Spinal Cord Injury Resources

These resources represent only some of the services and support you and your family might need. We do not recommend any of the services listed, but present them as a starting point for you to explore along your journey living with a spinal cord injury.

SPINAL CORD INJURY INFORMATION

National Institute of Neurological Disease & Stroke:  

Jefferson University Hospitals Magee Rehabilitation:  http://www.spinalcordcenter.org/

Spinal Cord Injury Information Network:  http://spinalcord.uab.edu

United Spinal Association:  http://www.spinalcord.org

Christopher and Dana Reeve Foundation:  http://www.christopherreeve.org

Paralyzed Veterans of America (PVA):  http://pva.org

HEALTH & WELLNESS

Government site about nutrition.gov:  http://www.nutrition.gov

National Institutes of Health:  http://www.nih.gov

National Center on Physical Activity and Disability (NCPAD):  http://www.ncpad.org

Disability and Health in New York State:  
http://www.health.ny.gov/community/disability/on_target/

WORK

ACCES-VR-Adult Career & Continuing Education Services:  
http://www.acces.nysed.gov/

Disabled Businesspersons Association:  http://www.justonebreak.com

The Job Accommodation Network (JAN):  http://janweb.icdi.wvu.edu

RECREATION:

Greek Peak Mountain Resort:  http://www.gpadaptive.org
HOPE.network at Northside Baptist Church: www.northsideonline.Maybury.org
Maybury Brook Stables: www.mayburybrookstables.com
Move Along, Inc.: www.movealonginc.com
NY State Inclusive Recreation Resource Center (NYS IRRC): www.cortland.edu/nysirrc
Wheelchair Sports, USA: www.wsusa.org
NY State Office of Parks, Recreation and Historic Preservation: www.nysparks.com
Onondaga County Parks: www.onondagacountyparks.com
Syracuse Chargers Track Club: www.syracusechargers.org
Westcott Community Center: www.westcottcc.org

ACCESSIBILITY
Abledata: http://abledata.com
The Ramp Project: http://www.wheelchairramp.org
ARISE Child and Family Service, Inc.: www.ariseinc.org
Onondaga County Public Library System: www.onlib.org

ACCESSIBILITY IN HOUSING
American Association of Retired Persons (AARP) Washington, D.C.
Building a Ramp: Consumer Manual on Accessibility RIDAC Program Little Rock, AZ 72201
Adaptive Environments Center, Inc. 374 Congress St., Suite 301 Boston, Massachusetts 02210
1-617-695-1225
Consumer Guide to Home Design (617) 965-1225
Barrier Free Environments, Inc. PO Box 30634 Raleigh, NC 27622 (919) 782-7823

RELATIONSHIPS/ADJUSTMENT
Paralyzed Veterans of America: http://www.pva.org
National Institute of Mental Health: http://www.nimh.nih.gov
The National Mental Health Association (NMHA): http://www.nmha.org
Brownell Center for Behavioral Health Services: www.liberty-resources.org
Catholic Charities: www.ccoc.us
Syracuse Jewish Family Services: www.sjfs.org
The Center for Living with Loss: www.hospice cny.org

LEGAL SERVICES
Hiscock Legal Aid Society: www.hiscocklegalaid.org
Legal Aid Society of Mid-New York (LASMNY): www.lasmny.org
Legal Services of Central New York: www.lscny.org
Syracuse University Law School Disability Rights Clinic: www.law.syr.edu