

# Community Resources

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**National Ability Center:** The National Ability Center empowers individuals of all abilities by building self-esteem, confidence, and lifetime skills through sport, recreation, and educational programs. NAC offers a variety of programs such as sled hockey, skiing, and snowboarding with adaptive equipment and trained instructors to enable people with a variety of physical restrictions to participate. Fees are minimized through various sponsorships and scholarships are available for those who cannot pay the fees. The facilities are located in Park City.

Website: [www.DiscoverNAC.org](http://www.DiscoverNAC.org)

Phone: 435-649-3991

Email: [info@DiscoverNAC.org](mailto:info@DiscoverNAC.org)

**Stroke/TBI Support Group:** Come join other stroke/brain injury survivors and caregivers as we discuss various health-related topics! Previous topics include memory, resilience, and nutrition. The group meets the first Thursday of every month at 7:00 at Rocky Mountain University of Health Professions (122 East 1700 South, Provo, UT 84060 Building C).

Website: [tbigroup.weebly.com](http://tbigroup.weebly.com)

**UVRMC Outpatient Rehab Maintenance Program:** The UVRMC rehabilitation center offers a maintenance program in which participants are provided one-on-one assistance with a physical therapy aide to follow an exercise program created by a physical therapist to maintain their function. The program costs about \$200/month and is self-pay. Driving evaluations with an occupational therapist are also available. Please contact the UVRMC rehabilitation center for more information.

Phone number: 801-357-7540

**BYU Speech Therapy Clinic:** The BYU speech language pathology program offers outpatient services at a discounted rate as their students gain experience in treating patients. The fee is \$25 per session. Clients are required to commit to 2 sessions per week for 50 minutes each session. If interested, please fill out a case history form located on their website ([education.byu.edu/comd](http://education.byu.edu/comd) under the Speech and Language Clinic tab) and submit it either electronically or by mail. You will then be placed on a waiting list. The wait time for adults is 1-2 years (as of Oct. 2013). When a slot becomes available, the clinic will contact you.

Phone number: 801-422-2870

Email: [byuspeechclinic@gmail.com](mailto:byuspeechclinic@gmail.com)

**Utah Valley Stroke Association:** The Utah Valley Stroke Association offers many activities and fundraisers throughout the year. These activities are free for stroke survivors, and proceeds support stroke programs in the valley. Activities include a Strike Out Stroke bowling event in February, a Saving Strokes golf event every August, and a 5k/1k fun run during the summer (usually June/July). For more information, please see the association's Facebook page.

Website: <https://www.facebook.com/pages/UVSA-Utah-Valley-Stroke-Association/121809034564191>

**The Well Spouse Foundation:** The Foundation provides support to husbands, wives, and partners of people who are chronically ill and/or disabled. The Foundation provides a bi-monthly newsletter, mutual aid support groups, letter-writing support groups, and an annual conference and other regional and weekend meetings around the country.

Website: [www.wellspouse.org](http://www.wellspouse.org)

**Pro Bono Physical Therapy Clinic:** Rocky Mountain University of Health Professions has developed a pro bono physical therapy clinic in which physical therapy services are provided at a discounted rate as physical therapy students gain experience in treating patients. The clinic is called Community Rehabilitation Clinic, and is located at 575 S. State St., Provo, UT (in Mountainlands Health Clinic). For further information or to schedule an appointment, please contact Coleby Clawson at 801-375-2041.

**Splore:** Splore provides accessible outdoor adventures for groups and individuals with disabilities and special needs.

Website: [www.splore.org](http://www.splore.org)

**Ability 1st Utah:** Ability 1st works with people with disabilities to reach their full potentials in the setting they have chosen. People living an independent lifestyle decide what services they receive, if any.

Website: [abilityfirstutah.org](http://abilityfirstutah.org) Phone: 801-373-5044

**Utah State Office of Rehabilitation:** The Specialized Services of the USOR provides a variety of services that assist individuals with disabilities in obtaining employment and increasing their independence.

Website: [www.usor.utah.gov/specialized-services](http://www.usor.utah.gov/specialized-services)

# Informational Resources

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**National Rehabilitation Information Center:** The National Rehabilitation Information Center (NARIC) is the library of the National Institute on Disability and Rehabilitation Research (NIDRR.). We collect, catalog, and disseminate the articles, reports, curricula, guides, and other publications and products of the research projects funded by NIDRR. NIDRR funds more than 250 projects each year that conduct research on a wide range of issues including technology, health and function, independent living, and capacity building.

Website: [www.naric.com](http://www.naric.com)

**National Eldercare Locator:** National Eldercare Locator assists caregivers in locating resources and services nationwide.

Website: [www.eldercare.gov](http://www.eldercare.gov)

**National Aphasia Association:** The NAA promotes public education, research, rehabilitation, and support services to assist patients with aphasia and their caregivers.

Website: [www.aphasia.org](http://www.aphasia.org)

**American Stroke Association:** The ASA provides free literature about stroke and sponsors a Stroke Education Committee of professionals and survivors that serves as an open, accessible resource for agencies serving stroke survivors and their caregivers.

Website: [www.strokeassociation.org](http://www.strokeassociation.org)

**Traumatic Brain Injury Survival Guide:** The TBI Survival Guide was written by Dr. Glen Johnson, a clinical neuropsychologist, in an attempt to explain head injury in clear, easy-to-understand language.

Website: [www.tbiguide.com](http://www.tbiguide.com)

**Brainline.org:** Brainline.org provides free information regarding head injuries to brain injury survivors, caregivers, and healthcare professionals.

Website: [www.brainline.org](http://www.brainline.org)

**National Family Caregivers Association:** NFCA provides information and resources for family caregivers free of charge.

Website: [www.nfcacares.org](http://www.nfcacares.org)

**Disability Rights Education and Defense Fund:** DREDF provides information regarding disability rights.

Website: [www.dredf.org](http://www.dredf.org)

**Provo Social Security Office:** Please contact the social security office regarding information on obtaining disability status.

Phone: 866-366-9549

**Provo Department of Workforce Services:** Please contact DWS to apply for food, financial, child care, and/or medical support services.

Phone: 801-342-2600 (M-F 8am-5pm)

**Brain Injury Alliance of Utah:** This Alliance is the only non-profit organization dedicated exclusively to education and support for the issues of prevention and recovery of brain injury in the state of Utah.

Website: [www.biau.org](http://www.biau.org)

**Utah Brain Injury Council:** The mission of UBIC is to advocate for, facilitate, educate, and guide the implementation of a permanent and sustainable statewide traumatic brain injury system. The UBIC coordinates services for TBI/stroke survivors across the state.

Website: [www.utahbraininjurycouncil.net](http://www.utahbraininjurycouncil.net)

**Stroke Journal:** Keep up-to-date on the latest stroke research.

Website: [stroke.ahajournals.org](http://stroke.ahajournals.org)

**National Stroke Association:** The NSA provides free information regarding strokes including what a stroke is, prevention of stroke, and recovery from stroke in easy-to-understand language.

Website: [www.stroke.org](http://www.stroke.org)

**Utah Center for Assistive Technology:** The Utah Center for Assistive Technology is a statewide resource offering information and technical services to help people with disabilities acquire and use assistive technology.

Website: [ucat.usor.utah.gov](http://ucat.usor.utah.gov)