

Quadriplegic & Paraplegic Resources - Trauma Survivors

- **ADA National Network** – <https://adata.org/>

The ADA National Network provides information, guidance, and training on how to implement the Americans with Disabilities Act (ADA) in order to support the mission of the ADA to “assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.” ADA specialists help families address complex questions on a wide range of ADA topics such as reasonable accommodations at work, building codes for new construction projects, accessible housing, and transitioning from school to work. ADA specialists also address questions about other disability laws, such as the Fair Housing Act, the Individuals with Disabilities in Education Act, and the Rehabilitation Act. To learn more, please contact:

Call 1-800-949-4232 | To Submit a Question <https://adata.org/email>

- **American Chronic Pain Association** – <https://www.acpanow.com/>

The ACPA is a non-profit, 501(c) (3) organization with the mission to facilitate peer support, education, hope, and motivation for individuals living with pain and those treating pain conditions. We strive to raise awareness among the health care community, policymakers, and the public at large about issues of living with physical and emotional pain. Our vision is to motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and to prevent chronic disease.

ACPA Downloadable Resources: These ACPA Resources can be an important tool for individuals to communicate their pain condition(s) while at healthcare visits. Resources found at:
<https://www.acpanow.com/pdf-resources.html#/>

The ACPA and Stanford Resource Guide to Chronic Pain Management: The ACPA believes that people with chronic pain benefit from being well informed about their medications. This knowledge may relieve the fears that can interfere with receiving maximum benefits from medications. The ACPA Resource Guide to Chronic Pain Management is not meant to serve as medical advice for your condition or regarding your medication needs. Remember that the best source of information about your health and medication needs is from an open dialogue with your treating doctor. To access the Integrated Guide to Comprehensive Pain Therapies, please visit:
https://www.acpanow.com/uploads/9/9/8/3/99838302/acpa_stanford_resource_guide_2024.pdf

- **American Trauma Society** – <https://www.amtrauma.org/default.aspx>

For more than 55 years, the American Trauma Society (ATS) has worked to reduce the toll of trauma by strengthening every part of the trauma care system. We know survival and recovery depend on more than medical treatment alone. They require strong prevention efforts, coordinated systems of care, and long-term support for survivors and their families. Our mission is built on education, advocacy, infrastructure, and empowerment that, together, save lives and rebuild futures. ATS addresses trauma before, during, and after injury. This means preventing injuries before they happen, ensuring the highest quality treatment when they do, and providing the long-term support survivors need to rebuild their lives.

Call 800-556-7890 or 703-538-3544 | Email info@amtrauma.org

Trauma Survivors Network (TSN) - <https://www.traumasurvivorsnetwork.org/>: The Trauma Survivors Network (TSN), created by the American Trauma Society, aims to support trauma patients and their families in navigating hospital stays and facilitating recovery. TSN offers practical information, peer support, and skill-building resources. Collaborating with trauma centers, TSN fosters online communities and provides training for healthcare providers. To find injury survivor support groups, please visit: https://www.traumasurvivorsnetwork.org/injury_survivor_support_groups/

MDMC TSN Center: We strive to provide every patient and family member with compassionate care and support through trying times. Methodist Dallas Medical Center is a level I trauma facility, supported by a 59 bed emergency department and 556 bed hospital. Through our Trauma Survivors Network, we aim to provide support services to both patients and family members that is otherwise not regularly available or included during a traumatic hospitalizations. Visit our website below for more information: <https://www.traumasurvivorsnetwork.org/trauma-centers-142/>

- **Americans with Disabilities Act – www.ada.gov**

The ADA website provides information and technical assistance regarding the Americans with Disabilities Act. From answers to common questions to official legal documents, ADA.gov has everything you need to understand your rights and responsibilities under the ADA. They specifically cover basic starting points for understanding areas the ADA covers, more detailed guidance on some ADA topics, and legal documents that are enforceable under the ADA in a court of law. For more information:

Monday-Friday, Call 800-514-0301 or 1-833-610-1264 | Email Disability.Outreach@usdoj.gov

- **Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP) -**
<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. For more information.

Call 800-539-7309 | Email Peer@Reeve.org

- **Health Resources and Services Administration (HRSA): Find a Health Center - <http://findahealthcenter.hrsa.gov/>**

HRSA Health Centers care for you, even if you have no health insurance you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Injury Prevention Coordinator: Grace – 214-947-1772 for additional resources and information