



SPINAL CORD INJURY

RESOURCE GUIDE



Brain and Spinal Cord Injury Program Resource Center

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BSCIP RESOURCE CENTER & BSCIP

BRAIN & SPINAL CORD INJURY PROGRAM RESOURCE CENTER

MISSION - Education, Information, Awareness

The Brain & Spinal Cord Injury Program (BSCIP) Resource Center, established in January 1994, serves as the statewide clearinghouse of information for individuals who have survived a traumatic brain injury (TBI) and/or spinal cord injury (SCI), their families and friends, health care professionals, support groups, students, and the public.

SERVICES - Peer Mentoring, Information, Education

The BSCIP Peer Mentor Program promotes success for Florida residents who have sustained a spinal cord injury, by offering newly injured clients an opportunity to interact with a spinal cord injury survivor who lives a full and meaningful life post-injury, and allows the client to begin healing and reintegrating into the community. Information and Referral (I&R) services are provided by trained staff, who have personal experiences with brain and spinal cord injuries, including state and national programs, community resources, support group meetings and activities, recreational opportunities, and upcoming events. Educational in-service trainings regarding best practices for treating patients with brain or spinal cord injuries are conducted with health care professionals and medical and nursing students.

RESOURCES - Information Packet, Helpline, Website

The New Injury Information Packet contains printed information relevant to every new spinal cord injured person and their support network. A toll-free helpline is available Monday through Friday from 8 a.m. to 5 p.m. offering assistance with information and referral to appropriate resources. The Resource Center website also provides information for brain and spinal cord injury survivors about various types of injuries, resources for family and caregivers, and so much more. **1-866-313-2940**, BSCIPResourceCenter.org

FLORIDA BRAIN AND SPINAL CORD INJURY PROGRAM

The Florida Department of Health Brain and Spinal Cord Injury Program is a program for eligible adult and pediatric residents of the State of Florida who have sustained moderate-to-severe traumatic brain and/or spinal cord injuries. Funding for services primarily comes from the BSCIP Trust Fund, which is funded by a percentage of civil penalties for moving vehicle violations and surcharges on motorcycle specialty and temporary tags. The program is a payor of last resort and may provide funding for the cost of care for necessary services that will enable an individual to return to an appropriate level of functioning in the community. The primary services are case management and resource facilitation. BSCIP.org

ELIGIBILITY

Any resident of the State of Florida who sustain a TBI or SCI and meets the following requirements are eligible for services:

- Has been referred to the BSCIP Central Registry
- Is a legal resident of the State of Florida
- Is medically stable
- Meets the state definition for spinal cord and/or moderate to severe brain injury
- Is reasonably expected to benefit from rehabilitation services based upon the goal of community reintegration

REFERRAL

Anyone can refer a person with a TBI or SCI to the Central Registry. Section 381.76, Florida Statutes, requires that an individual must be a legal Florida resident who has sustained a moderate-to-severe traumatic brain or spinal cord injury that meets the state's definition of such injuries, and has been referred to the BSCIP Central Registry; the resident must be medically stable to be eligible for services. There must also be a reasonable expectation that with the provision of appropriate services and supports, the person can return to a community-based setting, rather than reside in a skilled nursing facility.

To refer a person to the **Central Registry** for BSCIP consideration, call **1-800-342-0778**.

WHAT IS A SPINAL CORD INJURY?

According to the World Health Organization, most spinal cord injuries are due to preventable causes such as traffic crashes, falls, or violence. The term 'spinal cord injury' refers to damage to the spinal cord resulting from trauma (i.e., car crash) or disease or degeneration. The spinal cord is the message relay system between your brain and your body. Injury to your spinal cord can affect more than just your mobility, it can also affect skin sensitivity and autonomic functions such as respiration, bowel/bladder, cardiovascular activities, also sexual functions.

STATISTICS

According to the 2020 SCI Data Sheet from the National SCI Statistical Center (NSCISC)

- 17,810 new SCI cases occur each year (not including those who die at the scene of the incident)
- Males account for 78% of those cases
- 43 is the average injury age
- Vehicle crashes are the leading cause, closely followed by falls
- Other common causes are acts of violence (primarily gunshot wounds) and sports/recreation activities

DEFINITION

The State of Florida defines SCI as a lesion to the spinal cord or cauda equina resulting from external trauma with evidence of significant involvement of two of the following: motor deficit, sensory deficit, or bowel/bladder dysfunction.

TYPES OF SPINAL CORD INJURY

- Complete SCI causes permanent damage in the area where the spinal cord was damaged and results in paraplegia or tetraplegia (also known as quadriplegia) below the level of injury; nearly half of all SCIs are complete
- Incomplete SCI results in partial damage to the spinal cord so movement and feeling depend upon the area injured and the severity of the injury

LEVELS OF INJURY

- Cervical (C1-C8) affects the head and neck region above the shoulders, C1-C4 is the most severe level of SCI
- Thoracic (T1-T12) affects the upper chest, mid-back, and abdominal muscles, hand, and arm functions are normal
- Lumbar (L1-L5) affects hips and legs, you may require a brace or wheelchair
- Sacral (S1-S5) affects hips, thighs, buttocks, and pelvic organs but you will most likely be able to walk

Shepherd Center. Understanding Spinal Cord Injury: What you should know about spinal cord injury and recovery. Available from: [SpinalInjury101.org/details/levels-of-injury](https://spinalinjury101.org/details/levels-of-injury)

AMERICAN SPINAL INJURY ASSOCIATION (ASIA) IMPAIRMENT SCALE

The ASIA scale is a classification system that describes your motor and sensory impairment based on injury.

First, is the injury complete or incomplete? If it's complete, then there is no feeling or movement below the level of injury. On the ASIA scale, this is rated an **ASIA A-Complete**.

If the injury is incomplete, then there is some feeling and movement below the level of injury. There are four classifications for incomplete injuries:

1. **ASIA-B-Incomplete** – incomplete sensory (feeling), but no motor function (movement) below the level of injury.
2. **ASIA-C-Incomplete** – motor function exists below the level of the injury, but the major muscles are unable to lift against gravity.
3. **ASIA-D-Incomplete** – motor function exists below the level of injury and the major muscles can lift against gravity.
4. **ASIA-E-Incomplete** – motor and sensory functions are normal and back to pre-injury status.

TREATMENT PROGRESSION

When an individual sustains a spinal cord injury, they may require treatment continuously or intermittently throughout life. The recovery process for a spinal cord injury depends on the severity of the injury. Most of the recovery occurs within six months of the injury, any residual loss of function present after 18 months is likely to become permanent.

At this time, there is no cure for SCI however, there continues to be significant progress made toward this goal. As of February 2022, a spinal implant has allowed individuals to walk with assistance within hours of the implant being activated.

Read more about it: [ARSTechnica.com/science/2022/02/new-spinal-implant-gets-paralyzed-people-up-and-walking/#:~:text=Today%2C%20there%20was%20very%20good,of%20the%20implant%20being%20activated](https://www.ARSTechnica.com/science/2022/02/new-spinal-implant-gets-paralyzed-people-up-and-walking/#:~:text=Today%2C%20there%20was%20very%20good,of%20the%20implant%20being%20activated)

ACUTE CARE

Acute care is defined as the period beginning with the arrival of a new patient in an emergency department or acute center until discharge from acute hospitalization. Research has shown that the first few hours after trauma are the most critical in terms of preserving and possibly restoring neurological function. You may also be admitted to an intensive care unit for specialized care during your hospital stay. Depending on the severity of your injury, most new patients transfer within one to three weeks to post-acute rehabilitation.

POST-ACUTE REHABILITATION

The average length of a stay for someone newly injured is approximately 3 weeks, so maximizing this opportunity is crucial. In post-acute rehab, you will participate in at least three hours of therapy a day. The focus of therapy is on restoring function. You will learn skills to perform activities of daily living, including how to accommodate and compensate for lost physical abilities. If you're not able to handle this intensive therapy, you may be transferred to a skilled rehabilitation center as a transitional step.

OUTPATIENT THERAPY

Outpatient therapy will help to maintain or enhance the recovery process and may include vocational training, physical adaptations in the home, or a driving evaluation and vehicle modifications. This phase is where most of your rehabilitation will take place.

PATIENT'S BILL OF RIGHTS & RESPONSIBILITIES

Section 381.026, Florida Statutes, addresses the Patient's Bill of Rights and Responsibilities. For a summary of your rights, visit [FloridaHealthFinder.gov/reports-guides/patient-bill-rights.aspx](https://www.FloridaHealthFinder.gov/reports-guides/patient-bill-rights.aspx) or request a copy of the full text from your health care provider or health care facility.

SCI ACUTE CARE HOSPITALS

The need for treating persons with SCI in centers that can provide the necessary personnel, therapy, and equipment most promptly and comprehensively is paramount.

Baptist Hospital

1000 West Moreno Street
Pensacola, FL 32501
850-434-4011

EBaptistHealthCare.org

Memorial Regional Hospital

3435 Hayes Street
Hollywood, FL 33021
654-265-6333

MHS.net

Shands Hospital - U of F

1600 SW Archer Road
Gainesville, FL 32608
352-265-0111

UFHealth.org

Tampa General Hospital

1 Tampa General Circle
Tampa, FL 33606
813-844-7000

TGH.org

Halifax Medical Center

303 N Clyde Morris Blvd
Daytona Beach, FL 32215
386-254-4000

HalifaxHealth.org

Neuroscience Institute, Shands/UF

580 W 8th Street
Tower 1, 9th Floor
Jacksonville, FL 32209
904-244-6407

UFHealthJax.org

St. Mary's Medical Center

901 45th Street
West Palm Beach, FL 33407
561-840-6300

StMarysMC.com

West Florida Hospital

8391 N. Davis Highway
Pensacola, FL 32514
850-494-3212

WestFloridaHospital.com

Jackson Memorial Hospital

1611 NW 12th Avenue
Miami, FL 33136
605-585-1111

JacksonHealth.org

Orlando Regional Medical Center

1414 Kuhl Avenue
Orlando, Florida 32806
321-841-5111

OrlandoHealth.com

Tallahassee Memorial Health Care, Inc.

1300 Miccosukee Road
Tallahassee, FL 32308
850-431-1155

TMH.org

SCI REHABILITATION CENTERS

Rehabilitation is defined as a set of interventions designed to optimize functioning and reduce disability in individuals in interaction with their environment. Complex care is provided in a rehabilitation facility capable of managing recent injuries and services available include medical/physical restoration, physical and occupational therapy, specialized nursing, family services, recreational therapy, psychological counseling, and education for patient and family.

REHABILITATION OBJECTIVES (STATE PLAN OF CARE)

- A. Individuals with SCI will have available the highest quality inpatient rehabilitation program possible.
- B. Individuals with SCI will be rehabilitated to optimal independence within the context of an inpatient rehabilitation program.
- C. Develop a system of adult and pediatric inpatient rehabilitation centers with expertise in providing optimal comprehensive care for persons with spinal cord injury and their families.
- D. Provide a continuum of care by developing an efficient referral pattern between system components with appropriate documentation of services.

INPATIENT REHABILITATION CENTERS

Bayfront Health St. Petersburg

701 Sixth Street South
St. Petersburg, FL 33701
727-823-1234
Bayfrontstpete.com

Brooks Rehabilitation Hospital

3599 University Blvd South
Jacksonville, FL 32216
904-345-7600
BrooksRehab.org

Jackson Rehabilitation Hospital

1611 NW 12th Avenue
Miami, FL 33136
305-585-7112
JacksonHealth.org

Lee Memorial Rehab Hospital

2776 Cleveland Avenue
Ft. Myers, FL 33901
239-434-3900
LeeHealth.org

Orlando Health Rehabilitation Institute

818 Main Lane
Orlando, FL 32801
321-841-4161
OrlandoHealth.com

Pinecrest Rehabilitation Hospital

5360 Linton Boulevard
Delray Beach, FL 33484
561-495-0400
DelrayMedicalCtr.com

Shands Rehabilitation Hospital

4101 NW 89th Blvd.
Gainesville, FL 32606
352-265-5491
UFHealth.org

Tampa General Rehabilitation Center

6 Tampa General Circle
Tampa, FL 33606
813-844-7700
TGH.org

West Florida Rehab Institute

8391 N. Davis Highway
Pensacola, FL 32514
850-494-6100
WestFloridaHospital.com

Winter Haven Hospital

200 Avenue F N.E.
Winter Haven, FL 33881
863-293-1121
BayCare.org

OUTPATIENT REHABILITATION CENTERS

Baptist Hospital Davis Center for Rehab

8900 N Kendall Drive
Miami, FL 33176
786-596-1960
BaptistHealth.net

Bayfront Health St. Petersburg

701 Sixth Street South
St. Petersburg, FL 33701
727-823-1234
Bayfrontstpete.com

Brooks Rehabilitation

3901 University Blvd South
Jacksonville, FL 32216
904-345-7600
BrooksRehab.org

Encompass Health Rehabilitation Hospital - Miami

20601 Old Cutler Road
Miami, FL 33189
305-251-3800
Encompasshealth.com

Encompass Health Sunrise Rehab Hospital

4399 Nob Hill Road
Sunrise, FL 33551
954-749-0300
Encompasshealth.com

Jackson Rehabilitation Hospital

1611 NW 12th Avenue
Miami, FL 33136
305-585-7112
JacksonHealth.org

**Orlando Health
Rehabilitation Institute**
818 Main Lane
Orlando, FL 32801
321-841-4161
OrlandoHealth.com

**Tampa General
Rehabilitation Center**
6 Tampa General Circle
Tampa, FL 33606
813-844-7700
TGH.org

West Florida Rehab Institute
8391 N. Davis Highway
Pensacola, FL 32514
850-494-6100
WestFloridaHospital.com

Winter Haven Hospital
200 Avenue F N.E.
Winter Haven, FL 33881
863-292-4060
BayCare.org

TRANSITIONAL LIVING FACILITIES

Transitional living facilities are used to transition a person from the rehabilitation center back into the community. These facilities have apartment-like setups where the person can live and practice their activities of daily living, such as dressing, cooking, and managing personal hygiene, while in a supervised environment with staff providing further training.

NeuLife Rehabilitation
2725 Robie Ave
Mount Dora, FL 32757
1-800-626-3876
NeuLifeRehab.com

NeuroRestorative at Avalon Park
Keith A Ewing Medical Office Building
3701 Avalon Park West Blvd
Orlando, FL 32828
321-354-0023
NeuroRestorative.com

AGGRESSIVE EXERCISE RECOVERY PROGRAMS

These therapy programs differ from conventional therapy programs. They operate on the premise that the paralyzed body responds positively to specific movement patterns that occur naturally in human development. Repetitive patterns are thought to help reestablish activity within the central nervous system, resulting in greater functional return and a reorganization of neural activity. Through this intense activity model, clients can improve functional return, and overall health, and increase their quality of life. These programs are typically private pay.

Center for Neuro Recovery
401 Northlake Blvd, Ste 4
North Palm Beach, FL 33408
1-888-875-7659

Center for Recovery & Exercise (CORE)
1191 Commerce Park Dr.
Altamonte Springs, FL 32714
407-951-8936
CoreFlorida.com

iAM ABLE Fitness
14221 SW 120 St, Ste 101
Miami, FL 33186
305-283-9717
iAMable.org

NextStep Orlando
277 Douglass Avenue, Ste 1006
Altamonte Springs, FL 32714
407-571-9974
NextStepFitness.org

Stay in Step Recovery Center
10500 University Center Dr., Ste 130
Tampa, FL 33612
813-977-7999
StayInStep.org

COMPLICATIONS

A spinal cord injury is a clinical condition that can lead to lifelong disability. Secondary complications, especially long-term complications, increase morbidity and decrease community participation and health-related quality of life. It's important to be aware of chronic complications and learn how to manage them.

CARDIOVASCULAR

- **Autonomic Dysreflexia (AD)** – is a sudden increase in blood pressure and therefore, a medical emergency. AD is caused by an unopposed noxious stimulus entering the spinal cord and occurs primarily in those with an injury above the T6 level and is more common in those with cervical and complete lesions. Symptoms of AD include headache, flushing, sweating, and nasal congestion. The triggering stimulus is likely bladder distension or bowel impaction. If left untreated, it can lead to stroke, seizures, or even death.
- **Orthostatic Hypotension (OH)** – is a sudden drop in blood pressure that occurs when moving too quickly from a lying position to an upright position. It is most common with cervical and high thoracic cord lesions. Symptoms of OH include dizziness or lightheadedness, headache, sweating, weakness, fatigue, and sometimes fainting. The problem resolves quickly but for a few people who continue to experience OH, medications may be necessary. [Physio-pedia.com/Medical_Complications_in_Spinal_Cord_Injury](https://www.physio-pedia.com/Medical_Complications_in_Spinal_Cord_Injury)

OSTEOPOROSIS & BONE FRACTURES

Osteoporosis (porous bone) – is a disease in which the bones lose density, become weak and brittle, and are more likely to break. For someone with a spinal cord injury, this can occur as early as six weeks post-injury and levels off around two years after injury. Different factors influencing osteoporosis are disuse, disordered vaso-regulation (low blood flow), poor nutrition, hormonal imbalances, metabolic disturbances (metabolites and acidity of the blood), and autonomic nervous system dysregulation (poor circulation, altered gas, and nutrient exchange at the bone). No treatment prevents osteoporosis in non-ambulatory people with SCI, but consuming a healthy diet, refraining from smoking, limiting alcohol and caffeine intake, and staying as physically active as possible help to prevent the cause of this disease. [SCI.Washington.edu/info/forums/reports/osteoporosis.asp#prevent](https://www.sci.washington.edu/info/forums/reports/osteoporosis.asp#prevent)

PAIN SYNDROMES

- **Neuropathic Pain (neurogenic pain)** – occurs above level, at level, or below the level of injury and is caused by abnormal communication between the damaged nerves and your brain, where the brain misunderstands the nerve signals it's receiving and causes you to feel pain, such as burning, stabbing, or tingling, in an area that has no feeling. This type of pain is often difficult to treat.
- **Nociceptive Pain (musculoskeletal pain)** – may occur with abnormal posture, gait, or overuse of structures such as the arm or shoulder and can be caused by injury, overuse or strain, arthritis, or joint deterioration due to overuse often associated with wheelchair use.
- **Visceral Pain** – located in the abdomen arises from damage, irritation, or distention of internal organs and is often described as cramping and/or dull aching. Causes of this type of pain include constipation, appendicitis, a kidney stone, or ulcer. **Referred Pain** is pain felt in an unrelated area of the body, away from the source such as shoulder pain resulting from gallbladder disease. [MSKTC.org/sci/factsheets/pain](https://www.msktc.org/sci/factsheets/pain)

PRESSURE ULCERS

Pressure Ulcers (PU) – are potentially life-threatening as they can lead to further functional disability and fatal infections despite being largely preventable. Defined as a localized injury to the skin and/or underlying tissue. Ulcers occur over bony areas where body pressure and/or tissue distortion are greatest. Treatment is challenging and may lead to recurrent hospitalization, multiple surgeries, and complications. [MSKTC.org/sci/factsheets/skincare](https://www.msktc.org/sci/factsheets/skincare)

There are four levels of injury classification:

Category I: Intact skin with non-blanchable erythema.

Category II: Partial thickness loss of dermis with shallow open ulcer and red/pink wound bed.

Category III: Full thickness tissue loss, subcutaneous fat visible but no bone, tendon, or muscle exposed.

Category IV: Full thickness tissue loss with exposed bone, tendon, or muscle.

RESPIRATORY

Respiratory Complications depend on the level of SCI and the degree of motor impairment. Loss of respiratory muscle control weakens the pulmonary system, decreases lung capacity, and increases respiratory congestion. Risk and complications are greater if you have a complete injury and/or tetraplegia. **Ventilatory failure** is common if your level of injury is C1-5 due to the lack of ability to breathe without assistance. **Atelectasis** (partial lung collapses due to lack of air getting into the lungs) and pneumonia are also common at this level of injury specifically for persons with tetraplegia. **Pleural effusion, pneumothorax, and hemothorax** are less common respiratory complications. All levels of injury are at risk for **pulmonary embolism** (blood clot in the lungs) which is the second leading cause of death for persons with SCI within the first year after injury. **Pneumonia** is the leading cause of death for all persons with spinal cord injury regardless of your level of injury or length of time you've been injured. [SCI.Washington.edu/exercise/respiratory%20factsheet.pdf](https://www.washington.edu/exercise/respiratory%20factsheet.pdf)

SPASTICITY

Spasticity – is a muscle control disorder characterized by sustained muscle contractions or sudden movements and an inability to control those muscles. About 65-75% of the SCI population have some spasticity and it is more common in cervical than thoracic and lumbar injuries. Severe spasticity may contribute to increased functional impairment, contractures, ulcers, posture disorders, and pain and cause considerable disability for many people. [MSKTC.org/sci/factsheets/Spasticity](https://www.msktc.org/sci/factsheets/Spasticity)

URINARY & BOWEL

Genitourinary and gastrointestinal function post-SCI is one of the most important complications.

- **Bladder Dysfunction (neurogenic bladder)** – refers to changes in bladder function due to SCI. Depending on your level of injury, you may have an overactive bladder or flaccid bladder. If the bladder is not functioning well, the kidneys may stop filtering the blood. Techniques to empty the bladder include intermittent catheterization procedure (ICP) or an indwelling catheter such as a Foley or suprapubic.
 - **Hyperreflexic (overactive, spastic) Bladder** - holds less urine, and you may have frequent small urinations or not be able to empty at all. This type of bladder dysfunction is common with injuries above the sacral level.
 - **Areflexic (flaccid) Bladder** - does not contract and can stretch allowing large amounts of urine to collect and leak. This type of bladder dysfunction is common if the level of injury is in the sacral area. [MSKTC.org/sci/factsheets/bladderhealth](https://www.msktc.org/sci/factsheets/bladderhealth)
- **Bowel Function (neurogenic bowel)** – affects the body's process of storing and eliminating solid waste. Bowel dysfunction can cause major restrictions in social activity and in the quality of life.
 - **Reflexic Bowel** – typically results if the injury was to the cervical or thoracic level. The spinal cord still coordinates bowel reflexes below the level of injury but because you don't feel the need to evacuate, stool builds up in the rectum and triggers a reflex bowel movement without warning.
 - **Areflexic Bowel** – typically results from injury to the lower end of the spinal cord or to the nerve branches that affect the bowel and results in a reduced reflex to control your anal sphincter. The need to evacuate is not felt and the rectum cannot empty itself. This type of neurogenic bowel can be managed with digital evacuation. [MSKTC.org/sci/factsheets/Bowel_Function](https://www.msktc.org/sci/factsheets/Bowel_Function)

REHABILITATION TEAM

When recovering from a spinal cord injury, you will need to work with a rehabilitation team that will design a recovery plan unique to your needs to help you recover as much function as possible, prevent complications, and help you live as independently as possible.

REHABILITATION TEAM

Catastrophic Case Manager is essential if you have a Workers' compensation case. They help you navigate complex health instructions and keep lines of communication open and ongoing between you, your family, medical providers, attorneys, and your employer. They also ensure that you received long-term care if you are unable to return to work.

Licensed Counselor helps both you and your family manage the emotional effects of your injury.

Occupational Therapist focuses on increasing your upper body and arm strength and assists with learning new ways to complete your activities of daily living such as eating, bathing, grooming, dressing, cooking, and writing.

Physiatrist also referred to as *physical medical rehabilitation* (PMR) doctor, specializes in neurology, physical medicine, and rehabilitation; treatment involves the whole person and addresses the physical, emotional, and social needs.

Physical Therapist (PT) helps to restore movement, mobility, and normal body function by focusing on muscle strength, flexibility, endurance, balance, and coordination. The physical therapist can also teach family members how to help you with your home exercise program.

Recreation Therapist (RT) focuses on activities to help you to return to activities or hobbies you enjoyed before your injury. The RT will help enhance your motor skills, coordination, and endurance, and may plan community outings where these new skills can be practiced in the community.

Registered Dietitian helps take care of any special dietary needs you may have and teaches you how to prepare a balanced diet.

Rehabilitation Nurse specializes in helping people with disabilities attain optimal function and health and will educate family members about your medical needs and will help you adapt to an altered lifestyle.

Psychologist develops and applies treatment strategies in counseling to help you through your adjustment to life after injury.

Social Worker helps you make a smooth transition from hospital to home and everyday life and may provide adjustment counseling and help you with any support you may need once you are home.

Speech-Language Pathologist (SLP) helps you relearn how to chew and swallow and how to communicate if your spinal cord injury affected the muscles that control your mouth, throat, and neck.

Urologist is a doctor that manages the conditions related to your urinary tract, such as the bladder and kidneys. Due to the complications often experienced after an SCI, it is important to follow up with your urologist on a regular basis.

Vocational Rehabilitation Counselor (VRC) assists you with successfully returning to school or work.

INSURANCE & FINANCIAL ASSISTANCE

Did you know that there are only two types of insurance? Government issued insurance includes policies for government employees, members of the military and their families, and Medicaid and Medicare. Private insurance is purchased by an individual or an employer. It's important that you understand your policy. Contact your insurance company and request a copy of your insurance policy and the "Certificate of Coverage" that outlines your benefits and ask if you're eligible for short-term and long-term disability benefits and FMLA. Also, ask for a catastrophic case manager to be assigned to your case.

INSURANCE

▪ AFFORDABLE CARE ACT

Toll Free: 1-800-318-2596 / TTY 1-855-889-4325

The Affordable Care Act (ACA) created the federal Health Care Marketplace, HealthCare.gov, to simplify the process of finding an affordable, quality health care plan based on your income and personal health needs. Go online to preview health insurance plans and prices or get help applying for health insurance. HealthCare.gov

▪ MEDICAID

850-300-4323 / Florida Relay 711 or TTY 1-800-955-8771

Florida Medicaid is the state and federal partnership that shares the cost of health coverage for people with low incomes. To be eligible for Florida Medicaid, you must be a resident of the state of Florida, a U.S. national, citizen, permanent resident, or legal alien, in need of health care/insurance assistance, whose financial situation would be characterized as low income or very low income. Individuals may apply for regular Medicaid coverage and other services, such as food assistance (SNAP) and temporary case assistance online via the Florida Department of Children and Families. MyFlorida.com/accessflorida

▪ MEDICARE

Toll Free: 1-800-663-4227 / TTY 1-877-486-2048

Medicare is a health insurance program available through the Centers for Medicare & Medicaid Services (CMS). While most recipients are people age 65 and older, certain younger people with disabilities resulting from a brain injury may also be eligible. It's important to understand what Medicare covers and what it doesn't, such as long-term care. Medicare.gov; CMS.gov

▪ DEPARTMENT OF VETERANS AFFAIRS (VA)

800-827-1000 VA Benefits Hotline

877-222-8327 Health Care Benefits Hotline

Veterans may be eligible for programs and services provided by the federal Department of Veterans Affairs (VA), such as: disability benefits, health care, dependent and survivor benefits, home loan guarantees, and education and training. VA.gov

▪ WORKERS' COMPENSATION

1-800-342-1741 Employee Assistance Office

Workers' compensation insurance is coverage purchased by the employer or business that provides for job-related employee injuries, with a few exceptions. Under workers' compensation, employees are compensated for work-related injuries regardless of fault, and employers are protected from some injury lawsuits by employees. The Division of Workers' Compensation with the Department of Financial Services (DFS) is a state regulated insurance program that ensures employees receive proper benefits under this coverage, which includes benefits for medical expenses, disability, or death. You may also be eligible to receive some wage replacement benefits if you are unable to return to work or your earnings are lower because of a work-related injury or illness. You must report your injury or illness as soon as possible but no later than 30 days from the date of injury or from when you knew your injury or illness was job-related. Call the Employee Assistance Office for questions about your benefits, denial of benefits, reemployment assistance, or legal representation, or visit the Florida Department of Financial Services online. MyFloridaCFO.com/Division/wc

- **FLORIDA KIDCARE & FLORIDA CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)**
1-888-540-5437 / TTY 1-800-955-8771

Insurance for children age birth-end of age 18. Based on the age of the child, household size, and family income, each child is automatically matched with their best fit of the four Florida KidCare programs – Medicaid, MediKids, Florida Healthy Kids, or the Children's Medical Services (CMS) Health Plan. Florida KidCare includes free, subsidized, and full-pay options based on family income and household size. Families who do not qualify for free or subsidized coverage may purchase a competitively priced full-pay plan. The CHIP provides health coverage to children and families with incomes too high to qualify for Medicaid but cannot afford private coverage.

FloridaKidCare.org

FINANCIAL ASSISTANCE

- **BRAIN AND SPINAL CORD INJURY PROGRAM**
Central Registry 1-800-342-0778
Central Registry Fax: 850-410-1975

The Florida Department of Health Brain and Spinal Cord Injury Program (BSCIP) is a program for eligible adult and pediatric residents of the state who have sustained *moderate-to-severe* traumatic brain and/or spinal cord injuries. Funding for services primarily comes from the BSCIP Trust Fund to provide the cost of care for necessary services that will enable them to return to an appropriate level of functioning in the community. The primary services are case management and resource facilitation. Services Available Include: Acute Care, Post-Acute Rehabilitation Services, Home and Community-Based Services, Assistive Technology, and Home Modifications. BSCIP.org

- **SOCIAL SECURITY**
Toll Free: 1-800-772-1213 / TTY 1-800-325-0778

Benefit Eligibility Screening Tool (BEST) is an online tool to help you determine if you qualify for benefits. Based on your answers to questions, it will list benefits for which you might be eligible and provides information on how to qualify and apply. SSABest.Benefits.gov

Supplemental Security Income (SSI) is for people who have never worked or who have insufficient work credits. Since Medicaid benefits are tied to SSI, a hospital's social services department will usually have an SSA representative onsite to help establish eligibility for the program.

Social Security Disability Insurance (SSDI) provides benefits to workers who have paid into Social Security and became disabled before reaching the age of retirement.

It's best to apply for disability benefits as soon as you become disabled because the approval process is fraught with delays and denials. If you receive a second denial, you should contact a disability attorney who will represent your case at an administrative hearing before a judge. Keep in mind that if the application is approved, payments are retroactive to the date of the original application.

- Complete an online application for benefits at SSA.gov/applyfordisability
- Find your local Social Security office at Secure.SSA.gov/ICON/main.jsp

- **CRIME VICTIMS' SERVICES**
1-800-226-6667 / TTD 1-800-955-8771

If your injury was the result of a physical crime, you may be eligible for benefits. The Bureau of Victim Compensation offers financial assistance to victims of violent crime who were injured because of the crime and are experiencing financial hardship. Compensation can help pay for medical and funeral expenses, professional counseling, lost wages, loss of support, disability, domestic violence relocation, and reimbursement for prescriptions. You will need to report the crime to your local law enforcement agency within 120 hours of when the incident occurred. You will also need to cooperate with law enforcement, the State Attorney's Office, and the Attorney General's Office. Applications and assistance with completing them are available online through the Attorney General's website or the Victim/Witness Assistance Program. VANext.MyFloridaLegal.com

LONG-TERM CARE SERVICES & SUPPORTS

Long-term care services and supports assist with activities of daily living (ADLs) and/or instrumental activities of daily living (IADLs) for individuals who cannot perform these activities on their own due to cognitive, physical, or chronic health conditions. Services are designed to preserve the individual's ability to live in their community or remain employed and can be provided in the home, assisted living, nursing facilities, and integrated settings such as those that provide both health care and supportive services. Long-term care services also include supportive services provided to family members and other unpaid caregivers.

MEDICAID MANAGED CARE LONG-TERM CARE PROGRAM

The Agency for Health Care Administration (AHCA) administers the Statewide Medicaid Managed Care (SMMC) Long-Term Care Program, sets coverage policy, and gets those eligible for services enrolled in a Long-Term Care (LTC) plan. The Department of Children and Families (DCF) is responsible for determining the financial eligibility for services and the Department of Elder Affairs (DOEA) is responsible for determining medical eligibility and the level of care needed. View the steps involved in this process at [AHCA.MyFlorida.com/Medicaid/statewide_mc/smmc_ltc.shtml](https://www.fhca.com/Medicaid/statewide_mc/smmc_ltc.shtml)

AGING AND DISABILITY RESOURCE CENTERS

The Aging and Disability Resource Centers (ADRC) serve as the single point of entry into the long-term supports and services system for older adults and people with disabilities. The core functions of an ADRC are 1) information, referral, and awareness, 2) options counseling, advice, and assistance, 3) streamlining eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. To contact your local ADRC, call the **Elder Helpline toll-free at 1-800-96 ELDER (1-800-993-5337)**; [ElderAffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs](https://www.elderaffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs)

ELDERCARE LOCATOR

The Eldercare Locator connects older adults and their caregivers to local resources such as the Area Agencies on Aging, Aging and Disability Resource Centers, and others that can help them continue living in their homes, ensure their home meets their needs, take care of themselves or their loved ones, stay actively involved in the community through wellness and senior center programs, access health insurance counseling, legal and financial programs, and even explore training and employment options. **1-800-677-1116**; [Eldercare.ACL.gov](https://www.eldercare.acl.gov)

JP-PAS PROGRAM

The James Patrick Personal Attendant Services Program provides a monthly stipend to Florida residents (18 and older) with disabilities who are working and require assistance with at least two activities of daily living, to cover the cost of personal care services. For more information about the program and how to apply, contact the JP-PAS Program Office. **850-575-6004**; [FloridaCILS.org/pca-services-program](https://www.floridacils.org/pca-services-program)

RETURNING TO WORK OR SCHOOL

Most people with spinal cord injuries want to return to work or school yet need support, training, and vocational services to be successful. Under the **Americans with Disabilities Act (ADA)**, employers and schools are required to provide reasonable accommodations to all people with disabilities. Some accommodations you can discuss with your employer or school administrator include returning to work or school gradually, working shorter hours or attending school part-time, taking online classes, taking frequent breaks, and using physical and technological aides. If you're ready to return to work or school, here are some resources that can assist you with achieving this goal.

VOCATIONAL REHABILITATION

The Florida Department of Education, Division of Vocational Rehabilitation (VR) is a federal-state program that helps people with disabilities find meaningful careers by assisting them with finding or maintaining employment. To be eligible for services your disability must interfere with your ability to become employed, and you need VR's assistance to find or keep a job. If you receive SSI or SSDI for your disability, you are presumed eligible for services. RehabWorks.org

VR also helps **students with disabilities** prepare and plan for employment after high school through the Transition Youth program.

Examples of Vocational Rehabilitation Services:

- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Job Coaching and Job Placement
- On-the-Job Training
- Training and Education after High School

- Job Site Assessment and Accommodations
- Supported and Customized Employment
- Assistive Technology and Devices
- Medical and Psychological Assessment
- Time-limited Medical and/or Psychological Treatment

BUREAU OF EXCEPTIONAL EDUCATION & STUDENT SERVICES

The Bureau of Exceptional Education and Student Services administers programs for students with disabilities. Additionally, the bureau coordinates student services throughout the state and participates in multiple inter-agency efforts designed to strengthen the quality and variety of services available to students with special needs. FLDOE.org/academics/exceptional-student-edu

TICKET TO WORK

Did you know that there are social security incentives for returning to work (RTW) after a spinal cord injury? If you're receiving SSI, you might also be eligible for the Ticket to Work Program (TTW). This program allows a trial work period to test your ability to work for at least 9-months, expedited reinstatement of SSDI benefits without filing a new application if you become unable to work again within 5-years, and continuation of Medicare coverage for 93-consecutive months after the Ticket to Work program ends. SSA.gov/work

CAREER SOURCE FLORIDA

Career Source Florida has 24 local centers throughout the state that offers resources to assist individuals with job searching, career development, and training. Visit CareerSourceFlorida.com/career-services/your-local-team, to find your local center.

FLORIDA ABILITIES WORK

Employ Florida website, EmployFlorida.com serves as the hub for the state's workforce services focusing on job openings, job candidates, and helping employers who are looking to hire qualified job seekers with disabilities.

JOB ACCOMMODATION NETWORK

The Job Accommodation Network (JAN) offers useful articles on employment, accommodation, and compliance for paraplegia and quadriplegia. AskJan.org

RESOURCES

FLORIDA-BASED RESOURCES

Client Assistance Program (CAP) was established to assist persons with disabilities to apply for and receive services from rehabilitation programs, projects, or facilities funded under the Rehabilitation Act of 1973, as amended, and of the services and benefits available to them under Title I of the Americans with Disabilities Act (ADA).

Disability Rights Florida (DRF) is a federally mandated Protection & Advocacy (P&A) organization and a part of the National Disability Rights Network (NDRN), authorized and funded by several government agencies to protect the rights of persons with disabilities and ensure access to appropriate supports and services.

Collectively, the P&A / CAP network is the largest provider of legally based advocacy services to people with disabilities in the United States. 1-800-342-0823; DisabilityRightsFlorida.org

Division of Disability Determination through the Florida Department of Health is responsible for determining medical eligibility for Florida citizens who apply for disability benefits under the federal Social Security Administration disability programs and the state Medically Needy program. It is also responsible for the periodic Continuing Disability Review (CDR) of all SSA disability beneficiaries to determine if they continue to meet medical eligibility criteria. 1-800-499-6590

Florida Agency for Health Care Administration (AHCA) is responsible for the administration of the Florida Medicaid program, licensure, and regulation of Florida's health care facilities, and for providing information to citizens of the state about the quality of care they receive. 1-888-419-3456; AHCA.MyFlorida.com

Florida Alliance for Assistive Services and Technology (FAAST) offers Floridians free access to information, referral services, educational programs, and publications on extensive topics related to disability rights, laws/policies, and funding opportunities for assistive technology. 1-844-FL-FAAST (353-2278); FAAST.org

FloridaHousingSearch.org allows people to locate available housing online 24 hours a day by a toll-free, bilingual call center M-F, 9:00 am - 8:00 pm EDT. Individuals can search for housing and receive apartment listings, other housing resources, and tools for renters such as an affordability calculator. 1-877-428-8844; FloridaHousingSearch.org

Florida Independent Living Council (FILC) promotes independent, full access, and informed choice for people with disabilities and is responsible for the development, implementation, and monitoring of the State Plan for Independent Living which establishes goals and benchmarks for Independent Living services provided to all persons with disabilities in Florida. 850-488-5624; FloridaSILC.org

Florida Property Tax Exemption for Totally & Permanently Disabled Persons allows property tax exemptions for those residents with SCI. FloridaRevenue.com/property/Documents/pt111.pdf

James Patrick Personal Attendant Services Program (JP-PAS) provides a monthly stipend to Florida residents (18 and older) with severe and chronic disabilities who are working and require assistance with at least two activities of daily living, to cover the cost of personal care services. 850-575-6004; FloridaCILS.org PCA Services Program.

Miami Project to Cure Paralysis a Center of Excellence at the University of Miami – Miller School of Medicine is a premier research program that conducts cutting-edge research targeting traumatic spinal cord injuries, brain injuries, and other neurological disorders to cure paralysis and improve the quality of life. To register for a Research Program, contact The Miami Project Education Office at 305-243-7108; TheMiamiProject.org

State Housing Initiatives Partnership (SHIP) administered by Florida Housing, makes homeownership affordable to low and moderate-income families via grants to 67 counties and 52 Community Development Block Grant entitlement cities in the state. The program allows buyers to put as little as 1% of their own funds down when purchasing a home. FloridaHousing.org

Vocational Rehabilitation (VR) is a federal-state program within the Florida Department of Education that helps you find or maintain employment when your disability interferes with your ability to become employed. VR also helps students with disabilities prepare and plan for employment after high school through the Transition Youth program. 1-800-451-4327; RehabWorks.org

SCI GENERAL INFORMATION

CareCure Community has over 70 forums with the latest information on SCI and related issues where users can interact, share pictures, post comments, and access spinal cord injury nurses. It also has specialized forums for women, veterans, and other conditions including TBI, MS, and other disabilities. CareCure.net

FacingDisability.com connects families dealing with spinal cord injuries with video interviews of family members answering real-life questions, spinal cord injury experts discussing medical subjects, resources, medical information, and a blog. FacingDisability.com

Model Systems Knowledge Translation Center (MSKTC) has resources for individuals with SCI and their caregivers, including patient-focused fact sheets, slideshows, videos, and research reviews. MSKTC.org/sci

Spinal Cord Injury Information Pages is a free and informative resource for those living with a *spinal cord injury* or other disabling injuries or diseases of the spine. SCI-Info-Pages.com

Thomas Jefferson University's "Spinal Cord Injury Patient – Family Teaching Manual" contains useful information that has been broken down into multiple PDF files, available in English and Spanish. SpinalCordCenter.org/consumer/manual.html

University of Alabama Spinal Cord Injury Model System (UAB-SCIMS) Information Network provides information on research, health, and quality of life for people with SCI and their caregivers. UAB.Edu/medicine/sci

Spinal Cord Essentials from University Health Network – Toronto Rehabilitation Institute provides a series of free patient and family education handouts that focus on practical information about living with an SCI such as mobility, bowel and bladder, medical management, equipment, and community living. SpinalCordEssentials.ca

COMMUNITY INTEGRATION

Christopher & Dana Reeve Foundation offers a constellation of services, communities, and programs including frequently asked questions for individuals with spinal cord injuries and their families links to current research studies, peer, and family support programs, SCI blog, events, and resources in your area. ChristopherReeve.org

College Guide for Students with Physical Disabilities provides students with direct connections to schools and programs that meet their educational goals. BestColleges.com/resources/college-planning-with-physical-disabilities

Job Accommodation Network (JAN) is an international toll-free consulting service, not a job placement service, that provides employment information for people with disabilities. AskJAN.org

New Mobility Magazine provides information on equipment, an annual Consumer Guide, and a variety of articles on SCI related topics. NewMobility.com

United Spinal Association improves the quality of life of people with SCI/D through education, peer support, advocacy, support groups, consulting services, employment assistance, and a network of regional chapters. Membership is free and open to people with SCIs or disorders, family members, care providers and professionals, and interested individuals (18 and older). Resource Center 1-800-962-9629; UnitedSpinal.org

United Spinal Association Disability Products and Services Guide allows you to discover providers and organizations that specialize in optimizing the health, independence, and quality of life of people with a spinal cord injury or disease. SpinalCord.org

US Department of Housing and Urban Development (HUD) established public rental housing for eligible low-income families, senior citizens, and people with disabilities. HUD.gov

FUNDING, GRANTS & SCHOLARSHIPS

180 Medical Scholarship is open to full-time college students living with specific medical conditions, including SCI, spina bifida, transverse myelitis, neurogenic bladder, or an ostomy. Also offered are Caregiver Scholarships of \$1,000 for students who are the primary unpaid caregiver of a family member. The application process begins every January.

180Medical.com

Adaptive Driving Alliance (ADA) is a nationwide group of vehicle modification dealers. Their website lists funding sources for automotive adaptive equipment. ADAMobility.com

AvaCare Medical offers a scholarship to students seeking a college degree in the medical field. All students may apply but preference is given to students who have a physical disability. AvaCareMedical.com/scholarship

Benefits Checkup is a free service of the National Council on Aging that is a comprehensive online tool that connects older adults and individuals with disabilities with federal, state, and private benefits programs; they also have a Resource Library. BenefitsCheckup.org

Be Perfect Foundation provides direct financial and emotional aid for individuals living with paralysis by providing resources, paying medical expenses, restoring hope, and encouraging independence through non-traditional exercise-based therapy. BePerfectFoundation.org

Cerner Charitable Foundation's (formerly First Hand) medical grants provide funding for children to receive needed care. Grant categories are clinical, medical, displacement, and vehicle modifications. The foundation advocates for children and their families in the health care system, connecting them to providers and resources.

CernerCharitableFoundation.org

Challenged Athletes Foundation (CAF) provides opportunities and support to individuals with permanent physical disabilities in the form of different grants for training, competition, and equipment needs so they can pursue active lifestyles through physical fitness and competitive athletics. ChallengedAthletes.org

Cindy Donald Dreams of Recovery Foundation offers grants to SCI and TBI survivors to cover therapy services and medical equipment. DreamsOfRecovery.org

Getting Back Up provides funds to qualified persons to participate in exercise-based recovery programs and purchase adaptable products. GettingBackUp.org

Grid Iron Heroes Spinal Cord Injury Foundation provides immediate and long-term resources and support to individuals sustaining a catastrophic SCI through activities associated with high school football including providing medical equipment and supplies not covered by Medicaid or insurance. GridIronHeroes.org

HelpHOPELive (formerly NTAf) is a national nonprofit that helps individuals and families facing transplantation or catastrophic injury afford medically related expenses not covered by insurance through grass-roots fundraising.

HelpHopeLive.org

High Fives Foundation's Empowerment Grant is for those who suffered life-altering injuries including SCI, TBI, amputation, or other mobility-limiting injuries in outdoor adventure sports and/or wounded Veterans who wish to pursue outdoor adventure sports. HighFivesFoundation.org

Joseph Groh Foundation provides financial assistance for those connected to the contracting HVAC industry who are living with life altering disabilities. JosephGrohFoundation.org

Kelly Brush Foundation's Active Fund provides grants for individuals with paralysis caused by SCI to purchase adaptive sports equipment. KellyBrushFoundation.org

MW Fund provides scholarships to individuals who want to attend specialized SCI rehabilitation centers and other exercise-based rehabilitation programs not covered by insurance. MWFund.org

New Perspective Foundation assists family and friends of individuals currently hospitalized due to an SCI, with airfare, gasoline, and/or lodging expenses so they can be with their loved ones. NewPerspective.org

Project 34 assists with the purchasing of medical equipment and assistive devices that may not be otherwise accessible to a patient, as well as provides grants to individuals to afford physical therapy for optimal function. ProjectThirtyFour.com

Rise Again SCI provides grants to individuals and their immediate families for housing and/ or transportation to progressive therapy/treatment facilities, costs for alternative/holistic treatments, or the purchase of specialized therapy devices and mobility equipment. RiseAgainSCI.org

SCORE (Spinal Cord Opportunities for Rehabilitation Endowment) provides grants, to people paralyzed while participating in sports or recreational activities, to cover out-of-pocket costs for items or services that will improve the recipient's quality of life such as home modifications, adaptive sports equipment, and vehicle adaptations. ScoreFund.org

Travis Roy Foundation offers grants for specific quality-of-life endeavors, such as installing an elevator or upgrading a wheelchair. TravisRoyFoundation.org

United Healthcare Children's Foundation is a charitable organization that provides medical grants to help children (age 16 or younger) gain access to health-related services not covered, or fully covered, by their family's commercial health insurance plan. There are eligibility requirements and grant exclusions. UHCCF.org

Wheelchairs 4 Kids is a nonprofit organization that provides wheelchairs, home and vehicle modifications, and other assistive equipment at no charge to families who have children with physical disabilities. Wheelchairs4Kids.org

Will2Walk Foundation offers financial assistance to those with traumatic spinal cord injuries in need of equipment or services such as fitness memberships, everyday living supplies, work-related equipment, educational expenses, and more to keep them active, fit, and independent. Two programs are available are the **Emergency Fund** and **Scholarship Program** and each provides for different needs. Will2Walk.org

HEALTH/FITNESS, SPORTS & RECREATION

International Paralympic Committee website contains information about the upcoming Paralympics. Paralympic.org

National Center on Health, Physical Activity and Disability (NCHPAD) is an online resource for research and practice information on health promotion and physical activity for persons with disabilities and provides chair-based activity recommendations, guides to community parks that are wheelchair accessible, and a virtual tour of an accessible fitness center. NCHPAD.org

National Sports Center for the Disabled provides information about summer and winter sports and recreation for children and adults with disabilities. NSCD.org

SportsAbility Alliance (formerly Florida Disabled Outdoor Association – FDOA) seeks to enrich lives and promote health and wellness through accessible inclusive recreation and active leisure activities for people with disabilities. 850-201-2944; FDOA.org

VA Adaptive Sports & Therapeutic Arts via the VA's Office of National Veterans Sports Programs and Special Events (NVSPSE) provides Veterans with opportunities for health and healing through adaptive sports and therapeutic art programs. These specialized rehabilitation events aim to optimize Veterans' independence, community engagement, well-being, and quality of life. The programs are built on clinical expertise within VA, with essential support from Veteran Service Organizations, corporate sponsors, individual donors, and community partners. Blogs.VA.gov/nvspse and SportsAbilities.com

- National Disabled Veterans Winter Sports Clinic: 970-263-5040
- National Veterans Wheelchair Games: 206-445-3519
- National Disabled Veterans TEE Tournament: 319-358-5963
- National Veterans Summer Sports Clinic: 629-694-4695

INDIVIDUAL & TEAM SPORTS

BILLIARDS **National Wheelchair Poolplayers Association, Inc.**
703-817-1215
NWPAINc.org

BOWLING **American Wheelchair Bowling Association**
713-444-7588
AWBA.org

EQUINE THERAPY **Bit-By-Bit Therapy**
3141 SW 118 Terrace
Davie, FL 33330
754-779-7888
BitByBitTherapy.org

Horses for the Handicapped Bakas Equestrian Center
11510 Whisper Lake Drive
Tampa, FL 33626
813-264-3890
BakasRidingCenter.com

Vinceremos Therapeutic Riding Center
13300 6th Court North
Loxahatchee, FL 33470
561-792-9900
Vinceremos.org

Quantum Leap Farm
10401 Woodstock Road
Odessa, FL 33556
813-920-9250
QuantumLeapFarm.org

GOLF **Adaptive Golf Academy**
941-650-5750
AdaptiveGolfAcademy.com
AdaptiveGolf.org/Florida

HANDCYCLING **US Handcycling Federation**
719-434-4200
USACycling.org

POWER SOCCER **United States Power Soccer Association**
PowerSoccerUSA.org

Brooks Barracudas
Jacksonville, FL
Alice Krauss
904-910-9738
alicekrauss@comcast.net

Orlando Hurricanes
Orlando, FL
Shari Hennighan
407-957-0113
coachhennighan@cfl.rr.com

Tampa Thunder
Safety Harbor, FL
Tara Hall
941-962-6838
pwrsocketinc@aol.com
TampaThunder.org

SAILING **Sailability**
Clearwater, FL
727-327-0137
Sailability.org

Shake a Leg Miami
Miami, FL
305-858-5550
ShakeALegMiami.org

SCUBA **Handicapped SCUBA Association**
949-498-4540
HSAScuba.com

Diveheart
630-964-1983
Diveheart.com

Dive Pirates
877-393-3483
DivePirates.org

**SLED
HOCKEY**

Pembroke Pines Sled Hockey
Pembroke Pines, FL
954-708-6322
FASPCorp@gmail.com

Space Coast Hurricanes
Rockledge, FL
Tom Reinarts
321-720-2043
tomreinarts@earthlink.net

Tampa Bay Lightning Sled Hockey
Pembroke Pines, FL
954-708-6322
faspcorp@gmail.com

Tiger Sharks
West Palm Beach, FL
Daniella Robbins
941-538-2339
drobbins@pbcgov.org

TENNIS

USTA Florida
1 Deuce Court, Suite 100
Daytona Beach, FL 32124
386-671-8949
USTA.com/Adult-Tennis/Wheelchair-Tennis/Wheelchair

Broward Wheelchair Tennis
Plantation, FL
954-513-3540

Clearwater Tennis
Clearwater, FL
Bob Carpenter
727-669-1919
robert.carpenter@myclearwater.com

City of Tampa Tennis
Tampa, FL
Andrew Sheets
813-259-1664

**WATER
SKIING**

LOF Adaptive Skiers
LOFAdaptiveSkiers.org

U Canski 2
UCanSki2.com

**WHEELCHAIR
SOFTBALL**

Tampa Bay Rays
Tampa, FL
Jennifer Day: 813-972-2000
jennifer.day2@va.gov
Shayne Wilkerson: 813-928-8288

**WHEELCHAIR
BASKETBALL**

**National Wheelchair
Basketball Association**
1130 Elkton St., Suite C
Colorado Springs, CO 80907
719-266-4082 x103
NWBA.org

Brooks Ballers (Jacksonville)
Alice Krauss
904-910-9738
alicekrauss@comcast.net

Fort Lauderdale Sharks
Sherrod Nelson
954-993-3889
ftlharks@gmail.com

Miami Heat Wheels
Parnes Cartwright
917-545-5949
heatwheels@gmail.com

North Florida Rolling Rage

Robert Exum
386-758-8159
7rollingrage@bellsouth.net

Orlando Magic Wheels

Jim Moore
407-399-3920
info@OrlandoMagicWheels.org
OrlandoMagicWheels.org

Sunrise Suns

954-401-6970
sunrisesuns1@gmail.com

Tampa Bay Strong Dogs

Wayne Bozeman
813-892-0065
bozemanc@hillsboroughcounty.org

**WHEELCHAIR
RUGBY****US Wheelchair Rugby Association**

USWRA.org

Brooks Bandits

Jacksonville, FL
Dan Caldwell
904-307-5913
Packattack23@msn.com

South Florida Rattlers

Lake Worth, FL
Daniella Robbins
561-966-7083
DRobbins@pbcgov.org

WWAR Warriors

Pinellas Park, FL
Mike Delancy
727-234-5709
WoundedWarriorsAbilitiesRanch.org