

For our spinal cord injury patients: Where to turn for help

The staff at NHRMC Rehabilitation Hospital understands that patients and their loved ones have many questions and concerns as they adjust to different challenges resulting from a spinal cord injury. We are here to help answer those questions and address your concerns, so you can concentrate on the most important part of your journey – healing. Combining highly skilled clinical resources with an integrated course of rehabilitation treatment, NHRMC Rehabilitation Hospital is well-equipped and prepared to help you return to your daily life. To further assist you, we have compiled the following list of community and online resources available to spinal cord patients and their families.

Spinal Cord Injury Education and Information

North Carolina Spinal Cord Injury Association
919.234.4171
<http://ncscia.org>

National Spinal Cord Injury Association
www.spinalcord.org

Life Rolls On
310.807.5488
www.liferollson.org

American Spinal Cord Injury Association
404.355.9772
www.asia-spinalinjury.org

Christopher and Dana Reeve Foundation
www.christopherreeve.org
800.225.0292

Local, Regional and National Services

Disability Resource Center
140 Cinema Drive, Suite C
Wilmington, NC 28403
910.815.6618
www.drcwilmington.org

NC 211
This service helps users find community health and human services resources.
Dial 211
www.unitedwaync.org/nc-2-1-1

North Carolina Division of Vocational Rehabilitation Services
910.251.5710
www.ncdhhs.gov/dvrs/

Disabled American Veterans
4601 Park Ave.
Wilmington, NC 28403
910.313.2190
www.dav.org

North Carolina Assistive Technology Program
910.251.7078
www.ncatp.org

National Institutes of Health
301.496.4000
www.nih.gov

Department of Health and Human Services
877.696.6775
www.dhhs.gov

Transportation

WAVE Transit – Wilmington
910.343.0106
www.wavetransit.com

Brunswick Transit
910.253.7800
www.brunswicktransit.org

Pender Transit System
910.259.9199
www.penderpas.com/transportation.php

Onslow Transit System
910.436.2998
www.onslowunitedtransit.org/welcome.html

Bladen Area Rural Transportation System (BARTS)
910.862.6930

Columbus Country Transportation
910.642.7201

Pender Transport
910.675.9127
www.penderems.com/pts.htm

Ivory's Accessible Transport Service Inc.
910.264.9329
www.ivorystransport.com

Maintaining Health and Wellness

Ability Garden/New Hanover County Arboretum
910.798.7677

Wilmington YMCA
Dahlia Nir
Director of Health and Wellness
910.215.9622
www.wilmingtonfamilyymca.org

Miracle League/Access Wilmington
Jennifer Bell
910.508.6788
Chelsea Hall
910-685-1550
www.miracleleaguwilmington.org

Greater Wilmington Tennis Association
Todd Cox
703.887.3921
www.wilmingtontennis.com

Oleander Rehabilitation Community User Program(CUP)
John Barkman
910.452.8659

The Community User Program is wellness program for people to maintain health and fitness. We offer a heated (88°F -92°F) salt water pool. Easy to use resistance, cardio equipment, personal training and instructor led pool and chair classes.

Wilmington Disabled Athletic Association
Timothy Corbett
910.264.9329

National Alliance for Accessible Golf (Wilmington GAIN)
www.accessgolf.org/gain/wilmington.cfm

Disabled Sports USA
www.dsusa.org

American Association of Adapted Sports Programs, Inc.
www.aaasp.org