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| **Healthy Living Agencies and Organizations** |
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**DC Government Offices and Community Organizations**

**DC Department of Health**The Mission of the Department of Health is to promote and protect the health, safety, and quality of life of residents, visitors, and those doing business in the District of Columbia. Its responsibilities include identifying health risks; educating the public; preventing and controlling diseases, injuries, and exposure to environmental hazards; promoting effective community collaborations; and optimizing equitable access to community resources.

**Address:** 899 North Capitol Street, NE., Washington, DC 20002
**Phone:**  (202) 442-5955 **Website**: <http://doh.dc.gov/>

**Email:** doh@dc.gov

**DC Health Information Center and Family Voices Affiliate in DC**The DC Health Information Center at Advocates for Justice and Education (AJE) is a free service that provides information and assistance to children and youth with special health care needs and their families. AJE is also an affiliate of Family Voices, which provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care.

**Address:** 4201Georgia Ave NW or 1012 Pennsylvania Ave SE **Phone:** (202) 265-1432 or 1-888-327-8060

**Website**: <http://www.aje-dc.org/programs/dchic>

**DC Department of Healthcare Finance: Where do I apply for Medicaid?**
You may apply for Medicaid for low-income families and children under 19 and pregnant women at your Income Maintenance Administration (IMA) Service Center. You may call (202) 727-5355 to locate your nearest IMA Service Center. You may apply for benefits at the IMA Service Centers listed below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Service Center** | **Address** | **Phone** | **Fax** |
| Anacostia | 2100 Martin Luther King Avenue, SE | (202) 645-4614 | (202) 727-3527 |
| Congress Heights | 4001 South Capitol Street, SW | (202) 645-4546 | (202) 654-4524 |
| Fort Davis | 3851 Alabama Avenue, SE | (202) 645-4500 | (202) 645-6205 |
| H Street | 645 H Street, NE | (202) 698-4350 | (202) 724-8964 |
| Taylor Street | 1207 Taylor Street, NW | (202) 576-8000   | (202) 576-8740 |

**DC Health Benefit Exchange Authority (HBX)**

The DC Health Benefit Exchange Authority (HBX) was established as a requirement of Section 3 of the Health Benefit Exchange Authority Establishment Act of 2011, effective March 3, 2012. The mission of HBX is to implement a health care exchange program in the District of Columbia in accordance with the Patient Protection and Affordable Care Act (PPACA), thereby ensuring access to quality and affordable health care to all DC residents. The health care exchange program will enable individuals and small employers to find affordable and easier-to-understand health insurance and assist small employers in purchasing qualified health benefit plans for their employees. The exchange will facilitate the purchase of qualified health plans and assist individuals and groups to access programs, premium assistance tax credits and cost-sharing reductions.

 **Address**: 1225 Eye Street, NW, Suite 400, Washington, DC 20005

 **Phone**: 202-715-7576

 **Email**: hbx@dchbx.com

**Website**: <http://hbx.dc.gov>

**State Health Insurance Assistance Program (SHIP)**
This is a state-based program that provides local one-on-one counseling and assistance to Medicare beneficiaries and their families on Medicare and other health insurance issues. The goal of the program is to provide beneficiaries with accurate, understandable, and objective health insurance information so they can make informed coverage decisions and understand their rights and protections.

**DC SHIP - Health Insurance Counseling Project (HICP)**
The D.C. Office on Aging contracts with the George Washington University Law School to provide services through the Health Insurance Counseling Project (HICP), which is a part of the George Washington Law School's Jacob Burns Legal Clinics. Its unique setting complements the services offered at no cost to Medicare beneficiaries, by including assistance from attorneys and law students.

**Address:** Health Insurance Counseling Project, The George Washington University Law School, 650 20th Street, NW, Washington, DC 20052

**Phone:** (202) 994-6272; (202) 994-6656 (TTY)
**E-mail:** dchicp@gmail.com

**Website**: <http://www.law.gwu.edu/Academics/EL/clinics/insurance/Pages/About.aspx>

**Medicare Contacts in Washington, DC**

|  |  |  |  |
| --- | --- | --- | --- |
| **Organization Name** | **Agency Name** | **Can Answer My Question About** | **Contact Information** |
| Carrier | TrailBlazer Health Enterprises, LLC | Part B bills and services. | Toll Free: (800) 633-4227 |
| DME MAC -- Durable Medical Equipment Medicare Administrative Contractor | National Heritage Insurance Company | Bills for durable medical equipment and a list of approved suppliers of this equipment. | Toll Free: (800) 633-4227[www.medicarenhic.com](http://www.medicarenhic.com)  |
| Fiscal Intermediary | Highmark Medicare Services | Part A bills and services, hospital care, skilled nursing care, and fraud. | Toll Free: (800) 633-4227 |
| SSA -- Social Security Administration | Social Security Administration | Changing my address, Medicare Part A or Part B, lost Medicare card, and Social Security benefits. | Toll Free: (800) 772-1213[www.socialsecurity.gov](http://www.socialsecurity.gov)  |
| State Medical Assistance Office | DC Healthy Families and DC HealthCare Alliance - formerly (DC Healthy Family) | Low-income programs (such as Medicaid) to help pay medical bills. | Toll Free: (800) 620-7802Local: (202) 639-4030[www.dchealthyfamilies.com](http://www.dchealthyfamilies.com)  |

**Total Family Care Coalition in DC**
Their mission is to "keep families together for a better community" by teaching our families and youths how to advocate in finding community services and resources for sustaining a better quality of life. TFCC vision as the leading provider of family advocacy and support for the District of Columbia helps families that have emotional, behavioral, and mental health difficulties.

**Address:** 1214 I. Street S.E., Suite 11, Washington, DC 20003

**Phone:** (202) 758-3281 **E-mail:** TotalFamilyCareCoalition@gmail.com  **Website**: <http://www.totalfamilycarecoalition.org>

**Office of the State Superintendent of Education, Wellness and Nutrition Services**

The mission of the Wellness and Nutrition Services Division is to work with schools and community based organizations to promote positive healthy behaviors and to improve the quality of life for children and youth in the District of Columbia. We offer capacity building to schools and community based organizations through the administration of the federal child nutrition programs, the distribution of federal and local funding, technical assistance and programming.

 **Address:** 810 1st Street NE, 4th Floor, Washington, DC 20002

 **Phone**: 202-727-1839

 **Email:** wellness.nutrition@dc.gov

 **Website:** <http://osse.dc.gov/service/wellness-and-nutrition-services>

**District of Columbia Department of Parks and Recreation**

The DC Department of Parks and Recreation (DPR) offers a variety of programs, events, activities, and sports to serve DC residents and visitors.

**Address:** 1250 U Street, NW, Washington, DC 20009
**E-mail:** dpr@dc.gov

**Phone:** (202) 673-7647; **Fax:** (202) 673-2087; **TTY:** (023) 345-6789
**Website**: <http://dpr.dc.gov>

 **DPR Center for Therapeutic Recreation (TR Center)**

The DC Department of Parks and Recreation (DPR) Therapeutic Recreation division provides recreation and athletic programs for residents of all ages, including adaptive programs and facilities for persons with disabilities, by addressing the needs of individuals living with disabilities through a continuum of specialized therapeutic recreation program services.

 **Address:** 3030 G Street, SE, Washington, DC 20019

 **Phone:** 202-673-7647

 **Email:** dpr@dc.gov

 **Website:** <http://dpr.dc.gov/service/therapeutic-recreation>

**Community Foodworks**

Community Foodworks is dedicated to creating market opportunities for local farmers and food producers in the mid-Atlantic region while increasing access to good, healthy, local food. They operate farmers markets in Brookland, Columbia Heights, and Arlington. They manage a variety of incentive and educational programs to ensure that all community members can access more healthy food, including a Bonus Bucks program that allows customers who show with WIC, FMNP, or SNAP benefits to receive $10 in matching funds each week.

 **Address:** 1380 Monroe Street NW, box 605, Washington, DC 20010

 **Website:** [www.community-foordworks.org](http://www.community-foordworks.org)

**Kids Enjoy Exercise Now (KEEN)**

KEEN Greater DC is a nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

**Address:** P.O. Box 341590 Bethesda, MD 20827-1590

**E-mail:** info@keengreaterdc.org

**Phone:** (301) 770-3200

**Website:** <http://www.keengreaterdc.org/>

**HSC Healthy Living Center**

Provides a rotating variety of physical activities such as yoga, belly dancing, and Jazzercise for both adults and families. Classes are free and childcare is provided. Call for current offerings and registration information.

**Address:** MLK Outreach Center Health Services for Children with Special Needs, Inc. 2124 Martin Luther King, Jr. Avenue, SE Washington, DC 20020

**Phone**: (202) 467-2708

**Website**: [www.hscsn-net.org](http://www.hscsn-net.org)

**Unity Health**

Unity Health Care, Inc. (Unity) was founded in 1985 as the Health Care for the Homeless Project providing primary health care services to homeless individuals and families that resided in local emergency shelters or on the streets of the District of Columbia. In 1996, the organization expanded when it became the federal government’s emergency grantee for the Community Health Center programs, which expanded our patient base to include the underserved, uninsured and working poor residents of the city. Unity’s mission is to promote healthier communities through compassion and comprehensive health and human services, regardless of ability to pay. Provides services in many languages.

 **Address:** 1220 12th Street SE, Suite 120, Washington, DC 20003

 **Phone:** 202-715-7900

**Website:** <http://www.unityhelathcare.org>

**Mary’s Center**

Mary’s Center, founded in 1988, is a Federally Qualified Health Center that provides health care, family literacy and social services to individuals whose needs too often go unmet by the public and private systems. Mary’s Center uses a holistic, multipronged approach to help each participant access individualized services that set them on the path toward good health, stable families, and economic independence. The Center offers high-quality, professional care in a safe and trusting environment to residents from the entire DC metropolitan region. Provides Spanish language services.

**Address**: 2333 Ontario Road, NW, Washington, DC 20009

**Phone**: 202-483-8196

**Website**: <http://www.maryscenter.org>

**Community of Hope**

Community of Hope creates opportunities for low-income families in Washington, DC, including those experiencing homelessness, to achieve good health, a stable home, family sustaining income, and hope. Community of hope provides healthcare, housing with supportive services, and programs supporting strong families.

 **Website:** <http://www.communityofhopedc.org>

**La Clinica del Pueblo**

La Clinica del Pueblo is a non-profit, federally qualified health center that serves the Latino and immigrant populations of the Washington, DC metro area. Our goal is to provide culturally appropriate health services, focusing on those most in need. Our services include Patient Services, Mental Health & Substance Abuse Services, Interpreter Services, and Community Health Action.

 **Address:** 2831 15th Street NW, Washington, DC 20009

 **Phone:** 202-462-4788

 **Email:**  info@lcdp.org

 **Website:** <http://www.lcdp.org>

**Whitman-Walker Health**

Whitman-Walker Health is a Washington DC community health center specializing in HIV/AIDS care and lesbian, gay bisexual and transgender care. For nearly four decades, Whitman-Walker Health has provided health care services for the LGBT community. In the 1980s, they became a leader in the fight against HIV/AIDS. And, in the 21st Century, they have evolved into a full-service community health center. Their mission is to be the highest quality, culturally competent community health center serving greater Washington’s diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBT and HIV care.

**Address**: **Elizabeth Taylor Medical Center**, 1701 14th St, NW, Washington, DC 20009

**Max Robinson Center**, 2301 Martin Luther King Jr. Ave., SE,

Washington, DC 20020

**Phone**: 202-745-7000

**Email**: info@whitman-walker.org

**Website:** <http://www.whitman-walker.org>

**DC Child Development Center Easter Seals Greater Washington-Baltimore Region**

Programs and services for children with and without disabilities, including child care that incorporates physical activity (exercise) and nutrition education.

**Address**: 2800 13th Street, NW Washington, DC 20009-5399

**Phone**: (202) 387-4434

**Website**: <http://gwbr.easterseals.com>

**Senior Help Line Jewish Council for the Aging**

Provides information and referrals to seniors and those with disabilities for transportation services (including to grocery stores) in Maryland, Virginia, and the District of Columbia.

**Address**: 11820 Parklawn Drive Suite 200 Rockville, MD 20852

**Phone**: (301) 255-4200 for Maryland; (703) 323-6494 for Virginia; (301) 255-4200 for DC

**Website**: [www.jcagw.org](http://www.jcagw.org)

**Federal Agencies**

**US Department of Health and Human Services**The Department of Health and Human Services (HHS) is the United States government’s principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

**Phone:** 1-877-696-6775
**Website**: <http://dhhs.gov/>

**The Center for Medicaid and CHIP Services (CMCS)**The Center for Medicaid and CHIP Services (CMCS) is one of six Centers within the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services (HHS). CMCS serves as the focal point for all national program policies and operations related to Medicaid and the Children’s Health Insurance Program (CHIP).

**Medicaid**Medicaid is government health insurance that helps many low-income people in the United States to pay their medical bills. Although the Federal government establishes general guidelines for the program, each state has its own rules.

**Medicaid State Waiver Programs**The Social Security Act authorizes multiple waiver and demonstration authorities to allow states flexibility in operating Medicaid programs. Each authority has distinct purposes, and requirements.

Section 1115 Research & Demonstration Projects: projects that test policy innovations likely to further the objectives of the Medicaid program.

Section 1915(b) Managed Care/Freedom of Choice Waivers: managed care delivery systems

Section 1915(c) Home and Community-Based Services Waivers: Facilitates long-term care services delivered in community settings. This program is the Medicaid alternative to providing comprehensive long-term services in institutional settings.

**Website**: <http://www.medicaid.gov/Medicaid-CHIP-Program->Information/By-Topics/Waivers/Waivers.html?filterBy=district of columbia

Medicaid entitlement programs for people with disabilities provide an array of benefits and services designed to promote independence and autonomy. Home and community-based waivers can provide many benefits, including home health aide services and/or personal care attendant services and residential and home care services in lieu of institutional care. There may be other waivers and options.

**“Money Follows the Person” Rebalancing Demonstration Program (MFP)**

The “Money Follows the Person” Rebalancing Demonstration Program (MFP) helps States rebalance their long-term care systems to transition people with Medicaid from institutions to the community. Forty-three States and the District of Columbia have implemented MFP Programs.  From spring 2008 through December 2010, nearly 12,000 people have transitioned back into the community through MFP Programs. The Affordable Care Act of 2010 strengthens and expands the “Money Follows the Person” Program to more States.

**Website**: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Balancing/Money-Follows-the-Person.html>

**Real Choice Systems Change**

In 2001, Congress began funding the Real Choice Systems Change Grants for Community Living program (hereafter, Systems Change grants) to help States change their long-term care systems to rely less on institutional services and to increase access to home and community-based services. The overarching purpose is to help States develop the necessary regulatory, administrative, program, and funding infrastructure to enable individuals of all ages who have a disability or long-term illness to live in the most integrated community setting of their choice; exercise meaningful choice and control over their living environment, services, and service providers; and obtain high-quality services in a manner consistent with their preferences.

**Website:** <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Support/Balancing/Real-Choice-Systems-Change-Grant-Program-RCSC/Real-Choice-Systems-Change-Grant-Program-RCSC.html>

**Medicare**Medicare is the federal health insurance program for Americans age 65 and older and for younger adults with permanent disabilities, End-Stage Renal Disease (ESRD), or Amyotrophic Lateral Sclerosis (ALS). Knowing the basics about Medicare can help you make good decisions about your health coverage and care. For specific questions about your claims, medical records, or expenses:

**Phone**: 1-800-MEDICARE (1-800-633-4227)

**Website**: [http://www.medicare.go](http://www.medicare.gov/default.aspx)v

**National Clearinghouse on Long-Term Care Information**This clearinghouse provides information and resources to help plan for future long-term care. It is primarily focused on care of individuals over age 65. The Administration on Community Living (ACL) is the Administrator of the National Clearinghouse for Long-Term Care Information. For information about the Clearinghouse website, contact ACL here:

**Phone**: (202) 619-0724; **Fax**: (202) 357-3555
**E-mail**: aclinfo@acl.hss.gov
**Website**: <http://www.longtermcare.gov>

**SSI and SSDI**SSI, or Supplemental Security Income is a national program that pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits. The Red Book is an authoritative resource for learning about SSI. The Red Book is a general reference tool designed to provide a working knowledge of SSI and SSDI. The Red Book is as self-help guide written primarily for educators, advocates, rehabilitation professionals, counselors and applicants and beneficiaries.

**Website**: <http://www.ssa.gov/redbook/eng/introduction.htm>

**Substance Abuse and Mental Health Services Administration (SAMHSA)**SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. The Consumer Affairs Program provides consumers the opportunity to participate in treatment and policy issues, consumer-operated networks and information activities.

**Phone**: 1-877-SAMHSA-7 (1-877-726-4727); **TTY**: 1-800-487-4889; **Fax**: (240) 221-4292
**Email**: SAMHSAInfo@samhsa.hhs.gov

**Website**: <http://www.samhsa.gov>

**Accessibility Management Program**

Provides people with disabilities access to National Park Service facilities, programs, activities, and services. For information on the accessibility of individual parks, visit specific park web pages at www.nps.gov. Some parks have small entrance fees.

**Website:** National Park Service, Department of the Interior, 1100 Ohio Drive, SW Washington, DC 20242

**Phone**: Phone numbers and web pages for individual parks are available on the main website.

**Website**: [www.nps.gov/aboutus/accessibility.htm](http://www.nps.gov/aboutus/accessibility.htm)

**National Organizations**

**Family Voices**Family Voices provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care. There are Family Voices programs in most states, including Washington, D.C. (**see DC listing on page 1**).

**National Address:** 3701 San Mateo Blvd. NE, Suite 103, Albuquerque, NM 87110
**National Phone:** (888) 835-5669; **Fax**: (505) 872-4780 **Website**: <http://www.familyvoices.org/>

**American Association on Health and Disability**AAHD is dedicated to the advancement of theory, knowledge and practice in the prevention of secondary disabling conditions and promotion of health and wellness for people with disabilities. AAHD’s method includes professional and public education, advocacy efforts, and expansion of public awareness on issues related to the prevention of impairments and disabilities.

**Address:** 110 N. Washington Street, Suite 328-J, Rockville, MD 20850
**Phone**: (301) 545-6140; **Fax**: (301) 545-6144 **Website**: <http://www.aahd.us/>

**The Bazelon Center for Mental Health Law**

The mission of the Judge David L. Bazelon Center for Mental Health Law is to protect and advance the rights of adults and children who have mental disabilities. The Bazelon Center envisions an America where people who have mental illnesses or developmental disabilities exercise their own life choices and have access to the resources that enable them to participate fully in their communities.

 **Address:** 1101 15th St. NW, Suite 1212, Washington, DC 20005

 **Phone:** 202.467.5730

 **Email:** communications@bazelon.org

 **Website:** <http://www.bazelon.org>

**National Institute on Mental Health**The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.You can find mental health information here in English and Spanish.

**Address:** 6001 Executive Boulevard, Bethesda, MD 20892
**Phone:** 1-866-615-6464 (Toll-free)
**E-mail:** nimhinfo@nih.gov  **Website**: <http://www.nimh.nih.gov/health/index.shtml>

**Health and Disability Advocates**Health & Disability Advocates (HDA) is a national organization, based in Chicago, Illinois, that promotes income security, work and education opportunities and improves healthcare access and services for children, people with disabilities and low-income, older adults. They develop innovative projects and policies to protect and strengthen federal and state safety-net programs including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare and Medicaid.

**Phone:** (312) 223-9600; **TTY**: 1-866-584-8750 **Email:** hda@hdadvocates.org  **Website**: [www.hdadvocates.org](http://www.hdadvocates.org)

**Got Transition**

Got Transition aims to improve transition from pediatric to adult health care through the use of new and innovative strategies for health professionals and youth and families. Got Transition works to:

* Partner with health professional training programs to improve knowledge and competencies in providing effective health care transition supports to youth, young adults, and families;
* Develop youth and parent leadership in advocating for needed transition supports and participating in transition quality improvement efforts;
* Promote health system measurement, performance, and payment policies aligned with the Six Core Elements of Health Care Transition; and
* Serve as a clearinghouse for current transition information, tools, and resources.

 **Address:** 1615 M Street NW, Suite 290, Washington, DC 20036

 **Phone:** 202-223-1500

 **Email:** info@GotTransition.org

 **Website:** [www.GotTransition.org](http://www.GotTransition.org)

**The Consumer Voice**They provide information and leadership on federal and state regulatory and legislative policy development and models and strategies to improve care and life for residents of nursing homes and other long-term care facilities. They advocate for public policies that support quality care and quality of life responsive to consumers’ needs in all long-term care settings, empower and educate consumers and families with the knowledge and tools they need to advocate for themselves, and train and support individuals and groups that empower and advocate for consumers of long-term care.

**Address:** 1001 ConnecticutAvenue, NW, Suite 425, Washington, DC 20036 **Telephone:** (202) 332-2275; **Fax**: (202) 332-2949 **E-mail:** info@theconsumervoice.org  **Website**: <http://www.theconsumervoice.org>

 **National Alliance on Mental Illness (NAMI)**NAMI is a grassroots mental health advocacy organization with chapters in all states. Housing and homelessness for individuals with mental illness is an important part of their work.

**National Address:** 3803 N. Fairfax Dr., Ste. 100, Arlington, VA 22203
**Phone:** (703) 524-7600 **Website**: <http://www.nami.org/>

**State NAMI:** 422 8th St SE, 2nd Floor, Washington, DC 20003-2832
**Phone**: (202) 546-0646
**E-mail**: namidc@namidc.org
**Website**: <http://www.namidc.org/>

**Mental Health America**

MHA, the leading advocacy organization addressing the full spectrum of mental and substance use conditions and their effects nationwide, works to inform, advocate and enable access to quality behavioral health services for all Americans. With nearly a century of experience, MHA has an established record of effective national and grassroots actions that promote mental health, and address mental and substance use issues with compassionate and concrete solutions. MHA’s actions inform, support and enable mental wellness, and emphasize recovery from mental illness. Our 240 affiliates in 41 states represent a potent voice for healthy communities throughout the nation. Our mission:

Mental Health America is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service.

**Address:** 2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311

**Phone:** (703) 684-7722

**Website:** [http://www.mentalhealthamerica.net](http://www.mentalhealthamerica.net/)

**E-mail:** info@mentalhealthamerica.net

**Center for Mental Health in Schools**Operating under the auspices of the School Mental Health Project at UCLA, the national Center for Mental Health in Schools was established in 1995. Its mission and aims are to improve outcomes for young people by enhancing the field of mental health.

**Phone:** (310) 825-3634

**E-mail:** smhp@ucla.edu or ltaylor@ucla.edu  **Website**: <http://smhp.psych.ucla.edu/>

**DREDF Healthcare Stories**

Healthcare Stories is a new video advocacy tool in DREDF’s ongoing campaign for healthcare justice for people with disabilities. The stories, dispatches from the front lines of health care, add an essential human dimension to a large body of research showing that people with disabilities experience both health and healthcare disparities and face specific, persistent barriers to care. We know firsthand that poor health care inevitably affects the quality and length of our lives as well as our productivity, autonomy and independence. Because we experience unequal healthcare every day, out of necessity we have become experts in what must be done to remove barriers and increase access to the care we need. We invite you to watch the videos, meet the people behind the stories, and learn what you can do to spark change.

**Website:** <http://www.dredf.org/healthcare-stories/>

**Patient Advocate Foundation**Patient services provide patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness. Case managers work with patients to discover local, state, and federal programs that provide assistance for their individual needs.

**Phone:** 1-800-532-5274 **Website**: <http://www.patientadvocate.org/>

**National Center on Health, Physical Activity and Disability (NCHPAD)**The National Center on Health, Physical Activity and Disability (NCHPAD) is positioned to effect change in health promotion/obesity management among people with disabilities through its existing 13-year history of providing advocacy, services and programs to numerous organizations and people throughout the country. The primary focus of the Center’s approach is to collaborate with the nation’s leading health advocacy and disability organizations in linking them to the hundreds of program initiatives ongoing across the nation, and using this framework to build inclusion and integration into these existing programs. NCHPAD also has a 14 week online fitness program specifically designed for people with a variety of disabilities and fitness levels.

**Phone:** 1-800-900-8086 (voice and TTY) **E-mail:** email@nchpad.org  **Website**: <http://www.ncpad.org>

**Families USA**

Families USA is a national nonprofit, nonpartisan organization dedicated to the achievement of high-quality, affordable health care for all Americans. Families USA produces timely policy reports, fact sheets, issue briefs, and other informative resources. They conduct research and analysis on current and future developments in health care policy, as well as targeted information campaigns. They also collaborate with organizations across the political, business, nonprofit, and health care sectors. They also provide technical assistance at the state and community levels and collect and share stories from consumers.

 **Phone**: 202-628-3030

 **Email**: info@familiesusa.org

 **Website**: <http://familiesusa.org>

**National Sports Center for the Disabled (NSCD)**The NSCD is one of the largest outdoor therapeutic recreation agencies in the world. With specially trained staff and its own adaptive equipment lab, the NSCD teaches a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional, or behavioral diagnosis. NSCD is located in Denver, CO.

**Phone:** (303) 316-1518

**Website**: <http://www.nscd.org/>

**Let’s Move**

*Let’s Move!* is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Includes information on diet/nutrition, exercise and lifestyles.

**Website:** <http://www.letsmove.gov/>

**Disabled Sports USA**

Provides sports rehabilitation programs for anyone with a disability. Costs of programs vary. For some programs, scholarships are available based on income and evaluation of individual. Call (301) 217-0960 for programs. Chapters in D.C. Metro Area: Team River Runner, Inc. 12 Froude Circle Cabin John, MD 20818

**Address:** 451 Hungerford Drive Suite 100 Rockville, MD 20850

**Phone**: (301) 217-0960

**Website:** [www.dsusa.org](http://www.dsusa.org)

**Special Olympics Healthy Athletes**At more than 1.2 million free health screenings in more than 100 countries, the Special Olympics Healthy Athletes program has offered health services and information to athletes in dire need. In the process, Special Olympics has become the largest global public health organization dedicated to serving people with intellectual disabilities.

**Phone**: (202) 824-0308

**Website:** <http://www.specialolympics.org/Sections/What_We_Do/Healthy_Athletes/Health_Programs.aspx>