



Utah Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Aging and Disability Resource Centers/ No Wrong Door

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS, and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the [U.S. Administration for Community Living](#) (including [AoA](#) as of April 2012) and the [Centers for Medicare & Medicaid Services \(CMS\)](#). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous

improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

<http://daas.utah.gov/>

Utah Department of Human Services, Division of Aging & Adult Services

195 North 1950 West
Salt Lake City, Utah 84116
Phone: 801-538-4171
Email: dhsinfo@utah.gov

<http://ncea.acl.gov>

National Center on Elder Abuse (NCEA)

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

ARTS and CREATIVITY

www.accessart.org

Art Access/VSA arts of Utah

230 South 500 West #125
Salt Lake City, UT 84101
Phone: 801-328-0703

ASSISTIVE TECHNOLOGY

<http://www.uatpat.org/>

Utah Assistive Technology Program

Center for Persons with Disabilities
6855 Old Main Hill
Logan, UT 84322-6855
Phone: 800-524-5152
Phone: 435-797-6572

<http://www.rockymountainada.org/>

Rocky Mountain ADA Center (covers Utah)

3630 Sinton Road, Suite 103
Colorado Springs, CO 80907
Phone/TTY: 719-444-0268
Toll-free: 800-949-4232

<http://www.uatf.org>

Utah Alternative Financing Program aka Utah Assistive Technology Foundation
Center for Persons with Disabilities
6835 Old Main Hill
Logan, UT 84322-6855
Phone: 435-797-2355
Toll-free: 800-524-5152

CAREGIVERS INFORMATION

http://resources.caregiver.com/listing/results.php?category_id=1&filter_location_1=1
Utah Caregiver Support Groups

COMMUNITY-BASED FITNESS PROGRAMS

<http://www.neuroworx.org/>
Neuroworx
90 W. Albion Village Way
Sandy, UT 84070
Phone: 801-619-3670
Email: info@neuroworx.org

COMMUNITY HEALTH CENTERS

www.auch.org
Association for Utah Community Health
860 East 4500 South, Suite 206
Salt Lake City, UT 84107
Phone: 801-974-5522

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

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

CRIME VICTIM ASSISTANCE

<http://www.crimevictim.utah.gov/>

Utah Crime Victim Compensation and Assistance

Utah Office for Victims of Crime (UOVC)

350 East 500 South Suite 200

Salt Lake City, Utah 84111

Phone: (801) 238-2360

Toll-free: (800) 621-7444

<http://www.safehorizon.org>

Safe Horizon's Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233); TTY: 800-787-3224

National Resource Center on Domestic Violence: 800-537-2238

Statewide Hotline: 800-897-5465

<http://www.udvc.org>

Utah Domestic Violence Coalition

124 South 400 East, Suite 300

Salt Lake City, UT 84111

Phone: 801-521-5544

Toll-free: 800-897-5465

<https://www.capsa.org/>

CAPSA

P.O. Box 3617

Logan, UT 84323-3617

Phone: 435-753-2500

Email: info@capsa.org

CAPSA is a non-profit domestic violence, sexual abuse, and rape recovery center serving Cache County and the Bear Lake area. They provide support services for women, men, and children impacted by abuse. All of their services are FREE and confidential. This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

<https://www.canyoncreekservices.org/>

Canyon Creek Services *One Accessible Room

95 N. Main St. Ste. 22

Cedar City, UT 84720

Phone: 435-0233-5732

Email: adminassistant@ccwcc.org

This organization provides free and strictly confidential services to any victim of domestic violence as well as sexual assault. They offer services to any victim, regardless of age, gender identity, ethnicity, sexual orientation, and so on whether they are in current crisis or seeking other support and guidance. Current services include 24 hour crisis intervention, a 24 hour hotline, sexual assault hospital response, emotional support and advocacy, legal advocacy, medical advocacy, systems advocacy, housing assistance, emergency shelter, support groups, classes, case management, programming, and other life-situation support and advocacy with the goal of helping survivors achieve emotional healing and financial independence.

This facility has self-reported that it operates an accessible shelter. If you require any special accommodations, please call ahead of time to inquire that certain needs can be met.

EASTER SEALS OFFICES

www.easterseals.com

Easter Seals

Find offices in Utah by clicking on right hand side of website under “Search by State” Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children’s, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

GOVERNMENT OFFICES

<http://www.utah.gov/>

Utah State Website

<http://utahddcouncil.org/>

Utah Developmental Disabilities Council

155 S. 300 W., Suite 100

Salt Lake City, UT 84101

Phone: 801-245-7350

<http://www.usor.utah.gov/>

Utah State Office of Rehabilitation

1595 W. 500 South

Salt Lake City, UT 84104

Phone: 801-887-9500

<https://hs.utah.gov/>

Utah Department of Human Services

195 North 1950 West
Salt Lake City, Utah 84116
Phone: (801) 538-4171

<https://medicaid.utah.gov/>

Utah Medicaid Office

Utah Department of Health
P.O. Box 143106
Salt Lake City, UT 84114-3106
Phone: 801-538-6155
Toll-free: 800-662-9651

<http://health.utah.gov/chip/>

Utah CHIP Program (Children's Health Insurance Program)

Utah Children's Health Insurance Program
Utah Department of Health
P.O. Box 143107
Salt Lake City, UT 84114-3107
Toll-Free: 877-KIDS-NOW

<https://daas.utah.gov/seniors/>

State Health Insurance Information Program (SHIIP)—for seniors

Utah Division of Aging and Adult Services
Department of Social Services
800-541-7735 (In-State Calls only)

<http://www.insurance.utah.gov/>

Utah Insurance Dept.

350 N. State St.
State Office Bldg. Room 3110
Salt Lake City, UT 84114-6901
Phone: 801-538-3800

<http://www.laborcommission.utah.gov/>

Utah Workers Compensation

Labor Commission of Utah
160 E. 300 S., 3rd Floor
Salt Lake City, UT 84111-6600
Phone: 801-530-6800 or 801-530-6801
Toll-free: 800-530-5090 (in state)
Email: laborcom@utah.gov

<http://www.house.gov/representatives/find/>
<http://whoismyrepresentative.com/>

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://daas.utah.gov/long-term-care-ombudsman/>

State LTC Ombudsman

Daniel Musto

Department of Human Services

Utah Division of Aging & Adult Services

195 North 1950 West

Salt Lake City, UT 84116

Phone: 801-538-3924

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

HOUSING

www.hud.gov

Housing and Urban Development (HUD)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org

211

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

<http://www.ilru.org/projects/silc-net/silc-directory>

<http://www.usilc.org/>

ILRU: State Independent Living Councils (SILCs)

Utah Independent Living Council

423 W 800 S., Suite A101

Salt Lake City, UT 84101

Phone: 801-463-1592

Accessible Phone Type: Relay – dial 711

<http://www.ilru.org>

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.ncil.org/>

National Council on Independent Living (NCIL)

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 844-778-7961

TTY: 202-207-0340

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

LIBRARY SERVICES

<http://blindlibrary.utah.gov/>

Utah State Library for the Blind and Disabled

Regional Library

Utah State Library Division

Program for the Blind and Disabled

250 North 1950 West, Suite A

Salt Lake City, UT 84116-7901

Telephone: 801-715-6789

Toll-free (In-state): 800-662-5540

Toll-free (out of state): 800-453-4293

TDD: 801-715-6721

E-mail: blind@utah.gov

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

www.ChristopherReeve.org/Peer

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

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. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

PROTECTION and ADVOCACY

<http://www.disabilitylawcenter.org/>

Utah Protection and Advocacy

Disability Law Center

205 North 400 West

Salt Lake City, UT 84103

Toll-free: 800-662-9080

TTY: 801-924-3185

SERVICE DOGS

<http://lovingangelservicedogs.com/>

Loving Angel Service Dogs

3734 Sugar Leo Rd.
St. George, UT 84790
Phone: 435-632-2482

SPORTS and RECREATION

<http://www.campk.org/>

Kostopulos Dream Foundation Home of Camp Kostopulos

4180 E Emigration Canyon Road

Salt Lake City, UT 84108

Phone: 801-582-0700

Email: kdf@campk.org

Camp Kostopulos offers kids, teens, and adults with disabilities or special medical needs a 5-day camping adventure experience.

<http://www.cgadventures.org/>

Common Ground Outdoor Adventures

335 N. 100 East

Logan, UT 84321

Phone: 435-713-0288

<http://www.chairboundsportsman.org>

Chairbound Sportsman, Utah Chapter

P.O. Box 50055

Provo, UT 84605

Cell Phone: (801-499-9770)

Email: chairboundsportsman@gmail.com

Offers hunting to people with disabilities.

<http://www.discovernac.org/>

National Ability Center

P.O. Box 682799

1000 Ability Way

Park City, UT 84060

Phone: 435-649-3991

Email: info@DiscoverNAC.org

<https://discovernac.org/programs/splore-outdoor-adventures/>

SPLORE (Special Populations Learning Outdoor Recreation and Education)

A program offered by the National Ability Center which offers adventurous sports such as rafting, climbing, camping, etc. for those with mobility impairment.

<http://healthcare.utah.edu/rehab/support-services/trails.php>

TRAILS (Therapeutic Recreation and Independent Lifestyles)

University of Utah Hospital
50 North Medical Drive
Salt Lake City, UT 84132
Phone: 801- 587-3422

TRAILS, which is run by the Spinal Cord Injury Rehabilitation Center at the University of Utah, serves roughly 400 people each year. Activities include kayaking, sailing, camping, cross-country skiing, swimming, hand cycling and wheelchair tennis.

<https://www.utahtennis.com/wheelchair-tennis>

Utah Wheelchair Tennis

Phone: 801-944-8782 x 12

<http://www.usabsa.org/>

United States Adaptive Bobsled & Skeleton Association, Inc.

1887 Gold Dust Lane, Ste. 303

P.O. Box 680016

Park City, Utah 84068

Phone: 310-383-6855

Email: bobsledgold@gmail.com

USABSA's mission is to pioneer, expose, promote and advance the Sports of Bobsled & Skeleton to men and women who face Spinal Cord Injuries & other physical challenges that would otherwise prevent them from participating and competing in the sport on both a recreational, developmental, National and International level.

UNITED WAY OFFICES

<http://www.unitedway.org/>

United Way

National Headquarters

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities. **Enter postal code for a United Way office in your area**

VETERAN BENEFITS

<https://www.va.gov/directory/guide/home.asp>

US Department of Veterans Affairs VA Hospital Locator, click on UTAH on map

<http://www.mscpva.org>

Mountain States Paralyzed Veterans of America

12200 E. Iliff Ave., Suite 107

Aurora, CO 80014

Phone: 303-597-0038

Toll-free: 800-833-9400

Email: info@mscpva.org

ALS

<http://www.alsa.org/>

The ALS Association National Office

1275 K Street NW, Suite 250

Washington, DC 20005

Phone: 202- 407-8580

Toll-free: 800-782-4747

BRAIN INJURY

www.biausa.org

Brain Injury Association of America

1608 Spring Hill Rd., Suite 110

Vienna, VA 22182

Phone: 703-761-0750

Family Helpline: 800-444-6443

Email: familyhelpline@biausa.org

Please contact them for any state info.

CEREBRAL PALSY

<http://www.ucp.org/>

UCP (United Cerebral Palsy)

1825 K St. NW

Washington DC 20006

Toll-free Phone: 800-872-5827

Phone: 202-776-0406

Please contact them for any state info.

FRIEDREICH'S ATAXIA

<http://www.ataxia.org/>

National Ataxia Foundation (NAF) National Office

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Check their interactive map for support groups in your area.

GUILLAIN-BARRÉ SYNDROME/CIDP

<http://gbs-cidp.org/>

Guillain-Barré Syndrome / CIDP Foundation International

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131 or 866-224-3301

Please contact them for information in your area

MULTIPLE SCLEROSIS

<http://www.nationalmssociety.org/chapters/UTU/index.aspx>

National Multiple Sclerosis Society's Utah-Southern Idaho Chapter

1440 Foothill Drive, Suite 200

Salt Lake City, UT 84108

Phone: 801-424-0113

Toll-free: 800-344-4867 (800-FIGHT-MS), option 2

Email: utah.idaho@nmss.org

Phone: National toll-free: 1-800-FIGHT-MS

Email: info@fightmsutah.org

<http://mymsaa.org/about-msaa/regional/#Western>

Multiple Sclerosis Association of America's Western Regional Office

(Arizona, California, Hawaii, Nevada, Oregon, Utah)

1700 7th Avenue, #116201

Seattle, WA 98101

Phone: 800-532-7607 ext 155, 415-260-6420

Email: western@mymsaa.org

MUSCULAR DYSTROPHY

<http://www.mdausa.org/>

Muscular Dystrophy Association

National Headquarters

161 N. Clark, Suite 3550

Chicago, IL 60601

Phone: 800-572-1717

Enter your postal code in the "Find your local MDA" section of the website for MD clinics in your area.

POST-POLIO SYNDROME

<http://www.post-polio.org>

Post-Polio Health International (PHI)

50 Crestwood Executive Center #440

Saint Louis, MO 63126-1916

Phone: 314-534-0475

Email: info@post-polio.org

<http://www.post-polio.org/net/poldir.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

SPINA BIFIDA

<http://www.spinabifidaassociation.org>

Spina Bifida Association of America

1600 Wilson Blvd., Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SPINAL CORD INJURY

<http://www.health.utah.gov/vipp/topics/traumatic-brain-injury/sci-fund.html>

Traumatic Spinal Cord (SCI) and Brain Injury Rehabilitation (TBI) Fund

Traci Barney

Violence and Injury Prevention Program

Utah Department of Health

288 North 1460 West

PO Box 142106

Salt Lake City, UT 84114-2106

Phone: 801-538-9277

Email: tabarney@utah.gov

The SCI/TBI Rehabilitation Fund provides individuals with spinal cord or traumatic brain injuries with physical, occupational, and speech therapy; and equipment necessary for daily living activities. The SCI/TBI Fund is designed to be a payor of last resort, meaning individuals have no other financial means available to obtain these services.

STROKE

<https://www.stroke.org/>

American Stroke Association

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653 or 888-474-8483

Call them for the stroke support group in your area

http://www.heart.org/HEARTORG/Affiliate/Salt+Lake+City/Utah/Home_UCM_WSA009_AffiliatePage.jsp

American Heart Association office in Utah:

465 South 400 East, Suite 110

Salt Lake City, UT 84111

Phone: 801-702-4420

University of Utah Hospital and Clinics

50 N. Medical Dr.

Salt Lake City, UT 84132

A Primary Stroke Care Center accredited by the Joint Commission on Accreditation of HealthCare Organizations (JCAHO) www.jointcommission.org

SYRINGOMYELIA/CHIARI MALFORMATION

www.asap.org

American Syringomyelia & Chiari Alliance Project

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079

Toll-free: 800-ASAP-282

Email: info@ASAP.org

Please contact them for info in your area.

TRANSVERSE MYELITIS

www.wearesrna.org

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

GENERAL DISABILITY RESOURCES

<http://www.yellowpagesforkids.com/help/ut.htm>

Utah Yellow Pages for Kids with Disabilities

<http://www.utahotassociation.org/>

Utah Chapter of the American Occupational Therapy Association

Utah Occupational Therapy Association

Jeanette Koski--President

P. O. Box 58412

Salt Lake City, UT 84158-0412

Email: jeanette.koski@hsc.utah.edu

<http://www.uptaonline.org/>

Utah Chapter of the American Physical Therapy Association

Utah Physical Therapy Association

PO Box 91

Centerville, UT 84014

Phone: 801-864-7073

Katie Mansell, Executive Director

Email: kmansell@uptaonline.org

<http://www.apse.org>

Association of People Supporting EmploymentFirst (APSE)

Please check with them for local info.

<http://www.healthboards.com/boards/index.php>

Healthboards.com - message boards on health related topics. Topics include SCI, CP, Stroke, and more.

<http://www.211.org>

First Call 2-1-1

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Hint: Can only be dialed from a land line. If you dial 211 or your state's 211 800 number and you are not connected, this service has not yet been provided to your area.

www.abilityfound.org

Ability Found

2324 S. Constitution Blvd.
West Valley City, UT 84119
Toll-free: 1-877-231-4567

Email: info@abilityfound.org

Helps individuals with disabilities (who are in financial need) purchase equipment such as power wheelchairs, power scooters, manual wheelchairs with custom seating, handicapped vans, walkers, gait trainers, standing frames, bath equipment, continence supplies, braces hospital beds and pressure relieving mattresses. Please contact Ability Found for details on qualifying for their assistance.

www.thinkfirst.org

ThinkFirst National Injury Prevention Foundation

1801 N. Mill Street, Suite F
Naperville, IL 60563
Phone: 630-961-1400

800-THINK56

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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