Spinal Cord Injury Resource Directory

Home Health Care Providers

Columbus Public Health, (614) 645-7417

- Offers many services including education, health and wellness, child health services, dental and vision care for adults, and food services.

- Go to their website, www.publichealth.columbus.gov, and click on “Directory of Services” to view a list of programs offered.

Life Care Alliance, (614) 278-3130

- Provides home delivered meals, Meals-on-Wheels, to Central Ohio residents. They also offer visiting nurses, nurse practitioners, dietitians, a wellness center, community senior centers, homemakers and home health aides.

- Call or go to their website, www.lifecarealliance.org, for more information.

Mid-Ohio Board for an Independent Living Environment (MOBILE), (614) 443-5936

- Offers a variety of services including advocacy, peer support, independent living, information and referral, home modification (for example, removing structural barriers in the home and putting in ramps and wheelchair lifts), and deaf equipment.
• Offers rental services for specialized home equipment such as modified chairs, toilets and walkers.
• Subscribes to over twenty newsletters with updated information, as well as over twenty newspapers or magazines.
• Helps guide people in search of available housing.
• Call or go to their website, www.mobileonline.org, for more information.

Housing
Creative Living, (614) 421-1226
• Helps adults with severe physical disabilities live independently. It is a non-profit agency.
• Provides wheelchair accessible housing.
• Call or go to their website, www.creative-living.com, for information about facilities, residents and programs.

Columbus Metropolitan Housing Authority, (614) 421-6091
• Helps people find affordable housing.
• Call or go to their website, www.cmhanet.com, for more information.

Mid-Ohio Board for an Independent Living Environment (MOBILE), (614) 443-5936, also listed under Home Health Care Providers

Advocacy
United Spinal Association, (718) 803-3782
• Offers its members many services including counseling, social services, sports and recreational opportunities, wheelchair and assistive technology consultation, veterans’ services, peer coaching, health care and service information, self-advocacy coaching, and discounts on devices. For a complete list of member services, go to their website, www.unitedspinal.org.
• To become a member, go to the website and click on “Free Membership”. Fill out the online application form or call and request that a membership packet be mailed to you.

### Legal Assistance

**The Legal Aid Society of Columbus**, (614) 224-8374 or (614) 241-2001

- Provides legal support in civil cases for people with low income who cannot afford to hire an attorney. They do not do criminal cases. If you meet resource and income limits, there is no charge for services. You may need to pay for some court costs.
- Call for advice on housing problems, domestic violence and other legal issues. An attorney will call you back or an appointment for an office visit can be scheduled. Home visits are available for the sick and disabled.
- Call or go to their website, [www.columbuslegalaid.org](http://www.columbuslegalaid.org), for more information.

**Ohio Legal Rights Service (OLRS)**, 1-800-282-9181

- Advocates for people with disabilities who live in Ohio. Provides help to people with disabilities who have been abused or neglected, denied services, or access to public facilities.
- Call the OLRS Intake Department weekdays, 9:00 am to 4:00 pm or download the online intake form to request help.
- Call or go to their website, [http://olrs.ohio.gov](http://olrs.ohio.gov), for more information.

**Columbus Bar Association**, (614) 221-0754

- Provides free lawyer referrals. Call 8:30 am to 5:00 pm weekdays and the operator will help match a lawyer to your need.
- Call or go to their website, [www.peoplesbar.org](http://www.peoplesbar.org), for more information.
Columbus City Attorney's Office, (614) 645-7385
- Serves as the chief legal officer for the city of Columbus.
- Call or go to their website, www.columbuscityattorney.org, for more information.

Return to Work or School
Ohio Rehabilitation Services Commission (ORSC), 1-800-282-4536
- Works with the Bureau of Vocational Rehabilitation (BVR) and Bureau of Services for the Visually Impaired to help people with disabilities get or keep a job.
- Works with the Bureau of Disability Determination (BDD) to help those unable to work. The BDD determines eligibility for Social Security Disability benefits or Supplemental Security Income.
- Call or go to their website, www.rsc.ohio.gov, for more information.

The Ohio State University, Office for Disability Services, (614) 292-3307
- Offers a variety of services for students with disabilities.
- Provides many services including exam accommodations, specialized adaptive equipment and technical training assistance, counseling and advocacy, priority scheduling, alternative media (taped textbooks, enlarged print, etc.), Adaptive Technology Training (ATTC)/Computer Center and access to class notes.
- Go to their website, www.ods.osu.edu, for more information. Click on “Helpful Links” for a list of other campus resources.

Columbus Board of Education, (614) 365-5000
- Contact to find out about educational services, how to obtain an IEP (Individual Education Plan) and how to connect with your local school.
- Call or go to their website, www.columbus.k12.oh.us, for more information.
Columbus Urban League, (614) 221-0544

- Offers many programs including career services, education and prevention services, and housing services.
- Call or go to their website, www.cul.org, for more information including a list of programs.

Financial Assistance

Franklin County Department of Job and Family Services,
(614) 462-4000

- Provides career and support services. Call for information about Medicaid, ADC, Healthy Start and food stamps.
- Go to their website, www.franklincountyohio.gov/commissioners/jafs, for a list of services and programs and application forms.

Medicare, 1-800-633-4227, TTY/TDD 1-877-486-2048

- Provides health insurance to people aged 65 or older, people under the age of 65 with certain disabilities, and people with permanent kidney failure.
- Call or go to their website, www.medicare.gov, for more information.

OSU Medical Center, Financial Counseling Department,
(614) 293-0860, 8:00 am to 5:00 pm weekdays

- Provides help with completing applications for government-sponsored programs, describes other financial assistance programs or helps create a payment plan for medical treatment if you meet financial criteria.

Social Security

Local office, (614) 469-6855
1-800-772-1213, TTY 1-800-325-0778

- Provides financial assistance to people with disabilities with the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program.
SSDI pays benefits to you and certain family members if you have worked long enough and have paid Social Security taxes.

SSI pays benefits to disabled adults and children who have low income and resources. It also pays benefits to those 65 and older without disabilities who meet financial limits.

Those with spinal cord injury can receive benefits from Social Security, SSI and SSDI. Apply by calling or applying online as soon as you become disabled. Go to their website, www.ssa.gov, for applications and other information.

Rx for Ohio, 1-877-794-6446

- Helps low income, uninsured Ohio residents get free or discounted brand name medicines.
- Call or go to their website, www.rxforohio.org, to determine your eligibility. If eligible, you will need to have your doctor approve and sign an application form which you will then mail directly to the drug manufacturer.

Transportation

Arthritis Foundation Central Ohio Chapter, (614) 876-8200

- Limited transportation to medical appointments.

American Red Cross, (614) 253-6705

- The Red Cross provides free transportation to people over the age of 60 and to people younger than 60 who have a written statement from their doctors.
- A minimum one week's notice is needed for planned transportation.

COTA Good as Gold Cards, (614) 228-1776

Central Ohio Transit Authority

- Bus passes offered to persons 65 or older to ride the bus for 50 cents one way.
• Located on 60 E. Broad St., Columbus 43215.
• Call, stop in or go to their website, www.cota.com, for a Bus Route Map.

**COTA Project Mainstream**, (614) 275-5828
• Provides transportation for the physically impaired.
• Must fill out application and have a note from doctor.
• Call to schedule a pick-up. **It is very difficult to get through on the phone.** Stay on the line even if for over an hour. They will eventually answer!

**Geriatric Service Organization (GSO)**
• Provides medical transportation and grocery shopping to people 60 and over.
• A home assessment is required by GSO.
• Serves residents in these zip code areas: 43205, 43209, 43227, 43068, 43110, 43206, 43213, 43232, 43109 and 43215.

**Franklin County Department of Human Services**, (614) 462-3636
• Helps access bus tickets or taxi transportation to medical appointments.
• Must be assessed by social service specialist of this agency.

**Drug/Alcohol Counseling Services**
24 Hour Hotline, (614) 228-HOPE or (614) 228-4673

**Alcoholic’s Anonymous**, (614) 253-8501
• Hours of operation are 8:30 am to 8:00 pm, Monday through Friday and 8:30 am to 1:00 pm Saturday.
• Call or go to their website, www.aa.org, for more information.
**Maryhaven**, (614) 445-8131
- Provides drug and alcohol rehabilitation regardless of ability to pay.
- Provides programs across cultures, ages and severity of addiction.
- Call or go to their website, [www.maryhaven.com](http://www.maryhaven.com), for more information.

**Parkside Behavioral Health Care**, (614) 471-1601
- Provides alcoholism and drug addiction services.
- Call for more information.

**House of Hope for Alcoholics, Inc.**, (614) 291-4691
- Provides:
  - Alcohol and drug abuse treatment services.
  - Adult residential and outpatient programs. Call (614) 276-4840.
  - Residential treatment program for adolescent males lasting a minimum of six months. Call (614) 443-0720.
- Go to their website, [www.hofhope.org](http://www.hofhope.org), for more information.

**Nicotine Anonymous**, (614) 487-9025
- Provides a program built off of Alcoholics Anonymous (12 steps).
- Provides meetings via telephone if you are unable to or if it is difficult to leave your home. Call to get the phone schedule and conference codes.
- As of August 2008, members meet at St. Luke's Methodist Church in Columbus. Call or go to the website, [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org), for more information.
- Nicotine Anonymous World Services’ toll free phone number is 1-877-879-6422.

**Ohio Department of Alcohol and Drug Addiction Services (ODADAS)**, (614) 466-3445
- Advocates for drug and alcohol addiction prevention programs.
• Regulates drug, alcohol and other counseling services.
• Call the number listed to learn about treatment options. Have the administrative assistant direct you to the appropriate party for your concerns. They should be able to mail you a list of service options in Columbus or elsewhere.
• Go to their website, www.odadas.state.oh.us, for more information.

Columbus Area Community Mental Health Center, (614) 252-0711
• Provides substance abuse counseling services.
• There is a sliding fee scale. They accept Medicaid and Medicare.

Other Counseling Services
Ohio Department of Mental Health, 1-877-275-6364 or (614) 466-2596
• Assists clients in finding services for their needs.
• Contact the local branch for more information regarding available services, as well as questions on consumer rights and mental health legislation. The Columbus branch is located on E. Broad Street.
• Call or go to their website, www.mh.state.oh.us, for more information.

Rehabilitation Psychology, (614) 293-3830
• The Division of Rehabilitation Psychology at the OSU Medical Center is located in Dodd Hall. Has support programs for those with disabilities arising from injury or illness.
• Psychologists work with other members of the health care team to ensure the best care.

The Traumatic Brain Injury (TBI) Network, (614) 292-4559
• Assists adults with a brain injury and a coexisting substance abuse disorder.
• Located in McCampbell Hall on OSU’s Campus.
• Call or go to their website, http://rehab.psych.org, for more information.
**Catholic Social Services**, (614) 221-5891

- Offers counseling, parenting services and parenting counseling.
- Offers career development counseling specifically for the Hispanic Community.
- Offers social worker consults for the elderly for housing, medical appointments, insurance, transportation, and other health care needs. Also offers consults for those in the Hilltop area.
- Provides homemaker and transportation services for seniors.
- Provides bill payment assistance for seniors and individuals with disabilities.
- Call or go to their website, [www.colscss.org](http://www.colscss.org), for more information.

**Crittenton Family Services**

- A United Way Agency which offers programs in behavior health, prevention, education, counseling and in-home services for families.
- Locations:
  - 1515 Indianola Avenue, (614) 294-2661
  - 1414 E. Broad Street, (614) 251-0103
  - 3850 Sullivant Avenue, (614) 276-1738
  - 1066 N. High Street, (614) 299-5541
  - 657 S. Ohio Avenue, (614) 258-8043

**Netcare Corporation**, (614) 274-9500 or (614) 276-2273 (crisis hotline)

- Connects people to services including crisis intervention and substance abuse services.
- Serves anyone regardless of income.
- Located at 199 South Central Ave. and 741 E. Broad, Columbus, OH.
- Call or go to their website, [www.netcareaccess.org](http://www.netcareaccess.org), for more information.
North Central Mental Health Services, (614) 299-6600

- Provides mental health and recovery services. Offers an outpatient clinic for mental health and chemical dependence. Provides psychiatry consults.
- Main location is 1301 North High Street. There are 5 other locations for specialized services.
- Hotlines:
  - Suicide Prevention Hotline: 221-5445
  - Teen Hotline: 294-3300
  - Senior Hotline: 294-3309
- Call or go to their website, www.ncmhs.org, for more information.

Northwest Counseling Services, (614) 457-7876 or TTD (614) 442-2989

- Provides both mental health and substance abuse counseling.
- Accepts self-payment, Medicaid, Medicare, private health insurance, and Military Insurance. There is a sliding fee scale.
- ASL or assistance for hearing impaired available.
- Call or go to their website, www.northwestcounselingservices.org, for more information.

Medical/Case Management Services

Ohio Department of Mental Retardation and Developmental Disabilities (MRDD), 1-877-464-6733

- Assists in connection to agencies that serve individuals with mental retardation or developmental disabilities and local MRDD agencies
- Call or go to their website, http://odmrdd.state.oh.us, for more information.
**Veterans Administration**, 1-877-222-8387 or 1-800-273-TALK (Suicide Hotline)

- Assists veterans with issues on education, health care, insurance, burials, housing, etc. Helps locate local VA sites.
- Call or go to their website, [www.va.gov](http://www.va.gov), for more information.

**Child Care**

*Action for Children*, (614) 224-0222

- Helps individuals find local child care agencies. This is a free service.
- Call to request written materials or to make an appointment. You can also go to their website, [www.actionforchildren.org](http://www.actionforchildren.org), for more information.

**Domestic Violence**

*Choices*, (614) 224-4663 (crisis hotline)

- Provides a temporary shelter for women and their children.
- Helps link clients to legal support and advocacy agencies. Provides a Legal Advocate to help with the court system.
- Provides educational programs for at-risk populations, counseling for victims of domestic violence and community education programs.
- Assists victims as well as friends of suspected victims.
- Go to their website, [www.choicesdvcols.org](http://www.choicesdvcols.org), for more information.

**Columbus City Prosecutor's Office**, (614) 645-7483

- Provides education, support, counseling, crisis intervention and overall assistance to victims of domestic violence and stalking.
- If in a dangerous situation, call a crisis hotline such as Choices at (614) 224-4663.
• Works often with other agencies such as Choices and the Legal Aid Society as well as local counseling agencies and Franklin County Children's Services.

• If not in immediate danger or are interested for educational reasons only, visit their website at www.columbuscityattorney.org/prosecution/prosecution.aspx.

Franklin County Children's Services, (614) 275-2571 or (614) 299-7000 (24 hour abuse hotline)

• Protects children and places them in safe homes. Call to make a report of suspected abuse or neglect.

• Call or go to their website, www.co.franklin.oh.us/Children_Services, for more information including services offered.

24 Hour Rape Helpline, (614) 267-7020 (a division of OhioHealth)

Rape, Abuse and Incest National Network (RAINN) Crisis Hotline, 1-800-656-HOPE

General Information / Support Groups

Ohio Department of Job and Family Services, 1-800-852-0010 or (614) 466-2100

• Assists people by connecting them with agencies like many of the ones in this directory. They help connect to employment, child care, medical services, financial and legal services, and housing.

• Call or go to their website, http://jfs.ohio.gov/, for more information.

FIRSTLINK, Inc.

• Mobilizes volunteers and connects people to community resources.

• Provides a directory of human services. Go to their website, http://www.firstlink.org/fl/directory/print/, and fill out the online order form. You may also request a directory by calling (614) 221-6766 ext. 160 or email: directory@firstlink.org.
• Call 2-1-1 for information and referrals.
• Office located at 195 North Grant Avenue in Columbus, 43215.

**Brain Injury Association of Ohio**, 1-800-644-6242 or (614) 481-7100, Monday through Friday 8:30 am to 5:00 pm

• Works to improve services for those with brain injury.
• Provides field offices called Community Support Networks (CSNs). These offices provide services and education.
• Call for information about educational materials, support groups and assistance.
• Go to their website, [www.biaoh.org](http://www.biaoh.org), for more information.

**United Spinal Association**, (718) 803-3782, also listed under Advocacy.

**Ford Mobility Motoring**, 1-800-952-2248

• Assists financially with the cost of installing adaptive equipment into vehicles for those with physical disabilities.
• Call or go to their website, [www.mobilitymotoringprogram.com](http://www.mobilitymotoringprogram.com), for more information.
• Email: Mobilitymotoring@Fordprogramhq.com.

**The Ohio State University Medical Center Hospital Operator**, (614) 293-8000

• Helps connect you to departments and persons.
Helpful Websites

If you have access to the Internet, the following are helpful websites for those with a spinal cord injury.

- **SCI Network,** [www.spinalcordinjury.net](http://www.spinalcordinjury.net)
  Provides a support network for those with spinal cord injuries and their families. Provides information on referral, advocacy and visitation, peer and family support groups, and referrals from the Personal Assistant Registry.
  
  51 Monroe Place
  Plaza West 9
  Rockville, MD 20850
  Phone: (301) 424-8335
  Fax: (301) 424-8858
  Email: dcsharp1@comcast.net

  The offices of SCI Network are staffed by volunteers. Call Monday through Friday 9 am to 5 pm.

- **The National Spinal Cord Injury Association (NSCIA),** [www.spinalcord.org](http://www.spinalcord.org)
  Keeps people updated with the latest news in spinal cord injuries including helpful links to resources.
  
  6701 Democracy Blvd.
  Suite 300-9
  Bethesda, MD 20817
  Toll-free helpline: 1-800-962-9629
  Voicemail: (301) 214-4006
  Fax: (301) 990-0445

- **Spinal Injury Network,** [www.spinal-injury.net/spinal-cord-injury.htm](http://www.spinal-injury.net/spinal-cord-injury.htm)
  Similar to the SCI Network website. No contact information available.

  Provides information about spinal cord injuries including treatment, rehabilitation, clinical trials and financial assistance. Go to the website to request a free spinal cord injury information packet or call 1-800-913-6370.