed. Available through any of the 20 VRS offices statewide, services may also include vocational assessment, evaluation and counseling, job training, assistive technology, orientation and mobility training, job placement, and retention services. <https://www.rehab.alabama.gov/services/vr/vr>
- **State of Alabama Independent Living/Homebound Program (SAIL)** provides specialized in-home education and counseling, attendant care, training, and medical services to Alabamians with the most significant disabilities. Seven community-based offices located throughout the state serve residents in all 67 counties, ensuring independent living at home, at school, at work, and in the community through homebound services, independent living support services and Medicaid Waiver Services. <https://www.rehab.alabama.gov/services/sail>



Alabama Head Injury Foundation Resource Coordination Program is a nonprofit organization that provides support services for survivors of traumatic brain injuries and their families. AHIF provides its statewide network of services through the use of field staff, called Resource Coordinators that live in the communities where survivors they serve reside. AHIF Services include: Resource Coordination, Support Groups, Advocacy, Recreational Camps, Respite Care and Therapy camps. www.ahif.org



The **Alabama Disabilities Advocacy Program (ADAP)** is part of the nation's federally-funded protection and advocacy system. ADAP provides legal services to Alabamians with disabilities, including TBI, to protect, promote and expand their rights. ADAP's vision is one of a society in which persons with disabilities are valued and exercise self-determination through meaningful choices, and have equality of opportunity. <https://adap.ua.edu/>



AlabamaTBI.org is a comprehensive site for service providers, individuals with brain injuries and family members, providing links and resources to the information you are seeking. The site also provides online training on numerous topics such as sports concussion, mental health, classroom strategies or customized training can be requested to meet an organization's needs. www.alabamatbi.org



ADRS Traumatic Brain Injury Program
April B. Turner, State Head Injury Coordinator
Email: april.turner@rehab.alabama.gov
Phone: 334-293-7116 / Fax: 334-293-7389

This project was supported, in part by grant number 90TBSG0044-01-00, from the US Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

FAST FACTS

about Traumatic Brain Injury Program

What is a traumatic brain injury?

A traumatic brain injury (TBI) is a disability caused by an external force such as a motor vehicle accident, gunshot wound, fall or physical impact which causes a decrease in mental, cognitive, behavioral or physical functions. Each year, 80,000 people in the United States experience the onset of long-term disabilities following a traumatic brain injury.

What is the Children's Rehabilitation Service TBI Program?

The Children's Rehabilitation Service TBI program provides services to children and teens who have sustained a TBI. Any individual between birth and 21 years of age who is a resident of the state of Alabama and has a diagnosis of a TBI can enroll in the Children's Rehabilitation Service (CRS) TBI program. Once enrolled in the program you will be assigned a CRS care coordinator who is specially trained in TBI.

What services do TBI care coordinators provide?

Care coordinators provide ongoing support in schools, homes, and communities, including:

- providing assistance locating community resources
- coordinating all services a child receives
- providing parent, family, and community education to enhance care skills and medical knowledge
- helping children and youth with TBI to transition from hospitals and rehabilitation centers to home, school, and community
- helping children and youth with TBI to participate in activities in their homes, schools, and communities
- helping children and youth with TBI and their families plan for all aspects of adult life
- providing information and education on how TBI affects students in the classroom
- helping the consumer, family, and school to establish appropriate educational goals
- providing education and assistance to the family in obtaining appropriate school services (such as an Individualized Educational Plan (IEP) or a 504 Plan)
- making referrals to CRS clinics for specialty evaluations

*For more information
about the Traumatic Brain Injury Program in your area,
call 1-800-846-3697,
or visit www.rehab.alabama.gov/crs*



Children's Rehabilitation Service is a division of the Alabama Department of Rehabilitation Services.
In the provision of services and in employment practices, the Alabama Department of Rehabilitation Services does not discriminate on the basis of race, sex, creed, national origin, religion, age or disability. This material is available in alternate format upon request. 8/07



Traumatic Brain Injury Education & Resources

Administration for Community Living, Traumatic Brain Injury Program

Website: acl.gov/programs/post-injury-support/traumatic-brain-injury-tbi

The Federal Traumatic Brain Injury Program is housed at the Administration for Community Living (ACL). This federal agency, coordinates and oversees grants to states funded by Congress with the mandate to expand capacity of state systems to support and promote access to services for people living with a history of brain injury.

Alabama Disabilities Advocacy Program (ADAP)

University of Alabama, 2008 12th Street, Tuscaloosa, Alabama 35401

Phone: 205-348-4928

Website: <https://adap.ua.edu/>

Offers services to people living with disabilities within Alabama to help promote a higher quality of life and protect, promote, and expand their rights. Particular services include: training for consumers, family members, and professional groups about disability rights issues; answer technical issues and provide referrals on rights issues; and advocacy services for those eligible within the seven programs offered. ADAP does intake over the phone and can travel to recipients' homes if necessary.

Alabama Head Injury Foundation (AHIF)

500 Chase Park South, Suite 130, Hoover, Alabama 35244

Phone: 1-800-433-8002 | 205-823-3818

Website: <https://www.ahif.org/>

AlabamaTBI.org

Alabama Department of Rehabilitation Services

Traumatic Brain Injury Program - Federal TBI Grant Website

Website: <http://www.alabamatbi.org/>

AlabamaTBI.org is a comprehensive site for service providers, individuals with brain injuries and family members, providing links and resources to the information you are seeking. The site also provides online training on numerous topics such as sports concussion, law enforcement, classroom strategies or customized training can be requested to meet an organization's needs.

Brain Injury Association of America (BIAA)

Website: www.biausa.org

The Brain Injury Association of America works to advance awareness, research, treatment and education to improve the quality of life for all people affected by brain injury.

Brain Links - Tennessee Disability Coalition

Website: www.tndisability.org/brain

Phone: 615-383-9442

Offers TBI Training and empowers professionals serving individuals with TBI. TBI Toolkits for School Nurses and Healthcare Providers are located here.

Brainline

Phone: 703-998-2020

Website: <https://www.brainline.org/>

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury. BrainLine serves anyone whose life has been affected by TBI. That includes people with brain injury, their families, professionals in the field, and anyone else in a position to help prevent or ameliorate the toll of TBI. Through BrainLine, we seek to provide a sense of community, a place where people who care about TBI can go 24 hours a day for information, support, and ideas.

Centers for Disease Control and Prevention (CDC)

Website: <https://www.cdc.gov/traumaticbraininjury/>

The CDC works to prevent and educate about TBI through providing facts about TBI, publications and reports, data and statistics, healthcare provider resources, and more.

Colorado Kids Brain Injury Resource Network

Website: <https://cokidswithbraininjury.com>

TBI information useful to parents, professionals and educators as well as an animated educational video for school aged kids on how to take care of yourself if you experience a concussion.

Journal of Head Trauma Rehabilitation

Website: <https://journals.lww.com/headtraumarehab/pages/currenttoc.aspx>

The Journal of Head Trauma Rehabilitation (JHTR) is a leading, peer-reviewed resource that provides up-to-date information on the clinical management and rehabilitation of persons with traumatic brain injuries. In addition to the copy delivered in print, online content, full archives, and mobile access are available with a subscription.

Encompass Health Lakeshore Rehabilitation Center

3800 Ridgeway Drive, Birmingham, Alabama 35209

Phone: 205-868-2000

Toll-Free Number: 1-800-945-3333

Website: <https://encompasshealth.com/lakeshorerehab>

HealthSouth Rehabilitation Center is an inpatient facility that offers a network of physicians, nurses, nurse practitioners, physical therapists, occupational therapists, speech/language pathologists, psychologists, social workers, and other healthcare professionals for both brain and spinal cord injury patients. HealthSouth is also known for using some of the most advanced rehabilitation technology for both brain and spinal cord injury patients.

National Association of State Head Injury Administrators (NASHIA)

Website: www.nashia.org

Phone: 301-656-3500

NASHIA provides information on national trends and best practices to state programs. They also offer information on a variety of brain injury related topics including concussion, criminal justice, domestic violence, employment, and veterans for free.

Ohio Valley Center for Brain Injury Prevention and Rehabilitation

Website: www.ohiovalley.org

The Ohio Valley Center is one of the TBI Model Systems research centers in the country, Dr. John Corrigan and his colleagues conduct research and publish on a variety of topics including TBI and substance use, domestic violence and employment. Follow this link to learn about how to screen for a history of brain injury as well as how to support individuals with a history of brain injury.

- **Ohio State University TBI Identification Method**

Website: <https://wexnermedical.osu.edu/neurological-institute/departments-and-centers/research-centers/ohio-valley-center-for-brain-injury-prevention-and-rehabilitation/for-professionals/screening-for-tbi>

The TBI Model Systems Knowledge Translation Center

Website: <https://msktc.org/tbi>

The TBI Model Systems Knowledge Translation Center is the repository of facts sheets on a variety of brain injury related topics as well as information regarding the researching findings of the TBI Model Systems Programs around the country.

TBI Skill Builder

Website: <https://cbirt.org/research/current-projects/staff-tbi-skill-builder>

TBI Skill Builder is a 14-module, on-line training program designed for frontline staff new to working with adults with brain injury across a range of settings (e.g., residential support programs, day programs).

Traumatic Brain Injury

Family Caregiver Alliance

Phone: 1-800-445-8106

Website: <https://www.caregiver.org/caregiver-resources/health-conditions/traumatic-brain-injury/>

Provides information on TBI and other resources.

Traumatic Brain Injury Center of Excellence (TBICoE)

MHS-Military Health System

Website: www.health.mil/TBICoE

Phone: 1-800-870-9244

Provides TBI Clinical tools, educational resources, and research information. Promotes state of the science care from point of injury to reintegration for service members, veterans and their families to prevent and mitigate consequences of mild to severe TBI.

- [Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans \(click here\)](#)

UAB TBI Model System at Spain Rehabilitation Center

Website: <https://www.uab.edu/medicine/tbi/uab-tbi-information-network/about-the-uab-tbims>

To maintain and improve a cost-effective, comprehensive service delivery system for people who incur a brain injury. A Model System must demonstrate outstanding care to individuals with traumatic brain injury, from the emergency medical services, to acute care in the hospital, to rehabilitation.

- [TBI Fact Sheets \(click here\)](#)
- [Brain Waves eNewsletter \(click here\)](#)
- [Rehab Tip Sheets \(click here\)](#)
- [In-Home Cognitive Stimulation Guidebook \(click here\)](#)

UAB Traumatic Brain Injury Care System

Website: <https://www.uab.edu/medicine/tbi/>

The University of Alabama at Birmingham Traumatic Brain Injury Model System (UAB-TBIMS) maintains this Information Network as a resource to promote knowledge in research, health, and quality of life for people with traumatic brain injuries, their families, and TBI-related professionals. Here, you will find educational materials and information on research activities of the UAB-TBIMS along with links to outside (Internet) information. Although there are many informative commercial (.com) websites, this website only links to information materials originating from educational, organizational, and government entities.

Understanding Brain Injury, a Guide for Families

Website: <http://biaia.org/wp-content/uploads/2018/01/Mayo-Clinics-Understanding-Brain-Injury-A-Guide-for-the-Family.pdf>

United States Brain Injury Alliance (USBIA)

Website: www.usbia.org

The United States Brain Injury Alliance engages the community in preventing brain injury and improving lives of those with brain injuries and their families.



Affordable Connectivity Program Helping Households Connect

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The Affordable Connectivity Program provides:

- Up to \$30/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who is Eligible?

A household is eligible if a member of the household meets at least one of the criteria below:

- Has an income that is at or below 200% of the Federal Poverty Guidelines;
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#);
- Participates in one of several Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal Head Start (only households meeting the relevant income qualifying standard), Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

Check out www.fcc.gov/ACP for a **Consumer FAQ** and other program resources.

Two-Steps to Enroll

1. Go to ACPBenefit.org to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both apply for the program and contact a participating provider to select a service plan.**

Call 877-384-2575

or find more information about the Affordable Connectivity Program at fcc.gov/ACP



El Programa de Descuentos para Internet

Ayudando a los hogares a mantenerse conectados

El Programa de Descuentos para Internet (ACP) es un [programa de la FCC](#) que ayuda a mantener la conexión de internet de las familias y hogares con dificultades para pagar su servicio de internet.

El Programa de Descuentos para Internet (ACP) proporciona:

- Hasta \$30 de descuento mensual para servicio de internet de banda ancha.
- Hasta \$75 de descuento mensual para hogares elegibles en territorios Tribales.
- Un descuento único de hasta \$100 para una computadora portátil, de escritorio o una tableta electrónica, compradas a algún proveedor participante, si el hogar contribuye con más de \$10 pero menos de \$50 del precio de compra.

El Programa de Descuentos para Internet (ACP) se limita a un descuento mensual para un servicio de conexión y a un descuento único para un equipo, por cada hogar.

¿Quién es elegible?

Un hogar es elegible si uno de sus miembros cumple, por lo menos, con una de las siguientes condiciones:

- Tiene un ingreso igual o menor al 200% de las pautas federales de pobreza ([Federal Poverty Guidelines](#), en inglés).
- Participa en ciertos programas de asistencia, como SNAP, Medicaid, *Federal Public Housing Assistance*, SSI, WIC o [Lifeline](#).
- Participa en programas dirigidos a territorios Tribales, como *Bureau of Indian Affairs General Assistance*, *Tribal TANF* o *Food Distribution Program on Indian Reservations*.
- Está aprobado para recibir subsidios del programa de desayunos o almuerzos gratuitos o a precio reducido, incluso bajo la disposición de la USDA *Community Eligibility Provision* para los años escolares.
- Recibió una beca *Federal Pell Grant* durante el año actual de premiación.
- Cumple con las condiciones de elegibilidad de un programa para bajos ingresos aprobado, ofrecido por alguno de los proveedores participantes.

Ingrese a fcc.gov/ACP para ver respuestas a las preguntas más frecuentes (**Consumer FAQ, en inglés**) y otros materiales sobre el programa.

Inscripción en dos pasos

1. Visite ACPBenefit.org para enviar una solicitud o para imprimir un formulario de solicitud y enviarlo por correo.
2. Contáctese con el proveedor participante de su preferencia para elegir un plan elegible y pídale que aplique el descuento a su cuenta.

Algunos proveedores podrían pedirle que llene un formulario de solicitud alternativo.

Los hogares elegibles deben hacer dos cosas: solicitar el programa y contactarse con un proveedor participante para elegir un plan de servicios.

Para obtener más información sobre el Programa de Descuentos para Internet (ACP):

Llame al 877-384-2575

Visite fcc.gov/ACP

Veteran Services and Support

Veterans Crisis Line: 1-800-273-8255 (24/7 Phone, Chat, and Text)

Additional services available for the deaf and hard of hearing: 1-800-799-4889

Alabama Department of Veterans Affairs (ADVA)

Website: <https://va.alabama.gov/veteransresources/>

Provides a searchable database of resources specifically for Veterans, Service Members and their families, based on residency. The website's database is comprised of government agencies and non-profits that provide services that have been vetted for legitimacy and relevance. The intent of the AlaVetNet Website is to provide Veterans, Service Members, their families, and those who serve them, with an online one-stop shop of reliable services that meet their unique needs.

- **[The Alabama Executive Veterans Network \(AlaVetNet\)](#)**

AlaVetNet website connects Veterans with resources and services tailored to their unique needs. AlaVetNet created a searchable database of resources for Veterans based on the areas they live. On the Resources for Veterans page, Veterans can browse local service providers that fit their needs. Veterans can search for as many as ten different types of services in the areas they live.

- **[VA Benefits and Healthcare](#)**

Toll-Free Phone: 1-866-460-3827

Email: information@priorityveteran.org

Lists locations of healthcare services in the state of Alabama. Includes full medical centers that offer a variety of health care options.

- **[VA Caregiver Support](#)**

Phone: 1-855-260-3274

As a family caregiver you play an important role in caring for the Veteran at home and in the community. The VA offers various caregiver support services. Each VA Medical Center has a Caregiver Support Coordinator available to assist you with enrolling in these programs. For help, contact your local Caregiver Support Coordinator using the Caregiver Support Coordinator search tool, or call the VA Caregiver Support Line number.

- **[Vet Centers](#)**

Phone: 1-844-698-2311

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active-duty service members, including National Guard and Reserve components, and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling are offered in addition to referral and connection to other VA or community benefits and services.

- **[State and National SMVF Resource Guide \(printable\)](#)**

Phone: 334-242-5077

Resources for healthcare, crisis, legal, employment, housing, family services, and education.

AMVETS

American Veterans Department of Alabama

345 Perry Hill Rd #1-122, Montgomery, Alabama 36109

Phone: 334-213-3443

Website: <http://alamvets.org/index.html>

AMVETS and Disabled American Veterans (DAV) offers information, counseling and claims service to all honorably discharged veterans and their dependents concerning disability compensation, hospitalization, rehabilitation, pension, education, employment, and other benefits. Four posts in four locations of Alabama are currently offered.

Baptist Health: Honoring Central Alabama Veterans

Palliative Care Phone: 334-451-1693

Hospice Care Phone: 334-395-5000

Website: <https://www.baptistfirst.org/services/hospice/>

Baptist Health is a We Honor Veterans Level One Partner. This designation recognizes our commitment to military veterans across central Alabama. We want to ensure area service members receive palliative care to overcome a life-limiting illness or the hospice services they need for a peaceful end of life. Our providers have received additional education about topics including:

- Service-related illnesses and disease
- Veteran benefits Working with the Department of Veterans Affairs

We work closely with the Central Alabama Veterans Health Care System and local outpatient clinics to identify patients with military experience in need of hospice or palliative care.

Birmingham VA Medical Center

700 South 19th Street, Birmingham, Alabama 35233

Phone: 205-933-8101

Mental Health Phone: 205-933-8101 (ext. 5508)

Website: <https://www.birmingham.va.gov/locations/directions.asp>

Focuses primarily on TBI and identification on TBI. This clinic has a primary care component, a rehabilitation clinic component and also engages with the Southern Blind Rehabilitation Center.

Central Alabama Veterans' Collaborative

Phone: 334-293-7156

Email: anna.taylor@rehab.alabama.gov

Website: <https://www.facebook.com/AlabamaCAVC/>

A meeting of support organizations that troubleshoots singular veteran cases and pairs them with the appropriate agency if they can assist. This is an informal group.

Cumberland Veterans Legal Assistance Clinic

Samford University Cumberland School of Law

Phone: 205-726-4735

Email: cvets@samford.edu

Website: <https://www.samford.edu/cumberlandlaw/c-vets>

The Cumberland Veterans Legal Assistance Clinic at Cumberland School of Law, provides legal assistance to veterans and their families in an eight-county area of North Central Alabama including Bibb, Blount, Chilton, Cullman, Etowah, Jefferson, Shelby and Walker counties. The clinic helps veterans and their families for whom retaining counsel would be an undue hardship.

inTransition Program

Telephone: 1-800-424-7877

Website: <https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

Connects any service member or veteran from any branch of service, including the seven collective reserve components of the Armed Forces—the Army National Guard of the United States, the Army Reserve, the Navy Reserve, the Marine Corps Reserve, the Air National Guard of the United States, the Air Force Reserve, and the Coast Guard Reserve—with a behavioral health provider, regardless of time served, time since separation, or discharge status. The assigned coach will arrange for weekly or biweekly phone calls with the veteran until they have attended an appointment with a behavioral health provider of their choice and are happy with this new provider. Not only can the inTransition coaches connect veterans with behavioral health providers, but the coaches can also connect them to a variety of other resources, such as: Financial assistance, Employment resources, Housing programs, Disability claims, GI Bill navigation, and more.

Lima Foxtrot

Lakeshore Foundation

Phone: 205-313-7461

Email: susanr@lakeshore.org

Website: <https://www.lakeshore.org/activity/lima-foxtrot/>

Provides retreats near the Birmingham area for Veterans.

Military REACH

Auburn University

Phone: 334-844-3299

Email: MilitaryREACH@auburn.edu

Website: <https://militaryreach.auburn.edu/Redirect>

The mission of Military REACH is to make military family research accessible and practical. The Military REACH team strives to put research into the hands of military families, direct service helping professionals, and those who work on behalf of military families (e.g., policy makers, military leadership). The team takes literature ranging from Veterans with TBI to families adjusting to life after deployment and translate it to be easy-to-comprehend, practical, and freely available.

Mission22.com

694 N. Larch St. #910 Sisters, Oregon 97759

Phone: 503-908-8505

Website: <https://mission22.com/>

Mission 22 is a national community supporting active service members, Veterans and their family members through the focus areas: Support and Treatment Programs, Social Impact and Memorials.

Operation Mend

UCLA Health

Phone: 310-825-2631

Website: <https://www.uclahealth.org/operationmend/>

This is a partnership of 4 medical Universities across the United States. If a Veteran is in need of surgery related to their service connected TBI- or a full evaluation, Operation Mend will work with them to achieve that at no cost to the veteran. While Operation Mend is located in California, they will cover travel and hotel stay to receive free services at UCLA. They will also work with you to set up local aftercare services, but will not cover those services.

Paralyzed Veterans of America (PVA)

Phone: 1-800-424-8200 | TTY 1-800-795-4327

Email: info@pva.org

Website: <https://www.pva.org/>

Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members – veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PINK Concussions

Website: www.pinkconcussions.org

PINK Concussions is the FIRST EVER non-profit organization to focus on pre-injury education and post-injury medical care for women and girls with brain injury including concussion incurred from sport, violence, accidents or military service.

- **PINK Military Group Facebook Link:**

<https://www.facebook.com/groups/PINKveterans/>

For women who are active military or veterans.

Respite Care to Air Force Families

Easterseals Central Alabama

2185 Normandie Drive, Montgomery, Alabama 36111

Phone: 334-387-3284

Email: info@eastersealsca.org

Website: <https://eastersealscentralalabama.org/programs/respite-care/>

The U.S. Air Force EFMP has established a quality respite child care program for families with children having special needs and who are enrolled in the USAF EFMP. Respite Child Care is specially designed for Air Force families who have children diagnosed with moderate or severe special needs.

SHARE Military Initiative

Shepherd Center

2020 Peachtree Road NW, Atlanta, Georgia 30309

Phone: 404-352-2020

Website: <https://www.shepherd.org/patient-programs/care-for-us-service-members>

The SHARE Military Initiative at Shepherd Center is a comprehensive rehabilitation program that focuses on assessment and treatment for service members who have served in the U.S. military since September 11, 2001, regardless of discharge status. The program helps service members who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury, or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress.

Still Serving Veterans

Phone: 1-866-778-4645 | 256-883-7035

Email: info@ssv.org

Website: <https://ssv.org/>

To serve and honor Veterans and their families by empowering them to build meaningful lives through connections to fulfilling careers, benefits and services; and to proactively strengthen Veteran communities through leadership and collaboration.

Traumatic Brain Injury Center of Excellence (TBICoE)

MHS-Military Health System

Website: www.health.mil/TBICoE

Phone: 1-800-870-9244

Provides TBI Clinical tools, educational resources, and research information.

Promotes state of the science care from point of injury to reintegration for service members, veterans and their families to prevent and mitigate consequences of mild to severe TBI.

- [Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans \(click here\)](#)

Tuscaloosa VA Medical Center

3701 Loop Road East, Tuscaloosa, Alabama 35404

Phone: 205-554-2000 or 888-269-3045

Website: <https://www.tuscaloosa.va.gov/>

Provides TBI Testing among a variety of other services.

United Way Priority Veteran

3600 8th Avenue South, P.O. Box 320189, Birmingham, Alabama 35232

Phone: 1-866-460-3827

Email: information@priorityveteran.org

Website: priorityveteran.org/services-for-veterans/

Priority Veteran is a service-coordination program for homeless veterans and their families to help them secure permanent, sustainable housing. In addition, case managers help veterans create their own Housing Stability Plan, as well as locate and gain access to resources such as medical or mental health services, veteran's benefits enrollment, job-search assistance, financial coaching and more. We serve all counties in Alabama, with the exception of Baldwin and Mobile.

U.S. Department of Veterans Affairs

Website: <https://www.va.gov/>

- **Central Alabama Veterans Health Care System (CAVHCS)**

 - CAVHCS-West Campus**

 - 215 Perry Hill Road, Montgomery, Alabama 36109

 - Phone:** 334-272-4670

 - CAVHCS-East Campus**

 - 2400 Hospital Road, Tuskegee, Alabama 36083

 - Phone:** 1-800-214-8387 | 334-727-0550

 - CAVHCS exists to provide excellent services to veterans across the continuum of healthcare. CAVHCS was established from the merger of the Montgomery and Tuskegee VA Medical Centers, which are approximately 40 miles apart. Along with two community-based outpatient clinics, these four sites serve more than 134,000 veterans living in a 43-county area of Georgia and Alabama. In addition to our main facilities in Montgomery and Tuskegee, we offer services in three community-based outpatient clinics.

- **TBI Toolkit VA Rocky Mountain MIRECC**

 - Phone:** 720-723-6493

 - Traumatic Brain Injury (TBI) is a significant public health concern. This toolkit provides necessary information to address the needs of individuals with a history of TBI and co-occurring mental health conditions. The toolkit specifically emphasizes TBI in justice-involved and Military/Veteran populations. Community mental health clinicians', justice-involved professionals', and Military/Veteran experts' input was integral in identifying areas of focus. This toolkit is designed to assist professionals in identifying TBI and associated co-occurring problems and to facilitate determining potential need for further evaluation and/or treatment/case planning modification. In addition, relevant information and resources for families/support systems are available.

The Veterans Integration to Academic Leadership (VITAL)

3000 Houser Hall, Box 870251, Tuscaloosa, Alabama 35487

Phone: 205-348-0983

Email: vitaloutreach@ua.edu

Website: <https://vets.sa.ua.edu/resources/vital/>

A Veterans Health Administration program hosted by the Tuscaloosa VA Medical Center that strives to provide quality health care services to the veteran and military community at The University of Alabama.

Veterans Recovery Resources

1156 Springhill Avenue, Mobile, Alabama 36604

Phone: 1-866-648-7334

Website: <https://veteransrecoveryresources.org/>

Our Mission is to accelerate Veteran well-being by removing the barriers to mental healthcare and providing a unique recovery program for Veterans and their families suffering from substance abuse, post-traumatic stress and other mental health issues. Non-Profit Outpatient Clinic and Residential Treatment Care for Veterans and First Responders that may include individual and group counseling,

primary medical care, physical therapy, peer support, care for families, occupational therapy and community Engagement.

Warrior Outreach Project

P.O. Box 7962, Columbus, Georgia 31808

Phone: 706-505-0708

Email: warrioroutreachassistance@gmail.com

Website: <http://warrioroutreach.org/>

Our focus is to assist soldiers and families in transitioning and adjusting to life after traumatic occurrences and family separation due to deployments such as war. Our Horsemanship Program is designed to provide support, similar to equine therapy, to veteran and their families in the tri-community area. We are staffed entirely by caring volunteers and are privately funded by your donations.

Wounded Warrior Alabama

515 N Eastern Boulevard, Montgomery, Alabama 36117

Phone: 844-448-3992

Website: <http://www.woundedwarrioralabama.com/>

Our goal is to help as many of our state's military veterans as possible live better lives. We don't focus on massive purchases like homes or vehicles. Instead, WWA helps families who are trying to pay their rent, buy groceries, keep the lights on and afford life-saving medicines. Because we have a focus on day-to-day living, Wounded Warrior Alabama is able to take funds farther and supply more aid to veterans.

Victim Services

Alabama Crime Victims Compensation Commission (ACVCC)

5845 Carmichael Road, Montgomery, Alabama 36117

Mailing Address: PO Box 231267, Montgomery, Alabama 36123

Phone: 1-800-541-9388

Email: info@acvcc.alabama.gov

Website: <https://acvcc.alabama.gov/>

Helps provide direct assistance to all types of crime victims, with priority going to victims of child abuse, domestic violence and sexual assault and population areas that were previously underserved. Funding for this program is made up entirely of Federal criminal fines, forfeitures and special assessments (not taxpayer revenues) which, by statute, are to be used exclusively to support victim services.

Alabama District Attorney's Assoc. & Victim Service Officer Association

515 South Perry Street, Montgomery, Alabama 36103-4780

Mailing Address: PO Box 4780, Montgomery, Alabama 36103-4780

Phone: 334-242-4191

Website: <https://alabamadistrictattorney.org/victims-services/>

Alabama Office for Victims of Crime

810 Seventh Street NW, Second Floor, Washington, D.C. 20531

Phone: 202-307-5983

Website: <https://ovc.ojp.gov/states/alabama>

A list of state-specific compensation programs throughout Alabama.

ALAVine

State Office Building, 501 Dexter Avenue, Montgomery, AL 36130

Mailing Address: PO Box 302405, Montgomery, AL 36130

Phone: 1-877-VINE 4 AL (1-877-846-3425)

TTY Services for the Hearing-Impaired Call: 1-866-847-1298

Website: <https://vinelink.com/classic/#/home/site/1000>

AlaVINE is Alabama's Statewide Automated Victim Information Notification Service. AlaVINE is an innovative service providing crime victims, victim advocates, and other concerned citizens free and confidential notification regarding a particular county inmate's release, transfer or escape from participating agencies. AlaVINE can provide registered users access to timely information about particular offenders, 24-hours a day, over the phone, through the Internet, or by e-mail. AlaVINE is a project of the Alabama Attorney General's Office and the Alabama Criminal Justice Information Center, provided by a grant from the US Department of Justice, Bureau of Justice Assistance.

Attorney General's Office of Victim Assistance (AGOVA)

501 Washington Avenue, Montgomery, Alabama 36130

Phone: 334-242-7342

Toll Free Phone: 800-626-7676

Website: <https://www.alabamaag.gov/victimassistance>

To provide statewide assistance to victims of violent crime. The journey through the justice system can be traumatic, especially for victims of violent crime. AGOVA offers victims and victims' families a place they can turn to before and after their offender is sentenced.

Child Protect

4111 Wall Street, Montgomery, Alabama 36106

Phone: 334-262-1220

Email: childprotect@childprotect.org

Website: www.childprotect.org

Child Protect is a children's advocacy center that provides a non-threatening site where a multi-disciplinary team is used to minimize trauma for victims of child abuse. Child Protect receives referrals from Department of Human Resources and law enforcement agencies. Services are provided at no charge to the investigative agencies, nor the families in Montgomery county.

MADD-Mothers Against Drunk Driving - Alabama State Office

2101 Eastern Blvd., Suite 210, Montgomery, Alabama 36117

24-Hour Victim Hotline: 1-800-635-0722

Phone: 334-277-7722

Website: <https://www.madd.org/alabama/>

National Children's Advocacy Center

106 Lincoln Street, Huntsville, Alabama 35801

Telephone: 205-533-5437

Website: <https://www.nationalcac.org/>

The NCAC models, promotes, and delivers excellence in child abuse response and prevention through service, education, and leadership.

Victims Programs

Alabama Department Economic and Community Affairs (ADECA)

P.O. Box 5690, Montgomery, Alabama 36103

Phone: 334-242-5100

Email: contact@adeca.alabama.gov

Website: <https://adeca.alabama.gov/humanservices/>

ADECA's Law Enforcement and Traffic Safety Division administers grants for victims' programs. These awards help fund services for many nonprofit organizations that help victims of domestic violence, sexual assault and child abuse, as well as populations that are identified as previously underserved. Many of these organizations operate emergency shelters, rape crisis centers, counseling centers, crisis telephone hotlines and more.

VOCAL - Victims of Crime and Leniency

P.O. Box 4449, Montgomery, Alabama 36104

Phone: 1-800-239-3219 | 334-262-7197

Website: <https://vocalonline.org/>

Vision/Hearing

Alabama A&M Speech and Hearing Center

Carver Complex North, Room 104, Huntsville, Alabama 35811

Phone: 256-372-4044

Website: <https://www.aamu.edu/academics/colleges/education-humanities-behavioral-sciences/research-outreach-centers/speech-hearing-clinic/>

Committed to helping individuals with communication deficits and disorders and training CSD students in developing excellent clinical skills through an integration of academics with clinical experience. These skills will serve the speech, language, and hearing needs of individuals in our community to enhance the effectiveness and quality of communication.

Alabama Institute for Deaf and Blind (AIDB)

205 South Street East, Talladega, Alabama 35160

Phone: 256-761-3214

Video Phone: 256-474-0237

Website: <https://www.aidb.org/Page/1>

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deaf-blind and multi-disabled. Founded in 1858 by a young medical doctor who wanted to educate his deaf brother, AIDB now serves more than 26,000 infants, toddlers, children, adults and seniors with hearing and vision loss throughout Alabama each year. AIDB has eight regional centers located in Birmingham, Dothan, Huntsville, Mobile, Montgomery, Talladega, Tuscaloosa and Tuscumbia which extend the program offerings throughout the state.

Alabama Lions Sight

700 South 18th Street, Birmingham, Alabama 35233

Phone: 205-325-8519

Email: sight@alabamalionsight.org

Website: http://alabamalionsight.org/contact_us.aspx

Alabama Lions Sight funds medically necessary eye care for eligible individuals and provides vision screenings for thousands of children and adults every year.

Auburn University at Montgomery Speech and Hearing Clinic

7177 Halcyon Summit Drive, Montgomery, Alabama 36117

Phone: 334-244-3408

Website: <https://www.aum.edu/>

The AUM Speech and Hearing Clinic is a comprehensive facility serving the central Alabama area. Now located on Halcyon Summit Drive, just minutes from Auburn Montgomery, the clinic provides complete diagnostic and therapeutic services for children and adults who have speech and hearing problems.

Auburn University Speech and Hearing Clinic

Campus Address: 1199 Haley Center, Auburn University, Alabama 36849

GPS Address: 425 Heisman Drive, Auburn, Alabama, 36849

Phone: 334-844-9600 or 334-844-9684

Website: <https://cla.auburn.edu/speechandhearingclinic/>

The clinic provides a full range of evaluation and treatment services for clients of all ages, from infants to the elderly.

Audiology

Children's of Alabama

1600 7th Avenue South, Birmingham, Alabama 35233

Phone: 205-638-9100

Website: <https://www.childrensal.org/Audiology>

The diagnostic audiology division of The Charity League Speech and Hearing Center at Children's of Alabama has the goal of providing the best possible audiological care and treatment for children in Alabama and surrounding states.

Baptist Health Speech and Hearing Clinic

200 South Memorial Drive, Prattville, Alabama 36067

Phone: 334-358-2701

Website: <https://www.baptistfirst.org/>

There are many different means of communication. Whether it's through speaking or listening, communication impacts many facets of our daily lives. Effective communication benefits us on different levels, but when our communication is disrupted, we can be left at a disadvantage. The Prattville Baptist Speech and Hearing Clinic provides a full range of speech, language and hearing diagnostic and treatment services through Prattville Baptist Hospital. The services are available to help you maximize your communication. Most people with communicative disorders can be helped with treatment, hearing aids and/or rehabilitation.

Blind and Deaf Program

Alabama Department of Rehabilitation Services - VRS

602 S Lawrence Street, Montgomery, Alabama 36104

Phone: 1-800-441-7607

Website: <https://www.rehab.alabama.gov/services/vr-bd/vr-bd>

The VRS Blind and Deaf Program provides specialized employment and education-related assistance to Alabamians statewide through its Blind Services, Deaf Services and OASIS (Older Alabamians System of Information and Services) programs.

Cahaba Valley Health Care

1515 6th Avenue South, Birmingham, Alabama 35233

English: 205-918-2108

En Español: 205-918-2001

Email: info@cahabavalleyhealthcare.org

Website: <https://www.cahabavalleyhealthcare.org/>

The CVHC mission is to provide dental and vision services for people in financial need in Jefferson and Shelby Counties, while maintaining our clients' dignity, respecting their cultural diversity, and strengthening the community.

Deaf Services

Alabama Department of Mental Health

100 North Union Street, Montgomery, Alabama 36130

Phone: 334-239-3558

Email: alabama.dmh@mh.alabama.gov

Website: <https://mh.alabama.gov/division-of-mental-health-substance-abuse-services/deaf-services/>

The heart of Alabama Department of Mental Health's deaf services program is a network of regionally based staff that specializes in working with people who are deaf or hard of hearing. Both clinicians and communication access team members work out of regional offices in order to be closer to consumers they serve. Based in community mental health centers, these coordinators are the first point of contact for services.

HEAR Center

Children's of Alabama

1600 7th Avenue South, Birmingham, Alabama 35233

Phone: 205-638-9100

Website: <https://www.childrensal.org/hear-center>

The HEAR Center at Children's of Alabama aims to provide comprehensive diagnostic and treatment services for families and professionals working on behalf of children with hearing loss, while emphasizing the development of auditory skills and spoken language in a variety of communication formats. The multidisciplinary team includes an otolaryngologist, pediatric audiologists specializing in hearing aids and cochlear implants, and speech-language pathologists certified in Auditory-Verbal Therapy.

Hearing Clinics in Alabama

Healthy Hearing

Website: www.healthyhearing.com/hearing-aids/AL-Alabama

HearingLife

1100 South College Street, Suite 105, Auburn, Alabama 36832

Phone: 334-591-1605

Email: contact-us@HearingLife.com

Website: <https://www.hearinglife.com/hearing-aids-centers/Alabama/Auburn>

Provides a complimentary hearing assessment, as well as testing various kinds of hearing aids to best fit your needs. Offices are in Auburn, Montgomery, and Oxford AL.

Sight Savers America

337 Business Circle, Pelham, Alabama 35124

Phone: 1-877-942-2627

Email: info@sightsaversamerica.org

Website: <https://sightsaversamerica.org/>

Sight Savers America works to identify and secure eye care needs, from the first pair of eyeglasses that allow a child to succeed academically and gain more self-confidence, to extensive sight saving treatment for serious eye conditions.

UAB Eye Care

Henry Peters Building, 1716 University Boulevard, Birmingham, Alabama 35233

Phone: 205-934-3036

Website: <https://www.uab.edu/optometry/home/patient-services>

UAB Eye Care is the clinical operation for the UAB School of Optometry, an integral part of the UAB Medical Center. We provide comprehensive eye care services to the community as well as provide training and education for optometry students and resident optometrists. Our state-of-the-art, multidisciplinary clinic is outfitted with the latest optometric equipment necessary for the accurate diagnosis and treatment of most eye problems. UAB Eye Care clinicians provide comprehensive services for both pediatric and adult patients in a number of optometric subspecialties.

- **MTBI and Sports-Related Concussion Clinic**

Provide exams to assess vision in mild traumatic brain injury (mTBI) and sports-related concussion. Those diagnosed with mTBI and concussions are examined to assess eye teaming and tracking skills, focusing strength and accuracy and objective measures of neuro-ocular integrity, including state-of-the-art pupillometry and optical coherence tomography (OCT). The clinic serves child or adult athletes, veterans or other individuals with cumulative impact exposure or more isolated mTBI.

UAB Vision Therapy Clinic

1716 University Boulevard, Birmingham, Alabama 35233

Phone: 205-975-2020

Website: <https://www.uab.edu/optometry/home/patient-services/vision-therapy-clinic>

The Vision Therapy Clinic provides treatment for children and adults with eye teaming, focusing and tracking disorders. These visual conditions include but are not limited to convergence insufficiency, accommodative insufficiency, strabismus, amblyopia and saccadic eye movement (or ocular motor) dysfunction.

University of Alabama Speech and Hearing Center

700 University Boulevard East, Tuscaloosa, Alabama 35404

Phone: 205-348-7131

Website: <https://cd.ua.edu/speech-and-hearing-center/>

Each year the Speech and Hearing Center serves some 900 Alabamians of all ages, providing more than 4,500 hours of treatment and diagnostic services. A full list of our programs is provided on this website; each program's individual page provides detailed information.

University of Montevallo Speech and Language Center

Phone: 205-665-6730

Email: umslc@montevallo.edu

Website: <https://www.montevallo.edu/academics/colleges/college-of-arts-sciences/communication-science-disorders/university-of-montevallo-speech-language-center/>

All services are provided by graduate students under the direct supervision of licensed Speech Language Pathologists who hold the Certificate of Clinical

Competence from the American-Speech-Language-Hearing-Association. All CSD faculty members hold the CCC and supervise cases in our Center.

University of South Alabama Speech and Hearing Center

1119 HAHN, 5721 USA Drive North, Mobile, Alabama 36688

Phone: 251-445-9378

Email: speechandhearing@southalabama.edu

Website:

<https://www.southalabama.edu/colleges/alliedhealth/speechandhearing/clinic.html>

The Center serves two primary purposes: to provide services in speech, language and hearing to citizens of Mobile and surrounding areas, and to provide the supervised clinical experiences needed by the students for graduation and to obtain professional licensure/certification. Because the USA Speech and Hearing Center functions as a service facility and teaching facility, activities and procedures address both purposes. Diagnostic and treatment services in speech, language and hearing are provided to persons of all ages and with all types of speech-language and hearing disorders.

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Inclusion of a program or services in this guide is not intended as promotion or endorsement. The Alabama Department of Rehabilitation (ADRS), Auburn University (AU) nor Administration for Community Living (ACL) is responsible for the nature, scope or quality of the programs listed in the guide. Thus, ADRS, AU and ACL disclaims any liability arising from the use or reliance upon the information included in this directory. The information is being provided solely as a reference resource for the public.