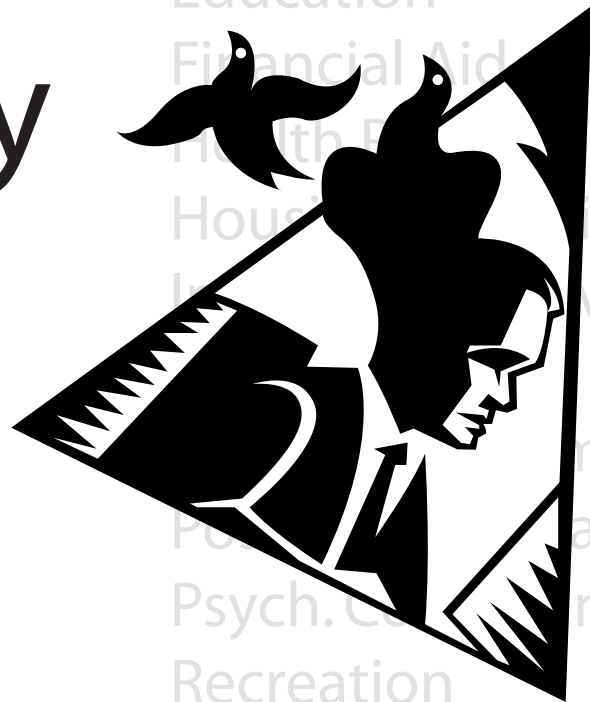


Traumatic Brain Injury Resource Directory

*A Guide to Northern
California Resources
for Individuals with
Brain Injury*

The Northern California
TBI Model System,
Santa Clara Valley Medical Center

6TH Edition, 2006



TBI 101
Alcohol & Chemical
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health F
Housing
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Living
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Recreation
Resources
Support Groups
TBI Internet
Transportation
Vocational Services

Traumatic Brain Injury Resource Directory 6TH Edition

*A Guide to Northern California Resources
for Individuals with Brain Injury*



The Rehabilitation Research Center
Santa Clara Valley Medical Center
San Jose, CA
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Introduction

Hello. Welcome to the TBIRD VI, the sixth edition of the Traumatic Brain Injury (TBI) Resource Directory. The second edition was completed in October, 1993; the third edition was revised in December 1996; the fourth edition was printed in February, 1998, the fifth edition was printed in March 2000, and this marvelous edition is out February 2006.

This book is intended for the use of anyone with TBI, their family and friends, or anyone who works with people with TBI in the general Santa Clara Valley area. Individuals with other disabilities may find this book useful as well. We feel quite proud of the completeness of this reference. But of course, as we have said in the previous TBIRDs, like any directory of community agencies, it will need updating by the time it's published and available for use. But once again, our past experience with the other TBIRDs has shown us that the vast majority of the information remains current and valuable for anyone seeking resources in the area. We are continuing to use a table of contents and an appendix to help you find information quickly. All agencies are indexed in Appendix A.

Besides the rehabilitation professionals who use this book to help find resources for their clients, this book may be used by individuals with brain injuries, family members, and friends looking for help and resources. For this reason, we have added some narration about each chapter topic at the beginning of the chapter. These chapter introductions are intended to acquaint those who are not so familiar with TBI (or with that particular subject) to the chapter's topic as well as to try to explain why people with TBI may benefit from the services in that chapter.

We do not endorse any of the services nor make any guarantees regarding the information or services included in this directory.

The TBIRD VI gives you information on the entire range of TBI services in the Santa Clara Valley area (and beyond). If you have any suggestions for the next TBIRD or potential additions to or deletions from it, please write, fax, Email, or telephone. We hope that future editions of the TBIRD will continue to help everyone who is impacted by or interested in TBI.

The TBIRD is available on-line at <www.tbi-sci.org/tbird>

The Northern California Traumatic Brain Injury Model System*

Rehabilitation Research Center
Santa Clara Valley Medical Center (SCVMC)
751 South Bascom Avenue, BAP
San Jose, CA 95128

Phone: 408/793-6433
Fax: 408/793-6434
Toll free: 800/352-1956

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Acknowledgments

I would like to take this opportunity to acknowledge all of the people who have helped to make this book a reality.

First and foremost, I would like to thank the Firedoll Foundation <www.firedoll.org> for providing the funding to create, print and disseminate this latest version of the TBIRD.

I would like to thank my Co-Editors for this edition: Laura Jamison, Ketra Toda, and Naomi McCarroll. They were responsible for finding many of the new resources you will find in this edition. Additional resources were found by Travis Casper while he was researching the *Resource Options for Back On Track (ROBOT)* resource guide.

I would also like to thank John Hatten, M.R.C., MS.Ed., as the champion of the third and fourth edition of the TBIRD. John is responsible for the chapter narratives that introduce each section. The original editors of the Traumatic Brain Injury Project Resource Directory were Terry Stimpson, M.S., C.R.C., and Helen Pellegrin, Ph.D. They did a remarkable job in that they started essentially with nothing and gathered information on so many agencies, facilities, and information sources.

This book was peer reviewed by Jeffrey Englander, M.D. and Tamara Bushnik, Ph.D. Their input is much appreciated.

This book would not be as complete without the patience and hard work of Sherri Rogers, who verified names, phone numbers, and other information by contacting all of the resources in this book.

Many thanks to those of you who provided updated and accurate information regarding services.

Most of all we acknowledge the people that use the TBIRD to help themselves, loved ones, or clients.

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TBI 101: *The Very Short Version*

Traumatic Brain Injury (TBI) is a very unique event in one's life: it takes away from a person so many of the qualities that make him/her a person, and it leaves intact other qualities in a seemingly haphazard manner. The person with the TBI is left with a mishmash of abilities, memories, and feelings. And to add a further problem, the person with the injury usually *remembers who s/he was before the injury* and what they could do before; they may or may not be able to appreciate these changes. This can lead to depression (see Chapter 18 if you or your family member/client need help with this or consult Chapter 5 if the need is critical). Brain injury can be a tremendously confusing event in one's life. *But progress can be achieved*, even if the progress seems very slow.

Despite the almost infinite possible combinations of effects of TBI, there are two near certainties: *TBI lasts forever* and *the recovery from TBI lasts forever*. These will be explained in the two paragraphs below.

TBI lasts forever. By this we mean that in the overwhelming majority of persons with TBI, they will continue to feel repercussions from the TBI for the rest of their lives. People with Mild Brain Injury, or MBI, may be able to completely recover from the cognitive problems caused by TBI. An MBI is defined as a traumatically induced physiological disruption of brain function, with any period of loss of consciousness, any loss of memory for events immediately before or after the accident, or any alteration in mental state at the time of the accident (e.g., feeling dazed, disoriented, or confused), and where the severity of the injury includes posttraumatic amnesia (PTA) less than 24 hours or loss of consciousness of approximately 30 minutes or less.

The recovery from TBI lasts forever. This is the good news. Contrary to what was said about TBI in the past (and, astonishingly enough, is still said today by many, including some TBI professionals), the recovery process is a lifelong process (see the introduction to Chapter 17). Now that many people are surviving for decades, it is becoming apparent that improvements can be seen throughout one's life.

We will list here two of the many factors that enter into the **recovery equation** (what recovery can be made and how quickly): *determination to improve* and *organization*. The guts to keep trying to improve no matter what anyone says is important to cognitive retraining. So if you/your relative/your loved one is a stubborn person who won't take no for an answer, you/she/he is on the right track. Organization involves figuring compensations to work around or even overcome attention/memory dysfunctions because most TBI memory deficits are really attention problems. A person with TBI often has an adequate memory for past events, but is less able to make new memories: this is usually caused by a relative inability to focus on the fact or event to be remembered enough to put it into memory. People with TBI can have significant problems with the most 'simple' memory tasks; for example, what the person s/he's talking to just said or what their name is. Just like a person who broke a leg needs a crutch to be able to get around, so a person with TBI needs some way to be cued for information. The resources in Chapter 2 can be helpful with this.

TBI 101: *The Very Short Version*

Another avenue for cognitive and emotional improvement is support. This can come from many sources: family, friends, recreational activities or groups (Chapter 19), support groups (Chapter 22), professionals (Chapter 18), prevocational day programs (chapter 6), a case manager (Chapter 3), or disability agencies (Chapter 7). The support groups can be a tremendous resource as they can help the person with TBI see that s/he isn't alone and that some recovery is achievable.



How to use this directory

Finding information

- Start with the Table of Contents.
- See if you can find the topic that you are interested in.
- Look through the chapter to see if there is a resource that can help you.
- If you find one, you may want to attach a post-it tab so that you can find the page later.
- Write down all of the information that you will need to make your phone call:
agency name, telephone number, name of contact person.

You may also look up resources in the Index. You can find them listed by their name, and also by the city they are located in (handy if you have issues with transportation).

If you are unable to find a resource that will help you in this directory, a good first step would be to call your local Independent Living Center (Chapter 14). They will have a good idea of what is available in your area. A second step would be to call or email us (**Rehabilitation Research Center for TBI & SCI**). We have a TBI resource specialist who may be able to help. Call us at 800/352-1956 and leave a message for the office manager.

Preparation for making a phone call

When you are making a phone call be sure to prepare in advance so that you have all of the information in front of you and you have paper to write down the information you receive.

Before you call, it is very important to know what you want. You will be far more successful if you can make a specific request rather than just asking for “help”.

Making the call

Introduce yourself and give a brief description of your situation. Ask about the services that they provide. The most important point is to remember to NOT GIVE UP at the first sign of resistance. Sometimes people either don't understand your request or are not sure how they can help you. Sometimes you may need to explain your request in several different ways. Many of the agencies/individuals listed in this guide work with many individuals, not just those with brain injuries. You may need to describe your issues and/or problems. Sometimes an agency may not be able to help you, but the person you are talking with can make other suggestions. You will also find that some of the services are no longer offered, or the agency is no longer in business.

Documenting the call

You will definitely want to write down:

- Who you talked with.
- Can they help?
- Are you supposed to call back, or do something else to follow-up?
- Did they give you other suggestions?



Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services



1. Alcohol and Chemical Dependency Services

People with TBI have a very high incidence of alcoholism and chemical dependence issues (this **does not** mean that all, or even most, TBI survivors have these issues). There are several reasons for this. For many, the substance use may have contributed to their TBI, and they are at risk for subsequent injury if use continues. For others, substances offer an ‘excuse’ for behavior; one can blame lack of attention or memory, slurred speech, altered emotions, or unusual behaviors on the fact that s/he is ‘high’. Also, some people with TBI are in the age range where experimentation with substances is common. And certainly for many, drugs and alcohol offer a way out of the feeling of ‘losing one’s mind’: for a while, one can forget the injury that has taken over one’s life.

So many with TBI turn to substance use and abuse. **Substances** include alcohol and other mind altering drugs; **abuse** involves continued use despite the consequences or recurrent use in situations when use is dangerous. The following agencies work with people who have slipped into abuse and dependence (**dependence** involves impaired control of the use of the substance and the continued use despite the consequences).

One major problem for people with TBI who use or abuse substances is the danger involved. Even if one isn’t on anti-seizure medication where alcohol or other substance use can bring on or worsen seizures, substance intoxication puts one in danger of accident, and accidents can cause further brain injury. There is also the complication of people with TBI not fully realizing the impact their injury has had on them and therefore not acting safely when using mind altering substances. And lastly there is the problem of some people with TBI not remembering their ‘limits’ and then overdoing their substance use.

As is true with many of the other agencies and facilities listed in this resource, one type of program may work better than another for an individual person. Many people, for example, have gained much from the 12-Step model (Alcoholics Anonymous, Cocaine Anonymous, etc.), while others benefit little from it. So be prepared if your client/self/friend doesn’t benefit from the first facility or organization s/he goes to. **Substance dependence is treatable**, although not always quickly and easily.

With all that in mind, below are listed many of the organizations and facilities that offer some help in dealing with psychoactive substance abuse.

1. Alcohol and Chemical Dependency Agencies

Adult & Child Guidance Center

408/292-9353

950 W Julian Street

San Jose, CA 95126

- Drug and alcohol services only.
- Sliding fee scale.
- Spanish, Vietnamese, Tagalog, Cambodian.
- By referral.

Al-Anon

408/379-9375

Meetings and locations: 408/379-1051

1 West Campbell Avenue, Room Q82

Campbell, CA 95008

Website: <www.ncwsa.org/scvafg>

- Support groups for those whose lives have been affected by someone's drinking. Call for locations and meeting times.
- Al-Ateen for ages 7-19.
- Website also contains locations and meeting times.

Alcoholics Anonymous (AA)

24 hour help line: 408/374-8511

274 E. Hamilton Ave., Suite D

Campbell, CA 95008

Website: <aasanjose.org>

Monterey County/Salinas Location

24 hour help line: 831/424-9874

- Main Focus: To help you stay sober and to help others achieve sobriety.
- Provide experience, strength and hope to those who suffer from alcoholism.

Asian-Americans for Community Involvement (AACI)

408/975-2730

2400 Moorpark Ave., Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

- Substance abuse intervention and treatment program (outpatient).
- English, Vietnamese, and other Asian Languages.

1. Alcohol and Chemical Dependency Agencies

Beacon House

800/215-4733

831/372-2334

468 Pine Ave

Pacific Grove, CA 93950

Website: <www.beaconhouse.org>

- Adult co-ed residential and outpatient.
- Call for free evaluation and assessment.
- Takes all private insurance, no MediCal or MediCare.

Benny McKeown Center

408/259-6565

1281 Fleming Avenue

San Jose, CA 95127

- Drug & alcohol residential recovery program.
- Takes referrals from BASAN, Gateway.
- Medi-Cal not accepted.
- Men and women. English, Spanish, Vietnamese.
- Dual-diagnosis program for people with drug and mental health problems.

Blossoms Perinatal Substance Abuse Program

408/254-3396

3030 Alum Rock Ave.

San Jose, CA 95127

- Outpatient program for pregnant or parenting women.
- Medi-Cal accepted.
- English, Spanish.

C.A.D.S

408/871-0767

1 West Campbell Ave., B27

San Jose, CA 95008

- Outpatient program for SACPA (Substance Abuse and Crime Prevention Act).

1. Alcohol and Chemical Dependency Agencies

The Camp Recovery Center

800/924-2879 (intake)

831/438-1868

3192 Glen Canyon Road

Scotts Valley, CA 95066

105 N. Bascom Avenue

San Jose, CA 95128

- Residential and outpatient.
- Co-ed adult and adolescent.
- Accepts most insurance plans, no MediCal or MediCare.
- Will work with clients on financial plan.

Combined Addicts & Professional Services, Inc (C.A.P.S.)

408/441-6088

66 E Rosemary

San Jose, CA 95112

- Residential program for men and women.
- Counseling and psychosocial groups.
- Transitional housing.
- Medi-Cal not accepted.
- Spanish speaker on staff.

Catholic Charities Behavioral Health Services

408/468-0100

2625 Zanker Road, Suite 200

San Jose, CA 95134

- Outpatient program for men and women.
- Medi-Cal accepted.
- English, Spanish.

1. Alcohol and Chemical Dependency Agencies

Central Treatment and Recovery Center

408/792-5656

976 Lenzen Avenue, First Floor, Suite 1900

San Jose, CA 95126

- Outpatient program for men and women.
- Medi-Cal accepted.
- English, Spanish.

Cocaine Anonymous

415/821-6155 San Francisco, CA

408/374-8009 San Jose, CA

800/262-2463 National Help Line (24 hours)

- Offer support groups for those recovering from addiction.
- Support groups do NOT provide treatment, counseling, or therapy.
- Call for support group times and locations.

Community Health Awareness Council

650/965-2020

P.O. Box 335

Mountain View, CA 94042

- Individual and group counseling.
- Bilingual services (Spanish, Chinese, Japanese, and more).
- Day treatment program for adolescents.

Community Hospital of Monterey/Peninsula Recovery Center

800/528-8080

831/373-0924 (Intake)

576 Hartnell Street

Monterey, CA 93940

- Adult outpatient.
- Private insurance and Medicare.

1. Alcohol and Chemical Dependency Agencies

Community Solutions

408/779-2113 Morgan Hill, CA

408/842-7138 Gilroy, CA

408/683-4118 (24-hour crisis line)

South Valley Counseling, Community Alternatives and the Bridge Counseling Center have merged into Community Solutions.

- Sexual assault services, mental health services, and domestic violence (Morgan Hill).
- Prevention services and supportive housing for mentally ill (Morgan Hill and Gilroy).
- Community counseling, drug and alcohol services, domestic violence counseling and legal aid, supervised visitation program and sober living houses.
- Residential treatment for seriously mentally ill.
408/779-2113 Morgan Hill
- Parent education programs, counseling services, and domestic issues.
408/842-7138 Gilroy
- Violence counseling. (Morgan Hill and Gilroy)
- English & Spanish.
- Medi-Cal accepted.

Crossroads Residential Services

408/226-2834

5486 Spinnaker Walkway #1

San Jose, CA 95123

- Transitional housing unit.

Daytop Village (Adult)

650/367-9030

2560 Pulgas Ave.

East Palo Alto, CA 94303

- Residential community for the chemically dependent.

Daytop Village (Adolescent)

650/325-6466

631 Woodside Road

Redwood City, CA 94061

- Residential community for the chemically dependent.
- VOICE-Program for chemically dependent female adolescents.

1. Alcohol and Chemical Dependency Agencies

Department of Alcohol and Drug Services

408/792-5670

FAX: 408/947-8702

976 Lenzen Ave., 3rd Floor

San Jose, CA 95126

- Information, referral, and screening only.

East Valley Treatment and Recovery Center

408/272-6581

2101 Alexian Drive, Suite B

San Jose, CA 95116

- Outpatient program for men and women.
- Medi-Cal accepted.
- English, Spanish.

Family and Child Services

408/288-6200

FAX: 408/288-6201

950 West Julian

San Jose, CA 95126

- Comadres women's outpatient polydrug abuse program.
- Compadres men's outpatient polydrug abuse program.
- Counseling services for children, adults, families, and the elderly.
- Domestic violence, parenting, and anger management classes.
- Medi-Cal not accepted.
- English, Hindi, Punjabi, ASL.

Fenix Services, Inc.

831/722-5914

FAX: 831/722-8311

10 Alexander Street

Watsonville, CA 95076

- Individual and group counseling.
- Domestic violence, anger management, and parenting counseling.

1. Alcohol and Chemical Dependency Agencies

Gardner Women's Wellness

408/287-6200

160 East Virginia Street, #266

San Jose, CA 95112

- Intensive outpatient treatment for women.
- Substance Abuse Crime Prevention Act (SACPA) only.

Gateway

1-800-488-9919 (24 hours)

- Managed care referrals for those seeking county supported care.
- Information and help line.
- Assessments match clients to the level of service needed.
- Fee based on ability to pay. Medi-Cal and private insurance accepted.

Genesis

831/899-2436

1152 Sonoma Avenue

Seaside, CA 93955

- Inpatient only.
- Long-term: 4-6 months, co-ed, age 18 and older.
- Perinatal: 7-10 months.
- 36 adult beds, 6 children beds.
- Sliding scale, minimum of \$5/day. If already on disability or social security, part of that will go to cost of treatment.
- Self referral, court referral, CPS, Prop 36.

Healthy Pregnancy Early Parenting

885-5400

2425 Enborg Lane

San Jose, CA

- Confidential in-home health services for pregnant and early parenting women.
- Drug and alcohol counseling.
- Medi-Cal accepted.
- English, Spanish.

1. Alcohol and Chemical Dependency Agencies

Hermanas

831/722-2471

Watsonville, CA

- Residential, 90-day program for women only.
- Fee based on a sliding scale.
- Bilingual and Bi-Cultural.

Horizon Services, Inc.

510/784-5865

P.O. Box 4217

Hayward, CA 94540

Website: <www.horizonservices.org>

The following are sub-groups of Horizon Services:

Chrysalis

510/450-1190

3843-3845 Telegraph Avenue

Oakland, CA 94609

- Residential program for women recovering from addiction to alcohol or other drugs.
- Residents stay six months.

Cronin House

510/784-5874

2595 Depot Road

Hayward, CA 94545

- Residential primary care program for men and women recovering from alcohol or other drug addictions.
- Residents stay an average of 45-60 days.
- Program focuses on early recovery and relapse prevention.

Horizon South

408/283-8555

650 South Bascom Avenue

San Jose, CA 95128

- Two component program for males.
- Primary Residential Detox and recovery program.
- Secondary recovery program to begin planning for re-entry into the community.

1. Alcohol and Chemical Dependency Agencies

Mandana Community Recovery Center

510/595-9690

3989 Howe Street

Oakland, CA 94611

- Education and support services for individuals dealing with alcohol and other drug related problems in living, social, and work environments.

Palm Avenue Detox

650/513-6500

2251 Palm Avenue

San Mateo, CA 94403

- Social model detoxification program serving men and women (18 years and older).
- Average stay is three to five days.
- \$30 intake fee.

Project Eden

510/247-8200

22646 Second Street

Hayward, CA 94541

- Education, prevention, and counseling programs for youth.
- Crisis intervention, assessment, and consultation with school faculty.

Kids Are Special - Eastfield Ming Quong

408/379-3796

FAX: 408/364-4013

251 Llewellyn Avenue

Campbell, CA 95008-1940

Website: <www.emq.org>

- Support groups for children impacted by substance abuse of parent or caregiver.
- Prevention and education support groups.

Marijuana Anonymous

800/766-6779

408/450-0796 (Call for South Bay meetings)

Website: <www.marijuana-anonymous.org>

- Uses 12 Steps of Recovery founded by Alcoholics Anonymous.

1. Alcohol and Chemical Dependency Agencies

Mariposa Lodge

Alcohol Recovery Homes, Inc.

408/281-6555

FAX: 408/463-0337

P.O. Box 21268

San Jose, CA 95151-1268

- Residential/detoxification alcohol and drug program for women.
- Fee based on sliding scale. Medi-Cal not accepted.

Narcotics Anonymous

24-hour phoneline: 408/998-4200

- Provides group meetings for individuals with addiction problems.
- NAR-ANON Family Group
San Francisco 415/321-2334
San Jose 408/296-2474

National Council on Alcohol and Drug Dependency (NCADD)

408/292-7292

1415 Koll Circle, Suite 101

San Jose, CA 95112

- Drug prevention program, youth education program, minors in possession program.
- Moving Beyond Anchor.
- Video lending library.
- Clearinghouse of free information on drugs, alcohol, and tobacco.
- “New Times” newspaper publication.

Parisi House on the Hill for Women

408/281-6570

9505 Malech Road

San Jose, CA 95138

- A 6-month residential program for addicted women and their children.
- Job training.

1. Alcohol and Chemical Dependency Agencies

Pathway House Residential Treatment Center

408/998-5191

102 South 11th Street

San Jose, CA 95112

- In-depth, comprehensive treatment program.
- Individual and Group Counseling.
- 12 step self-help groups.
- Job development.
- No detox services.

Pathway Outpatient Program

408/244-1834

1659 Scott Boulevard, Suite 30

Santa Clara, CA 95050

- Group, family, and individual counseling for adults and adolescents.

Proyecto Primavera

408/977-1591

614 Tully Road

San Jose, CA 95111

- Three month outpatient program for men and women.
- May be a fee for services.
- Bilingual services.
- Required to attend outside AA meetings.

Santa Clara County Central Treatment and Recovery Center

(Treatment Alternative Program (TAP))

Central Treatment and Recovery Center

408/792-5656

976 Lenzen Avenue, First Floor

San Jose, CA 95126-2607

- One-on-one and group counseling for alcohol abuse

East Valley Treatment and Recovery Center

408/272-6581

2101 Alexian Drive

San Jose, CA 95116

1. Alcohol and Chemical Dependency Agencies

North County Treatment and Recovery Center

650/328-1441

231 Grant Avenue

Palo Alto, CA 94306

Santa Clara County Perinatal Substance Abuse Program

408/885-5400

2425 Enborg Lane

San Jose, CA 95128

- Heroin addiction, detox, and maintenance center.

Santa Cruz Residential Recovery

831/423-3890

FAX: 831/423-6657

125 Rigg Street

Santa Cruz, CA 95060

- Behavioral management with substance abuse in a therapeutic residential community. This two month program costs \$200.00 for the Intake Fee and a monthly payment of \$50.

Sequoia Center

Care Line: 650/364-5504

650 Main Street

Redwood City, CA 94063

- Outpatient program.

Smart Recovery

408/739-7230

PO Box 112284

Campbell, CA 95011-2284

Website <www.smarrec-sv.org>

- Helps individuals cope with drug and alcohol dependency.
- Discussion meetings- alternative to Alcoholics Anonymous.

1. Alcohol and Chemical Dependency Agencies

Social Advocates for Youths

408/956-8034

538 Valley Walley

Milpitas, CA 95035-4106

Website <www.sayscc.org>

- Individual, group and family counseling for all ages.
- Parenting workshops.
- Assessments of drug and alcohol use.
- Free first time consultation, with a sliding scale for continuing service.

STEPS

Economic and Social Opportunities, Inc. (ESO)

408/971-0888

1445 Oakland Road

San Jose, CA 95112

- Focus is on alcohol/drug dependency.
- Group and individual counseling.
- Psycho-education groups.
- Relapse education groups.

Support System Homes, Inc.

408/370-9688

1 West Campbell Ave, #E-45

Campbell, CA 95122

- Substance Abuse Crime Prevention Act (SACPA).
- Outpatient and transitional housing unit.
- Medi-Cal not accepted.

Vida Nueva

408/238-1820

2212 Quimby Road

San Jose, CA 95122

- Sober living home for men only.
- No detox services; residential services for those who have completed approximately 45 days in a recovery home.
- NA and/or AA meetings 4/week and counseling sessions
- \$550-\$650 for the duration of the stay (about 90 days) - based on sliding scale.



Alcohol & Chemical Brain Boosters

Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services



2. Brain Boosters

The resources in this chapter can help people with TBI who realize they need help with their cognition. These can be a tremendous help to a person with a TBI as they can help him/her organize activities to get through the day. The systems vary from paper-and-pencil systems through paggers to actual 'scheduling machines'. It's probably best to look over written material on all these systems and see which one is the best for you/your family member's/your client's particular needs.

Brain Train

303/766-6967

8343 Currant Way

Parker, CO 80134

Website: <www.brain-train.com>

- Cognitive software.

- Volume 1: Basic Cognitive Skills; contains 52 computer programs available in English and Spanish.

- Volume 2: Vocational Readiness; contains 15 programs designed to provide a bridge between cognitive rehabilitation and vocational training.

Volume 3: This volume includes all the programs from Brain Train Volumes 1 and 2 and 20 new programs.

Happyneuron

Web site: <www.happyneuron.com>

- Online programs and interactive software for cognitive rehabilitation and memory improvement.

The Jogger

412/242-9524

Independent Concepts

2750 Constitution Boulevard

Beaver Falls, PA 15010

Web site: <www.thejogger.com>

- A combination of handheld PDA with an Internet interface for persons with cognitive disabilities and/or short-term memory loss.

Memoryzine

Web site: <www.memoryzine.com>

- Online programs and interactive software for cognitive rehabilitation and memory improvement.

2. Brain Boosters

Parrot Software/Brain Train

Web site: <www.parrotsoftware.com>

- Internet subscription or software purchase for cognitive rehabilitation following head injury, stroke, Alzheimer's, or aphasia.

Planning and Execution Assistant and Trainer (PEAT)

650/494-2002

FAX: 650/493-2002

Attention Control Systems, Inc.

650 Castro Street, Suite 120-197

Mountain View, CA 94041

e-mail address: cortex@brainaid.com

Web site: <www.brainaid.com>

- A PDA (personal digital assistant) which, once the schedule is put into it, will generate, evaluate, and modify plans for daily activity tasks and provides audible or digital cues.
- Prices start at \$595 for software and training. You will need to supply your own hardware. See the website for specifics or call.

Other Internet sites with links to cognitive rehabilitation aids/technologies:

- <www.rehabtool.com>
- <www.psscogrehab.com>
- <www.abledata.com>
- <woodlaketechnologies.com>



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Independent Living
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Parenting & Family
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3. Case Management

Case Management has many definitions when used with people who have experienced a Traumatic Brain Injury. There are Case Managers who work within the insurance companies to expedite the delivery of services to the consumer. There are private case managers that work individually with people with TBI on their specific issues; for example, with memory management. There are also many hospital case managers who coordinate admissions and the care within the hospital setting and work with the family and the health care staff to prepare the clients for discharge; they are often registered nurses or therapists. Lastly, the case managers in a few nonprofit agencies (e.g., Independent Living Centers) work to coordinate access to the services within the agency.

It could become important to choose a case manager who knows TBI and is comfortable working with the issues that can surround TBI. Unless the case manager was chosen for you/your family member/your client by the insurance company, the consumer has the right to give input in the process. An effective case manager can make a difference in outcome: getting the right services at the right time can help considerably with recovery.

Asian-Americans for Community Involvement (AACI)

408/975-2730

2400 Moorpark Ave., Suite 300

San Jose, CA 95128

Website <www.aaci.org>

- Youth center program.
- DUI program.
- Mental health program.
- Seniors' Health Project.
- Staff includes physicians, psychiatrists, psychologists, social workers, marriage, family, & child counselors, teachers, and juvenile justice & recreation specialists.

Behavioral Healthcare Center

661/324-2792

FAX: 661/324-0485

1800 Westwind Drive, Suite 407

Bakersfield, CA 93301

- Case Management.
- Cognitive retraining and treatment program.
- Assessment.
- Psychological services.

3. Case Management

Case Management Society of America (CMSA)

501/225-2229

8201 Cantrell, Suite 230

Little Rock, AR 72227-2448

Website: <www.cmsa.org>

- International organization with 73 chapters.
- Career center.
- Publish *Standards of Practice for Case Management*.

Case Management Society of America (CMSA)- San Jose Chapter

408/973-0888

Website: <www.thebaychapter-cmsa.org>

- Networking and education for case managers.

Central Coast Center For Independent Living (CCCIL)

831/462-8720

New Options Program

1395 41st Ave., #B

Capitola, CA 95010

Website <www.cccil.org>

- Case managers have experience with TBI.

Ciddio-Morris Associates, Inc.

510/208-7100

1611 Telegraph Avenue, Suite 808

Oakland, CA 94612

Website <www.csilc.org>

- Case management and vocational services.

Health Care To The Homeless

1621 Gold Street

P.O. Box 1240

Alviso, CA 95002

408/279-6244

- Case Management.
- Health education.
- Primary health care to the homeless.

3. Case Management

Medshares-San Jose

408/452-1224

106 East Gish Road

San Jose, CA 95112

Website: <www.medshares.com>

- Case management for conservators and individual families.
- Must be referred by physician.

Neurologic Case Management Associates

304/345-7757

800/317-1069

405 Capitol Street, Suite 612

Charleston, WV 25301

- Advocate for services and treatments.
- Development of life care plans.
- Organize and coordinate rehabilitation services and resources.

Rehabilitation Nursing Services, Inc.

916/929-6506

4811 Chippendale Drive, Suite 704

Sacramento, CA 95841

- Staff has extensive experience working with TBI.

San Mateo County Aging And Adult Services

800/675-8437

TDD 800/994-6166

225 West 37th Ave.

San Mateo, CA 94403

- Multi-purpose senior services program.
- Linkages program- provides assessment and case management for people that are elderly and younger adults with disabilities.
- 24-hour response team that responds to unsafe conditions.

3. Case Management

Services For Brain Injury Info & Referral Services

408/434-2277

2731 North 1st Street, Suite 100

San Jose, CA 95134

Website: <www.sbicares.org>

- Information and referral.
- Case management for individuals with brain injury.

Sorenson Etal, Inc.

916/961-8211

FAX 916/966-7786

P.O. Box 1147

Carmichael, CA 95609

- Coordinates resources and creates flexible, cost effective options for catastrophically or chronically ill or injured clients.
- Extensive experience with TBI.



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4. Consumer Resources

These resources deal with some common TBI issues. Some address the aftereffects of TBI, be they sensory, motor or neural. Others help with general consumer issues.

Following are some organizations that may be useful to persons with TBI. Of course, as with any other consumer item, it's wise to remember the tremendous individuality of head injury and to realize that what may help one, or many, or even most people with TBI may not work for yourself/family member/client. But once again, if one avenue of help doesn't perform as expected, another may well "do the job".

Abledata

800/227-0216

8630 Fenton Street, Suite 930

Silver Springs, MD 20910

Website: <www.abledata.com>

- Extensive collection of over 18,000 commercially available assistive technology aids & devices.
- A service of the National Institute on Disability and Rehabilitation Research (NIDRR).

Attainment Company

800/327-4269

FAX: 800/942-3865

P.O. Box 930160

Verona, WI 53593-0160

Web site: <www.attainmentcompany.com>

- Catalog of contemporary products for people with special needs.

Better Business Bureau Silicon Valley

408/278-7400

Web site: <www.bbbsilicon.org>

- Company reliability reports, charity reports, complaint resolution, and arbitration.

Billy Defrank Lesbian And Gay Community Center

408/293-2429

938 The Alameda

San Jose, CA 95126

Web site: <www.defrank.org>

- Offers peer and professionally facilitated support groups, HIV testing, counseling clinics, and education classes.

4. Consumer Resources

California Children's Services

408/793-6200

FAX: 408/793-6250

720 Empey Way

San Jose, CA 95128

- They can fund medical services for people with TBI if the injury occurred before age 21.

Center for Independent Rehabilitation Services

650/237-9217

Rehabilitation Engineering Center

590 Forest Ave.

Palo Alto, CA 94301

408/995-0144

2211 Moorpark Ave, Suite 230

San Jose, CA 95128

- Prosthetics, orthotics, and braces.

Deaf And Disabled Telecommunications

Speech to Speech (STS) Service

800/854-7784

California Telephone Access Program

- A person with a speech disability can use STS to make telephone calls, using his or her own voice or voice synthesizer. STS operators serve as "voicers" for users with speech disabilities who have difficulty being understood over the phone. There is no charge to use this service. You only pay for the price of the call. The service also works in reverse, so that anyone may use STS to initiate a call to a person with a speech disability.

Hearing Society For The Bay Area, Inc.

415/693-5870

49 Powell Street, Suite 400

San Francisco, CA 94102

Website: <www.hearingsociety.org>

- Referrals and consultations.
- Training for families with deaf children.

4. Consumer Resources

Medic Alert Foundation

888/633-4298

209/668-3333

FAX: 209/669-2495

2323 Colorado Ave.

Turlock, CA 95382

Website: <www.medicalert.org>

- Offer Medic Alert bracelets/necklaces, which can inform emergency medical personnel of medical complications (seizure risk, allergies, etc.).

Mental Health Advocacy Project

800-248-MHAP

FAX: 408/293-0106

TDD: 408/294-5667

111 W. St. John Street, Suite 315

San Jose, CA 95113

- Free legal services for individuals who have mental or developmental disabilities.
- Spanish and Vietnamese.

Pacific Gas & Electric

800-743-5000

TDD/TTY: 800-652-4712

- Discounts available to low income households and those receiving medical care.

Phoenix Data Center

Web site: <www.phoenixdatacenter.org>

- A searchable directory of service providers in Santa Clara county with links to agency and provider web sites. Information is listed from a consumer perspective with clear descriptions of the services offered.
- Categories include: meals, groceries, shelter, healthcare, legal, transportation, and seniors.

Post Trauma Treatment Advanced NeuroTherapy

925/906-0420

FAX: 925/906-0904

31 Panoramic Way, Suite 202

Walnut Creek, CA 94595

Web site: <www.post-trauma.com>

e-mail: PTTA@post-trauma.com

- Offers multiple alternative forms of therapy including Interactive Light Therapy, EEG-biofeedback, ROSHI/BRAINLINK, hypnotherapy, ayurvedic counseling, CranioSacral therapy, and enhancement therapy.

4. Consumer Resources

San Mateo County Peninsula Library System

Community Information Program

650/802-7950

262 Harbor Boulevard, Building A

Belmont, CA 94002

Website: <www.cip.plsinfo.org>

- Free orientation to community resources in San Mateo county on the last Wednesday of each month (1:30-3:30pm). Check website for locations.
- Website provides links to many health and human services agencies serving San Mateo county residents including disability resources, transportation, legal, and emergency services.

SBC

800/310-2355

Website: <www.sbc.com>

- Telephone service for low income households.

Small Claims Advisory, Santa Clara County

408/370-4440

- They will answer any questions about small claims court.
- Assistance in filling out forms.

United Way of Silicon Valley

408/247-1200

1922 The Alameda

San Jose, CA 95126

Web site: <www.uwsv.org>

- Over 600 community resources can be accessed through this agency.



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5. Crisis Intervention Services

Following you will find some services that are available for anybody experiencing a crisis. For people with TBI, it can have such a devastating effect on people who experience it that they need quick help and referral to the professionals who can help promptly and efficiently. If you feel yourself or another is in any need for help with a crisis situation, please call one of the listings below. Be prepared to give a complete description of the problem, so that the agency can help quickly and effectively.

With the current economic situation in the county, the state, and the country, there is some flux in funding for these agencies, and some may change by the time you read this. If you have any questions or if you can't find any of the services for this often critically important need, please contact the resources in the chapter "Resource Directories and Services and Information Resources" to ask for the latest information.

This chapter also includes a section dealing with the issues of death and dying. Death often has a strong significance to some people with TBI, partly because they came so close to death in their accident and partly because they may have considered or even attempted suicide. Not all people with TBI will need these agencies, but when they are needed, the need is great. Most people with TBI are young and never have had to come to grips with the facts of mortality (one of the basic 'givens' of human life). To suddenly face the fact that death is closer than one ever imagined is disquieting, to say the least. Please refer to these agencies whenever you feel they might be appropriate; it may help save a life.

If you feel that your life or family member's life is in danger, the fastest assistance could come from emergency services or the police, accessible by dialing 911.

Adult Protective Services

800/414-2002

591 North King Road

San Jose, CA 95133

- For dependent adults age 18-64.
- Short-term crisis intervention for abuse, neglect, exploitation.
- Spanish, Vietnamese, English.

5. Crisis Intervention Services

Alcoholics Anonymous (AA)

24 hour help line: 408/374-8511

274 E. Hamilton Ave., Suite D

Campbell, CA 95008

Website <aasanjose.org>

Monterey County/Salinas Location

24 hour help line: 831/424-9874

- Main Focus: To help you stay sober and to help others achieve sobriety.
- Provide experience, strength and hope to those who suffer from alcoholism.

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

Website <www.aaci.org>

- Mental health program.

Contact Cares

408/850-6125 (24-hour crisis line)

Crisis Line For The Handicapped

24 hour phone line: 800/426-4263

24 hour TDD: 408/421-4327

P.O. Box 24791

San Jose, CA 95145

- This service offers volunteer peer counseling, support, and information and referral.
- Covers Nevada and California.

Discrimination/Anti-Hate Line

408/279-0111

Emergency Psychiatric Services

Santa Clara Valley Health and Hospital System

408/885-6100

Food Connection

800/984-3663

- Low or no income referrals to food pantries/banks.

5. Crisis Intervention Services

Gateway Alcohol and Drug

800/488-9919 (24 hr)

- Information and help line.

La Isla Pacifica Crisis Line

408/683-4118

Poison Control Center

800/876-4766

Santa Clara County Mental Health

800/704-0900

Suicide And Crisis Lines

- Central County: 408/279-3312
- North County: 650/494-8420
- South County: 408/683-2482
- Hotlines for individuals in crisis.

Veterans Emergency Housing Facility (VA Hospital)

650/493-5000 ext 22044

795 Willow Road, Building 323B

Menlo Park, CA 94025

Youth in Crisis

888/247-7717 (24 hr)

CRIME VICTIMS

Victim Witness Assistance Program

408/295-2656

777 North First Street, Suite 220

San Jose, CA 95112

Email: vwac@victimwitness.org

- Crisis intervention and advocacy.

5. Crisis Intervention Services

Victims Of Crime Resource Center

800/842-8467

- Legal referrals and information to victims of crime and referrals to local Victim Witness Assistance Offices for compensation under the Victims of Crime Act.

DOMESTIC VIOLENCE

Community Solutions

408/779-2113 (Morgan Hill-Mental Health & Domestic Violence)

408/842-7138 (Gilroy)

408/683-4118 (24-hour crisis line)

South Valley Counseling, Community Alternatives and the Bridge Counseling Center have merged into Community Solutions.

- Sexual assault services, mental health services, and domestic violence.
- Prevention services and supportive housing for mentally ill (Morgan Hill)
- Community counseling, drug and alcohol services, domestic violence counseling and legal aid, supervised visitation program and sober living houses (Morgan Hill and Gilroy).
- Residential treatment for seriously mentally ill (Morgan Hill).
408/779-2113
- Parent education programs, counseling services, and domestic issues (Gilroy).
408/842-7138
- Violence counseling (Morgan Hill and Gilroy).

Next Door

24 hour hotline: 408/279-2962

408/501-7550

FAX: 408/441-7562

234 East Gish Road

San Jose, CA 95112

- Therapy and support groups.
- Emergency shelter.
- Parenting classes for women.
- One-to-one counseling for men.
- Legal clinic for restraining orders.

5. Crisis Intervention Services

Support Network For Battered Women

Crisis Line 24 hrs: 800/572-2782

Spanish Line: 800/57-BASTA

650/940-7850

444 Castro Street , Suite 305

Mountain View, CA 94041

Website <www.snbw.org>

- 24 hour crisis counseling.
- Counseling department.
- Restraining order clinic.
- Lawyers for individual legal help.
- Emergency shelter.

See also Chapter 8: Domestic Violence.

DEATH AND DYING

Centre For Living With Dying

408/980-9801

554 Mansion Park Drive

Santa Clara, CA 95054

Website <www.thecentre.org>

- Crisis interventions.
- Circle of Care- HIV and AIDS- for persons infected or affected.
- Support for grief, mourning, suicide and trauma.
- Healing Heart Program- for children and adolescents.
- Seniors Linc- seniors living in crisis.

Disabled And Alone

Life Services For The Handicapped, Inc.

800/995-0066

352 Park Ave. South, 11th floor

New York, NY 10010

- Helps families plan for death of caregiver.

5. Crisis Intervention Services

El Camino Hospital

"Living With Loss"

800/216-5556

2500 Grant Road, ground floor/meeting room "A"

Mountain View, CA 94040

- A support group for persons with loss due to the death of a family member, loved one, or friend.
- Every 2nd & 4th Monday, 3:00-4:30 p.m.
- Contact Brenda Pyka at 650/988-7562.

KARA

650/321-5272

457 Kingsley Ave.

Palo Alto, CA 94301

Website <www.kara-grief.org>

- Grief counseling (individual and group) for children and adults, and a program to help children cope with the loss of a loved one.



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6. Day Programs

Here you will find listings of various programs to access for people with TBI who are not yet ready for return to work or school. Day programs are defined here as non-residential programs that teach those with TBI the skills they need, and help them with memory and attention strategies. Some people with TBI may be resistant to the notion of a 'day program': they may feel that this demeans them or sometimes there is an unawareness of the consequences of their TBI. This resistance can be addressed by bringing up the fact that this is only a temporary situation, and when the person proves that s/he is able to do more than attend such a program, more options will be offered. Until then, the best choice seems to be to pick up, in the day program, the social and cognitive skills that one needs in 'real work' in the 'real world'.

Alta Bates Herrick Rehabilitation

510/204-4411

2001 Dwight Way

Berkeley, CA 94704

- Full day and partial day programs specifically for TBI.
- Comprehensive and personally tailored program.

Alzheimer's Activity Center

408/279-7515

2380 Enborg Lane

San Jose, CA 95128

- An adult social day care program specifically designed for people with Alzheimer's disease or related dementias.
- Open 7 am-6 pm Monday through Friday.
- Must attend at least two days a week.
- Fee based on \$42 per day.
- Multiple physical and mental activities.

6. Day Programs

Bay Area Community Services (BACS)

<www.bayareacs.org>

Oakland location:

510/601-1074

5714 Martin Luther King Jr Way

Oakland, CA 94607

Fremont location:

510/656-7742

39606 Sundale Drive

Fremont, CA 94538

- Adult day care for older adults with chronic health problems.
- Meals, occupational therapy, physical therapy, speech therapy.

Brainstorm

415/665-4100 ext 239

Recreation Center for the Handicapped

207 Skyline Blvd.

San Francisco, CA 94132

- Community social recreation program for adults with acquired brain injuries (ABI).

Cabrillo College Stroke Center

831/425-0622

FAX: 831/425-0223

501 Upper Park Road

Santa Cruz, CA 95065

Website: <www.strokecenter.com>

- Classroom-based approach to rehabilitation.
- Courses deal with disabilities, communication, mobility and fitness, and independent living skills.
- Students attend up to 20 hours a week of classes.
- Classes offered are appropriate for TBI.
- Weekly support group for spouse/caregivers is available.

6. Day Programs

Community Gatepath

650/697-8924

FAX: 650/697-5010

1764 Marco Polo Way

Burlingame, CA 94010

Website: <www.communitygatepath.org>

- Offer speech therapy as well as classes in basic living skills, computers, cognitive skills, memory, leisure, recreation, and social issues.

Eskaton Carmichael Adult Day Program

916/334-0296

5105 Manzanita Avenue

Carmichael, CA 95608

- Provides assistance to chronically ill, disabled seniors.
- Variety of activities and services for the program.

Hope Rehabilitation Services

408/748-2850

Administrative Office:

1777 Agnew Road

Santa Clara, CA 95054

- Fifteen Bay Area locations.
- Day activities.
- Extensive Work Training program.
- Counseling Center.
- Senior Activity Center.
- Supported living program.
- 0-3 years Headstart program for infants mentally disabled.
- Interpreters available.

6. Day Programs

Live Oak Adult Day Service

408/973-0905

20920 McClellan Road

Cupertino, CA 95014

- Day activities for health-impaired seniors.
- Social and recreational activities.
- Program runs from 9:00 am-3:00 pm. (Monday - Friday)
- Fee ranges from \$25-\$50 (sliding scale).

MACSA Adult Day Health Care (Mexican American Community Services Agency)

408/928-1155

FAX: 408/928-1153

130 North Jackson Ave.

San Jose, CA 95116

- Experience with TBI.
- Social and recreational day program.
- Physical, Occupational, and Speech therapy.
- Transportation available.
- \$55-\$90 a day. Medi-Cal accepted.

Marin Brain Injury Network

415/461-6771

1144 Magnolia Avenue

Larkspur, CA 94939

Website <www.mbin.org>

- Day program Monday thru Thursday 12 pm-4 pm.
- Support groups for caregivers & survivors.
- Sliding scale for fees; scholarships available.

Mt. Diablo Facility Of Rehabilitation

Services Of Northern California

925/682-6343

490 Golf Club Road

Pleasant Hill, CA 94523

- Adult day health care.
- Vocational services.

6. Day Programs

On Track Program - Mt. Diablo Adult Education

925/685-7340

1266 San Carlos Avenue

Concord, CA 94518

- Cognitive skills.
- Community re-entry.
- Personal and social growth.
- Living skills.
- Tuesdays, Thursdays, Fridays 10-3pm. \$50/month tuition.
- Day school for adults with acquired brain injury. Not an adult day care center.

Reach Program

650/949-6960

Foothill College

Middlefield Road

Palo Alto, CA 94303

- A living skills program (occupational, physical, and speech therapy) for individuals who have had a stroke.

Santa Clara Valley Medical Center Day Treatment Program

408/885-4737 (Admissions Case Manager)

751 South Bascom Avenue

San Jose, CA 95128

- Interdisciplinary treatment team.
- Individualized treatment goals.
- Treats patients with a variety of neurologic diagnoses.

Services For Brain Injury (SBI)

408/434-2277

2731 North First Street, Suite 100

San Jose, CA 95134

Website: <www.sbicares.org>

- SBI offers five levels of day programming for persons with brain injury and information and referral resources.

6. Day Programs

Skills Plus

408/983-2100

1840 Benton Street

Santa Clara, CA 95050

- Skills based classes for people who have a need for further therapy after stroke.
- Focus on improvement of physical and cognitive abilities.



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7. Disability Related Organizations

Some of these organizations work only with persons with specific disabilities and do not specialize in the needs of those with TBI; others provide certain services to people with disabilities. This chapter is included because many people with TBI have certain disablements as a result of their injury that these organizations can address and help. These include sensory losses (e.g., auditory or visual impairments), loss of mobility, speech impairments, etc. As is true in many other chapters of this book which list organizations that are not designed specifically for those with TBI (and even some that are), often people, even professionals, just can't understand the difficulties that people with TBI experience. You can help by gently educating the facility/person about the common after effects of TBI. TBI is a relatively new disability: it is only in the last 15 years or so that enough people have survived a TBI to see any trends or tendencies in recovery.

Alzheimer's Activity Center

408/279-7515

2380 Enborg Lane

San Jose, CA 95128

- Provides services for people with Alzheimers disease.
- Does take some seniors with TBI.

American Chronic Pain Association

916/632-0922

P.O. Box 850

Rocklin, CA 95677

Website: <www.theacpa.org>

- Information and referral.
- Information on support groups.

American Diabetes Association

800/342-2383

1701 North Beauregard Street

Alexandria, VA 22311

Website: <www.diabetes.org>

- Research, information, and advocacy.
- National call center.

7. Disability Related Organizations

American Occupational Therapy Assoc. (AOTA)

301/652-2682
4720 Montgomery Lane
P.O. Box 31220
Bethesda, MD 20824-1220
Website: <www.aota.org>

- Provide information through mailings.

Brain Injury Association of America (BIAA)

Family helpline: 800/444-6443
703/761-0750
8201 Greensboro Drive, Suite 611
McLean, VA 22102
Website: <www.biausa.org>

- Provide information regarding TBI.
- Networking to different state organizations.
- National symposium and other conferences.

Brain Injury Association Phone Numbers:

Indiana	317/356-7722
Arizona	602/508-8024
	888/500-9165
Iowa	319/272-2312
Arkansas	501/374-3585
	800/235-2443
Kansas	816/842-8607
Colorado	303/355-9969
	800/955-2443
Kentucky	502/493-0609
Connecticut	860/721-8111
	800/278-8242
Maine	207/861-9900
Delaware	302/537-5770
	800/411-0505
Maryland	410/448-2924
Florida	954/786-2400
	800/992-3442
Massachusetts	508/795-0244
Georgia	404/817-7577
	888/334-2424
Michigan	810/229-5880
Hawaii	808/454-0699
	800/772-4323
Minnesota	612/378-2742
Idaho	208/342-0999
	888/374-3447
800/669-6442	
Mississippi	601/981-1021
Illinois	708/726-5699
	800/641-6442

7. Disability Related Organizations

Missouri	314/426-4024 800-377-6442	South Carolina	803/731-0588 800/290-6461
Montana	406/541-6442 800/241-6442	Tennessee	865/982-4455
New Hampshire	603/225-8400 800/773-8400	Texas	512/326-1212 800/392-0040
New Jersey	732/738-1002 800/669-4323	Utah	801/484-2240 800/281-8442
New Mexico	505/292-7414 888/292-7145	Vermont	802/453-6456
New York	518/459-7911 800/228-8201	Virginia	804/355-5748 800/334-8443
North Carolina	919/833-9634 800/377-1464	Washington	425/895-0047 800/523-5438
Ohio	614/481-7100 866/644-6242	West Virginia	304/766-4892 800/356-6443
Oklahoma	580/233-4363	Wisconsin	414/778-4144 800/882-9282
Oregon	503/413-7707 800/544-5243	Wyoming	307/473-1767 800/643-6457**
Pennsylvania	717/657-3601 866/635-7097		
Rhode Island	401/461-6599		

** starred numbers indicate nationwide access

Brain Injury Policy Institute Of California

(Formerly the Brain Injury Association of California)

916/442-1710

800/457-6443 (National Family Helpline)

P.O. Box 160786

Sacramento, CA 95816

•General Information.

•Advocacy for legislative action.

•Prevention/ Awareness Programs.

7. Disability Related Organizations

California Community Colleges

916/324-8592

1107 Ninth Street

Sacramento, CA 95814

Website: <www.ccleague.org>

- Chancellor's office that deals with the 107 junior colleges in California.

California Rehabilitation Assoc. (CRA)

916/441-5844

1029 J St., Suite 380

Sacramento, CA 95814-2724

Website: <www.calrehab.org>

- A trade association representing rehabilitation facilities.

Canine Companions For Independence

707/577-1700

800/572-2275

Northwest Regional Training Center

P.O. Box 446

Santa Rosa, CA 95402

Website: <www.caninecompanions.org>

- Providing service dogs to help people gain/maintain independence.

Center For Research On Learning

785/864-4780

Joseph R. Pearson Hall

1122 West Campus Road, Room 521

Lawrence, KS 66045-3101

Website: <www.ku-crl.org>

- They work with teachers who work with students in schools.

Disabled And Alone

800/995-0066

- Helps families plan for and implement changes that take place after the death of a caregiver.

Employment Development Department

916/653-0707

722 Capitol Mall

Sacramento, CA 95814

- Wage replacement program for non-work related injury (disability).

7. Disability Related Organizations

Epilepsy Foundation Of Northern California

800/632-3532

510/893-6272

1624 Franklin Street, Suite 900

Oakland, CA 94612

Website: <www.epilepsynorcal.org>

- Provide services to people impacted by epilepsy.

George Washington University Heath Resource Center

202/973-0904

800/544-3284

2121 K Street NW, Suite 220

Washington, DC 20037

Website: <www.heath.gwu.edu>

- Collect and disseminate information about post-secondary education for persons with disabilities.

Governor's Committee For Employment Of Disabled Persons

916/654-8055

FAX: 916/654-9821

800/695-0350

TDD: 916/654-9820

800 Capitol Mall-MIC41

Sacramento, CA 95814

Website: <www.disabilityemployment.org>

- Provides direct services, including technical assistance to employers and employees.
- Information and referral.
- Develops and distributes educational resources.

Learning Disabilities Association Of America (LDA)

412/341-1515

FAX: 412/344-0224

4156 Library Road

Pittsburgh, PA 15234

Website: <www.ldaamerica.org>

- General information and referral to local chapters.

7. Disability Related Organizations

Life Services For The Handicapped, Inc.

212/532-6740

800/995-0066

352 Park Avenue South, 11th floor

New York, NY 10010

Website: <www.disabledandalone.org>

- A non-profit organization established to help families provide a secure future for their loved ones with a disability.

National Brain Tumor Foundation

800/934-CURE

22 Battery Street, Suite 612

San Francisco, CA 94111-5520

Website: <www.braintumor.org>

- Information and referral.
- Quarterly newsletter.
- Brain Tumor Guide.

National Rehabilitation Information Center (NARIC)

800/346-2742

301/459-5900

FAX: 301/459-4263

TTY: 301/459-5984

4200 Forbes Boulevard., Suite 202

Lanham, MD 20706

Website: <www.naric.com>

- Information and referrals.
- Collection of reference materials.
- Library of information.

7. Disability Related Organizations

National Easter Seal Society

312/726-6200

TDD: 312/726-4258

230 West Monroe, Suite 1800

Chicago, IL 60606

Website: <www.easterseals.com>

- Call for the Easter Seal office nearest you.
- Educational evaluation services.
- Technological assistance.
- Speech and language therapy.
- Vocational evaluation, occupational therapy and training.
- Psychosocial evaluation and counseling.
- Recreational and social services.

National Institute On Disability And Rehabilitation Research (NIDRR)

Department Of Education

Office of Special Education and Rehabilitative Services

202/245-7640

TTY: 202/245-7316

400 Maryland Avenue, S.W.

Washington, DC 20202

Website: <www.ed.gov/about/offices/list/osers/nidrr/>

- Funds research in the field of rehabilitation.
- Emphasis on employment outcomes, health and function, technology for access and function, independent living and community integration, associated disability research areas, knowledge dissemination and utilization, ADA technical assistance projects, and capacity building for rehabilitation research and training.

National Rehabilitation Association

703/836-0850

TDD: 703/836-0849

FAX: 703/836-0848

633 South Washington Street

Alexandria, VA 22314

Website: <www.nationalrehab.org>

- A nonprofit organization for professionals in the field of rehabilitation.
- They offer two publications, continuing education, and training conferences.

7. Disability Related Organizations

Parkinson's Institute

408/734-2800

800/786-2958

1170 Morse Avenue

Sunnyvale, CA 94089-1605

Website: <www.parkinsonsinstitute.org>

- A research institute for movement disorders (especially Parkinson's Disease).

San Diego Brain Injury Foundation, Inc.

619/268-4432 (Helpline)

619/294-6541

P.O. Box 84601

San Diego, CA 92138

Website: <www.sdbif.org>

- Information and referral network.

Silicon Valley Independent Living Center

408/894-9041

FAX: 408/894-9050

TDD: 408/894-9012

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Personal Assistant recruitment and referral; training in the management of personal assistants.
- Advocacy and legal services.
- Information and referral regarding available and accessible housing.
- Counseling; individual and group support.
- Independent living skills.
- Vocational services.
- Residential training program.
- Equipment rental and loan.
- Newsletter; "The Dispatch".

7. Disability Related Organizations

State Council On Developmental Disabilities

916/322-8481

866/802-0514

TDD: 916/324-8420

FAX: 916/443-4957

1507 21st Street, Suite 210

Sacramento, CA 95814-5224

Website: <www.scdd.ca.gov>

- No direct services.

- Plan and coordinate services for individuals with developmental disabilities.

World Institute On Disability (WID)

510/763-4100

FAX 510/763-4109

TTY 510/209-9493

510 16th Street, Suite 100

Oakland, CA 94612-1500

Website: <www.wid.org>

- Research and policy organization: No direct client services.



Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services



8. Domestic Violence

The potential for domestic violence in the family of an individual with TBI is real and it can happen to your family. One reason for this is the intense frustration of having one's personality changed by the TBI and not understanding how or why these changes are happening. A second is the fact that the person with TBI is no longer the same as s/he was before the accident. Family, including parents, spouses, children, and other relatives, are facing a different person. Parents discover that their child, as they perceived him/her, has changed; spouses find that their lovers appear to be gone and someone else is in their place; and others in the family are often confused that, even though their injured relative looks the same to them, those closer to him/her in the family are grieving a terrible loss. Thirdly, the TBI can alter the family structure. If the person with TBI was the breadwinner or the main emotional supporter in the family, the TBI can change these family roles and thus change the family. The differences the family sees in the person with the TBI make for a different family structure and organization. The fourth reason involves the more common personality alterations that can happen after a brain injury. Emotional lability (mood swings) can involve frustration that erupts into family violence.

Of course, it sometimes happens that the person with TBI bears the brunt of the domestic violence. Sometimes a spouse may not be able to emotionally accept the changes brought on by TBI, may feel the person could 'do better' if only s/he wasn't 'so stubborn', and can strike out at the person with TBI. It's also quite possible that there were domestic violence issues before the injury.

If you suspect domestic violence, ask about it. All you need is a reasonable suspicion of domestic violence or neglect to act. Call one of the agencies and ask for their input on the situation. Refer the family, or the client, or both, to counseling and/or to the agencies in this chapter. Remember that domestic violence often becomes part of the structure of the family and thus is highly resistant to change. Family members may downplay, rationalize, or even lie about it to 'protect the family' (which of course it never really does).

To help with these problems, we have included a list of facilities and organizations that deal with domestic violence. Most include some counseling for the victim or the perpetrator of the violence, some include housing for the victim and/or the children (usually the address and phone number of these 'safe houses' are private to protect the victim), and some include a 24 hour phone line for the battered to call for help.

Adult Protective Services

408/928-3860

- Investigates incidents of elder and dependent adult abuse or neglect.
- Short-term management of abuse victims to ensure safety and reduce risk. They are able to provide support services (food, shelter).

8. Domestic Violence

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

- Asian Women's Home shelter for abused women and children.
- Domestic violence prevention and treatment.

Battered Women's Hot Line For Lesbians, Bisexuals And Straight Women

24 hour phonenumber: 415/864-4722

Child Protective Services

408/299-2071

- Prevention, intervention, advocacy, and public education related to the protection of children.

Community Overcoming Relationship Abuse

800/300-1080 (local toll free)

24 hour line: 650/312-8515

800/799-SAFE (7233) - National Domestic Violence Hotline

Teen hotline: 650/259-8136

Website: <www.corasupport.org>

- San Mateo county.
- Legal advising and counseling (long term and short term).
- Support groups.
- Shelter facility.
- English, Spanish, Tagalog.

Community Solutions

408/842-7138

Crisis line: 408/683-4118 (24 hr)

6980 Chestnut St

Gilroy, CA 95037

- Shelter for battered women and their children.
- Domestic violence counseling and support groups.
- Legal advocacy and assistance.
- Domestic violence prevention and education programs.
- Batterers intervention program.

8. Domestic Violence

Community United Against Violence

24 hour phoneline: 415/333-4357

415/777-5500

160 14th Street

San Francisco, CA 94103

- Support for battered gay men, lesbians, and bisexuals.
- Advocacy and legal assistance.
- Counseling and support groups.
- Emergency assistance.
- Information and referral.

Counselors for Rape Victims

24 hour phoneline: 408/287-3000

Domestic Violence for Asian Women

24 hour phoneline: 408/975-2739

Emergency Shelter Program

24 hour phoneline: 510/786-1246

22634 Second Street, Suite 205

Hayward, CA 94541

- Serving Hayward and Alameda counties.
- Shelter.
- Support groups and counseling.

Next Door

24 hour Hotline: 408/279-2962

408/501-7550

FAX: 408/441-7562

234 East Gish Road, Suite 200

San Jose, CA 95112

- Emergency housing for battered women and their children.
- Psychotherapy and support group.
- CALL AHEAD.

Santa Cruz Co. Women's Crisis Support

24 hour line: 831/685-3737

- 24 hour crisis counselors.

8. Domestic Violence

Shelter Against Violent Environments (SAVE)

24 hour line: 510/794-6055

Fremont and Alameda County.

Support Network For Battered Women

800/572-2782

650/940-7850 (English and Spanish)

Website: <www.snbw.org>

- Referral to emergency housing for battered women and their children.
- Support groups.
- Therapy and counseling.
- Shelter facility.
- Legal support.
- Counseling.



Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services



9. Driving Evaluation

Driving is a very important skill in our society. People with TBI sometimes have their licenses taken away: this may be due to seizure activity, physical or cognitive limitations, or as a legal consequence of the accident that gave them the TBI. Professionals in California are legally obligated to report to the Department of Motor Vehicles regarding individuals whose brain injuries may impair their driving ability. Licensed drivers are also legally obligated to report to the DMV any changes in their condition that may impair their driving (like visual problems, limb weakness, or seizures). Many with TBI can and do drive safely and well. If you (person with TBI, family, friend, or professional) are not sure about driving skills, a driving evaluation can document whether one is able to drive safely.

DRIVER ASSESSMENT FACILITIES

Adaptive Driving Education Resources will help those people with TBI who are trying to get their driving privileges reinstated as well as those that want to have their driving skills assessed. The agencies listed below offer driving education for people with disabilities to help them learn or relearn driving skills.

These programs provide driver evaluations and independent mobility skills assessments for those with medical conditions or injury. Their Clinical Assessment include strength, coordination, endurance, vision, perception, and thinking skills. This part of the evaluation is reviewed between client and the rehabilitation consultant/driving evaluator. Unlike some other driver evaluation services, drivers are not ruled out by their clinical assessment: if they don't do well with that (some people don't do well with such tests), they are often encouraged to go on to the behind-the-wheel evaluation.

The behind-the-wheel evaluation involves how the client deals with a car in traffic, interacts with others and makes decisions, and whether they need the use of any adaptive equipment. (e.g., spinner knob or hand control). This evaluation assesses one's functional ability to drive in this setting. These evaluations provide a comprehensive written report, with recommendations.

Prospective clients must have a driver's license or temporary permit.

9. Driving Evaluation

Adaptive Driving Aid

408/866-7237

800/371-4243

3155 Williamsburg Drive

San Jose, CA 95117

- The evaluations of the Adaptive Driving Aid are based out of the home of the client and, when appropriate, with the client's own car. Sam at Adaptive Driving Aid provides drivers training and can install adaptive equipment as well. Prospective clients must have a driver's license or temporary permit.
- Serves all areas in central and northern California with an emphasis on San Francisco and Monterey Bay areas.

Apex Driving School Mobility Training Division

415/252-7760

888/374-8333

210 Fell Street

San Francisco, CA 94102

Website: <www.apexdrivingschool.com>

- Driver assessment/evaluation, education, and training.

Association for Driver Rehabilitation Specialists

318/257-5055

800/290-2344

711 South Vienna Street

Ruston, LA 71270

Website: <www.driver-ed.org>

- The Association is a professional organization that allows consumers to search their membership directory database to locate adaptive driving specialists in their area.

Bond Driving School

916/485-5779

3333 Balmoral Drive

Sacramento, CA 95821

Website: <www.bonddrivingschool.com>

- Offers specialized adaptive driving instruction using the vehicle owned by the person with the disability.

9. Driving Evaluation

John Muir Therapy Center

925/947-5300

Outpatient Therapy

1981 North Broadway, Suite 180

Walnut Creek, CA 94596

- Two part program: Classroom and road training.
- Referred by physician.
- Current drivers license.
- Costs about \$475 .

Santa Clara Valley Medical Center Adaptive Driving Evaluation Program

408/885-5613

FAX: 408/885-4844

751 South Bascom Avenue

San Jose, CA 95128

- Referred by physician.
- Car and van assessments.
- Driver training.

Simply the Best Driving School

916/929-7085

648 Northfield Drive, Suite C

Sacramento, CA 95833

- Offers adaptive driving evaluations and training.

Veterans Administration Medical Center

Physical Medicine and Rehabilitation Dept.

650/493-5000 x65801

3801 Miranda

Palo Alto, CA 94304

- Veterans only.
- Must register with the Veterans Hospital.
- Driver assessment / evaluation, education, and training.
- Device prescription.
- Classroom and on-road instruction.

9. Driving Evaluation

EQUIPMENT INSTALLERS

Access Ability Medical Equipment and Supply

925/225-1121

5627 Stoneridge Drive, Suite 324

Pleasanton, CA 94588

Website: <www.accessability4u.com>

- Offers a full-service facility with various kinds of adaptive equipment for use by people with disabilities including scooter lifts and carriers, hand controls, vehicle platform lifts, and other driving aids.

Access Development Co.

707/575-6996

FAX: 707/575-7659

3069 Wiljan Court

Santa Rosa, CA 95407

Website: <www.access-development.com>

- Hand controls, wheelchair carriers, and lifts.
- Passenger vans/ vehicle modifications.
- Installation and repair.

Access Options, Inc.

831/722-6804 (Watsonville)

408/288-5438 (San Jose)

Main Office:

109 Lee Road, Suite D

Watsonville, CA 95076

San Jose Location:

1255 Alma Court

San Jose, CA 95112

Website: <www.accessoptions.com>

- Hand controls, wheelchair carriers, and lifts.
- Passenger vans/ vehicle modifications.

9. Driving Evaluation

AdaptAbility

707/575-6997

3069 Wiljan Court

Santa Rosa, CA 95407

Website: <www.adaptabilityca.com>

- Offers installation services for new and used mini and full-size wheelchair accessible vans, ADA compliant vans, wheelchair and scooter lifts, driving controls, restraint systems, and other vehicle modifications.
- Offer home demonstrations and can help obtain financial assistance.

Adaptive Driving Aid

408/866-7237

800/371-4243

3155 Williamsburg Drive

San Jose, CA 95117

- Hand controls, wheelchair carriers, and lifts.
- Vehicle modifications.

Continental Van & Truck Specialty Conversions

916/362-2018

9475 Business Park Drive, Unit 1

Sacramento, CA 95827

- Van and truck conversions.

Deluxe Truckin' Mobility

916/392-1196

6550 Freeport Boulevard

Sacramento, CA 95822

Website: <www.deluxemobility.com>

- Mobility vehicles, wheelchair lifts and carriers, scooters and carriers, specialty van conversions, extended doors, transfer seats, extended roof lines, hand controls, wheelchair tie downs and restraint systems, automatic door openers and remotes, and porch and stairway lifts and ramps.

9. Driving Evaluation

Driving Specialties Ltd.

Website: <www.drivingspecialties.com>

- Offers vehicle conversions with adaptive equipment.

707/553-1515
215 Commercial Street
Vallejo, CA 94589

559/291-2563
2563 N. Fordhan Ave.
Fresno, CA 93727

916/635-2765
2216 Cemo Circle, Suite A
Rancho Cordova, CA 95670

Elite Mobility

209/544-8380
400 12th Street, Suite 14
Modesto, CA 95354
Website: <www.elitemobility.com>

- Automotive scooter and wheelchair lifts, hand controls, etc.

Kempf-Katalavox

408/773-0219
800/255-6174
P.O. Box 61103
Sunnyvale, CA 94086
Website: <www.katalavox.com>

- A voice-activated driving system that controls the electric functions of an automobile.

Mobility Systems

510/540-0295
1010 Carleton Street
Berkeley, CA 94710
Website: <www.mobilitysystems.com>

- Offers van conversions, installation of hand controls, van lifts, a chair topper for wheelchairs to be stored on top of a vehicle, scooter lift, ramps for easy access to and from vehicles, and wheelchair restraints.

9. Driving Evaluation

New Ability Driving Systems

800/287-LIFT
408/435-8005
2470 Kruse Drive
San Jose, CA 95131

- Offers vehicle conversions with adaptive equipment.

Nor-Cal Mobility

800/225-7361
530/893-1111
1298 Nord Avenue
Chico, CA 95926
Website: <www.norcalmobility.com>

- Offers vehicle conversions with adaptive equipment and lifts.

Sacramento Van Conversions & Mobility

916/381-8267
5821 Florin Perkins Road
Sacramento, CA 95828
Website: <www.sacvans.com>

- Offers vehicle conversions with various kinds of adaptive equipment.

South Bay Mobility

408/988-1926
FAX: 408/988-1914
730 Parker Street
Santa Clara, CA 95050

- Offers vehicle conversions with adaptive equipment and lifts.

VEHICLE MODIFICATION REIMBURSEMENT

Chrysler Automobility Program

DaimlerChrysler Customer Assistance Center
800/992-1997
P.O. Box 21-8004
Auburn Hills, MI 48321

- Chrysler vehicle reimbursements of up to \$1000 for vehicle modifications.

Department Of Rehabilitation

- See chapter 25 for an office located nearest to where you live.

9. Driving Evaluation

Ford Motor Corporation Mobility Motoring Program

800/952-2248

P.O. Box 529

Bloomfield Hills, MI 48303

Website: <www.mobilitymotoringprogram.com/mainpage.mob>

- Ford vehicle reimbursements of up to \$1000 for vehicle modifications.

General Motors Corporation Mobility Assistance Center

800/323-9935

P.O. Box 5053

Troy, MI 48007

Website: <www.gm.com/automotive/vehicle_shopping/gm_mobility>

- GM vehicle reimbursements of up to \$1000 for vehicle modifications.

Saturn Mobility

800/553-6000

100 Saturn Parkway

Spring Hill, TN 37174

- Saturn vehicle reimbursements of up to \$1000 for vehicle modifications.

Volkswagen Mobility Access Program

800/444-8987

P.O. Box 214378

Auburn Hills, MI 48321-9975

- Volkswagen vehicle reimbursements of up to \$1000 for vehicle modifications.

BOOKS

The Disabled Driver's Mobility Guide

AAA Traffic Safety and Engineering

1000 AAA Drive

Heathrow, FL 32746-5080

Website: <www.aaapublicaffairs.com>

- Contact your local AAA office or go to their website.

- Includes information about adaptive equipment, vehicle modifications, driver training and related services.

9. Driving Evaluation

VIDEOS

The Road to Independence: Adapted Driving Options
The Assistive Technology Center
2020 Peachtree Road, NW
Atlanta, GA 30309

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





10. Education & English as a Second Language

These educational resources are especially significant for people with TBI for a variety of reasons. People with TBI are predominantly young and thus may not have completed their education. They often require ‘cognitive retraining’ to help them with the unique problem areas that are typical of TBI, such as impaired attention, concentration, and difficulty retaining new learning. They may need training or more education to move into another line of work, as they are not able to do the work they did before. English as a Second Language (ESL) is important to help those with TBI who don’t speak English to avoid the ‘double handicap’ of having a TBI and also not being able to speak the language of the predominant culture.

The Community Colleges have taken the lead in providing educational resources for people with cognitive deficits, including TBI, through their Disabled Students’ Programs. They can often provide assessments, tutors, and materials to help the students get the most out of their education.

English as a Second Language (ESL) is provided in several different types of settings: schools, cultural centers, and community organizations. It is best to find an ESL class that specializes in working with people from that culture. For example, Asian Americans for Community Involvement (AACI) have ESL classes for their Asian population; referring someone from Central America to them would not be as effective as referring that person to a class that knows the Hispanic culture. Local classes can be found in many adult schools, as listed below for the San Jose area (San Jose Adult Center).

Back on Track to Success

Rehabilitation Research Center
Santa Clara Valley Medical Center
408/885-2397
FAX: 650/793-6434
751 South Bascom Ave.
San Jose, CA 95128
Website: <www.tbi-sci.org/call.html>

- The “Back on Track to Success” Community-Based Mentoring Program is focused on helping teens and young adults (16-26 years) with disabilities to successfully get a job or go to college. It is a one on one mentoring program, where mentors are trained to connect participants with the appropriate community resources and support that they need to be successful.

Cabrillo College Stroke Center

831/425-0622
501 Upper Park Road
Santa Cruz, CA 95065
Web site: <www.strokecenter.com>

- Courses in dealing with disabilities, communication, mobility and fitness, and independent living skills.

10. Education & English as a Second Language

George Washington University Heath Resource Center

800/544-3284

202/939-9320

One Dupont Circle N.W. #800

Washington, DC 20036-1193

Website: <www.heath.gwu.edu>

- Collect and disseminate information about post-secondary education for people with disabilities.

Reach Program

650/949-6960

Foothill College

4000 Middlefield Road

Palo Alto, CA 94523

San Jose Adult Center

Campbell 408/947-2300

Downtown San Jose 408/947-2311

Metropolitan 408/723-6450

Eastside Adult Education 408/928-9300

- San Jose Adult Center offers English as a Second Language classes that begin in September and January.
- Call for locations.

Schwab Foundation For Learning

650/655-2410

1650 So. Amphlett Boulevard, Suite 300

San Mateo, CA 94402

Website: <www.schwablearning.org>

- Information and referral for parents of children with learning disabilities.

Skills Plus

408/423-2102

1840 Benton Street

Santa Clara, CA 95051

- Skills based classes for people who have a need for further therapy after stroke.
- Focus on improvement of physical and cognitive abilities.

10. Education & English as a Second Language

COMMUNITY COLLEGE HIGH TECH CENTER SITES (California)

State Chancellor's Office
1102 Q Street
Sacramento, CA 95814
916/324-8592

Alan Hancock College
800 South College Drive
Santa Maria, CA 93454-6368
805/922-6966 x3380
<www.hancockcollege.edu>

American River College
4700 College Oak Drive
Sacramento, CA 95841-4286
916/484-8791
<www.arc.losrios.edu>

Antelope Valley College
3041 West Avenue K
Lancaster, CA 93536-5426
661/722-6360
<www.avc.edu>

Bakersfield Community College
Disabled Students' Program
1801 Panorama Drive
Bakersfield, CA 93305
661/395-4334
<www.bakersfieldcollege.edu>

Barstow College
2700 Barstow Road
Barstow, CA 92311-6699
760/252-2411 x7225
<www.barstow.edu>

Butte College
3536 Butte Campus Drive
Oroville, CA 95965-8303
530/895-2455
<www.butte.edu>

Cabrillo College
Disabled Students' Program
6500 Soquel Drive
Aptos, CA 95003-3198
831/479-6379
<www.cabrillo.edu>

Canada College
Disabled Students' Program
4200 Farm Hill Blvd.
Redwood City, CA 94061-1099
650/306-3490
<www.canadacollege.edu>

Cerritos College
11110 Alondra Blvd.
Norwalk, CA 90650-6296
562/860-2451 x2334
<www.cerritos.edu>

Cerro Coso College
3000 College Heights Blvd.
Ridgecrest, CA 93555-9571
760/384-6248
<www.cerrocoso.edu>

10. Education & English as a Second Language

Chabot College

Disabled Students' Program
25555 Hesperian Blvd.
Hayward, CA 94545-2447
510/723-6725
<www.chabotcollege.edu>

Chaffey College

5885 Haven Avenue
Alta Loma, CA 91701-3002
909/941-2379
<www.chaffey.edu>

Citrus College

1000 West Foothill Blvd.
Glendora, CA 91741
626/914-8677
<www.citruscollege.edu>

City College Of San Francisco

Disabled Students' Program
50 Phelan Avenue R323
San Francisco, CA 94112-1898
415/452-5482
<www.ccsf.edu>

Coastline Community College

Acquired Brain Injury Program
2990 Mesa Verde Drive E
Costa Mesa, CA 92626
714/241-6214
<www.coastline.edu>
•Cognitive retraining program.

College Of Alameda

Disabled Students' Program
555 Atlantic Avenue
Alameda, CA 94501-2109
510/748-2326
<www.peralta.cc.aa.us/coa/coa.htm>

College Of Marin

Disabled Students' Program
885 College Avenue
Kentfield, CA 94904-2551
415/485-9621
<www.marin.cc.ca.us>

College Of San Mateo

Disabled Students' Program
1700 W Hillsdale Blvd.Bldg 16 Rm 151
San Mateo, CA 94402-3757
650/574-6438
<www.collegeofsanmateo.edu>

College Of the Canyons

26455 North Rockwell Canyon Rd.
Santa Clarita, CA 91355-1899
661/259-7800
<www.coc.cc.ca.us>

College Of The Desert

43-500 Monterey Avenue
Palm Desert, CA 92260-2412
760/346-8041
<www.collegeofthedesert.edu>

College Of The Redwoods

Disabled Student Services
7351 Tompkins Hill Road
Eureka, CA 95501
<www.redwoods.edu>

College Of The Sequoias

Disabled Students' Program
915 South Mooney Blvd.
Visalia, CA 93277
559/730-3805
<www.cos.edu>

10. Education & English as a Second Language

College Of The Siskiyous

800 College Avenue
Weed, CA 96094-2806
530/938-5297
<www.siskiyous.edu>

Columbia College

11600 Columbia College Drive
Sonora, CA 95370
209/588-5132
<www.columbia.yosemite.edu>

Compton College

1111 East Artesia Blvd.
Compton, CA 90221-5393
<www.compton.edu>

Contra Costa College

2600 Mission Bell Drive
San Pablo, CA 94806-3195
510/235-7800 x220
<www.contacosta.edu>

Cosumnes River College

8401 Center Parkway
Sacramento, CA 95823-5799
916/691-7275
<www.crc.losrios.edu>

Crafton Hills College

11711 Sand Canyon Road
Yucaipa, CA 92399-1799
909/794-2161 x3325
<www.craftonhills.edu>

Cuesta College

P.O. Box 8106
San Luis Obispo, CA 93403-8106
805/546-3148
<www.cuesta.edu>

Cuyamaca College

900 Rancho San Diego Parkway
El Cajon, CA 92019-4304
619/660-4239
<www.cuyamaca.edu>

Cypress College

9200 Valley View Street
Cypress, CA 90630-5897
714/484-7057
<www.cypresscollege.edu>

De Anza College

High Tech Training Center Program
21250 Stevens Creek Blvd.
Cupertino, CA 95014-5797
408/864-8923
<www.deanza.edu>

•Assistive Technology Training Center
(Student labs for computer).

Diablo Valley College

Disabled Students' Program
321 Golf Club Road
Pleasant Hill, CA 94523-1576
925/685-1230 X2288
<www.dvc.edu>

East Los Angeles College

1301 Avenida Cesar Chavez
Monterey Park, CA 91754-6001
323/265-8650
<www.elac.edu>

El Camino College

16007 Crenshaw Boulevard
Torrance, CA 90506-0001
310/660-3296
<www.elcamino.edu>

10. Education & English as a Second Language

Evergreen Valley College

Disabled Students' Program
3095 Yerba Buena Road
San Jose, CA 95135-1598
408/270-6447
<www.evc.edu>

Feather River College

570 Golden Eagle Avenue
Quincy, CA 95971-6023
530/283-0202 x297
<www.frcc.cc.ca.us>

Folsom Lake College

100 Clarksville Road
Folsom, CA 95630
916/608-6500
<www.flc.losrios.edu>

Foothill College

Disabled Students' Program
12345 El Monte Road
Los Altos Hills, CA 94022-4599
650/949-7017
<www.foothill.edu>

Fresno City College

Disabled Students' Program
1101 E. University Avenue
Fresno, CA 93741-0001
559/442-8237
<www.fresnocitycollege.edu>

Fullerton College

321 East Chapman Avenue
Fullerton, CA 92832-2095
714/992-7270
<www.fullcoll.edu>

Gavilan College

Disabled Students' Program
5055 Santa Teresa Blvd.
Gilroy, CA 95020-9599
408/848-4871
<www.gavilan.edu>

Glendale College

1500 North Verdugo Road
Glendale, CA 91208-2894
818/240-1000 x5449
<www.glendale.edu>

Golden West College

15744 Golden West Street
Huntington Beach, CA 92647-3197
714/895-8721
<www.gwc.cccd.edu>

Grossmont College

8800 Grossmont College Drive
El Cajon, CA 92020-1799
619/644-7112
<www.grossmont.edu>

Hartnell College

Disabled Students' Program
156 Homestead Avenue
Salinas, CA 93901-1697
831/755-6760
<www.hartnell.edu>

Imperial Valley College

P.O. Box 158
Imperial, CA 92251-0158
760/355-6311
<www.imperial.edu>

10. Education & English as a Second Language

Irvine Valley College

5500 Irvine Center Drive
Irvine, CA 92720-4399
949/451-5243
<www.ivc.edu>

Lake Tahoe College

College Drive
South Lake Tahoe, CA 96150-4524
530/541-4660 x264
<www.ltcc.edu>

Laney College

Disabled Students' Program
900 Fallon Street
Oakland, CA 94607-4893
510/464-3428
<www.laney.peralta.edu>

Las Positas College

3033 Collier Canyon Rd. Bldg. 1500
Livermore, CA 94550-9797
925/373-4921
<www.lospositascollege.edu>

Lassen College

P.O. Box 3000/Highway 139
Susanville, CA 96130-3000
530/251-8895
<www.lassencollege.edu>

Long Beach City College

4901 East Carson Street
Long Beach, CA 90808-1780
562/938-4558
<www.lbcc.edu>

Los Angeles City College

855 North Vermont Avenue
Los Angeles, CA 90029-3590
323/953-4000 x2700
<www.lacitycollege.edu>

Los Angeles Harbor College

1111 Figueroa Place
Wilmington, CA 90744-2397
310/233-4000
<www.lahc.edu>

Los Angeles Mission College

13356 Eldridge Avenue
Sylmar, CA 91342-3244
818/364-7734
<www.lamission.edu>

Los Angeles Pierce College

6201 Winnetka Avenue
Woodland Hills, CA 91371-0001
818/719-6430
<www.piercecollege.edu>

Los Angeles Southwest College

1600 West Imperial Highway
Los Angeles, CA 90047-4899
323/241-5279
<www.lasc.edu>

Los Angeles Trade-Tech College

400 W. Washington Blvd.
Los Angeles, CA 90015
213/763-3773
<www.lattc.edu>

Los Angeles Valley College

5800 Fulton Avenue
Van Nuys, CA 91401-4096
818/947-2600
<www.lavc.edu>

10. Education & English as a Second Language

Los Medanos College

2700 East Leland Road
Pittsburg, CA 94565-5197
925/439-2181 x3353
<www.losmedanos.edu>

Mendocino College

P.O. Box 3000
Ukiah, CA 95482-0300
707/468-3031
<www.mendocino.cc.ca.us>

Merced College

Disabled Students' Program
3600 "M" Street
Merced, CA 95348-2898
209/384-6155
<www.mccd.edu>

Merritt College

Disabled Students' Program
12500 Campus Drive
Oakland, CA 94619-3196
510/436-2516
<www.merritt.edu>

Mira Costa College

One Barnard Drive
Oceanside, CA 92056-3899
760/757-2121 x6300
<www.miracosta.edu>

Mission College

3000 Mission College Blvd.
Santa Clara, CA 95054
408/748-2730
<www.missioncollege.org>

- They do testing and determine what level class is appropriate. They offer some basic classes for people just recovering from TBI.

Modesto Junior College

Disabled Students' Program
435 College Avenue
Modesto, CA 95350
209/575-6225
<www.gomjc.edu>

Monterey Peninsula College

980 Fremont Street
Monterey, CA 93940-4799
831/646-4070
<www.mpc.edu>

Moorpark College

7075 Campus Road
Moorpark, CA 93021-1695
805/378-1461
<www.moorparkcollege.edu>

Mt. San Antonio College

1100 North Grand Avenue
Walnut, CA 91789-1399
909/594-5611 x4290
<www.mtsac.edu>

Mt. San Jacinto College

1499 North State Street
San Jacinto, CA 92583-2399
909/487-6752 x1440
<www.msjc.edu>

Napa Valley College

2277 Napa Vallejo Hwy
Napa, CA 94558-6247
707/253-3081
<www.napavalley.edu>

10. Education & English as a Second Language

Ohlone College Disabled Students' Program

43600 Mission Blvd.
Fremont, CA 94539-0390
510/659-6155 ext 5182
<www.ohlone.edu>

Orange Coast College

2701 Fairview Road
Costa Mesa, CA 92628-5005
714/432-5042
<www.orangecoastcollege.edu>

Oxnard College

4000 South Rose Avenue
Oxnard, CA 93033-6699
805/986-5830
<www.oxnardcollege.edu>

Palo Verde College

1 College Drive
Blythe, CA 92225-1118
760/922-6168
<www.paloverde.edu>

Palomar College

1140 West Mission Road
San Marcos, CA 92069-1487
760/744-1150 x2378
<www.palomar.edu>

Pasadena City College

1570 East Colorado Blvd.
Pasadena, CA 91106-2003
626/585-7273
<www.pasadena.edu>

Porterville College

100 East College Avenue
Porterville, CA 93257-6058
559/791-2281
<www.portervillecollege.edu>

Reedley College

995 North Reed Avenue
Reedley, CA 93654-2099
559/638-3641
<www.reedleycollege.edu>

Rio Hondo College

3600 Workman Mill Road
Whittier, CA 90601-1699
562/908-3420
<www.riohondo.edu>

Riverside College

4800 Magnolia Avenue
Riverside, CA 92506-1293
951/222-8060
951/222-8059: FAX
E-mail: pmccrosk@ginko.htctu.fhda.edu

Sacramento City College

3835 Freeport Blvd.
Sacramento, CA 95822-1386
916/558-2087
<www.scc.losrios.edu>

Saddleback College

Student Services
28000 Marguerite Parkway
Mission Viejo, CA 92692-3699
949/582-4566
<www.saddleback.edu>

San Bernardino Valley College

701 South Mt. Vernon Avenue
San Bernardino, CA 92410-2748
909/888-4443
<www.valleycollege.edu>

10. Education & English as a Second Language

San Diego City College

1313 Park Boulevard
San Diego, CA 92101-4787
619/230-2513
<www.sdcity.edu>

San Diego Mesa College

7250 Mesa College Drive
San Diego, CA 92111-4996
619/388-2780
<www.sdmesa.edu>

San Diego Miramar College

10440 Black Mountain Road
San Diego, CA 92126-2999
619/388-7312
<www.miramarcollege.net>

San Joaquin Delta College

Disabled Students' Program
5151 Pacific Avenue
Stockton, CA 95207-6370
209/954-5330
<www.deltacollege.edu>

San Jose City College

Disabled Students' Program
2100 Moorpark Avenue
San Jose, CA 95128-2799
408/288-3746
<www.sjcc.edu>

San Jose State University

Disabled Student Services Dept.
One Washington Square
San Jose, CA 95192-0168
408/924-6137
<www.sjsu.edu>

Santa Ana College

1530 W. 17th Street
Santa Ana, CA 92706-3398
714/564-6000
<www.sac.edu>

Santa Barbara City College

721 Cliff Drive
Santa Barbara, CA 93109-2394
805/965-0581 x2365 or x2364
<www.sbcc.edu>

Santa Monica College

1900 Pico Blvd.
Santa Monica, CA 90405-1644
310/434-4000
<www.smc.edu>

Santa Rosa Junior College

Disabled Students' Program
1501 Mendocino Avenue
Santa Rosa, CA 95401-4395
707/527-4906
<www.santarosa.edu>

Santiago Canyon College

8045 E. Chapman Avenue
Orange, CA 92869-4512
714/628-4900
<www.sccollege.edu>

Shasta College

11555 North Old Oregon Trail
Redding, CA 96049-6006
530/225-3973
<www.shastacollege.edu>

Sierra College

Disabled Students' Services
5000 Rocklin Road
Rocklin, CA 95677-3397
916/781-0598
<www.sierracollege.edu>

10. Education & English as a Second Language

Skyline College

3300 College Drive
San Bruno, CA 94066-1698
650/738-4280
<www.skylinecollege.edu>

Solano Community College

Disabled Students' Program
4000 Suisun Valley Road
Suisun, CA 94585-3197
707/864-7000 x249
<www.solano.edu>

Sonoma State University

Disabled Students' Program
1801 E. Cotati Avenue
Rohnert Park, CA 94928-3609
707/664-3330
<www.sonoma.edu/sas/dss/>

Southwestern College

900 Otay Lakes Road
Chula Vista, CA 91910-7297
619/482-6512
<www.swc.cc.ca.us>

Taft College

29 Emmons Park Drive
Taft, CA 93268-2317
661/763-7769
<www.taftcollege.edu>

Ventura College

4667 Telegraph Road
Ventura, CA 93003-3899
805/654-6300
<www.venturacollege.edu>

Victor Valley College

18422 Bear Valley Road
Victorville, CA 92392-5849
760/245-4271
760/245-3313: TTY
<www.vvc.edu>

Vista College

Disabled Students' Program
2020 Milvia Street
Berkeley, CA 94704
510/981-2812 or 981-2813
<www.vistacollege.edu>

West Hills College

Cherry Lane
Coalinga, CA 93210-1399
559/934-2000 x2335
<www.westhillscollge.com>

West Los Angeles College

9000 Overland Drive
Culver City, CA 90230-3500
310/287-4450
<www.wlac.edu>

West Valley College

Disabled Students' Program
14000 Fruitvale Avenue
Saratoga, CA 95070-5697
408/741-2010
<www.westvalley.edu>

Yuba College

2088 North Beale Road
Marysville, CA 95901-7699
530/741-6795
<www.yccd.edu>

10. Education & English as a Second Language

ENGLISH AS A SECOND LANGUAGE CLASSES

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

Economic And Social Opportunities, Inc.

408/971-0888

1445 Oakland Road

San Jose, CA 95112

- For refugees, they have ESL classes to get into a job or a training program .

Vietnamese Voluntary Foundation (VIVO)

408/532-7755

FAX: 408/532-1699

2260 Quimby Road

San Jose, CA 95122

- They offer ESL classes for refugees and also translator services for Vietnamese (on a fee for service basis).

FINANCIAL AID FOR EDUCATION

Federal Student Aid Information Center

800/433-3243

TTY: 800/730-8913

Website: <www.studentaid.ed.gov>

- Information on Federal Student Aid programs.
- Online application available at <www.fafsa.ed.gov>
- English, Spanish.

State Programs for Financial Aid

Website: <www.ed.gov/Programs/bastmp/SHEA.htm>

- Nearly all states offer information and financial assistance in the form of state grants and loans. Details and information can be obtained from a college financial aid office or a high school guidance counselor. To find out which agency in your state may offer financial assistance for higher education, check out the website.

10. Education & English as a Second Language

Supplemental Security Income (SSI) & Plan for Achieving Self Support (PASS)

Website: <www.ssa.gov/disability>

- The Social Security Administration may approve a Plan for Achieving Self Support (PASS), in which a student is able to set aside income and resources that are being used toward a specific vocational goal (such as college tuition) and still receive SSI payments. For more information on SSI and PASS, contact your local Social Security Administration office.

Financial Aid Information Websites

<www.washington.edu/doi>

<www.easi.ed.gov>

<www.collegeboard.com>

<www.studentservices.com>

<www.finaid.com>

<www.wiredscholar.com>

DISABILITY RELATED SCHOLARSHIPS

Bank of America ADA Abilities Scholarship Program

864/268-3363

Center for Scholarship Administration, Inc.

P.O. Box 1465

Taylors, SC 29687-0031

Website: <www.scholarshipprograms.org/fsp_bankofamerica.html>

Electronic Industries Foundation Scholarship Fund

800/279-9777

Website: <eifcentral.org>

Foundation for Science and Disability, Inc.

Dr. E.C. Keller Jr.

West Virginia University

Morgantown, WV 26506-6057

<www.as.wvu.edu/~scidis/organize/fsd.html>

Lions Club International

Website: <www.lionsclubs.org>

Venture Clubs Student Aid Award and Venture Clubs of America

215/557-9300

2 Penn Center Plaza, #1000

Philadelphia, PA 19102-1883

10. Education & English as a Second Language

BOOKS

HDI Publishers

800/321-7037

713/526-6900

FAX: 713/526-7787

P.O. Box 131401

Houston, TX 77219

Website: <www.biausa.org> and <www.braininjurybooks.com>

- Sell books and videos that focus on TBI.

An Educational Challenge: Meeting The Needs Of Students With Brain Injury

HDI Publishers

- Price: \$12.50

*Physical Management of Students Who Have Sustained a Traumatic Brain Injury:
Guidelines and Strategies for School Personnel*

HDI Publishers

- Price: \$16.50

*Signs And Strategies for Educating Students with Brain Injuries:
A Practical Guide for Teachers and Schools*

HDI Publishers

- Price: \$30.00

National Resource Center for Traumatic Brain Injury

804/828-9055

FAX: 804/828-2378

Virginia Commonwealth University

Department of Physical Medicine and Rehabilitation

P.O. Box 980542

Richmond, VA 93298

Website: <www.neuro.pmr.vcu.edu>

- View or request free catalogue of available books or tapes.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





11. Financial Aid and Assistance

Finances remain a very difficult area for those with TBI. Sometimes the family is already in a financial crisis when the TBI strikes. Sometimes the TBI itself puts them in financial straits (by loss of an income or the burden of medical bills). Whatever the situation, these people and their families need whatever assistance that can be found.

This section includes agencies that help people with credit counseling, as well as those that offer counseling with the various financial difficulties that are often encountered following serious injury. There are also agencies that provide financial benefits counseling (e.g., help with applying for SSI, SSDI, etc. or appealing adverse determinations). In addition, we have included resources that can help with getting Medi-Cal and MediCare.

Brain Injury Law Office

800/992-9447

P.O. Box 1319

Sheboygan, WI 54923

Web site: <www.tbilaw.com/home.html>

Email: johnson@tbilaw.com

- This web site includes links to a brain injury calendar and information on social security, workers compensation, resources, getting medical bills paid, and proof of damages in TBI cases.

California Children's Services

408/793-6200

FAX: 408/793-6250

720 Empey Way

San Jose, CA 95128

- Medical service if injured before age 21.
- Benefits counseling, direct aid, insurance assistance, and financial case management.

California Foundation for Independent Living Centers

916/325-1690

FAX: 916/325-1699

1029 J Street, Suite 120

Sacramento, CA 95814

Website: <www.cfild.org>

- Directory of California Independent Living Centers.
- Independent Living Centers provide benefit counseling.

11. Financial Aid and Assistance

Consumer Credit Counseling Service

800/777-7526
415/788-0288
150 Post Street, 5th Floor
San Francisco, CA 94108

- This service offers money management and counseling for people with credit problems.
- They offer free debt counseling sessions which last about an hour; for this session they need information (for which they have a form) which must be completed before the client sees a counselor. Counseling sessions may be done by phone.
- They can also assist those clients whose bills are too large by helping them set up a debt repayment plan. Many creditors accept these plans (which may include reduced or partial payments).

Central Office Disability Advocates

800/660-0449
2116 6th Street
Sacramento, CA 95818

- Advocates for Social Security claims and SSI claims.

Community Services Agency of Mtn. View & Los Altos

650/968-0836
FAX: 650/968-2164
204 Stierlin Road
Mountain View, CA 94043

- Senior services.
- Financial assistance.

Disabled And Alone

Life Services For The Handicapped, Inc.

800/995-0066
352 Park Avenue South, 11th floor
New York, NY 10010
Website: <www.hsca.org/disabledandalone.html>

- Planning for the disabled following death of caregiver.

Employment Development Department (EDD)

408/277-9499
SDI Office - San Jose
Mailing: P.O. Box 637, San Jose, CA 95106-0637
Office: 297 West Hedding, San Jose, CA 95110

- EDD administers the State Disability Insurance (SDI) program.

11. Financial Aid and Assistance

Internal Revenue Service

Office of the Chief Counsel

1111 Constitution Avenue, NW, Room 5112

Washington, DC 20224

Website: <www.irs.gov>

- Tax incentives for improving accessibility (tax credit/deduction)

- Publications and forms:

800/829-3676 Voice

800/829-4059 TDD

- Questions:

800/829-1040 Voice

800/829-4059 TDD

Life Planning For Persons With Disabilities

Donald Morford

916/334-7817

FAX: 916/332-6150

6801 Silverthorne Circle

Sacramento, CA 95842

Email: donmorford1@Juno.com

- Estate Planner—connects with other attorneys to provide assistance with wills and trusts.

- Offers free seminars to families.

Medi-Cal Managed Care Health Care Options

800/430-4263 (English)

800/430-5005 (Cambodian)

800/430-5006 (Cantonese)

800/430-5034 (Farsi)

800/430-2022 (Hmong)

800/430-4091 (Lao)

800/430-7007 (Russian)

800/430-3003 (Spanish)

800/430-8008 (Vietnamese)

800/430-5032 (Armenian)

800/430-6885 (Mandarin)

800/430-6890 (Tagalog)

800/430-6833 (Korean)

TDD: 877/486-7077

11. Financial Aid and Assistance

Medicare Information

800/633-4227

TTY: 877/486-2048

- Eligibility information.
- Medicare pays for doctors, ambulance trips, X rays, but will not pay for dentists, hearing aids, nor glasses except for cataracts (but they will pay for eye exams).
- Medicare will also pay for preventive care; such as mammograms and prenatal care.

Mental Health Advocacy Project

408/294-9730

800/248-MHAP

FAX: 408/293-0106

111 West St. John Street, Suite 315

San Jose, CA 95113

Email: mhap@lawfoundation.org

- Advocacy for Social Security and SSI Disability benefits.

Money Management International Consumer Credit Counseling Service

510/729-6966

7677 Oakport Street, Suite 210

Oakland, CA 94621

Website: <www.moneymanagement.org>

- This service offers money management and counseling for people with credit problems.
- They offer free debt counseling sessions which last about an hour; for this session they need information (for which they have a form) which must be completed before the client sees a counselor. Counseling sessions may be done by phone.
- They can also assist those clients whose bills are too large by helping them set up a debt repayment plan. Many creditors accept these plans (which may include reduced or partial payments).

Outreach

408/436-9760

926 Rock Avenue, Suite 10

San Jose, CA 95131

- Benefits counseling and money management mainly for seniors, but may also help people with TBI.
- Financial assistance with transportation for residents of Campbell, Cupertino, Gilroy, Milpitas, Morgan Hill, San Jose, San Martin, and Santa Clara.

11. Financial Aid and Assistance

Pro Check Writing

408/223-8770

P.O. Box 36027

San Jose, CA 95158-6027

- This company can assist with such financial activities as paying bills, balancing a checkbook, organizing tax info, etc.
- They work mostly with seniors and people who travel a lot, but also have experience working with TBI.
- They offer a free consultation.

Public Guardian Office (Conservatorship)

408/534-2500

FAX: 408/295-8754

1075 East Santa Clara Street

San Jose, CA 95116

- Act as conservators in cases of mental health or probate law.

Redwood Caregiver Resource Center

707/542-0282

FAX: 707/542-0552

141 Stony Circle, Suite 200

Santa Rosa, CA 95401

Website: <www.redwoodcrc.org>

- Part of the Caregiver Resource Center system.
- Primarily helps caregivers, but will also help the individual with TBI.
- Legal assistance, counseling and respite care.

San Andreas Regional Center

408/374-9960

FAX: 408/376-0586

300 Orchard City Drive, #170

Campbell, CA 95008

Website: <www.sarc.org>

- Referrals to community agencies for benefit counseling and financial case management.

11. Financial Aid and Assistance

San Mateo County Aging And Adult Services

800/675-8437

225 West 37th Avenue

San Mateo, CA 94403

- Adult Protective Services.

- Veterans services.

- Case management.

- In-home support.

Santa Clara County Social Services Department Information on Medi-Cal, AFDC and Food Stamps.

General Assistance

408/928-3650

591 North King Road

San Jose, CA 95133

Senter Road office:

1870 Senter Road

San Jose, CA 95112

408/999-6330

Central office:

333 West Julian Street

San Jose, CA 95110

408/491-6300

South County office:

80 Highland Avenue

San Martin, CA 95046

408/686-8700

East Valley office:

1670-H Las Plumas Avenue, Suite H

San Jose, CA 95133

408/928-3100

Valley Medical Center

751 South Bascom Avenue, Trailer T-1

San Jose, CA 95128

408/793-6709

North County office:

100 Moffett Blvd.

Mountain View, CA 94043

650/988-6100

Social Security And Medicare Information

800/772-1213

TTY: 408/291-4293

11. Financial Aid and Assistance

SSI Advocacy Program

408/928-3641

591 North King Road

San Jose, CA 95133

- Social Worker/Advocacy Worker on duty.

- Assists disabled General Assistance clients to access Social Security system.

U.S. Veterans Administration

800/827-1000

TTY: 800-829-4833

Department Of Veteran Affairs Regional Office

Oakland Federal Building

1301 Clay Street

Oakland, CA 94612-5209

Website: <www.va.gov>

Angelina Valle

408/881-0200

FAX: 408/881-0208

1671 The Alameda, Suite 302

San Jose, CA 95126

- Ms. Valle has served several persons with TBI with disability benefits issues.

Victim Witness Assistance Program

408/295-2656

777 North First Street, Ste. 500

San Jose, CA 95112

- Provides compensation to victims of crimes.

Victims Of Crime Resource Center

800/842-8467

- Legal referrals and information to victims of crime and referrals to local Victim Witness Assistance Offices for compensation.

11. Financial Aid and Assistance

BOOKS

Financial Aid For The Disabled And Their Families

Reference Service Press

916/939-9620

5000 Windplay Drive, Ste. 4

El Dorado Hills, CA 95762

•350 Pages: \$40.00.

Social Security Benefits (taken from the TBI Tool Kit)

HDI Publishers

713/682-8700

FAX: 713/956-2288

P.O. Box 131401

Cypress, TX 77219

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education



Financial Aid

Health Related

Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services



12. Health Related Services

This chapter includes organizations and agencies that offer services that can assist with the health and medical needs of people with TBI. These services range from Personal Assistants (Personal Assistants help with the day-to-day needs of people with disabilities, including personal care, shopping, housekeeping, driving, and/or laundry, etc.) to nursing to actual medical care.

The Independent Living Centers, listed in Chapter 14, have a department for the express purpose of matching people up with attendants to do personal services for people with disabilities. The Silicon Valley Independent Living Center (listed below) in the Santa Clara Valley area has a department dedicated to all the aspects of building and sustaining a working relationship between the employer (with the disability, e.g., TBI) and the employee (the Personal Assistant). The relationship between these two people can make a substantial difference in the quality of life of the person with TBI. Hire a person or an agency wisely: setting up a 'question sheet' and asking each person/agency each of the questions can offer you valuable information on which person or agency would be best for you. (One question to consider asking is what experience they have with people with TBI.)

AIDS 24-hour Hotline

800/342-2337

Alta Bates Herrick Rehabilitation

510/204-4411

FAX: 510/548-5265

2001 Dwight Way

Berkeley, CA 94704

- Day treatment program.
- Health clinic.
- Outpatient.
- Pediatric Small Voice rehabilitation program.

American Diabetes Association

800/342-2383

1701 North Beauregard Street

Alexandria, VA 22311

Website: <www.diabetes.org>

12. Health Related Services

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

- Outpatient.
- Case management.
- Counseling.

Cabrillo College Stroke Center

831/425-0622

501 Upper Park Road

Santa Cruz, CA 95065

Website: <www.strokecenter.org>

- Group classes for living skills.

California Children's Services

408/793-6200

FAX: 408/793-6250

720 Empey Way

San Jose, CA 95128

- Medical service if injured before the age of 21.

Community Hospital And Rehabilitation Center Of Los Gatos

408/866-4020

FAX: 408/866-4077

355 Dardanelli Lane

Los Gatos, CA 95030

- Inpatient and outpatient rehabilitation.

Easter Seals Bay Area

408/295-0228

FAX: 408/275-9858

730 Empey Way

San Jose, CA 95128

- Aquatic therapy classes.
- Independent use of heated pool.
- Accepts some insurance.
- Open Mon-Fri 7 am-4:30 pm.

12. Health Related Services

Health Care To The Homeless

408/279-6244

1621 Gold Street, PO Box 1240

Alviso, CA 95002

- General health screening, preventive care for children
- Perinatal, immunization, information and referral.
- Health education.
- Social services- case management.

In-Home Support Services (IHSS)

408/928-3737

591 N. King Road

San Jose, CA 95133

Website: <www.publicauthoritysantaclara.org>

- County social services agency program.
- Based on SSI qualifications.
- Personal Care Assistant (PCA) funding. PCAs are paid to aid a person with a disability. This may include housework, driving, and/or dressing or bathing. This office only supplies the money to pay the PCA's wages; finding and supervising the PCA is the responsibility of the person with the disability. As mentioned above, the Independent Living Centers, including our local Silicon Valley Independent Living Center have a PCA Registry Program that matches the needs of persons with disabilities with the skills of these PCAs.

Linkages/Multipurpose Senior Service Program (MSSP)

415/750-4111

Institute on Aging

3330 Geary Blvd.

San Francisco, CA 94118

MSSP

415/750-4150

3626 Geary Blvd.

San Francisco, CA 94118

- Case management for disabled adults over 18.
- Care planning for persons over 65.
- Daycare.

12. Health Related Services

Mills Health Center

650/696-4300

FAX: 650/696-4984

Center For Rehabilitation

100 South San Mateo Drive

San Mateo, CA 94401

- Outpatient facility.
- Intensive Day program.

Mt. Diablo Facility Of Rehabilitation

925/682-6343

490 Golf Club Road

Pleasant Hill, CA 94523

- Outpatient facility.
- Adult day health care.
- Vocational services.

Reach Program

Foothill College REACH Program

650/949-6960

Middlefield Road

Palo Alto, CA 94303

- Post-stroke program.

San Jose State University Kay Armstead Center for Communication Disorders

408/924-3688

FAX: 408/924-3641

1 Washington Square

San Jose, CA 95129-0079

Website: <www.sjsu.edu/cds/clinic>

- Sliding scale available for all services.
- Speech, language and hearing evaluations: \$200.
- Audiology evaluations: \$60.
- Individual therapy: \$360 per semester.
- Group therapy: \$100 per semester.

12. Health Related Services

San Jose State University Occupational Therapy Clinic

408/924-3070

1 Washington Square

San Jose, CA 95128

Marti Southam, PhD

- Occupational therapy for any physical or psychological disability.
- Self-referral or MD referral.
- \$100 per semester (or sliding scale).
- Twice a week, 1 hour 15 minutes of therapy, Tuesdays and Thursdays 1:30 to 2:45 pm.
- Months available: September thru December, February thru May, January.

Santa Clara Valley Medical Center Outpatient Rehabilitation Clinic

408/885-5920

FAX: 408/885-4728

2400 Moorpark Avenue, Suite 100

San Jose, CA 95128

- Offer outpatient rehabilitation.
- Women with Disabilities Health Care Clinic.

Services For Brain Injury (SBI)

408/434-2277

271 North 1st Street

San Jose, CA 95134

Website: <www.sbicares.org>

- Occupational Therapy.
- Speech therapy.
- Vocational evaluation and support.

12. Health Related Services

Silicon Valley Independent Living Center (SVILC)

408/985-1243

FAX: 408/985-0671

TDD: 408/985-9243

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Personal assistants are people who are paid (generally through In Home Support Services) to help persons with disabilities (including those with TBI) to take care of their basic needs (e.g. dressing, bathing, perhaps getting things in order). SVILC will refer prescreened and trained PCAs to people who need them.
- Personal Assistant recruitment and referral; training in the management of personal assistants.
- Advocacy and legal services.
- Information and referral regarding available and accessible housing.
- Counseling; individual and group support.
- Independent living skills.
- Vocational services.
- Residential training program.
- Equipment rental and loan.
- Newsletter; "The Dispatch".

Silicon Valley Independent Living Center-Gilroy

408/894-9041

TDD: 408/847-1855

7800 Arroyo Circle, Suite A

Gilroy, CA 95020

Skills Plus - Santa Clara Adult Education Center

408/423-2102

1840 Benton Street

Santa Clara, CA 95050

- Skills based classes for people who have a need for further therapy after stroke.
- Focus on improvement of physical and cognitive abilities.

12. Health Related Services

Therapy In Your Home

408/358-0201

147 Vista Del Monte

Los Gatos, CA 95030-6335

Website: <<http://members.home.net/TIYH>>

- Provide therapy services in your home on a private pay basis.

HOME HEALTH AGENCIES

Accent Care

1390 S. Winchester Blvd.

San Jose, CA 95128

408/374-6655

408/376-0929: FAX

Gentiva Home Health Services

4020 Moorpark Ave, Suite 220

San Jose, CA 95117

408/261-2801

Heartland Home Health Care and Hospice

2005 De La Cruz Blvd., #271

Santa Clara, CA 95050

408/986-1801

408/986-0354: FAX

Interim Health Care

2150 North First Street, #455

San Jose, CA 95131

408/943-9441

408/943-0105: FAX

Matched Caregivers

211 Town and Country Village

Palo Alto, CA 94301

650/321-2273

650/329-8860: FAX

O'Connor Home Health Care

105 North Bascom Avenue, Suite 205

San Jose, CA 95128

408/947-2724

408/947-7299: FAX

Pathways Continuous Care

201 San Antonio Circle, Suite 200

Mountain View, CA 94306

- Palo Alto Area: 650/949-9650
650/949-4317: FAX

- San Mateo Area: 650/570-2888
650/571-8505: FAX

- San Jose Area 408/795-1000
408/795-1007: FAX

Pathways Home Health

201 San Antonio Circle, #200

Mountain View, CA 94040

650/949-3029

650/949-4317: FAX

Regional Medical Center of San Jose

1565-D Mabury Road

San Jose, CA 95133

408/729-2806

408/729-2861: FAX

12. Health Related Services

Tender Loving Care Staff Builders

1190 South Bascom Avenue, Suite 240
San Jose, CA 95128
408/271-1600
408/271-1601: FAX

Visiting Nurse Association

1041 41st Avenue
Santa Cruz, CA 95062
831/475-8644
831/688-1146: FAX

We Care Personal Services

650 S. Winchester Boulevard, Suite 204
San Jose, CA 95128
408/ 998-4457
408/998-4486: FAX

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





13. Housing and Residential Care

Housing remains one of the most vexing and difficult challenges for those with TBI, especially in the Bay area. Housing is difficult and expensive for anyone to find in this area, and when one adds the complications of having special needs and low income, finding affordable and accessible housing becomes an even more challenging task. The agencies and organizations listed below can help.

There are five lists in this chapter. The first is of agencies and services that can offer help with information or housing referrals. The second list is of shelters and emergency housing agencies – those that may be able to help find immediate and short term living arrangements. The third and fourth lists are of agencies that can help with food and prepared meals. The final list is of residential care facilities, including group homes and skilled nursing facilities.

Residential care facilities help people who need some supervision in their daily lives. As with any other for-profit business, it's important to investigate carefully before committing to any facility. You can also refer to the BIA Directory of Head Injury Rehabilitation Facilities, which supplies detailed information on services, staff, and specialties.

For Skilled Nursing Facilities, the Joint Commission of Accreditation of Health Care Organizations (Certification and Licensing Division, 1 Almaden Blvd. 9th Floor, San Jose, CA 95113; 408/277-1784) can tell you if the facility has any complaints against it. It is also important to figure how the prospective resident will get along there. Do the others in the facility seem to be enjoying themselves? Are there others with whom the prospective resident can identify? Are the services right for him/her? And, perhaps as important as any other question, do the staff seem to understand TBI, do they know that people with TBI can know something one hour, forget it the next, and remember it again soon after?

The California Advocates for Nursing Home Reform (CANHR) has listings by county of facilities with information on the type, capacity, certification, services, and violations. (See below for more on CANHR). It is strongly encouraged that you check this organization, but remember that no publication can match a personal visit to the facility.

Again, a listing in this chapter does not necessarily mean that we endorse or approve the facility.

13. Housing and Residential Care

HOUSING INFORMATION & REFERRAL and/or ASSISTANCE SERVICES

Accessible Space, Inc.

651/645-7271

800/466-7722

TTY: 800/627-3259

Administrative offices:

2550 University Ave., Ste. 330N

St. Paul, MN 55114

Website: <www.accessiblespace.org>

- This organization works to offer supportive living options to adults with mobility impairments and/or brain injuries.
- They have opened accessible and affordable apartment buildings in Reno, NV; Minot, ND; Boise, ID; St. Cloud, Champlin, Brooklyn Park and Golden Valley, MN; Great Falls, MO; Waipahu, HI; Portland, OR; Omaha NE; Memphis, TN; Rapid City, SD; Chandler, AZ; Webster and Corpus Christi, TX; Missoula, MT; Capitola and Davis, CA. These combine to over 1300 units of accessible, affordable, and supportive housing in 19 states.

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Ave., Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

- Housing information and referral.

California Fair Employment And Housing Department

408/277-1264

TTY: 916/227-2895

- Offer assistance with discrimination or harassment in housing or employment, including acts of violence and discrimination in public services.

13. Housing and Residential Care

California Advocates For Nursing Home Reform (CANHR)

800/474-1116

415/974-5171

650 Harrison, 2nd floor

San Francisco, CA 94107

Website: <www.canhr.org>

- Offer many services around nursing home care, including pre-placement counseling, lists of nursing homes with notes on services offered and if (and how many) violations, citations, complaints, and deficiencies the facility has been issued.
- Lawyer referral service.
- Legislative and administrative advocacy.
- Publications.
- Medi-Cal information.

Community Technology Alliance

408/437-8800

Shelter hotline 24 hrs: 800/774-3583

115 East Gish Road, Suite 222

San Jose, CA 95112

Website: <www.ctagroup.org>

- Shelter Bed Hotline and Voice Mail Project (which allows people to have a way to be reached by phone).

First Community Housing

408/291-8650

2 North 2nd Street, Suite 1250

San Jose, CA 95113

Website: <www.firsthousing.org>

- Builds affordable apartment complex for individuals with low income.

Homeless Assistance (HA), Santa Clara County Social Services Agency

408/271-5500

1919 Senter Road

San Jose, CA 95112

- Payment for temporary shelter or for permanent housing.
- For CalWorks eligible families only.
- English, Spanish, Vietnamese.

13. Housing and Residential Care

Housing and Community Development, Santa Clara County

408/441-0261 ext 4173

1735 North 1st Street, Suite 265

San Jose, CA 95112

- Low interest loans to repair or bring a house up to code.

Housing and Energy, Economic and Social Opportunities (ESO)

408/971-2560

1445 Oakland Road

San Jose, CA 95112

Website: <www.esoi.org>

- Home Access Program to correct architectural barriers.
- Weatherization Program to make homes more energy efficient.
- Home Energy Assistance Program to help with utility bills.

Housing and Urban Development (HUD)

415/436-6605 Multi-family housing

415/436-6610 Single-family housing

- Subsidized housing program.
- Rent based on income (30%).

Housing Authority Of The County Of Santa Clara

408/275-8770

FAX: 408/280-0358

505 West Julian Street

San Jose, CA 95110

Website: <www.hacsc.org>

- This agency provides subsidized rent for qualified individuals.

Housing Division, City of Sunnyvale

408/730-7250

456 West Olive Avenue

Sunnyvale, CA 94086

- Housing repair and rehabilitation loans.
- Low interest loans or grants to make architectural modifications or bring a house up to code.

13. Housing and Residential Care

Housing For Independent People (HIP)

408/941-1850

481 Valley Way

Milpitas, CA 95035

Website: <www.housingscc.org>

- Non profit housing developers for low- income people with special needs, including those with mental and physical disabilities.They maintain long waiting lists for the project.
- They also refer people to housing in the local community.

HousingSCC

Website: <www.HousingSCC.org>

- An online directory of subsidized housing in Santa Clara county.

Information and Referral Services, Inc.

408/885-6212

1245 S. Winchester Boulevard, No. 200

San Jose, CA 95128

- A list of subsidized housing county-wide is available by contacting the agency.

Markham Plaza

408/278-7081

1590 Las Plumas Ave

San Jose, CA 95133

Website: <www.homelessness.org>

- Affordable studios and apartments.
- For low income singles, seniors, and families
- Fitness center, laundry, Internet access, job training.

Mid-Peninsula Housing Coalition

650/356-2900

303 Vintage Park Drive, Suite 250

Foster City, CA 94404

Website: <www.midpen-housing.org>

- Affordable housing for low and moderate income families, seniors, and the disabled in the greater Bay Area.

13. Housing and Residential Care

Palo Alto Housing Corporation

650/321-9709

725 Alma Street

Palo Alto, CA 94301

Website: <www.paloaltohousingcorp.org>

- Affordable housing for low and moderate income families, seniors, and the disabled in Palo Alto.

Palo Alto Mediation Program

650/856-4062

430 Sherman Avenue, Suite 308

Palo Alto, CA 94306

- Mediation program.

- Services are free.

Project Match

408/416-0271

FAX: 408-416-0278

512 Valley Way

Milpitas, CA 95126

- This program can be an excellent housing alternative for people with TBI; they match seniors who want to share their home with people seeking a place to live.
- Services include counseling the involved people on the process of living interdependently. They ask all parties for references and tell both parties about each other.
- They encourage and can supply roommate agreements and provide monthly follow ups. They don't do mediation, but they help with practical issues (for example, who pays for which household expenses, and help arbitrate on such issues as overnight guests).

13. Housing and Residential Care

Project Sentinel

Sunnyvale Office

800/331-3332

FAX: 408/720-0810

1055 Sunnyvale Saratoga Ave., Ste. 3

Sunnyvale, CA 94087

Palo Alto Office

888/324-7468

430 Sherman Avenue, Suite 308

Palo Alto, CA 94306

Website: <www.housing.org>

- Dispute resolution between landlord and tenant.
- First time home buyer assistance.
- Subsidized housing.
- Palo Alto office also provides information and referrals regarding discrimination issues.

Salvation Army Corps

408/720-0420

1161 So. Bernardo

Sunnyvale, CA 94087

Gilroy: 408/848-5373

San Jose: 408/998-2064

- Emergency motel vouchers to families with children.
- Rental Assistance.
- Emergency food.
- Food boxes once a month.

Salvation Army- Social Services

408/282-1165

359 North 4th Street

San Jose, CA 95112

- Men only.
- Rent and utilities assistance.
- Emergency food.
- Information and referral.
- Specific zip codes served.

13. Housing and Residential Care

San Jose Rental Rights and Referrals Program

408/277-5431

4 North 2nd Street, Suite 1350

San Jose, CA 95113

Website: <www.ci.san-jose.ca.us/prns>

- Mediation and arbitration for apartments and mobile homes.

Shared Housing Program, Catholic Charities of Santa Clara, Inc.

408/325-5277

2625 Zanker Road, Suite 201

San Jose, CA 95134

Website: <www.ccsj.org>

- Helps single parents with children find affordable rooms to rent in homes.

- Does not provide emergency housing.

Silicon Valley Independent Living Center

408/894-9041

TDD: 408/894-9012

FAX: 408/894-9050

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- This department provides information and referral regarding available, accessible housing options and a computer list of available housing.

- Residential Training program: comprehensive independent living skills training in a live-in situation (single family homes). It addresses self-care, homemaking, menu planning and shopping, budgeting, community mobility, personal assistant management, social skills and pre-vocational development.

South County Housing, Family Rental Housing

408/842-9181

9015 Murray Avenue

Gilroy, CA 95020

- Assists low income families with rentals.

- English, Spanish.

13. Housing and Residential Care

South County Property Management

831/722-9461

318 Main Street, Suite 200

Watsonville, CA 95076

- Assists low income families with rentals.
- Rental and home ownership programs.
- Day care for eligible families.
- English, Spanish.

Susanne B. Wilson Residence, YWCA Villa Nueva

408/295-4435

350 South 2nd Street

San Jose, CA 95113

Website: <www.ywca-scv.org>

- Affordable rental housing for families.

Transitional Homes Program

408/292-4286

974 Willow Street

San Jose, CA 95125

Website: <www.innvision.org>

- Longer-term community based housing for women and children.
- There is a waiting list for the program.

13. Housing and Residential Care

SHELTERS

FAMILIES:

Clara-Mateo Shelter

650/614-9887

795 Willow Road, Building 323-D

Menlo Park, CA 94025

Website: <www.clara-mateo.org>

- Emergency shelter for families.
- 90-day maximum stay.
- Referrals are taken Monday through Friday 9am-12pm and 1pm-3pm.

Commercial Street Inn

Inn Vision

408/271-1630

297 Commercial Street

San Jose, CA 95112

Website: <www.innvision.org>

- Night shelter for single women and mothers with children.
- 90-day maximum stay. Fee charged after 30 days.

Emergency Housing Consortium

408/271-9344

2112 Monterey Road

San Jose, CA 95125

Website: <www.homelessness.org>

- Shelters (90 day) (Singles only) 408/294-2100 x226
- Sobrato Family Living Center 408/855-8506
- Call first.

Georgia Travis Center

Inn Vision

408/453-3124

297 Commercial Street

San Jose, CA 95112

Website: <www.innvision.org>

- A day services center for homeless women and children.

13. Housing and Residential Care

San Jose Family Shelter

408/926-8885

1590 Los Plumas Avenue

San Jose, CA 95133

- Adults with children.

- Must call ahead. Call at 10am M-F

Second Chance

510/792-4357

6330 Thorton Avenue

Newark, CA 94560

- Adults with children. CALL AHEAD.

Shelter Against Violent Environments (SAVE)

Hotline: 510/794-6055

Mailing address:

39155 Liberty Street, Suite C310

Fremont, CA 94538

- Adults with children. CALL AHEAD.

Shelter Network First Step

650/340-8814

325 Villa Terrace

San Mateo, CA 94401

- Emergency shelter and services for families within San Mateo county.

13. Housing and Residential Care

MEN:

ALANO Club

408/998-9202

99 N. Almaden Boulevard

San Jose, CA 95113

- For men in transition from a recovery home or shelter.
- Shared housing.
- Need to be 30-days clean and sober.
- Fee of \$250 per month + 20 hours of volunteer work and three 12 step meetings per month.
- Call for interview.

City Team Ministry Rescue Mission

408/288-2153

1174 Old Bayshore Hwy

San Jose, CA 95112

Website: <www.cityteam.org>

- Overnight emergency shelter for men. Drop in between 4pm and 5pm for bed availability.
- Mandatory chapel service.
- Drug and alcohol program.
- 10 days per month free, fee charged after 10 days.

Julian Street Inn

408/271-0820

546 West Julian Street

San Jose, CA 95110

- This is for single severely mentally ill persons.
- Dormitory living.
- Appointment by phone.

13. Housing and Residential Care

Montgomery Street Inn

InnVision

408/271-5160

358 North Montgomery Street

San Jose, CA 95110

Website: <www.innvision.org>

- 85 bed night shelter and transitional living program for men.
- Participants find shelter, case management, and a drug and alcohol free environment.
- Working men are eligible for longer-term Transitional Living Units.
- Call for information at 8am Mon-Fri, or drop in between 1pm and 5pm.

13. Housing and Residential Care

WOMEN/CHILDREN:

Casa de Clara

408/297-8330

318 North 6th Street

San Jose, CA 95112

- For single women and women with children.

Community Solutions

408/842-7138 (Gilroy-Morgan Hill)

Crisis line: 408/683-4118

- Shelter for battered women and their children.

Heritage Home

408/294-1238

435 North 3rd Street

San Jose, CA 95112

Website: <www.cityteam.org>

- Pregnant single women; no children. CALL AHEAD.

Julian Street Inn

408/271-0820

546 West Julian Street

San Jose, CA 95110

- Serving single people with mental illness.

- Appointment by phone.

13. Housing and Residential Care

TEENAGERS:

Bill Wilson House

408/243-0222

3490 The Alameda

Santa Clara, CA 95050

- Male/female. Ages 11-17. CALL AHEAD.

Casa Say Crisis House

650/961-2622

509 View Street

Mountain View, CA 94041

- Male/female. Ages 11-17. CALL AHEAD.
- Residential counseling and reunification program.
- Shelter facility for run-aways.

Emergency Housing Consortium

408/298-2660

31 North 5th Street

San Jose, CA 95112

Website: <www.homelessness.org>

- Emergency and transitional housing for homeless teenagers (age 11 to 18).

13. Housing and Residential Care

GENERAL:

1-800-7SHELTER

800/774-3583

- Toll-free hotline with information about emergency shelters.
- For counties of Santa Clara, Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Sonoma, Solano.
- English, Spanish.

City Team Ministries Of San Jose

Main Office:

408/453-9327

2304 Zanker Rd.

San Jose, CA 95131-1137

- Shelters.
- Emergency food.
- Recovery center.
- CALL AHEAD.

Council Of Churches Of Santa Clara County

408/297-2660

1710 Moorpark Ave.

San Jose, CA 95128

- Rotating Shelter program.

Cupertino Community Services

408/255-8033

10104 Vista Drive

Cupertino, CA 95014

- Work with people who need help with getting food, with rental assistance, and with paying utility bills in the cities of Cupertino, Saratoga, Los Gatos, and in the 95129 and 95130 ZIP codes of San Jose.

Housing For Independent People (HIP)

408/941-1850

508 Valley Way

Milpitas, CA 95035

- Casa Feliz (single room occupancy hotel for the low income mentally ill & sometimes TBI).

13. Housing and Residential Care

Julian Street Inn

408/271-0820

546 West Julian Street

San Jose, CA 95110

- This is for single severely mentally ill persons.
- Appointment by phone.

Palo Alto Urban Ministry

650/853-8672

400 Mitchell Lane

Palo Alto, CA 94301

Website: <www.umpa.org>

- For men and women in recovery.
- Rotating church shelter. 90 day limit.

Sunnyvale Community Services

408/738-4321

725 Kifer Road

Sunnyvale, CA 94086

Website: <www.svcommunityservices.org>

- Emergency referrals to shelter for people with disabilities and people that are homeless.
- Monthly food program and emergency food.
- Rental assistance.

13. Housing and Residential Care

EMERGENCY FOOD RESOURCES

City Team Ministries of San Jose

Main Office:

408/453-9327

2304 Zanker Rd.

San Jose, CA 95131-1137

- Emergency food.
- Shelter.
- Recovery center.
- CALL AHEAD.

Fish Programs

- Southside. 408/295-2424
- Santa Clara. 408/984-0682
- West Valley. 408/356-1557
- Emergency food.
- CALL AHEAD.

The Food Bank/Shared Harvest

408/266-8866

750 Curtner Ave.

San Jose, CA 95125

- Operation Brown Bag: Seniors 60 years and up (or 55 and disabled): weekly bag of food.
- Family Harvest- once a month.
- Food Connection.

Indian Health Center Of Santa Clara Valley

408/445-3400

1333 Meridian Ave

San Jose, CA 95126

- Dental Department.
- Education Department.
- Human Services Department.
- Medical Department.
- Women/infants/children.

13. Housing and Residential Care

Our Lady Of Guadalupe Church

408/258-7057

2020 E. San Antonio

San Jose, CA

- Food and Clothing.
- Clinic.

St. Catherine's Catholic Church

408/779-3959

17400 Peak Ave.

Morgan Hill, CA 95037

- Reach Out program: Mon-Fri 1:00 pm-2:30 pm.

St. Vincent De Paul

650/903-0523

2044 Old Middlefield Way

Mountain View, CA 94043

Website: <www.SVdP.org>

- Clothing and furniture.
- Food referral and holiday baskets.
- Emergency funds for rent and utilities.

St. Vincent De Paul

408/993-9900

749 Story Road, Suite 10

San Jose, CA 95122

Website: <www.SVdP.org>

- Clothing and furniture.
- Food referral and holiday baskets.
- Emergency funds for rent and utilities.

13. Housing and Residential Care

Salvation Army- Social Services

408/282-1165

359 North 4th Street

San Jose, CA 95112

- Men only.

- Emergency Food.

- Rent and Utilities assistance.

- Information and Referral.

- Specific zip codes served.

Santa Maria Urban Ministry

408/292-3314

778 South Almaden

San Jose, CA 95110

- Food/Clothing.

- Zip codes: 95110, 95117, 95125, 95126, 95128, 95131, 95132, 95134.

Urban Ministry Of Palo Alto

650/853-8672

425 Hamilton Avenue

Palo Alto, CA 94301

- Downtown Food Closet 650/325-3663

- Bags of food to single people who are homeless

Mon-Fri 8am - 11:30am.

13. Housing and Residential Care

PREPARED MEALS

General:

Afro-American Community Services Agency

408/292-3157

304 North 6th Street

San Jose, CA 95112

- Information and referral.
- Food and clothing.

Cecil White Center

408/271-5160

358 North Montgomery Street

San Jose, CA 95110

- Clothes closet.
- Health care.
- Housing and employment assistance.
- Drug and alcohol counseling.
- Legal aid.

Community Services Agency Of Mtn. View & Los Altos

650/968-0836

204 Stierlin Rd.

Mountain View, CA 94043

- Emergency food.

13. Housing and Residential Care

Loaves And Fishes Family Kitchen

408/283-4990

St. Patrick's Kitchen

389 E. Santa Clara Street

San Jose, CA 95113

- Meals served Monday and Thursday: 4:00 pm (individuals) and 4:30 pm (families with children).

- Meals served Saturday: 4:00 pm (families with children) and 4:30 (Everyone).

St. Maria's Goretti Kitchen

2980 Senter Road

San Jose, CA 95111

- Meals served Wednesday and Friday: 4:00 pm (individuals) and 4:30 pm (families with children).

Martha's Kitchen

408/293-6111

311 Willow Street

San Jose, CA 95110

- Meals served Tues. and Wed: 4:15 - 5:15 pm.

Meals On Wheels

408/928-3800

1670 Los Plumas Avenue, Suite A

San Jose, CA 95110

- Dinner meal brought to or fixed in your home if you cannot go out.

- Serves Santa Clara Co.

Our Daily Bread

408/736-4108

231 South Sunset Avenue

Sunnyvale, CA 94086

- Hot dinner served 11:00 am - 12:30 pm: Mon., Wed., Fri.

Sacred Heart Community Services

408/278-1175

405 North 4th Street

San Jose, CA 95110

Website: <www.shcstheheart.org>

- Food, clothing, job search.

13. Housing and Residential Care

St. Joseph's Family Center

408/842-6662

7950 Church Street

Gilroy, CA 95020

- Serve San Martin and Gilroy areas only
- Emergency food.
- Bag lunch 9am-2pm.
- Voucher for clothes.
- Rent assistance.

Urban Ministry Of Palo Alto

650/853-8672

400 Mitchel Lane

Palo Alto, CA 94301

- Emergency food.
- Call first.

Seniors:

Gilroy Nutrition Site

408/842-4200

7371 Hanna Street

Gilroy, CA 95020

- Lunch time nutritious meal.

Mountain View Senior Nutrition Program

650/964-6586

266 Escuela Ave.

Mountain View, CA 94043

- Lunch time nutritious meal.

RESIDENTIAL CARE FACILITIES

Agnews Developmental Center

408/451-6000

3500 Zanker Road

San Jose, CA 95134-2299

- Residents are referred by their local regional center.

13. Housing and Residential Care

Alta Bates Herrick Rehabilitation

510/204-4411
2001 Dwight Way
Berkeley, CA 94701

California Association Of Health Facilities (CAHF)

916/441-6400
FAX: 916/441-6441
2201 K Street
P.O. Box 537004
Sacramento, CA 95853-7004
Website: <www.cahf.org>

- CAHF is a professional organization, representing long-term care providers, that publishes information about Subacute Care, which provides nursing and physical, occupational and speech therapy.
- They publish a brochure, *Information About Subacute Care in a Nursing Facility*, which discusses subacute care, subacute facilities and what to expect from these facilities.

Casa Colina Centers for Rehabilitation, Transitional Living Center

909/596-7733
250 East Harrison
Pomona, CA 91767
Website: <www.casacolina.org>

- CARF-accredited brain injury residential program.

Center For Adaptive Learning

925/827-3863
3227 Clayton Road, Ste. A
Concord, CA 94519
Website: <www.centerforadaptivelearning.com>

Centre for Neuro Skills

661/872-3408
2658 Mount Vernon Avenue
Bakersfield, CA 93306
Website: <www.neuroskills.com>

- CARF-accredited brain injury residential program.

13. Housing and Residential Care

Centre Village

661/836-2500

2500 Gosford Road

Bakersfield, CA 93309

- CARF-accredited brain injury residential program.

Commission on Accreditation of Rehabilitation Facilities (CARF)

520/325-1044

4891 E. Grant Road

Tucson, AZ 85712

Website: <www.carf.org>

- Searchable directory of accredited residential programs for brain injury.

Garfield Neurobehavioral Center

510/261-9191

FAX: 510/533-5630

1451 28th Ave.

Oakland, CA 94601

- Long-term residential facility for people with severe brain injury.
- Skilled nursing setting.

Western Institute Of Rehabilitation

661/872-4903

2658 Mt. Vernon Ave.

Bakersfield, CA 93306

- Inpatient program specializing in TBI.

GROUP HOME DIRECTORY

The Belden Centre

707/579-2735

606 Humboldt Street

Santa Rosa, CA 95404

Cal. Adult Group Home

916/386-2716

6331 Sunrise So. Drive

Sacramento, CA 95824

Tori's Lighthouse

530/342-9779

- Two houses in Chico.

13. Housing and Residential Care

Hope Network

616/940-0040

1490 E. Beltline SE

Grand Rapids, MI 49506

- Brain injury program for adolescents.

Howard House

760/480-7468

2033 Oro Verde Road

Escondido, CA 92027

Las Palmas Estates

209/632-8841

1617 Colorado Ave.

Turlock, CA 95382

- Small TBI population.

Learning Services At Gilroy

408/848-4379

10855 DeBruin Way

Gilroy, CA 95020

Rose Hill

831/462-3788

5410 Baffy Court

Soquel, CA 95073

- For people with brain injuries.

Serenity Harbor

760/436-5047

3108 Azahar St.

Carlsbad, CA 92008

- For Alzheimer's and dementia

13. Housing and Residential Care

SKILLED NURSING FACILITIES SANTA CLARA COUNTY

CODE

*Certified for the care of Medi-Cal patients

**Certified for the care of Medicare patients

NAME and ADDRESS	ADMINISTRATOR	TELEPHONE	BED CAPACITY
CAMPBELL			
Camden Convalescent Hospital 1331 Camden Avenue 95008	Ragudo, Ampar	408/377-4030	60*
Greenhills Manor 238 Virginia Avenue 95008	Morales, Judith	408/379-8114	45*
CUPERTINO			
Health Care Ctr. at the Forum 23600 Via Esplendor 95014 •Occupational Therapy. •Speech Pathology. •Physical Therapy. •Outpatient Services.	Mattson, Neila	650/944-0200	48**
Pleasant View Convalescent Hospital 22590 Voss Avenue 95014	Davis, Deline	408/253-9034	170*/**
Sunny View Retirement Community 22445 Cupertino Road 95014	Plank, Sally	408/253-4300	45*/**
GILROY			
Gilroy Healthcare and Rehab. Center 8170 Murray Ave. 95020 •Occupational Therapy. •Social Services. •Audiology. •Speech Pathology. •Physical Therapy.	Hunter, Gerald	408/842-9311	132*/**
LOS ALTOS			
Los Altos Sub-Acute and Rehab Center 809 Fremont Ave. 94024 •Occupational Therapy. •Physical Therapy. •Speech Pathology. •Audiology. •Social Services. •Outpatient Services.	Chasson, Larry	650/941-5255	152*/**

13. Housing and Residential Care

NAME and ADDRESS	ADMINISTRATOR	TELEPHONE	BED CAPACITY
Pilgrim Haven Retirement Community 373 Pine Lane 94022	McGuinness, Tara	650/948-8291	63*/**
LOS GATOS			
Emmanuel Convalescent Hospital 371 Los Gatos Boulevard 95030	Morris, Paul	408/356-3116	124*/**
Los Gatos Meadows Geriatric Hospital 110 Wood Road 95030	Kurtz, Ira	408/354-0211	39**
Los Gatos Oaks Convalescent Hospital 16605 Lark Avenue 95030	Nguyen, Kim	408/356-9146	28*/**
Oak Meadows Extended Care Center 350 DeSoto Drive 95030	Brende, Jim	408/356-9151	73*/**
Terraces of Los Gatos 800 Blossom Hill Road 95031 •Occupational Therapy. •Speech Pathology. •Physical Therapy.	Candella, Alex	408/356-1006	59*/**
Terreno Gardens Convalescent Center 14966 Terreno De Flores 95030	Brende, Jim	408/356-8136	65*/**
Vasona Creek Healthcare 16412 Los Gatos Boulevard 95030 •Occupational Therapy. •Physical Therapy. •Speech Pathology. •Outpatient Services.	Pilford, Toby	408/356-2191	148*/**
MILPITAS			
Milpitas Care Center 120 Corning Avenue 95035	Ocampo, Sotero	408/262-0217	35*/**
MORGAN HILL			
Hillview Convalescent Hospital 530 W. Dunne Ave. 95037 •Intermediate Care- 12 beds.	Ross, James	408/779-3633	52*/**
Pacific Hills Manor 370 Noble Court 95037 •Occupational Therapy. •Social Services. •Physical Therapy.	Flora, Doug	408/779-7346	99*/**
MOUNTAIN VIEW			
Grant Cuesta Convalescent Hospital 1949 Grant Road 94040	Tartney, Sheryl	650/968-2990	102*/**

13. Housing and Residential Care

NAME and ADDRESS	ADMINISTRATOR	TELEPHONE	BED CAPACITY
Julia Healthcare Center 276 Sierra Vista Avenue 94043	Basa, Ed	650/967-2483	99*/**
Mountain View Healthcare Center 2530 Solace Place 94040	Groton, Elayne	650/961-6161	129*/**
Villa Siena 1855 Miramonte Avenue 94040	Bernard, Corinne	650/961-6484	20*
PALO ALTO			
Channing House 850 Webster Street 94301	Braginsky, Carl	650/327-0950	21
Lytton Gardens Health Care Center 437 Webster Street 94301	Hibbs, Linda T.	650/328-3300	145*/**
<ul style="list-style-type: none"> •Physical Therapy. •Audiology. •Outpatient Services. •Occupational Therapy. •Speech Pathology. 			
Palo Alto Nursing Center 911 Bryant Street 94301	Cartney, Cheryl	650/327-0511	64*/**
SAN JOSE			
Agnews State Hospital 3500 Zanker Rd. 95134-2299	Pitchford, Harold	408/451-6000	919*
Almaden Health & Rehabilitation Ctr. 2065 Los Gatos-Almaden Road 95124	Bonnet, Yvette	408/377-9275	77*/**
Bellerose Convalescent Hospital 100 Bellerose Avenue 95128	Rivera, Brian	408/286-4161	39*/**
Courtyard Care Center 340 Northlake Dr. 95117	Ropalides, Gus	408/249-0344	76*/**
Crestwood Center 1425 Fruitdale Avenue 95128	John Suggs	408/275-1010	173*/**
Emmanuel Convalescent Hospital 180 North Jackson Ave. 95116	Cryer, Jennifer	408/259-8700	199*/**
Empress Convalescent Hospital 1299 So. Bascom Avenue 95128	Buttuck, Alia	408/287-0616	66*/**
Herman Sanitarium, The 2295 Plummer Avenue 95125	Maggard, Jeff	408/269-0701	99*
Homewood Care Center 75 N. 13th Street 95112	Martinez, David	408/295-2665	58*/**
<ul style="list-style-type: none"> •Social Services. 			

13. Housing and Residential Care

NAME and ADDRESS	ADMINISTRATOR	TELEPHONE	BED CAPACITY
SAN JOSE (continued)			
Lincoln Glen Skilled Nursing 2671 Plummer Avenue 95125 •32 Intermediate Care beds.	Kroeker, Loren	408/265-3222	59*/**
Marguerite Terrace PEO Home 10 Kirk Avenue 95127	Peterson, Bobbi	408/729-2000	22*
Mission De La Casa 2501 Alvin Avenue 95121 •Occupational Therapy. •Speech Pathology. •Outpatient Services. •Physical Therapy.	Nguyen, Kim	408/238-9751	163*/**
Mount Pleasant Nursing Home 1355 Clayton Road 95127	Stamm, Fred	408/251-3070	54*
Park View Nursing Center 120 Jose Figures Avenue 95116	Black, Steve	408/272-1400	99*/**
Plum Tree Care Center 2580 Samaritan Dr. 95124	Black, Steve	408/356-8181	76**
San Jose Care & Guidance 401 Ridge Vista Avenue 95127	Darouse, Michael	408/923-7232	116*
San Tomas Convalescent Hospital 3580 Payne Avenue 95117	Javier, Julita	408/248-7100	130*/**
Skyline Convalescent Hospital 2065 Forest Avenue 95128	Park, Richard	408/280-2500	253*/**
Westgate Convalescent Center 1601 Peterson Avenue 95129	Basa, Ed	408/253-7502	268*/**
White Blossom Care Center 1990 Fruitdale Ave. 95128 •Occupational Therapy. •Speech Pathology. •Outpatient Services. •Physical Therapy.	Earl, Steven	408/998-8447	151*/**
Willow Glen Convalescent Hospital/ Rest Care Center 1267 Meridian Avenue 95125	McClure, John	408/265-4211	152*/**
Winchester Convalescent Hospital 1250 S. Winchester Blvd. 95128	Brenson, Ed	408/241-3844	166*/**
SANTA CLARA			
Mission Skilled Nursing Facility 410 N. Winchester Blvd. 95050 •Specialize in TBI.	Young, Susan	408/248-3736	133*/**

13. Housing and Residential Care

NAME and ADDRESS	ADMINISTRATOR	TELEPHONE	BED CAPACITY
SANTA CLARA (continued)			
Valley Health Care Center 991 Clyde Avenue 95054	Burke, Malcolm	408/988-7666	202*/**
SARATOGA			
Our Lady of Fatima Villa 20400 Saratoga-Los Gatos Road 95070	Mahoney, Bella	408/741-5100	85*/**
Saratoga Retirement Community Health Care Center 14500 Fruitvale Ave. 95070 •Intermediate Care Facility- 6 beds.	Vernon, Gary D.	408/741-7100	62*/**
Sub-Acute Saratoga Hospital 13425 Sousa Lane 95070	Wheeler, Milton	408/378-8875	38*/**
SUNNYVALE			
Cedarcrest Health Care Healthcare Center 797 E Fremont Avenue 94087 1002 W. Fremont Avenue 94087**	Murray, Tracy	408/738-4880	90*/**
Manor Care of Sunnyvale 1150 Tolton Drive 94087 •Social Services. •Physical Therapy. •Speech Pathology. •Occupational Therapy.	Marino, John	408/735-7200	140**

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





14. Independent Living & Multiservice Orgs

These organizations' mission is to help people with disabilities, increasing independence. They are generally not limited to any specific disability group. Some of them, such as the Independent Living Centers (ILC) (a consortium of centers of, by, and for people with disabilities) offer a wide range of services for people with disabilities; others deal with services for a particular disability that a person with a TBI may experience (e.g., hearing loss). The Silicon Valley Independent Living Center (SVILC) has offices in Santa Clara and Gilroy; in Santa Cruz, Capitola, and Salinas, it's the Central Coast Center for Independent Living (CCCIL). All the other ILCs in California are included at the end of this chapter.

The Caregiver Resource Centers are to TBI what the Regional Centers are to developmental disabilities, that is, they are state funded agencies created to fund services for people with specific disabilities (e.g., adult onset brain impairments). But they differ from the Regional Centers in that the services provided are largely for caregivers, not specifically for those with the disability. That is because the centers serve primarily the families of older people with dementia (e.g., Alzheimer's). They may be able to supply help for support with TBI: all you have to do is call and ask.

These organizations are already listed by each service they provide in the TBIRD; this chapter lists all the services each of these organizations furnish, and includes any other supports provided that are not encompassed in those listings.

Central Coast Center For Independent Living (CCCIL)

VOICE/TDD: 831/462-8720

FAX: 408/462-8727

1395 41st Avenue, #B

Capitola, CA 95010

Website: <www.cccil.org>

- Lead agency for New Options TBI Consortium of Santa Cruz County.
- Multi-service Resource Center.

Central Coast Center For Independent Living: Salinas

831/757-2968

234 Capitol, Suite B

Salinas, CA 93901

Website: <www.cccil.org>

- Information and referral.
- Advocacy.
- Benefit counseling.

14. Independent Living & Multiservice Orgs

Community Services Agency Of Mtn. View & Los Altos

650/968-0836

FAX: 650/968-2164

204 Stierlin Road

Mountain View, CA 94043

Website: <www.csacares.org>

- Serves residents of Mountain View, Los Altos, and Los Altos Hills.
- Alpha Omega Shelter.
- Community kitchen.
- Emergency assistance.
- Santa Claus exchange.
- Senior care.
- Senior case management.
- Senior nutrition.
- Transportation.

Economic And Social Opportunities, Inc.

408/971-0888

408/971-2789 (HEAP Program)

P. O. Box 610968

San Jose, CA 95116

Website: <www.esoi.org>

- They provide a Home Access Program (home modification), a Weatherization Program, and a Handyworker Program to do minor home repairs (for home owners only). They also help provide payment assistance for households experiencing energy-related emergencies and a Steps Substance Abuse Program.

Independent Living Resource Center of San Francisco (ILRC)

415/543-6222

TDD: 415/543-6698

FAX: 415/543-6318

649 Mission Street, 3rd Floor

San Francisco, CA 94105

- San Francisco residents only.
- Advocacy/human rights.
- Benefit counseling.
- Community advocacy.
- Community education.
- Device assessment.
- Employment information.
- Employment counseling.
- Family caregivers.
- Information & referral.
- Lawyer referral.
- Long Term care planning.
- Mental wellness.
- Personal Assistants referral.
- Personal care.
- Peer counseling.
- Respite.
- Support groups.

14. Independent Living & Multiservice Orgs

Rehabilitation Education Assistance Program (REAP)

831/753-4268

FAX: 408/757-5549

Salinas Adult School

20 Sherwood Place

Salinas, CA 93906

- Independent living skills program.

Rehabilitation Research Center for TBI & SCI

Santa Clara Valley Medical Center

408/793-6433

800/352-1956

FAX: 408/793-6434

751 South Bascom Avenue

San Jose, CA 95128

Website: <www.tbi-sci.org>

- Community Education.
- Peer Support Program.
- Information & Referral.
- Talking Heads Newsletter.
- Interact Newsletter.
- Traumatic Brain Injury Resource Directory (TBIRD).
- Brain Matters Community Education Series.

San Andreas Regional Center

408/374-9960

FAX: 408/376-0586

300 Orchard City Drive, Suite 170

Campbell, CA 95008

Website: <www.sarc.org>

- Developmental Disability services: for those injured before age 18.
- Adaptive equipment.
- Financial counseling.
- Health care.
- Independent living skills.
- Information and referral.
- Legal advocacy and referral.
- Mobility training.
- Personal care.
- Recreation/leisure program.
- Residential care.
- Respite.
- Transportation.
- Vocational.

14. Independent Living & Multiservice Orgs

Silicon Valley Independent Living Center

408/894-9041

TDD: 408/894-9012

FAX: 408/894-9050

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Advocacy.
- Deal/hearing impaired interpreter.
- Equipment rentals/loans.
- Housing referrals.
- Independent living skills.
- Information and referral.
- Legal services.
- Leisure services.
- Newsletter.
- Orthotics program (limited).
- Peer counseling.
- Personal assistant recruitment & referral.
- Residential training services.
- Transportation.
- Vocational services.

Silicon Valley Independent Living Center-Gilroy

408/847-1805

TDD: 408/847-1855

7415 Egleberry Street, Suite C

Gilroy, CA 95020

Website: <www.svilc.org>

- Advocacy.
- Counseling
- Housing referral.
- Independent Living Skills.
- Information and referral.
- Legal services.
- Leisure services.
- Peer counseling.
- Personal assistant recruitment & referral.

CALIFORNIA CAREGIVER RESOURCE CENTERS

Del Mar Caregiver Resource Center

831/424-4359

Intake and Information #: 800/624-8304

736 Chestnut Street, Suite F

Santa Cruz, CA 95060

Website: <www.delmarcaregiver.org>

- Multi-service information network.
- Hollister office: 800/624-8304
- Monterey County: 800/624-8304

14. Independent Living & Multiservice Orgs

Family Caregiver Alliance (FCA)

415/434-3388

800/445-8106

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

Website: <www.caregiver.org>

- Offering support and assistance to caregivers of brain injured adults through advocacy and research services.

Del Oro Caregiver Resource Center

916/971-0893

FAX: 916/971-9446

Regional: 800/635-0220

5723-A Marconi Avenue

Carmichael, CA 95608

Website: <www.deloro.org>

- Information and referral.
- Family consultation services.
- Respite care.

Redwood Caregiver Resource Center

707/542-0282

Regional: 800/834-1636

141 Stony Circle, Suite 200

Santa Rosa, CA 95401

Website: <www.redwoodcrc.org>

- Helps caregivers & persons with TBI.
- Legal assistance.
- Counseling.
- Respite care.

Los Angeles Caregiver Resource Center

213/821-7777

800/540-4442

FAX: 213/740-1871

3715 McClintock Avenue

Los Angeles, CA 90089-0191

Website: <www.la4seniors.com/lrc.htm>

- Referrals and resources to caregivers of brain injured adults.

14. Independent Living & Multiservice Orgs

Southern Caregiver Resource Center

858/268-4432

Regional: 800/827-1008

3675 Ruffin Road, Suite 230

San Diego, CA 92123

Website: <www.src.signonsandiego.com>

•Referrals, consultations, resources, counseling and respite services to caregivers of brain injured adults

CALIFORNIA INDEPENDENT LIVING CENTERS

Antioch

Independent Living Resources

310 West 10th Street, 94509

Website: <www.ilrccc.org>

925/754-0539

Auburn

Placer Independent Resource Services

11768 Atwood Road, Suite 29, 95603

Website: <www.pirs.org>

530/885-6100

800/833-3453 (only in CA)

530/885-0326: TTY

Bakersfield

Independent Living Center of Kern County

1631 30th Street, 93301

Website: <ilcofkerncounty.org>

661/325-1063

800/529-9541

661/325-4143: TDD

Belmont

Center For Independence Of The Disabled

875 O'Neill Avenue, 94002

Website: <cidbelmont.org>

650/595-0783

650/595-0743: TDD

Berkeley

Center For Independent Living

2539 Telegraph Avenue, 94704

Website: <www.cilberkeley.org>

510/841-4776

510/848-3101: TDD

Capitola

Central Coast Center For Independent Living:
Santa Cruz County

1395 41st Avenue, Suite B, 95010

Website: <www.cccil.org>

831/462-8720

831/462-8729: TTY

831/462-8727: FAX

Chico

Independent Living Services Of Northern
California

1161 East Ave., 95926

Website: <www.ilsnc.org>

530/893-8527

530/893-8574: FAX

Claremont

Independent Living Center East San Gabriel
Valley

P.O. Box 549, 91711

Website: <www.ilc-clar.org>

909/621-6722

909/445-0727: FAX

909/445-0729: TDD

14. Independent Living & Multiservice Orgs

Concord

Independent Living Resource Of Contra Costa County
3200 Clayton Road, 94519
Website: <www.ilrccc.org>
925/363-7293
925/363-7296: FAX

Downey

Southern CA Community Rehab Services
7830 Quill Drive, Suite D, 90242
Website: <scrs-ilc.org>
562/862-6531

Eureka

Tri-County Independent Living Center.
955 Myrtle Ave., 95501
707/445-8404
707/445-8405: TDD

Fairfield

Independent Living Resources
1545 Webster Street, Suite C, 94533
Website: <www.ilrccc.org>
707/435-8174
707/435-8177: FAX

Fremont

Community Resources for Independent Living:
Tri-Cities Office
39155 Liberty Street, Suite A100, 94538
Website: <www.cril-online.org>
510/794-5735

Fresno

Center For Independent Living
3475 W. Shaw, #101 93711-3200
800/244-2274
559/276-6777
559/276-6779: TDD
559/276-6778: FAX

Garden Grove

Dayle McIntosh Center For The Disabled
13272 Garden Grove Blvd, 92843
Website: <www.daylemc.org>
714/621-3300
714/663-2087: TDD

Gilroy

Silicon Valley Independent Living Center (SVILC)
7800 Arroyo Circle, Suite A, 95020
Website: <www.svilc.org>
408/846-1480
408/842-2591: TDD
408/842-2321: FAX

Grass Valley

Foundation Resources For Equality And Employment For The Disabled (F.R.E.E.D.)
154 Hughes Road, Suite 1, 95945
Website: <www.freed.org>
530/272-1732: V/TDD
800/655-7732

Hayward

Community Resources For Independent Living
439 "A" Street, 94541
Website: <www.cril-online.org>
510/881-5743
510/881-0218: TTY

Hollister

Central Coast Center For Independent Living:
San Benito County
111 San Felipe Road, Suite 107, 95023
Website: <www.cccil.org>
831/636-5196
831/638-0826: TTY

14. Independent Living & Multiservice Orgs

Lancaster

ILC Of Southern California (branch office)
43805 N. Division Sreet, Unit A, 93535
Website: <www.ilcsc.org>
661/945-6602
661/945-6604:TDD

Livermore

Community Resources For Independent Living:
Tri-Valley Office
3311 Pacific Avenue, 94550
Website: <www.cril-online.org>
925/371-1531
925/371-1532:TTY

Long Beach

Disabled Resources Center, Inc.
2750 East Spring Street, Ste. 100, 90806
Website: <www.drcinc.org>
562/427-1000
562/427-1366:TDD

Los Angeles

Communities Actively Living Independent &
Free
634 South Spring St, Second Floor, 90014
Website: <www.calif-ilc.org>
213/627-0477

Community Rehabilitation Services–ILC
4716 Cesar E. Chavez Ave., 90022
323/266-0453

Westside Center For Independent Living
12901 Venice Blvd., 90066
Website: <www.wcil.org>
310/390-3611
310/398-9204:TTY

Marysville

Foundation Resources For Equality And
Employment For The Disabled (F.R.E.E.D.)
508 "J" Street, 95901
Website: <www.freed.org>
530/742-4474
530/742-4476: FAX

Modesto

Disability Resource Agency For
Independent Living (DRAIL)
221 McHenry Avenue, 95354
Website: <www.drail.org>
209/521-7260
209/521-1425:TDD
209/521-4763: FAX

Napa

Community Resources For Independence:
Napa Branch
1040 Main Street, Suite 208, 94559
Website: <www.cri-dove.org>
707/258-0270
707/258-0274:TTY

Oakland

Center for Independent Living
Website: <www.cilberkeley.org>
Oakland Satellite
610 16th Street, Suite 419
510/763-999

East Oakland Office
7200 Bancroft, Suite A, 94605
510/635-4920

Fruitvale Office
1470 Fruitvale Ave., 94601
510/536-2271

14. Independent Living & Multiservice Orgs

Redding

Independent Living Services of Northern California
1411 Yuba Street, 96001
Website: <www.ilsnc.org>
530/242-8550
530/241-1454: FAX

Richmond

Independent Living Resources
101 Broadway, Building 2A, 94806
Website: <www.ilrccc.org>
510/232-4942

Sacramento

Resources For Independent Living
1211 H Street, Suite B, 95814
Website: <www.sacramento.org/ril/>
916/446-3074
916/446-3074: TDD

Salinas

Central Coast Center For Independent Living
234 Capitol St., Suite A&B, 93901
Website: <www.cccil.org>
831/757-2968
831/757-2968: TDD
831/757-5549: FAX

San Bernardino

Rolling Start, Inc.
570 West Fourth Street, Suite 103, 92401
Website: <www.rollingstart.com>
909/884-2129
909/884-7396: TDD

San Diego

The Access Center Of San Diego
1295 University Ave., #10, 92103-3333
Website: <www.accesscentersd.org>
619/293-3500
619/293-7757: TDD

San Francisco

Independent Living Resource Center Of San Francisco
649 Mission Street, 3rd Floor, 94105
Website: <www.ilrcsf.org>
415/543-6222
415/543-6698: TDD

San Jose

Silicon Valley Independent Living Center (SVILC)
2306 Zanker Road, 95131
Website: <www.svilc.org>
408/894-9041
408/894-9012: TDD
408/894-9050: FAX

San Luis Obispo

Independent Living Resource Center
1150 Laurel Lane, Suite #814, 93401
Website: <www.ilrc-trico.org>
805/593-0667

San Rafael

Marin Center For Independent Living
710 Fourth Street, 94901
Website: <www.marincil.org>
415/459-6245

Santa Barbara

Independent Living Resource Center
423 West Victoria Street, 93101
Website: <www.ilrc-trico.org>
805/963-0595
805/963-0595: TTY/TDD

Santa Maria

Independent Living Resource Center
327 East Plaza Drive, Suite 3A, 93454
Website: <www.ilrc-trico.org>
805/925-0015

14. Independent Living & Multiservice Orgs

Santa Rosa

Community Resources For Independence
980 Hopper Avenue, 95403
Website: <www.cri-dove.org>
707/528-2745
707/528-2151:TTY

Sonora

Disability Resource Agency for Independent
Living: Mother Lode Office
67 Linoberg Street, Suite A, 95370
Website: <www.drail.org>
209/532-0963
209/532-1280:TTY

Stockton

Disability Resource Agency for Independent
Living: San Joaquin Office
4555 Precissi Lane, Suite 2 95207
Website: <www.drail.org>
209/477-8143
209/477-7734:TDD
209/477-7730:FAX

Van Nuys

ILC Of Southern California
14354 Haynes Street 91401
Website: <www.ilcsc.org>
818/988-9525
818/988-3533:TDD

Ventura

Independent Living Resource Center
1802 Eastman Avenue, #112, 93003
Website: <www.ilrc-trico.org>
805/650-5993:V/TTY

Ukiah

Community Resources For Independence:
Mendocino Lake Branch
1040 North State Street, Suite E, 95482
Website: <www.cri-dove.org>
707/463-8875
707/462-4498:TTY

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





15. Legal/Advocacy Services

This chapter involves legal or advocacy services that are available for people with TBI. It includes legal or advocacy organizations as well as lawyers that work with disability issues and/or with people with TBI.

Choosing a lawyer can be a difficult task. One who has experience working with people with TBI can be crucial to success, for that lawyer will know about the common problems that those with TBI face. Doctors and other health care professionals who are familiar with TBI can be great sources of legal referrals. Your local brain injury organization (in California, that is the Brain Injury Policy Institute of California) or support group members may also have good referrals. Once you have a list, shop around. Gather a list of pertinent questions (with space for their answers) on a piece of paper, copy it, and call (or visit) those on the list and ask your questions. Write down their answers and also your general impression of the lawyer. Take someone with you that you trust and ask about their experience with clients with TBI. Ask for references from previous clients and health care professionals who have worked with the lawyer. Ask how much they charge. Your new lawyer should want to interview the person with TBI's family, friends, employer and the professionals involved. A private investigator may be hired. Experts may be hired to testify on your behalf. An accountant may be hired to evaluate lost earnings. Your lawyer should be spending much time preparing you for your testimony and your examinations. Ask your lawyer if you may bring notes to every part of the process, as a cue to your (and/or the person with TBI's) memory. If your case goes to court, insist that your lawyer review his questions, the opposing side's potential questions, and your answers thoroughly. It's worth all the extra time involved to get these details handled properly.

Again, a listing in this chapter does not necessarily mean that we endorse or approve the organization or practitioner.

Adult Protective Services

408/928-3860

591 North King Road

San Jose, CA 95133

- Advocates for dependent adults and the elderly (over 65).
- Abuse reporting agency with no case management; after 90 days they call case manager and law enforcement. They may talk to family or sit in on interview.

Alliance For Community Care

408/261-7777

2001 The Alameda

San Jose, CA 95126

- Clients must be diagnosed with a mental illness.
- Provide case management, vocational assistance, housing, and day rehab programs.

15. Legal/Advocacy Services

Allsup, Inc.

800/854-1418

300 Allsup Place

Belleville, IL 62223

Website: <www.allsupinc.com>

- This company represents disability claimants at appeals.

American Civil Liberties Union

415/621-2488

1663 Mission St.

San Francisco, CA 94103

- Advice line manned by volunteers (civil liberty issues).

Asian Law Alliance

408/287-9710

184 East Jackson Street

San Jose, CA 95112

Website: <www.asianlawalliance-ala.org>

- They offer free legal advice to people of any nationality in Santa Clara County.
- They also offer legal representation for immigration, housing, domestic violence, and public benefits issues for limited- or non-English speaking people.
- They have translation services, as available, for people who speak Vietnamese, Cantonese, Mandarin, Laotian, Korean, and Japanese.

Brain Injury Law Office

800/992-9447

P.O. Box 1319

Sheboygan, WI 53082

Email: johnson@tbilaw.com

Website: <www.tbilaw.com/home.html>

- This Web site includes links to a brain injury calendar and information on social security, workers compensation, resources, the Brain Injury Association, support groups, and many legal issues.

California Rural Legal Assistance (Legal Aid)

408/847-1408

7365 Monterey Road

Gilroy, CA 95020

Website: <www.crla.org>

- Assistance with landlord/tenant issues, wage claims, unemployment, and state disability.
- 20 branches throughout California.

15. Legal/Advocacy Services

Catholic Charities Immigration Program

408/944-0691

FAX: 408/944-0347

2625 Zanker Road, Suite 201

San Jose, CA 95134

Website: <www.ccsj.org>

- Persons wishing to take part in this program, must be on site at 8am. First come, first served.

Central Coast Center For Independent Living (CCCIL)

Voice/TDD: 831/462-8720

1395 41st Avenue, Suite B

Capitola, CA 95010

Website: <www.cccil.org>

Voice/TDD: 831/757-2968

234 Capitol Street, Suite A&B

Salinas, CA 93901

Website: <www.cccil.org>

- Information and referral.
- Advocacy.
- Benefit counseling.
- Housing information.
- Support groups.

Deaf Counseling Advocacy & Referral Agency (DCARA)

510/483-0753 TTY

Call 800/735-2922 for voice translation of TTY

1539 Webster

Oakland, CA 94612

- Advocacy and legal services.

Friends Outside

408/295-6033

551 Stockton Avenue

San Jose, CA 95126

- This organization helps with people who are in jail or prison.

15. Legal/Advocacy Services

Gilfix & La Poll Associates

650/493-8070

2300 Geng Road, Suite 203

Palo Alto, CA 94303

Website: <www.gilfix.com>

- Elder law.
- Living trusts.

Harvey A. Hyman

510/272-0655

FAX: 510/272-0657

180 Grand Avenue, Suite 935

Oakland, CA 94612

Website: <www.californiaheadinjurylaw.com>

- This attorney specifically represents clients with TBI.

Independent Living Resource Center Of San Francisco

415/543-6222

TDD: 415/543-6698

FAX: 415/543-6318

649 Mission Street, 3rd Floor

San Francisco, CA 94105

- Advocacy/Human Rights; Lawyer referrals.
- Serves San Francisco residents.
- Attendant referral.
- Housing information.
- Benefits counseling.
- Peer counseling and support groups.
- ADA discrimination.

Kato And Suzuki

415/974-5715

685 Market Street, Suite 490

San Francisco, CA 94105

- General civil practice with a focus on the legal problems of people that are elderly or disabled.

15. Legal/Advocacy Services

La Raza Centro Legal

415/575-3500

FAX: 415/255-7593

474 Valencia Street, Suite 295

San Francisco, CA 94103

- Referrals and free legal service for low-income persons.
- Spanish-speaking.

Steven Levy

408/274-7000

7670 Woodland Avenue

Morgan Hill, CA 95037

- Specializes in injury cases.
- Financial management.
- Benefits coordination.
- Special Needs trusts.
- Insurance disputes.

Legal Aid Society Of Santa Clara County

408/998-5200

480 North First Street, San Jose, CA 95112

P.O. Box 103, San Jose, CA 95103-0103

Website: <www.legalaidsociety.org>

- Tenant/landlord disputes.
- Housing discrimination.
- Immigration assistance.
- Family law.
- Employment law.
- Special education.
- Conflicts Program - Legal aid to those referred by the courts.

Robert Ludlow, Esq.

831/475-5592

365 Lake Avenue

P.O. Box 1184

Santa Cruz, CA 95061

- This lawyer has a specialized interest in TBI.

15. Legal/Advocacy Services

David Malnick

408/292-5900

160 West Santa Clara Street, Suite 1100

San Jose, CA 95113

Website: <www.malnick.law>

- Specializes in traumatic brain injury legal cases.

Mental Health Advocacy Project

408/294-9730

FAX 408/293-0106

111 W. St. John Street, Suite 315

San Jose, CA 95113

Email: mhap@lawfoundation.org

- Free legal services for people who have a mental or developmental disability.

Pacific ADA and IT Center

Voice/TDD: 800/949-4232

2168 Shattuck Avenue, Suite 301

Oakland, CA 94704

Website: <www.pacdbtac.org>

- Americans with Disabilities Act (ADA) information line.

Protection And Advocacy

510/430-8033

800/776-5746

FAX: 510/430-8246

433 Hegenberger Road

Oakland, CA 94621

- Legal assistance for people with a developmental disability (for TBI, injury must have occurred before age 22) and mental health consumers (must have a mental illness or emotional impairment and/or have been released in the last 90 days from a mental health facility).

Redwood Caregiver Resource Center

707/542-0282

FAX: 707/542-0552

141 Stony Circle, Suite 200

Santa Rosa, CA 95401

- A state funded agency that offers counseling, respite care, and legal aid to caregivers of brain injured adults.

15. Legal/Advocacy Services

San Andreas Regional Center

408/374-9960

300 Orchard City Drive, #170

Campbell, CA 95008

Website: <www.sarc.org>

- Advocacy/human rights; lawyer referral.
- Has experience with TBI.

San Mateo County Aging & Adult Services

800/675-8437

225 West 37th Avenue

San Mateo, CA 94403

- Adult protective services.
- Public guardians.
- In-home support.
- Case management.

Scarlett Law Group

800/262-7576

FAX: 415/352-6265

536 Pacific Avenue, Barbary Coast Building

San Francisco, CA 94133

Website: <www.scarlettlawgroup.com>

- National trial lawyers with extensive experience with TBI-related cases.

Schneider and Wallace Attorneys at Law

415/440-3440

180 Montgomery Street, Suite 2000

San Francisco, CA 94104

- Civil litigation with an emphasis on disability rights work.
- Ask for Social Worker/Advocacy Worker on duty.
- Assists disabled General Assistance clients to access Social Security system.

Shea and Shea: A Professional Law Corporation

408/292-2434

888/989-7432

FAX: 408/292-1264

255 N. Market Street

San Jose, CA 95110

- Trial lawyers experienced with TBI and spinal cord injury (SCI) cases.

15. Legal/Advocacy Services

U.S. Department of Justice

Civil Rights Division

800/514-0301 (voice)

800/514-0383 (TTY)

950 Pennsylvania Ave NW

Disability Rights Section NYAV

Washington, DC 20530

Website: <www.ada.gov>

- ADA information line available 24 hours a day.

- ADA publications available.

Angelina Valle

408/881-0200

(from out of area) 800/303-7142

FAX: 408/881-0208

1671 The Alameda, Suite 302

San Jose, CA 95126

- Ms. Valle has served several persons with TBI with disability benefits issues.

Victim Witness Assistance Program

408/295-2656

777 North First Street, Suite 200

San Jose, CA 95112

- Referral and financial assistance for counseling and therapy.

- May also help pay for medical bills and prescriptions.

Victims Of Crime Resource Center

800/842-8467

University of the Pacific

McGeorge School of Law

3200 5th Avenue

Sacramento, CA 95817

- Legal referrals and information to victims of crime and referrals to local Victim Witness Assistance Offices for compensation under the Victims of Crime Act.

Winslow & Hurtubise

415/621-2131

FAX: 415/553-8015

230 Noe Street

San Francisco, CA 94114

- This firm has an interest in and experience with TBI litigation.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





16. Parenting and Family Resources

For the brain-injured individual with children, life can pose many unique challenges. The following is a list of organizations that provide services and/or resources for parents with disabilities, for parents of children with disabilities, or for people whose spouse or parent has a disability.

Beach Center on Families and Disabilities

785/864-7600

University of Kansas, Haworth Hall

1200 Sunnyside Ave., Room 3136

Lawrence, KS 66045

Website: <www.beachcenter.org>

- Information and referral.

- Newsletter.

Brain Injury Association of America (BIAA)

Family Help Line

800/444-6443

703/761-0750

FAX: 703/761-0755

8201 Greensboro Drive, Suite 611

McLean, VA 22102

Website: <www.biausa.org>

- The Brain Injury Association of America (BIAA) is a nonprofit organization dedicated to improving the quality of life of people with brain injury and their families as well as promoting prevention of brain injury. They offer information, education, advocacy, support, and prevention. The BIAA consists of 41 state associations, 200 chapters, and over 800 support groups across the U.S.

Exceptional Parent Magazine

877/372-7368

P.O. Box 2079

Marion, OH 43305

16. Parenting and Family Resources

Family Caregiver Alliance (FCA)

415/434-3388

800/445-8106

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

Website: <www.caregiver.org>

- Information and referral.

- Support groups.

Matrix: A Parent Network and Resource Center

415/884-3535

94 Galli Drive, Suite C

Novato, CA 94949

Website: <www.matrixparents.org>

- Information and referral.

- Parent training.

National Family Caregivers Association

301/942-6430

800/896-3650

FAX: 301/942-2302

10400 Connecticut Avenue, Suite 500

Kensington, MD 20895-3650

Website: <www.thefamilycaregiver.org>

- Educational materials for caregivers.

- Quarterly newsletter.

National Information Center for Children & Youth with Disabilities

800/695-0285 (V/TTY)

FAX: 202/884-8441

P.O. Box 1492

Washington, DC 20013

Website: <www.nichcy.org>

- Special focus on children (birth to age 22).

- Personal responses to questions.

- Publications and referrals.

- Information available in Spanish.

16. Parenting and Family Resources

Parents Helping Parents

408/727-5775

FAX: 408/727-0182

3041 Olcott Street

Santa Clara, CA 95054-3222

Website: <www.php.com>

- Support groups.
- Parenting classes.
- Lending library is open M-F 9am-5pm.
- Newsletter.

Through the Looking Glass

800/644-2666

510/848-1112

TTY: 800/804-1616

FAX: 510/848-4445

2198 6th St., Suite 100

Berkeley, CA 94710

Website: <www.lookingglass.org>

- Parenting with a disability newsletter.
- Clinical and supportive services, training and research.
- Serves families in which one or more members, whether parent or child, has a disability or medical issue.

Well Spouse Foundation

800/838-0879

732/577-8899

FAX: 732/577-8644

63 West Main Street, Suite H

Freehold, NJ 07728

Website: <www.wellspouse.org>

- Newsletter that covers counseling issues.

16. Parenting and Family Resources

BOOKS

Ordinary Families, Special Children: A Systems Approach to Childhood Disability

800/365-7006

FAX: 212/966-6708

Guilford Publications, Inc.

72 Spring St.

New York, NY 10012

Website: <www.guilford.com>

- \$23.00 for paper back +\$4.50 shipping & handling

- \$42.00 for hard cover +\$4.50 shipping & handling

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





17. Post Acute Rehabilitation

This chapter includes those facilities that are most often paid for by insurance: they offer very specialized and comprehensive services for people with TBI, but at a considerable cost. For a much more comprehensive and complete listing of these agencies, consult the National Directory of Brain Injury Rehabilitation Services, published by the Brain Injury Association of America (BIAA) (1/800/444-6443). This book is very useful for comparing and selecting services for people with TBI and we encourage you to consider purchasing it if you do much work with people with TBI. If you are a survivor or family member, you are invited to check for organizations in your area who can show it to you. The BIAA also has a flyer available on selecting and monitoring services, and we also encourage you to read this. Upon your request, the BIAA will mail you a list of publications they have available.

It is important to remember that when these facilities are suggested (usually at hospital discharge or soon after), the insurance money that funds these services is usually limited. Perhaps some of the money that would be paid to these facilities could be better spent further down the line, when the person with the TBI needs funds for education or work training. Those who run the for-profit facilities refer to the 'recovery curve' which flattens as time passes; they say that the most benefit for the person can be realized when the most effort and resources are expended as close to the time of injury as possible. Most significant changes in functioning do occur shortly after the injury, but improvement continues, albeit more slowly, often forever. Remember, if there is a 'cap' on insurance policy benefits, you (the survivor, the caregiver, or the concerned professional) should have some input into the spending of the settlement money.

Centre For Neuro Skills

661/872-3408

800/922-4994

2658 Mt. Vernon Avenue

Bakersfield, CA 93306

Website: <www.neuroskills.com>

- Rehabilitation facility for TBI.
- Inpatient and outpatient programs.

Florida Institute For Neurologic Rehabilitation, Inc.

800/697-5390

863/773-2857

1962 Vandolah Road

Wauchula, FL 33873

Website: <www.finer.net>

17. Post Acute Rehabilitation

Gentiva - Rehab Without Walls

San Jose Agency

408/ 556-0420

FAX: 408/556-0424

4010 Moorpark Avenue, Suite 112

San Jose, CA 95117

Website: <www.gentiva.com>

- Home-based neurorehabilitation.

Kentfield Rehabilitation Hospital

415/456-9680

FAX: 415/485-3622

1125 Sir Francis Drake Boulevard

Kentfield, CA 94904

Website: <www.kentfieldrehab.com>

- Inpatient and outpatient services.

Learning Services At Gilroy

408/848-4379

FAX: 408/848-6509

10855 DeBruin Way

Gilroy, CA 95020

Website: <www.learningservices.com>

Learning Services

919/688-4444

707 Morehead Avenue

Durham, NC 27707

Learning Services

303/989-6660

7201 West Hampden Avenue

Lakewood, CO 80277

Learning Services

760/746-3223

2335 Bear Valley Parkway

Escondido, CA 92027

17. Post Acute Rehabilitation

Learning Services Corporate Offices

919/419-9955
FAX: 919/419-9966
800/888-REHAB
707 Moorhead Avenue
Durham, NC 27707

Modesto Hospital

209/523-9006
730 - 17th Street
Modesto, CA 95354

- Neurological programs for people with brain injury or stroke that may require physical, occupational, speech and recreation therapy, as well as cognitive therapy.

Neurobehavioral Cognitive Services

707/678-7394
FAX: 707/678-7398
PO Box 339
Dixon, CA 95620

- Brain injury rehabilitation.

Pacifica Nursing & Rehab Center

650/993-5576
FAX: 650/359-9388
385 Esplanade
Pacifica, CA 94044

- Rehab services on an inpatient or outpatient basis.

Rehabilitation Services Of Northern California

925/682-6343
Mt. Diablo Facility
490 Golf Club Road
Pleasant Hill, CA 94523

- Adult day health care.
- Vocational services.
- Alzheimer's respite care.

17. Post Acute Rehabilitation

ResCare Premier

800/282-7246 (US)

800/366-7424 (Canada)

Web Site: <www.rescarepremier.com>

- Locations in Ft. Lauderdale FL, Downers Grove IL, Altoona IA, Milan MI, St Louis MO, Sedalia MO, San Marcos TX, Niagra-on-the-Lake, Ontario Canada.

San Jose State University Kay Armstead Center for Communication Disorders

408/924-3679

FAX: 408/924-3641

1 Washington Square

San Jose, CA 95128

Website: <www.sjsu.edu/cds/clinic/>

- Sliding scale available for all services.
- Speech, language and hearing evaluations: \$200.
- Audiology evaluations: \$60.
- Individual therapy: \$360 per semester.
- Group therapy: \$100 per semester.

San Jose State University Occupational Therapy Clinic

408/924-3070

1 Washington Square

San Jose, CA 95128

- Occupational therapy for any physical or psychological disability.
- Self-referral or MD referral.
- \$100 per semester (or sliding scale).
- Twice a week, 1 hour 15 minutes of therapy, Tuesdays and Thursdays 1:30 to 2:45 pm.

Sierra Gates Of Sacramento

916/791-7067

FAX: 916/791-1293

7150 Sierra Ponds Lane

Granite Bay, CA 95746

Solutions At Santa Barbara

805/683-1995

FAX: 805/683-4793

1135 N. Patterson Avenue

Santa Barbara, CA 93111

17. Post Acute Rehabilitation

Sotoyome Campus

707/543-2500

151 Sotoyome Street

Santa Rosa, CA 95405

St. Mary's Medical Center

415/668-1000

450 Stanyan Street

San Francisco, CA 94117

Sub-Acute Saratoga Hospital

408/378-8875

13425 Sousa Lane

Saratoga, CA 95070

Website: <www.subacutesaratoga.com>

Transitions

408/842-6868

FAX: 408/842-2276

Gilroy, CA 95020

7101 Monterey Street

- They offer Speech, Occupational, and Physical Therapy, as well as the services of clinical social workers, registered nursing, physiatry (specializing in physical medicine and rehabilitation), neurology, and other specialists.
- Their services include cognitive retraining, computer assisted therapy and community resource referrals.

Winways

714/771-5276

FAX: 714/771-1452

20682 Santiago Canyon Road

Orange, CA 92869

- Transitional living center for TBI.
- Occupational, Physical, and Speech Therapy.
- Vocational program.
- Day and residential programs.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





18. Psychosocial Counseling & Mental Health

Nearly everyone with a brain injury has to adjust to their new capabilities. Some had mental problems before their injury; and some have jumped into some fantasy to escape the truth of their situation. But people with TBI have had a very disturbing event happen to them: their mind has undergone changes (or at least some important parts of it, like memory and attention). This event strikes to the very core of the person. It forces one to face issues that people don't often have to think about: the inability to do things that were once so easy, the mood swings and frustrations that are so common, and having survived a serious illness/injury.

So it makes sense that many of those with TBI could use some help in dealing with their current challenges. Among these issues are a lack of social awareness, impaired frustration tolerance, impulsivity, and emotional lability (mood swings); other consequences of the injury are also possible. Psychotherapists, social workers, and psychologists are trained to deal with many of the personal issues that people in stress must cope with.

One problem is that TBI is a very unique experience, and it is a formidable task to find a professional who knows about the specific issues of TBI and who is also empathic enough to feel the pain that people with TBI can face every day. So, as with most of the offerings in this book, it is best to investigate your options. And **ASK**. Ask what specific experiences (including educational experiences) the professional has had with TBI. Remember that TBI is not identical to stroke or mental illness and so experience in those areas will not necessarily translate well to working with someone with a Traumatic Brain Injury. Experience with disabilities is helpful: one learns about some difficulties that people with TBI have in common with those with other disabilities. An example of this is called spread effect, which is the perception that some temporarily able bodied people have towards persons with disabilities. The spread effect is the assumption that if they lack some physical ability or sense, then they have lost other abilities or senses too. (You have probably seen or heard of the couple, one of whom uses a wheelchair, in the restaurant and the server asking the non-wheel chair user what the other person wants to eat, as though one who can't walk also can't think or talk).

With this in mind, following are some psychotherapists, social workers, and psychologists that we have drawn from many lists. We can make no claims for their knowledge of TBI, their sensitivity, or their empathy in any one individual situation. We encourage you to investigate and remember that the person with the TBI is the customer, and the professional is providing a service. As a customer, you have the right to terminate services at any point. But remember also that part of the therapist's job is to tell clients things that they may not want to hear and help them to face their personal challenges; this often is stressful or even painful for the client. A 'nice' therapist is not necessarily the best and may be detrimental if the client could really benefit from facing his/her deficits and learning how to cope with them. Therapy can be a very exciting and awareness-expanding time; the right therapist can help guide that process to its maximal potential.

We're sure that many of you know this, but we feel we should explain the differences between psychotherapists, social workers, BSWs, MSWs, LCSWs, case managers, family counselors, MFCCs, psychologists, pastoral counselors and psychiatrists. The terms social worker, BSW (Bachelor of Social Work), MSW (Master of Social Work), and LCSW (Licensed Clinical Social Worker) all refer to peo-

18. Psychosocial Counseling & Mental Health

ple doing social work, which to a large extent involves finding resources for people and hooking them up with these resources. Case Managers coordinate service provision and help the client to maximize the results of the services rendered. Some also deal with the emotional and psychological issues their clients have, and are trained to work with these issues, but most have an emphasis on the more concrete issues that a client has. At the end of this chapter we have included a small list of Case Managers who know TBI and how to work with those with TBI. A family counselor or an MFCC (Marriage, Family, and Child Counselor) most often deals with psychosocial issues that affect one's family or that arise from family dynamics. Psychologists, especially counseling psychologists, deal best with intra- and interpersonal issues and the ways they affect the client's life. They have had the most extensive training in the field. Pastoral counselors work with psychosocial issues, and can be quite effective when the client is religious or respects religion enough to listen to the counselor. Psychiatrists are medical doctors who have undergone additional training in treating the mind. They can prescribe medication; some may also perform psychotherapy.

With all the above said, the list of agencies, psychotherapists, social workers, and psychologists follows.

COUNSELING/ASSESSMENT SERVICES DIRECTORY

Brain Injury Law Office

800/992-9447

212 Whitetail Run lane

Sheboygan, WI 53081

Email: johnson@tbilaw.com

Website: <www.tbilaw.com>

- This web site includes links to a section on the role of the neuropsychologist.

Brain Injury Rehabilitation Unit

Veterans Affairs Medical Center

650/493-5000 x62201

3801 Miranda Avenue

Palo Alto, CA 94305

- Veterans only.

Central Mental Health

408/885-6220

2221 Enborg Lane

San Jose, CA 95128

- Provide day treatment and counseling for mental health consumers.

18. Psychosocial Counseling & Mental Health

Community Gatepath

650/259-8500

FAX: 650/259-0194

1764 Marco Polo Way

Burlingame, CA 94010

Website: <www.communitygatepath.com>

Community Psychotherapy Institute

408/244-1362

940 Saratoga Ave., Suite 105

San Jose, CA 95129

Family and Child Services

408/292-9353

FAX: 408/287-3104

950 West Julian

San Jose, CA 95126

•Counseling services for children, adults, families, and the elderly.

Hope Rehabilitation Services Counseling Center

408/282-0402

FAX: 408/282-0400

1555 Parkmoor Avenue

San Jose, CA 95128

Independent Living Resource Center Of San Francisco

415/543-6222

TTY: 415/543-6698

FAX: 415/543-6318

649 Mission Street, 3rd Floor

San Francisco, CA 94105

•Peer counseling.

Marin Co. Office Of Education

415/499-5815

Psychology Department

1111 Las Gallinas Avenue

San Rafael, CA 94913

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Next Door

408/501-7550

24 hour: 408/279-2962

FAX: 408/441-7562

234 E. Gish Road, Suite 200

San Jose, CA 95112

- Emergency housing for battered women and their children.
- CALL AHEAD.
- Psychotherapy and support group.

Rehabilitation Education Assistance Program (REAP)

831/796-6920

FAX: 831/796-6915

Salinas Adult School

20 Sherwood Place

Salinas, CA 93906

- Must live in the Salinas Valley.
- Independent living skills classes.
- Counseling.

Santa Clara County Psychological Association

408/254-7775

P.O. Box 419

Santa Clara, CA 95052

Website: <www.psychsite.org>

- Psychologist referrals.

Santa Clara Valley Medical Center:

Dept. Of Psychology

408/885-4327

751 So. Bascom Avenue

San Jose, CA 95128

18. Psychosocial Counseling & Mental Health

Silicon Valley Independent Living Center

408/894-9041

2306 Zanker Road

San Jose, CA 95131

Website <www.svilc.org>

- Individual and group support counseling sessions by peer and professional counselors; family counseling, and counseling services for spouses and significant others of people with disabilities.

San Jose Veterans Center

408/993-0729

278 N. Second St.

San Jose, CA 95112

Texas Neurorehab Center

800/252-5151

1106 West Dittmar

Austin, TX 78745-9835

Website: <www.psysolutions.com>

- Neuropsychiatric program diagnoses and treats children and young adults.

INDIVIDUAL PSYCHOTHERAPISTS

Some psychotherapists are trained in neuropsychology and offer neuropsychological assessment, which can be very helpful both in demonstrating that brain damage occurred (and that the person has deficits from the TBI) and in evaluating cognitive strengths and weaknesses, so that some plans can be made for compensation. They are listed below with a star (*)

Jeffrey Becker, Ph.D.

1625 The Alameda, Suite 512

San Jose, CA 95126-1428

408/293-6313

Cheryl Bowers, Ph.D.

740 Front Street, #345B

Santa Cruz, CA 95060

831/430-0100

***Lawrence Bencich, Ph.D.**

134 Palm Avenue

San Rafael, CA 94901

415/453-4069

Renee Burgard, LCSW

675 Forest Avenue

Palo Alto, CA 94301

650/493-4319

- Experience with TBI.

18. Psychosocial Counseling & Mental Health

James R. Cole, Ph.D.

110 La Casa Via, Ste. 130
Walnut Creek, CA 94598
925/935-8839

Kellene Cousins, Ph.D.

P.O. Box 20094
Castro Valley, CA 94546
925/846-4779

•Experience with TBI.

***Richard Delmonico, Ph.D.**

Rehabilitation Center
975 Sereno Drive
Vallejo, CA 94589-2485
707/651-2134
FAX: 707/651-2135
email: richard.l.delmonico @ kp.org

Jean R. Eagleston, Ph.D.

4151 Middlefield Road, Suite 209
Palo Alto, CA 94306
650/424-8404

Mica Fuller, LMFCC

Community Psychotherapy
960 Saratoga Ave., Ste. 211
San Jose, CA 95129
408/244-1362

Joseph Giallo, Ed.D.

P.O. Box 1136
Capitola, CA 95010-1136
831/475-1323

Susan Greenberg-Englander, M.D.

West Valley Group
20 S. Santa Cruz Ave.
Los Gatos, CA 95030
408/356-2128

***Neil A. Hersh, Ph.D.**

334 N. San Mateo Drive
San Mateo, CA 94401
650/579-3662

Penny Hogg, Ph.D.

2101 Forest Ave., Ste. 136
San Jose, CA 95128
408/793-2056

•Extensive experience with TBI.

***Peter Karzmark, Ph.D., ABPP**

4100 Moorpark Avenue, Ste. 212
San Jose, CA 95117
408/534-1887

John M. Kendra, Ph.D.

990 W. Fremont Ave., Suite G
Sunnyvale, CA 94087
916/780-0580

Michael Jay Kerner, Ph.D.

Psychological Services Group
1746 E. Hamilton Ave.
San Jose, CA 95125
408/294-6866 x303

Sandra H. Klein, Ph.D.

180 Grand Ave., Ste. 100
Oakland, CA 94612
510/208-4700

Joann Lemaistre, Ph.D.

467 Hamilton Avenue
Palo Alto, CA 94301
650/321-5454
650/321-5492: FAX

***William Lynch, Ph.D.**

133 Arch Street, #4
Redwood City, CA 94062-1326
650/363-1615

18. Psychosocial Counseling & Mental Health

Janice Manov, Ph.D.

550 Water Street, Suite F2
Santa Cruz, CA 95062
831/427-0239

Don Mariacher, LCSW

611 Veterans Boulevard, Suite 114
Redwood City, CA 94063
490 Post Street, Suite 1644
San Francisco, CA 94102-1401
415/407-4403

***Dan Mayclin, Ph.D.**

800 Pollard Rd., Ste. B207
Los Gatos, CA 95030
101 Moss Ln.
Santa Cruz, CA 95060
408/860-7883

•Experience with TBI.

***Robert Perez, Ph.D.**

1777 Hamilton Avenue, #212
San Jose, CA 95125-5410
408/266-5800

•Spanish speaking.

***Leonard Price, Ph.D.**

Alta Bates Medical Center
2001 Dwight Way
Berkeley, CA 94704
510/204-5887

Paula Ramos, Ph.D.

8339 Church St., Suite 116
Gilroy, CA 95020
408/842-0208
408/848-5343: FAX

***Ron Ruff, Ph.D**

S.F. Neuropsych. Services
909 Hyde Street, #620
San Francisco, CA 94109
415/771-7833
415/922-5849: FAX

Doris Schwarz, Ph.D.

1055 Minnesota Avenue, Suite D
San Jose, CA 95125
408/998-5358

***Alfred Scopp, Ph.D.**

515 South Drive, #15
Mountain View, CA 94040
650/961-9430
650/961-9433: FAX

***Jed Sussman, Ph.D.**

4466 Block Avenue, Suite "H"
Pleasanton, CA 94566
925/600-8199
•Extensive experience with TBI.

***Darryl Thomander, Ph.D.**

3895 LaSelva Drive
Palo Alto, CA 94306
650/857-0771

***Jann Turner, M.S., MFCC**

1190 South Bascom Avenue, Suite 139
San Jose, CA 95128
408/298-7035

***Jill Winegardner, PhD**

629 Palm Avenue
Watsonville, CA 95076
831-768-7004

18. Psychosocial Counseling & Mental Health

***James C. Wilson, Ph.D.**

712 D Street, Ste. N

San Rafael, CA 94901

415/485-1939

415/485-1939 FAX

E-Mail: Jameswil@ix.netcom.com

MENTAL HEALTH AGENCIES

We feel that it's important to state first that persons with TBI are not 'crazy' from their injury. But there is often a need for mental health services, as they have had an experience that has struck them to their very core, and often, especially with young people who have no like experience, the defense mechanisms that people generally use as anchors fail them to some degree and they find themselves adrift. This is when mental health services can be of help.

Alum Rock Counseling Center

408/294-0500

1245 E. Santa Clara Street

San Jose, CA 95116

- Family counseling.

Alliance for Community Care

408/261-7777

2001 The Alameda

San Jose, CA 95126-1136

- Ask for referral team staff.

- Case management for persons with mental disabilities.

Hope Rehabilitation Services Counseling Center

408/282-0402

FAX: 408/282-0400

1555 Parkmoor Avenue

San Jose, CA 95120

Mental Health Advocacy Project

408/294-9730

111 W. St. John St., Ste. 315

San Jose, CA 95113

- Legal representation.

18. Psychosocial Counseling & Mental Health

Mental Health Assn. Of San Francisco

415/421-2926

1095 Market Street, Suite 928

San Francisco, CA 94102

Napa State Hospital

707/253-5000

Rehab Program for Neurologically Impaired

2100 Napa - Vallejo Hwy.

Napa, CA 94558-6293

Santa Clara County Psychological Association

408/254-7775

P.O. Box 419

Santa Clara, CA 95052

Website: <www.psychsite.org>

•Psychologist referrals.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





19. Recreation and Leisure

This chapter lists those services and organizations that offer recreational opportunities for people with TBI. These services can be very important for a few reasons: 1) recreation offers training in skills that are important in many areas of living (e.g., cooperation, teamwork, etc.) that the person with TBI may have ‘misplaced’ due to the injury; and 2) recreation offers a way to learn to socialize with others, a skill that is also sometimes misplaced.

It is rather important to find the right recreation/leisure outlet for you or your particular client/family member. There are many factors involved in the ‘right’ program: the person’s interests, abilities, and skills; the people who are in the program (do they have TBI? [although they don’t necessarily have to have a TBI for the program to be of benefit], are they at a similar level?); the staff (have they the patience to deal with possible disruption, dissatisfaction, or lethargy?); and most importantly, does the person like it.

One additional place to investigate is the local Parks and Recreation Department (in the front of the White Pages in the city listings). When you consider that these programs are local, they look very attractive and may be at the top of the list to explore.

Accessible Fitness

408/986-1419 or 408/561-9317

2936 Scott Boulevard

Santa Clara, CA 95054

Website: <www.accessiblefitness.com>

- Offers people with disabilities an opportunity to obtain the benefits associated with exercise as well as a free consultation with an adapted certified trainer, workshops, group therapy, and education.

Bay Area Association of Disabled Sailors (BAADS)

P.O. Box 77212

San Francisco, CA 94107-7212

Website: <www.baads.org>

- Offers people with disabilities and their families the opportunity to go sailing, learn to sail, or volunteer to help bring sailing to others.
- \$24/year membership includes boat use, club events, including free drop-in classes and a bi-monthly newsletter.

19. Recreation and Leisure

Bay Area Outreach and Recreation Program (BORP)

510/849-4663

FAX: 510/849-4616

830 Bancroft Way, Suite 205

Berkeley, CA 94710

Website: <www.borp.org>

- Sports and recreation activities for individuals with disabilities of all ages.
- Recreation referrals and consultations.
- Serves the San Francisco bay area.

Bessie Kay Adult Day Health Center

916/245-1796

105-B Hartnell Ave.

Redding, CA 96002

- Every other month they have a party for those with TBI with transportation provided.

Betty Wright Swim Center Classes

650/494-1480

3864 Middlefield Road

Palo Alto, CA 94306

Brainstorm

RCH, Inc. (Formerly Recreation Center for the Handicapped)

415/665-4100

207 Skyline Blvd.

San Francisco, CA 94132

- Offering aquatics, drama, outings, and a computer lab.

City of Gilroy Community Services Therapeutic Recreation Program

408/846-0460

7351 Rosanna Street

Gilroy, CA 95020

- Social activities and opportunities for the development of socialization skills for people with disabilities.

19. Recreation and Leisure

City Of San Jose Office Of Therapeutic Services

408/251-4449

137 North White Road

San Jose, CA 95127

Website: < www.ci.san-jose.ca.us/prns>

- This office sponsors a number of programs for people with disabilities, including some for those with TBI.
- They have such activities as support groups and recreation for people with any disability.
- They also have summer camps for children with disabilities.

City of Sunnyvale Therapeutic Recreation Program

408/730-7359

505 West Olive Avenue, Suite 115

Sunnyvale, CA 95127

- Program offers various sports and exercise classes as well as special events and other resources to people with disabilities.

Community Association For Rehabilitation

650/494-0550

525 East Charleston Road

Palo Alto, CA 94306

- One must have a doctor's prescription to use the pool.

Community Gatepath

650/697-8924

1764 Marco Polo Way

Burlingame, CA 94010

Website: <communitygatepath.org>

- Offer speech therapy as well as classes in basic living skills, computers, cognitive skills, memory, leisure, recreation, and social issues.

Creativity Unlimited Diquisto Center

408/559-1847

FAX: 408/559-1842

2715 Union Ave. (at Curtner Ave.)

San Jose, CA 95124

- Fine art program for persons with disabilities.

19. Recreation and Leisure

Disabled Sports USA Of Northern California

916/722-6447

6060 Sunrise Vista Drive, Suite. 2540

Citrus Heights, CA 95610

Website: <www.dsusafw.org>

- Multiple recreational activities.
- They publish a newsletter called "Ventures"

Easter Seals Bay Area

408/295-0228

FAX: 408/275-9858

730 Empey Way

San Jose, CA 95128

- Offer various recreation and aquatic programs for individuals with disabilities.

Environmental Traveling Companions (ETC)

415/474-7662

Fort Mason Center, Bldg. C

San Francisco, CA 94123

Website: <www.ectrips.org>

- Offer outdoor programs: whitewater rafting, cross country skiing, and sea kayaking.
- They mostly work with groups (>10 people), although they also have days set aside for individuals.
- They publish a newsletter.

Head Injury Recreation And Leisure Network (H.I.R.L.N.)

408/885-4430: Hotline

408/251-4449: Dan Greeley, Therapeutic Specialist

408/885-4435: Scott Shields, RTR, CTRS, Recreation Therapist (SCVMC)

751 South Bascom Avenue

San Jose, CA 95128

- Nine special events cosponsored by the City of San Jose and Santa Clara Valley Medical Center (SCVMC).
- Social recreation for TBI survivors and their family members.
- Community reintegration and exploring of options for recreation and leisure.

19. Recreation and Leisure

The Janet Pomeroy Center

(Formerly Recreation Center for the Handicapped)

415/665-4100

207 Skyline Blvd.

San Francisco, CA 94132

Website: <www.janetpomeroy.org>

- Therapeutic swimming pool, gymnasium, computer lab, stage, playground, community garden, and a day camp.
- The center also offers vocational services for individuals with TBI.

Josephine Kernes Memorial Pool

831/372-1240

15 Portola Avenue

Monterey, CA 93940

Website: <www.kernespool.com>

- Warm water pool for individuals with disabilities.
- Classes and one-on-one instruction offered.

Red Morton Center

Redwood City Parks, Recreation & Community Services

650/780-7311

1120 Roosevelt Avenue

Redwood City, CA 94063

Website: <www.redwoodcity.org/parks/cc/red_morton.html>

- They offer trips, fitness classes, dance classes, art classes and other activities.

Redwood City Parks, Recreation & Community Services Accessible Recreation Activities & Programs (ARAP)

650/780-7313

1455 Madison Ave

Redwood City, CA 94061-1499

- They offer trips, hikes, fitness classes, movies, and lunches to their members. They also publish the quarterly ARAP Update, which details their activities.

19. Recreation and Leisure

Silicon Valley Independent Living Center

408/985-1243

FAX: 408/985-0671

TDD: 408/985-9243

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Bi-weekly group recreational/social activities and events and information regarding accessible community resources.
- Activities include: arts and crafts fairs, barbecues, lunch and dinner outings, museum tours, rafting, sea kayaking, seasonal events, shopping excursions to the mall, trips to plays, musicals, operas, travel destinations and sporting events.

Southwest YMCA

408/370-1877

408/608-6817: Physability Program

13500 Quito Road

Saratoga, CA 95070

Website: <www.scvymca.org/southwest/>

- Physability Program provides the opportunity for everyone to participate in community recreation and continue rehabilitative exercise. Physability instructors develop a personalized exercise program (including aerobic, strength training, and flexibility).

West Valley Rehabilitation Center

408/356-2191

16412 Los Gatos Blvd.

Los Gatos, CA 95032

- Aquatic therapy.

Wilderness Inquiry

612/676-9400

TTY: 612/676-9475

FAX: 612/676-9401

808 14th Avenue SE

Minneapolis, MN 55414-1516

- Non-profit that focuses on getting people to personally experience the natural world (hiking, horse packing, rafting, dogsledding, kayaking).
- Includes individuals with disabilities.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





20. Resource Directories and Services

This is the chapter to come to when you've called several places for help and you find out they're out of business, not doing that service anymore, or aren't exactly what you were looking for. These directories maintain relatively up-to-date listings on the various services for their particular specialty/population. Use these, as they are full of detailed, and hopefully current, information.

The Independent Living Centers (see Chapter 14) provide Information and Referral resources for disability-related issues.

RESOURCE DIRECTORIES

Community Information Program (CIP)

Peninsula Library System

650/802-7950

FAX: 650/802-7546

262 Harbor Boulevard, Building A

Belmont, CA 94002

Website: <clp.plsinfo.org>

- The CIP database contains information on health and human services agencies.
- Primary focus is on San Mateo county.

Database on Traumatic Brain Injury Educational Resources

Published by: The Institute for Rehabilitation and Research (TIRR)

Contact:

Library: 713/797-5947

FAX: 713/797-5982

RRTC on Rehabilitation Interventions in TBI

TIRR - Division of Education

1333 Moursund

Houston, TX 77030-3405

Website: <www.braininjuryresearch.org>

- This database contains information about videos and non-published materials such as pamphlets, booklets, and manuals developed around the country, and include a wide variety of topics. A free printout of resources (including title, description, cost, year produced, etc.), limited to two subject areas, is free; a compendium of all materials is available for \$55.00 (payable to TIRR).
- This database is supported by a grant from the National Institute on Disability and Rehabilitation Research (NIDRR).

20. Resource Directories and Services

Directory of Human Services for Santa Clara County

United Way of Silicon Valley

408/277-0200

1101 Park Ave.

San Jose, CA 95126

Website: <www.uwsv.org>

Family Resources

City of Palo Alto

650/329-2619

FAX: 650/856-8756

4000 Middlefield Road, T2

Palo Alto, CA 94303

Website: <www.cityofpaloalto.org/familyresources>

- Searchable online database of human services.

HelpSCC

Community Technology Alliance

Website: <www.helpscc.org>

- Searchable online information and referral database for Santa Clara and Santa Cruz counties.

Phoenix Data Center

PO Box 1713

Los Gatos, CA 95031

Website: <www.phoenixdatacenter.org>

- Searchable directory of service providers that are located within Santa Clara county and its neighboring communities.

PlaneTree Health Library

408/358-5667

15891 Los Gatos-Almaden Road

Los Gatos, CA 95032

Website: <www.planetreesanjose.org>

- Free consumer health and medical library.
- Open to the public.

20. Resource Directories and Services

Support Groups for Brain Tumor Patients & Families in North America

Published by: National Brain Tumor Foundation

800/934-CURE

414 13th Street, Suite 700

Oakland, CA 94612

Website: <www.braintumor.org>

- Directory of brain tumor related support groups.

INSURANCE-RELATED DIRECTORIES:

Lockard Industrial Insurance Companies List of California

Published by: Lockard Industrial Insurance Company

818/708-8677

FAX: 818/708-8678

P.O. Box 3267

North Hollywood, CA 91609-0267

INFORMATION RESOURCES

American Brain Tumor Association

847/827-9910

800/886-2282

2720 River Rd., Suite 146

Des Plaines, IL 60018

Brain Injury Association of America (BIAA)

Family helpline: 800/444-6443

703/761-0750

8201 Greensboro Drive, Suite 611

McLean, VA 22102

Website: <www.biausa.org>

The Brain Injury Ring

Website: <www.alliance.net/~jame/bir/bir.htm>

- This web page links together the homepages of many brain injury survivors.

The Brain Tumor Foundation For Children

770/458-5554

1835 Savoy Drive, Suite 316

Atlanta, GA 30341

20. Resource Directories and Services

Brain Tumor Information Services

773/702-1000
Box 405, Rm J341
University of Chicago Hospitals
5841 S. Maryland Ave.
Chicago, IL 69637

The Brain Tumor Society

800/770-8287
617/783-0340
124 Watertown Street, Suite 3H
Watertown, MA 02472
Website: <www.tbts.org>

Epilepsy Foundation Of America

800/332-1000
4351 Garden City Dr.
Landover, MD 20785
Web site: <www.epilepsyfoundation.org>

Family Caregiver Alliance (FCA)

415/434-3388
800/445-8106
FAX: 415/434-3508
180 Montgomery Street, Suite 111
San Francisco, CA 94104
Website: <www.caregiver.org>

- This organization serves families and caregivers of people with brain impairment through education, research services and advocacy. They publish the newsletter "Update", which sometimes includes listings of support groups.

Head Trauma Support Project

916/568-6660
2500 Marconi Ave.
Sacramento, CA 95821

Job Accommodation Network

800/526-7234
P.O. Box 6080
Morgantown, WV 26506-6080
•Job modification info.

20. Resource Directories and Services

National Brain Tumor Foundation

800/934-CURE
29 Battery Street, Suite 612
San Francisco, CA 94111
Website: <www.braintumor.org>

National Familial Tumor Registry

410/955-5404
FAX: 410/955-1904
John Hopkins Oncology Center
550 S. Broadway, Suite 1111
Baltimore, MD 21205
•Registry handles all tumors (not brain specific)

National Institute Of Health: Center For Neurological Disorders & Stroke

800/352-9424
301/496-5751
P.O. Box 5801
Bethesda, MD 20824
Website: <www.ninds.nih.gov>

National Organization On Disability

202/293-5960
910 Sixteenth St., NW, Suite 600
Washington, DC 20006
Website: <www.nod.org>

National Rehabilitation Information Center (NARIC)

800/346-2742
301/562-2400
1010 Wayne Ave., Suite 800
Silver Springs, MD 20910-5633
Web site: <www.naric.org>

Parents Helping Parents

408/727-5775
3041 Olcott Street
Santa Clara, CA 95054-3222
Website: <www.php.com>
•Support groups.
•Parenting classes.
•Newsletter.

20. Resource Directories and Services

Pediatric Brain Tumor Foundation Of The U.S.

828/665-6891
302 Ridgefield Ct.
Asheville, NC 28806

Palo Alto Mediation Program

650/321-6291
Mtn.View: 650/960-0495
430 Sherman Avenue
Palo Alto, CA 94306

Rehabilitation Research Center

408/793-6433
FAX: 408/793-6434
Santa Clara Valley Medical Center
751 South Bascom Avenue
San Jose, CA 95128
Website: <www.tbi-sci.org>
•Home of the *TBIRD* and other resources.

Santa Clara County Psychological Association

408/254-7775
P.O. Box 419
Santa Clara, CA 95052
Website: <www.psychsite.org>
•Psychologist referrals.

Schwab Foundation For Learning

650/655-2410
1650 So. Amphlett Boulevard, Suite 300
San Mateo, CA 94402
Website: <www.schwablearning.org>
•Information and referral for parents of children with learning disabilities.

Services For Brain Injury Info & Referral Services

408/434-2277
2371 North 1st Street, Suite 100
San Jose, CA 95134
Website: <www.sbicares.org>

20. Resource Directories and Services

Suicide And Crisis Lines

Central County: 408/279-3312

North County: 650/494-8420

South County: 408/683-2482

Talking Heads

408/793-6430

Jerry Wright, Editor

Rehabilitation Research Center

Santa Clara Valley Medical Center

751 South Bascom Ave.

San Jose, CA 95128

Website: <www.tbimatters.org>

- This quarterly newsletter addresses many areas of interest for people with TBI and their families. It also includes a calendar listing local TBI meetings and events.

United Way First Call For Help

408/248-4636

P.O. Box 2

Santa Clara, CA 95052

- A Bay Area Information & Retrieval System (BAIRS).

- Health and human service database for Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara Counties.

United Way of Silicon Valley

Administrative office:

P.O. Box 2

Santa Clara, CA 95052

Website: <www.uwsv.org/services.htm>

Main office:

408/247-1200

1922 The Alameda

San Jose, CA 95126

World Institute On Disability (WID)

510/763-4100

FAX: 510/763-4109

510 16th Street, Ste. 100

Oakland, CA 94612

Website: <www.wid.org>

- Disability public policy; advocacy; information and referral.

20. Resource Directories and Services

PUBLICATIONS

Brain Attack: Mapping Out Early Recovery From Stroke

800/241-4925

Pritchett & Hull

3440 Oakcliff Rd. NE, Suite 110

Atlanta, GA 30340-3079

•\$3.85

Brain Injury Connection

510/865-4953

Email: dpalmer631@aol.com

•This is a newsletter that is for "connecting survivors, caregivers, providers, and the community". It includes articles of interest to people with TBI and their families, including brain injury articles written by professionals in various fields. It includes a "Let's Ask a Survivor" section, information on resources, poetry and literature reviews.

Brain Injury Survivor And Caregiver Education Manual

800/234-1660

Sara Nell Di Lima and Dwayne E. Eutsey, Authors

Thomson Delmar Learning

Website: <www.delmarlearning.com>

•This manual provides information for caregivers, survivors and care providers. The total price is steep: \$199. A range of forms is included.

Brain Surgery: What to Know & Ask

800/241-4925

Pritchett & Hull

3440 Oakcliff Rd. NE, Suite 110

Atlanta, GA 30340-3079

•\$4.85

Communication Problems After A Brain Injury Or Stroke

800/241-4925

Pritchett & Hull

3440 Oakcliff Rd. NE, Suite 110

Atlanta, GA 30340-3079

•\$3.20

20. Resource Directories and Services

HDI Publishers

713/526-6900

800/321-7037

FAX: 713/526-7787

P.O. Box 131401

Houston, TX 77219

Website: <www.braininjurybooks.com>

•This publisher prints education and rehabilitation materials on the subject of brain injury and related topics, including their

- HDI Professional Series on Traumatic Brain Injury*,
a 20 volume series on issues pertinent to TBI professionals;
- HDI Coping Series*, a 5 volume series for families, and publications;
- Brain Injury Update* (formerly called the *Head Injury Update*);
- A Stroke Manual for Families*, from Tampa General Rehabilitation Center;
- Pediatric Brain Injury: The Special Case of the Very Young Child*;
- Coming Home: A Discharge Manual for Families of Persons with a Brain Injury*;
- Integrating Community Resources*;
- Working After Brain Injury: What Can I Do?*;
- The TBI Tool Kit*;
- The Brain Injury Glossary*;
- Off to Work Curriculum*;
- Everyone Can Work Video*;
- Brain Injury: A Family Tragedy*;
- Signs and Strategies for Educating Students with Brain Injuries*:
a Practical Guide for Teachers and Schools;
- An Educational Challenge: Meeting the Needs of Students with Brain Injury*;
- Physical Management of Students Who Have Sustained a Traumatic Brain Injury*:
Guidelines and Strategies for School Personnel;

Mouth Magazine

4201 SW 30th St

Topeka, KS 66614

Website: <www.mouthmag.com>

•This is the "Voice of the Disability Nation". This magazine pulls no punches in its demand for equal rights for all with disabilities. It takes a firm stand on many issues that affect people with disabilities. A subscription for a person with a disability or family subscriber costs \$16 (\$2 if you live on a government check).

20. Resource Directories and Services

The Neurolaw Letter

800/321-7037

FAX: 713/526-7787

HDI Publishers

P.O. Box 131401

Houston, TX 77219

- Monthly publication.
- Latest in litigation.
- \$96 per year.

One-Handed In A Two-Handed World

617/367-5815

FAX: 617/367-3337

Prince Gallison Press

Tommye K. Mayer, Author

P.O. Box 23

Hanover Station, MA 02113-0001

E-Mail: princeg@gis.net

Website: <www.gis.net/princeg>

A Stroke Manual For Families

800/321-7037

FAX: 713/526-7787

Tampa General Rehabilitation Center

HDI Publishers

P.O. Box 131401

Houston, TX 77219

- This manual covers both the problems faced by the family as well as by the person with a stroke.
- \$14.95

System Overload: A Book about Seizures

800/241-4925

Pritchett & Hull

3440 Oakcliff Rd. NE, Suite 110

Atlanta, GA 30340-3079

20. Resource Directories and Services

TBI-NET

Wayne A. Gordon, Ph.D.: RTC Project Director

212/659-9372

Department of Rehabilitation Medicine, Box 1240

The Mount Sinai Medical Center

One Gustave L. Levy Place

New York, NY 10029-6574

Website: <www.mssm.edu/tbinet>

- They publish educational materials about TBI including *Vocational Rehabilitation, Traumatic Brain Injury and the Power of Networking; TBI-101* (A multi-media learning/teaching package of a 21 page booklet, two scripts [on basic facts and vocational rehabilitation] and 117 slides for making presentations); *Women and TBI: the Interaction between Gender and a Disability* three videotape set; and *Participatory Action Research Within the RTC* videotape.

TPN Magazine

The Perspectives Network

P.O. Box 121012

West Melbourne, FL 32912

Website: <www.tbi.org>

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





21. Special Populations

This chapter is concerned with agencies that work with certain populations: e.g. women, children and teens, ethnic minorities, and veterans. They are arranged below by group served. Many of these agencies, although they may have a specific population in their name and work with primarily that population, will work with those from other populations also. It's OK to call and ask.

ASIAN AMERICANS

Asian-Americans for Community Involvement (AACI)

408/975-2730

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

Santa Clara County Asian Law Alliance

408/287-9710

184 East Jackson Street

San Jose, CA 95112

- Offers free legal advice to people of any nationality in Santa Clara County.
- They also offer legal representation in some immigration, housing, domestic violence, and public benefits areas for limited- or non-English speaking people.
- They have translation services, as available, for people who speak Spanish, Vietnamese, Cantonese, Mandarin, Laotian, Korean, and Japanese.

Vietnamese Voluntary Foundation (VIVO)

408/532-7755

FAX: 408/532-1699

2260 Quimby Road

San Jose, CA 95122

- VIVO offers four programs: help in applying for General Assistance; employment services, to help people from immigrant backgrounds (all nationalities) to train and find jobs; interpreting for social services (fee for service); and a youth program: counseling kids in trouble or at risk.
- English as a Second Language (ESL) for Refugees.

21. Special Populations

CHILDREN/TEENS

California Children's Services

408/793-6200

FAX: 408/793-6250

720 Empey Way

San Jose, CA 95128

- Medical and therapy services up to age 21.

Community Solutions

408/842-7138

6980 Chestnut Street

Gilroy, CA 95020

- South Valley Counseling, Community Alternatives and the Bridge Counseling Center have merged into Community Solutions.
- Counseling, case management.
- Drug and alcohol treatment.
- Domestic violence shelter and counseling services.

Deaf Counseling Advocacy & Referral Agency (DCARA)

TTY: 510/483-0753

Call for Voice Translations: 800/735-2922

1539 Webster

Oakland, CA 94612

- Provides services to hearing impaired persons.

Kids Are Special - Eastfield Ming Quong

408/364-4133

FAX: 408/364-4190

251Llewellyn Avenue

Campbell, CA 95008-1999

- Children's, parents' and grandparents' groups for families with children impacted by the substance abuse of parent or caregiver.
- Offer a group (HI-RAP) for high risk adolescents.
- Intro to parenting class and "Laughing your way through Parenting" class.

21. Special Populations

KARA

650/321-5272

457 Kingsley Avenue

Palo Alto, CA 94301

Website: <www.kara-grief.org>

- Bereavement group for children.

San Andreas Regional Center

408/374-9960

FAX: 408/379-6126

300 Orchard City Drive, Suite 170

Campbell, CA 95008

Website: <www.sarc.org>

- Developmental disability services - under 18.

GAYS AND LESBIANS

Billy Defrank Lesbian And Gay Community Center

408/293-AGAY

TDD: 408/298-8986

938 The Alameda

San Jose, CA 95126

Website: <www.defrank.org>

- Offers a wide variety of free or low-cost social activities, groups, counseling services, seniors services, adult services, and youth programs.

NATIVE AMERICANS

American Indian Education Center

408/288-6198

FAX: 408/288-6199

175 Stockton Avenue

San Jose, CA 95126

- Summer school and educational tutoring.

Indian Health Center Of Santa Clara Valley

408/445-3400

1333 Meridian Avenue

San Jose, CA 95125

Website: <www.indianhealthsanjose.org>

- Medical, dental, counseling, nutrition, and community health departments.

21. Special Populations

PARENTS AND FAMILIES

Beach Center On Families And Disabilities

785/864-7600

University of Kansas

1200 Sunnyside Avenue, Room 3136

3111 Hayworth Hall

Lawrence, KS 66045

Website: <www.beachcenter.org>

- Information and referral.

- Newsletter.

Exceptional Children's Foundation

310/204-3300

8740 West Washington Boulevard

Culver City, CA 90232

Website: <www.ecf-la.org>

- Information.

- Newsletter.

Exceptional Parent Magazine

877/372-7368

- Website: <www.eparent.com>

Family Caregiver Alliance (FCA)

415/434-3388

800/445-8106

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

Website: <www.caregiver.org>

- Information and referral.

- Support groups.

Matrix: A Parent Network and Resource Center

415/884-3535

94 Galli Drive, Suite C

Novato, CA 94949

- Information and referral.

- Parent training.

21. Special Populations

National Family Caregivers Association

301/942-6430

800/896-3650

10400 Connecticut Avenue, Suite 500

Kensington, MD 20895

Website: <www.thefamilycaregiver.org>

- Educational materials for caregivers.
- Quarterly newsletter.

Parents Helping Parents

408/727-5775

3041 Olcott Street

Santa Clara, CA 95054-3222

Website: <www.php.com>

- Support groups.
- Parenting classes.
- Newsletter.

Schwab Foundation For Learning

650/655-2410

1650 So. Amphlett Boulevard, Ste. 300

San Mateo, CA 94402

Website: <schwablearning.org>

- Information and referral.

Through The Looking Glass

510/848-1112

2198 6th Street, #100

Berkeley, CA 94710

Website: <www.lookingglass.org>

- Parenting with a disability newsletter.
- Clinical and supportive services, training, and research.
- Serves families in which one or more members, whether parent or child, has a disability or medical issue.

Well Spouse Foundation

732/577-8899

63 West Main Street

Freehold, NJ 07778

Website: <www.wellspouse.org>

21. Special Populations

BOOKS

Ordinary Families, Special Children: A Systems Approach To Childhood Disability

800/365-7006

Guilford Publications, Inc.

72 Spring Street

New York, NY 10012

•\$24.

PORTUGUESE AMERICANS

Portuguese Organization For Social Services & Opportunities (POSSO)

408/293-0877

1115 E. Santa Clara Street, Suite A

San Jose, CA 95116

Website: <www.serve.com/posso>

- Provides escort services to seniors in San Jose and Santa Clara. Call between 9:00 a.m. and 4:00 p.m., Monday through Friday, to schedule (at least two weeks in advance). Any race, but must be English or Portuguese speaking. Transports: ambulatory only. No fee.
- Information and referral (language interpretation and translation).
- ESL and citizenship classes.

SPANISH SPEAKING

Alcoholicos Anónimos

408/295-0920 (Spanish only)

1349 E. Taylor Street

San Jose, CA 95133

- Spanish speaking referrals to AA groups.

Catholic Charities Immigration Program

408/944-0691

2625 Zanker Road, Suite 201

San Jose, CA 95134

Website: <www.ccsj.org>

- Consultation services. Low income clients only. Bring 10-40 form and proof of current income.
- Tuesdays, Wednesdays, Thursdays, Fridays 8am to 9am. First come, first served (accept only the first 6 people)
- \$35 non-refundable cost. Cash only.

21. Special Populations

Family and Child Services

408/292-9353

FAX: 408/287-3104

950 West Julian

San Jose, CA 95126

- Comadres women's outpatient polydrug abuse program.
- Compadres men's outpatient polydrug abuse program.
- Classes on domestic violence, parenting, and anger management.

Hermanas

831/722-2471

640 Rodriguez Street

Watsonville, CA 95076

- Residential, 90-120 day program for women only.
- Fee based on a sliding scale.
- Bilingual and Bi-cultural.

La Raza Centro Legal

415/575-3500

474 Valencia Street, Suite 295

San Francisco, CA 94103

- Referrals and free legal service to low-income people.
- Spanish-speaking.

MACSA Adult Day Health Care

408/928-1155

FAX: 408/928-1153

130 N. Jackson Avenue

San Jose, CA 95116

- They offer adult day care for seniors (Casa MACSA) and a job training/job assistance program. They will also refer people to ESL (English as a Second Language) classes.
- Limited number of TBI clients.

21. Special Populations

Proyecto Primavera

408/977-1591

614 Tully Road

San Jose, CA 95111

- Three month outpatient program for men and women.
- Fee is approximately \$20 a week.
- Required to attend outside AA meetings.

VETERANS

California Dept. Of Veteran Affairs

Cal-Vet Farm And Home Loans

800/952-5626

Website: <www.ca.va.gov>

- You must have a touch tone phone to use this number.
- It provides some information as well as the ability to order Cal Veteran loan program application packets and brochures.
- State Veterans services.
- Life disability coverage.

San Jose Veterans Center

408/993-0729

278 North Second Street

San Jose, CA 95112

- Veterans' readjustment counseling services: provide counseling and psychotherapy for veterans who served in combat areas.

U.S. Veterans Administration

800/827-1000

Dept. of Veteran Affairs Regional Office

1301 Clay St., North Tower

Oakland, CA 94612-5209

Website: <www.va.gov>

- This office provides veteran benefits information.

21. Special Populations

Veterans Administration Medical Center

Brain Injury Rehabilitation Unit (BIRU)

650/493-5000 X 62201

3801 Miranda Ave.

Palo Alto, CA 94304 Attn.: 334C-2-MPD

Vets Next Step Center

650/566-0614

3801 Miranda Avenue

Palo Alto, CA 94304

DVA Medical Center (NPD-11686)

Menlo Park, CA 94025

- Vocational counseling and job placement.

VISUALLY IMPAIRED

Peninsula Center for the Blind and Visually Impaired

650/858-0202

FAX: 650/858-0857

2470 El Camino Real, Suite 107

Palo Alto, CA 94306

Website: <www.pcbvi.org>

- Examinations and evaluations.
- Mobility, orientation, and daily living skills instruction.
- Braille and Computer classes.
- Counseling and support groups.

Rose Resnick Lighthouse for the Blind and Visually Impaired

415/431-1481

FAX: 863-7568

214 Van Ness Avenue

San Francisco, CA 94102

Website: <www.lighthouse-sf.org>

- Telecommunications and alternative formats services
- Rehabilitation services (daily living, orientation, and mobility).
- Counseling and support groups.
- Technology services.
- Recreation programs

21. Special Populations

WOMEN

Family and Child Services

408/292-9353

FAX: 408/288-6201

950 West Julian Street

San Jose, CA 95126

- Comadres: women's polydrug abuse program.
- Compadres: Men's polydrug abuse program.

Mariposa Lodge

408/281-6555

FAX: 408/463-0337

9500 Malech Road, San Jose, CA 95151

P.O. Box 21268, San Jose, CA 95151-1268

- Residential alcohol/drug program for women.

Next Door

Solutions To Domestic Violence

24 hour Hot Line: 408/279-2962

408/501-7550

FAX: 408/441-7562

234 East Gish Road, Suite 200

San Jose, CA 95112

Planned Parenthood

408/287-7526

1691 The Alameda

San Jose, CA 95126

- With Medi-Cal or Medicare there would be no payment.
- They offer a sliding scale.

Santa Clara Valley Medical Center Women With Disabilities Health Care Clinic

408/885-5920

800/314-4611

2400 Moorpark Ave.

San Jose, CA 95128

- Clinic deals with issues specific to women with disabilities. Two universally accessible examination tables are available.

21. Special Populations

Support Network For Battered Women

Hotline: 650/940-7855

800/572-2782

- Domestic violence: counseling, legal and shelter service for women and children.

United Cerebral Palsy (UCP) Of The Golden Gate

510/832-7430

1970 Broadway, Suite 305

Oakland, CA 94612

- Referrals to women's health practitioners and clinics in Alameda, San Francisco, Marin, and Contra Costa counties who work with women with disabilities.
- Coordination of individual and group support, primarily by women with disabilities, about women's health issues.
- Lending library on women's health and disability issues and instruction in Ob/Gyn self-help care workshops.

Women's Community Clinic

408/287-4090

696 E. Santa Clara Street, Suite 102

San Jose, CA 95112

- They offer gynecological services.
- Serving low income and no income women only.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





22. Support Groups

This chapter lists the known TBI Support Groups in the San Francisco Bay area as of the date of this TBIRD (February, 2006). Because groups are constantly changing and new groups are forming, a good way to find news of a group (after calling the contact number) is to call the resources listed in Chapter 20.

It has been our experience in referring people to these groups that some of them may have irregular schedules; it's best to call the contact person(s) first to check the schedule, to determine if this is the best group for yourself/family member/friend/client, and to introduce yourself or the prospective member to the facilitator so s/he will be expecting you/him/her at the meeting.

Most support groups are consumer oriented and provide peer support and educational material relevant to brain injury. Support groups can be wonderful experiences for people with TBI and for family and friends: try them out.

Please help us keep this information up to date. If you find that any information has been changed, let us know by calling the Rehabilitation Research Center at 408/793-6430 or 800/352-1956.

Peninsula Parkinson's Support Group, Inc.

408/734-1593

1170 Morse

Sunnyvale, CA 94089

Website: <www.ppsg.org>

- They sponsor support groups throughout Northern California.
- Call for the meeting location and time nearest you.

Talking Heads

Jerry Wright, Editor

408/793-6430

Rehabilitation Research Center

751 South Bascom Avenue

San Jose, CA 95128

Website: <www.tbimatters.org>

- This quarterly newsletter includes a calendar with all the area TBI meetings and events listed.

22. Support Groups

CAREGIVER RESOURCE CENTERS

Coast Caregiver Resource Center

805/967-0220

Regional: 800/443-1236

5350 Hollister Ave., Suite C

Santa Barbara, CA 93111

Website: <www.coastcrc.org>

- Serves San Luis Obispo, Ventura, and Santa Barbara counties.

- Call for an updated list of support groups in your area.

Del Mar Caregiver Resource Center

831/424-4359

Regional: 800/624-8304

40 Central Avenue

Salinas, CA 93901

Website: <www.hcpn.org/delmar>

- Call for an updated list of support groups in your area.

- Serves Monterey, San Benito, and Santa Cruz counties.

Del Oro Caregiver Resource Center

916/971-0893

Regional: 800/635-0220

5723-A Marconi Ave

Carmichael, CA 95608

Website: <www.deloro.org>

- Serves Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, and Yuba counties.

- Call for an updated list of support groups in your area.

The Family Caregiver Alliance (FCA)

415/434-3388

CA only: 800/445-8106

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

Website: <www.caregiver.org>

- Serves Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

22. Support Groups

Inland Counties Caregiver Resource Center

909/514-1404

1420 East Cooley Drive, Suite 100

Colton, CA 92324

Website: <www.inlandcaregivers.com>

- Serves Inyo, Mono, Riverside, and San Bernardino counties.
- Call for an updated list of support groups in your area.

Los Angeles Caregiver Resource Center

213/821-7777

Regional: 800/540-4442

University of Southern California

3715 McClintock

Los Angeles, CA 90089-0191

Website: <www.geroweb.usc.edu/lacrc>

- Serves Los Angeles county.
- Call for an updated list of support groups in your area.

Mountain Caregiver Resource Center

530/898-5925

Regional: 800/822-0109

2491 Carmichael Drive, Suite 400

Chico, CA 95928

Website: <www.caregiverresources.org/MCRC_home.html>

- Serving Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity counties.
- Call for an updated list of support groups in your area.

Orange Caregiver Resource Center

714/578-8670

Regional: 800/543-8312

251 E. Imperial Highway, Ste. 460

Fullerton, CA 92835

Website: <www.caregiveroc.org>

- Serves Orange county.
- Call for an updated list of support groups in your area.

22. Support Groups

Redwood Caregiver Resource Center

707/542-0282

Regional: 800/834-1636

141 Stony Circle, Suite 200

Santa Rosa, CA 95401

Website: <www.redwoodcrc.org>

- Serves Del Norte, Humboldt, Lake, Mendocino, Napa, Solano, and Sonoma counties.
- Call for an updated list of support groups in your area.

Southern Caregiver Resource Center

858/268-4432

Regional: 800/827-1008

3675 Ruffin Road, Ste. 230

San Diego, CA 92123

Website: <www.scrs.signonsandiego.com>

- Serves Imperial and San Diego counties.
- Call for an updated list of support groups in your area.

Valley Caregiver Resource Center

559/224-9154

Regional: 800/541-8614

3845 North Clark Street, Suite 201

Fresno, CA 93726

Website: <www.valleycrc.org>

- Serves Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare, and Tuolumne counties.
- Call for an updated list of support groups in your area.

SUPPORT GROUPS BY CITY

BERKELEY

Group: **Support Group for Family/Friends**

Time: Second and fourth Thursdays at 6:30-8:00 pm.

Place: Alta Bates Summit Medical Center, Herrick Campus
2001 Dwight Way
Berkeley, CA 94704

Contact: 510/204-3307

22. Support Groups

BURLINGAME

Group: **STEPAHEAD Support Group For Families And Caregivers**
Time: Every Friday at 1:00 - 2:00 pm.
Place: Community Gatepath
1764 Marco Polo Way (1/2 block off Trousdale Dr.)
Burlingame, CA 94010
Contact: Gayle Pritz
650/595-0783

CAPITOLA

Group: **Brain Injury Peer Support Group**
Time: Second Tuesday of the month at 3:00 – 4:30 pm.
Place: United Way Bldg.
1220 41st Ave
Capitola, CA 95010
Contact: Christie Bricknell
831/462-8720

CASTRO VALLEY

Group: **Eden Hospital Stroke Support Group**
Time: Fourth Thursday of the month at 7 pm.
Place: Eden Hospital (Castro Valley Room).
20103 Lake Chabot Road
Castro Valley, CA 94546
Contact: Sylvia Dawson CCC
510/889-5064 ext 5251

22. Support Groups

CHICO

Group: **Enloe Head Injury Support Project** (caregivers & survivors).
Time: First & third Tuesday of the month at 7-9:00 pm (call to verify time).
Place: Enloe Hospital
Enloe Conference Center, Rooms 110A & B
W. 5th Avenue & The Esplanade
Chico, CA 95926
Contact: Sandy Gorter, RN
message only: 530/345-5799
Mailing: Enloe Hospital
Post Anesthesia Care Unit
W. 5th Avenue & The Esplanade
Chico, CA 95926

EUREKA

Group: **Eureka Day Support Group** (caregivers group)
Time: First & third Monday of the month at 12:30 - 1:30 pm.
Place: Timber Ridge Assisted Living Center
2740 Timber Ridge Lane
Eureka, CA 95501
Contact: 707/443-4875
800/834-1636
Sponsor: Humboldt Coalition for TBI

Group: **Eureka Evening Support Group** (caregivers group)
Time: Second & fourth Monday of the month at 4:00 - 5:30 pm.
Place: Humboldt Senior Resource Center
1901 California Street
Eureka, CA 95501
Contact: 707/444-8254 ext 202
Sponsor: Humboldt Coalition for TBI

22. Support Groups

FRESNO

Group: **Brain Injury Support Group For Survivors & Families** (Survivors/family).

Time: Fourth Tuesday of the month at 6 pm.

Place: Sierra Community Health Center
1925 East Dakota Street
Fresno, CA 93710

Contact: Jeff DiMarco
559/459-2773

Group: **Head Injury Socialization Group**

Time: Every Tuesday & Thursday at 1:00 - 5:00 pm.

Place: Total Awareness Head Trauma Center
Ted C. Wills Community Center
770 N. San Pablo
Fresno, CA 93728

Contact: 559/621-2946

Sponsor: City of Fresno Parks, Recreation & Community Services.

Group: **Fresno Brain Tumor Support Group**

Time: Second Thursday of the month at 6:00 - 7:30 pm

Place: St. Agnes Cancer Center
7130 N. Millbrook
Fresno, CA 93720

Contact: Paula Jordan
450/449-2000
800/782-4637

22. Support Groups

LARKSPUR

Group: **Head Injury Support Groups - Caregiver & Survivor**

Time: Call for times

Place: Larkspur Center
1144 Magnolia Avenue
Larkspur, CA 94939

Contact: Margaret Tilden
415/461-6771

Mailing: Marin Brain Injury Network
P.O. Box 787
Kentfield, CA 94914

LOS GATOS

Group: **Caregiver and Stroke Support Group**

Time: Second Tuesday of the month at 6:30 pm

Place: Community Hospital of Los Gatos (Rehabilitation Center, Conference Rm.)
Corner of Dardanelli Lane & Knowles.
815 Pollard Rd.
Los Gatos, CA 95030

Contact: 408/866-4020

MENLO PARK

Group: **Mid-Peninsula Brain Injury Support Group for Survivors and Caregivers**

Time: Second and fourth Thursdays of the month at 7:00-8:30 pm

Place: Please call for location

Contact: Bob or Marna Page
650/851-0925
Leslie Marlowe
408/453-2966

22. Support Groups

MOUNTAIN VIEW

Group: **Seizure Support Group**
Time: First Thursday of the month at 7:30-9:00 pm.
Place: Park Pavillion, Meeting Room "K"
El Camino Hospital
2500 Grant Road
Mountain View, CA
Contact: 650/940-7270

OAKLAND

Group: **East Bay Head Injury Peer Group** (survivors)
Time: Meets twice a month. Please call if interested.
Place: Rockridge Library
5366 College Ave.
Oakland, CA
Contact: Pamela Paradowski
510/433-9955

PALO ALTO

Group: **Brain Tumor Support Group**
Time: Last Monday of the month at 7:30-9:00 pm; call first.
Place: Palo Alto Medical Foundation Building
Urgent Care Building
920 Bryant St. (corner of Channing)
Palo Alto, CA 94301
Contact: Joanie Taylor
650/343-4791
Sponsor: National Brain Tumor Foundation

22. Support Groups

REDDING

Group: **Brain Injury Guidance Group (BIGG)** (Survivors & Caregivers)
Time: Third Thursday of the month at 5:30pm
Place: Quest
2100 Market Street
Redding, CA 96001
Contact: Harold Lord
530/222-1806

SACRAMENTO

Group: **Head Trauma Support Project**
Time: Call for Time and Place
Contact: Judith Falconer
916/568-6660
Head Trauma Support Project
909 12th Street, Ste. 200
Sacramento, CA 95814
•Weekly support meetings for survivors and family members.

Group: **Sacramento Area Brain Tumor Support Group**
Time: First Thursday of the month at 6:30 - 8:30 pm.
Place: UC Davis Medical Center, Ambulatory Care Center-3rd floor
4601 'X' St.
Sacramento, CA
Contact: Robert Dillon
916/734-6511
Educational topics presented and educational materials available.

22. Support Groups

SAN FRANCISCO

Group: **Brainstorm** (Survivor Socialization Group)
Time: Every Tuesday & Thursday at 1:00 - 5:00 pm., Every Monday at 10:00 am-4:00 pm.
Place: Janet Pomeroy Center
207 Skyline Blvd.
San Francisco, CA 94132
Contact: Terry Twitchell
415/665-4100 x239
Cost: Call for dates and fees.

Group: **Family Member Support Group** (Parents and Caregivers)
Time: Call for dates and times.
Place: Janet Pomeroy Center
207 Skyline Blvd.
San Francisco, CA 94132
Contact: Terry Twitchell
415/665-4100 x239

Group: **Head Injury Support Group**
Time: Every Wednesday:1:00 – 2:30 pm. Please call first.
Place: Independent Living Resource Center
649 Mission Street, Third Floor
San Francisco, CA 94105
Contact: Cheryl Price
415/543-6222 x183
Mailing: Independent Living Resources Center
649 Mission Street, Third Floor
San Francisco, CA 94105

Group: **San Francisco TBI Network Support Group**
Time: Call for dates and times.
Place: 450 Stanyan Street
3 East Conference Room
San Francisco, CA
Contact: Nichole Jacobsen
415/ 665-4100

22. Support Groups

SAN JOSE

Group: **Caregiver Spousal Support Group**

Time: Fourth Tuesday of the month at 7:00 - 8:30 pm.

Place: Cypress Senior Center
403 S. Cypress Avenue (off Stevens Creek Boulevard)
San Jose, CA 95117

Contact: Penny Hogg, Ph.D.: Clinical Psychologist
408/793-2056

Group: **Mild Traumatic Brain Injury Support Group** (Survivors, friends and family)

Time: Second and fourth Tuesdays: 7:00 - 8:30 pm (Call to verify schedule/location);

Place: Cypress Senior Center
403 S. Cypress Ave. (off Stevens Creek Boulevard)
San Jose, CA 95128

Contact: Richard Patterson
408/793-6428
Rehabilitation Research Center, Santa Clara Valley Medical Center

Mailing 751 South Bascom Avenue
San Jose, CA 95128

•This group is specifically for either people who have a Mild Brain Injury (MBI) (loss of consciousness of less than one hour) or those who have recovered enough from a more serious injury to feel comfortable discussing MBI issues.

Group: **Peer Support Group**

Time: Every Wednesday for men with disabilities.

Place: Silicon Valley Independent Living Center (SVILC)
2306 Zanker Road
San Jose, CA 95131

Contact: Russel Miller
408/894-9041
•Fee may be required on a sliding scale basis.

22. Support Groups

Group: **Physically Disabled Queers Support Group**

Time: Second Saturday of the month at 1:30 pm.

Contact: 408/293-AGAY
938 The Alameda
San Jose, CA 95126

•A support group for physically challenged lesbian, gay, bisexual, and transgender people (both male and female).

Group: **Touchstones** (Support Group for Services for Brain Injury/Steppingstones graduates)

Time: Every Wednesday evening at 5:30 pm (call for more information) .

Place: Services for Brain Injury
2731 N. First Street, Suite 100
San Jose, CA 95134

Contact: Brian Burleson
408/434-2277 x103
Call for more information.

Group: **VIP (Very Important Patient) Program** (TBI Support Group)

Time: Fourth Wednesday of the month at 7:00 - 8:30 pm.

Place: Classroom 2 (second floor) at
Santa Clara Valley Medical Center, 751 S. Bascom Ave.
San Jose, CA 95128.

Contact: Richard Patterson
408/793-6428
Rehabilitation Research Center, Santa Clara Valley Medical Center

Mailing 751 South Bascom Avenue
San Jose, CA 95128

SAN RAFAEL

Group: **Support Group Class**

Time: Every Tuesday at 5:30 pm

Place: Marin Center for Independent Living
710 Fourth Street
San Rafael, CA 94901

Contact: 415/459-6245

22. Support Groups

SAN RAMON

Group: **Head Injury Support Group** (survivors and family)

Time: Fourth Thursday of the month at 7:30-9:00 pm

Place: Call for meeting place

Contact: JoAnne Swift
925/443-4366
Call ahead to confirm dates.

Mailing 10120 Tesla Rd.
Livermore, CA 94550

SANTA CRUZ

Group: **Head Injury Peer & Family Support Group**

Place: Santa Cruz, CA

Contact: Christy Brickwell
831/462-8720
Call for days, times, and locations

Sponsors: CCCIL New Options Program.

SANTA ROSA

Group: **Brain Injury Network of Sonoma County, Inc.**

Time: Call for times.

Place: Call for locations

Contact: Sue Hultberg, MA, JD
707/544-4323
braininjurynetwork@prodigy.net

Website: <www.braininjurynetwork.org>

22. Support Groups

SAUSALITO

Group: **Children Living With Illness**

Time: First and Third Wednesday of the month,
6:15-6:45 pm-Dinner;
6:45-8:00 pm Support group for both children and parents

Place: The Center for Attitudinal Healing
33 Buchanan Street
Sausalito, CA

Contact: Jimmy Pete
415/331-6161 x112

- For children who are ill, or have an ill sibling, or an ill parent.
- Parent group meets separately at the same time.

WALNUT CREEK

Group: **New Lift II Support Group** (TBI survivors)

Time: First and third Monday of the month at 7:30-8:30 pm.

Place: John Muir Hospital
Outpatient Therapy Center
The Atrium
981 N. Broadway
Walnut Creek, CA 94596

Contact: Sheri Scarborough, Ph.D.
925/947-4466 x31806

Mailing: 75 Southwind Circle
Richmond, CA

Group: **Brain Tumor Group**

Time: Second and fourth Wednesday of the month. Call for time.

Place: The San Francisco/East Bay Wellness Community
3276 McNutt Ave.
Walnut Creek, CA 94596

Contact: Erika Maslan, MFCC
925/933-0107
Fax: 925/933-0249

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





23. TBI Internet Resources

Why the Internet? Because the Internet is a well-equipped tool to access information about services provided including entertainment, travel, education, employment, medical issues, and more. The "information superhighway" is unique because it makes the world more accessible to everyone.

This chapter is designed not only for the person with a brain injury, but also for rehab professionals, caregivers, families of brain injury survivors, and anyone who would like to know more about traumatic brain injury.

New to the Net? Start with <www.learnthenet.com>. A variety of web sites have been compiled including assistance with legal and medical issues, TBI chat, accessible travel, libraries, organizations devoted to helping serve people with disabilities, family caregiver sites, medical research, TBI survival guide, cognitive retraining software, etc. A brief description is provided for each site. Happy surfing!

Again, we do not endorse any of these services nor make guarantees regarding the services available at these sites.

Accessible Travel

<www.mossresourcenet.org/travel.htm>

Provided by MossRehab ResourceNet, this is an information service for the traveler with a disability. On this web site are travel tips, travel agencies, information on airlines, trains, and buses, hotels/motels, van and car rental companies, government resources, newsgroups, and mailing lists.

Alexander Law Firm

<www.consumerlawpage.com/article/trabrain.shtml>

Law firm located in San Jose specializing in personal injury, negligence, toxic chemicals, and corporate law. This web site is an article describing brain injury and includes the Glasgow Coma Scale, the Rancho Los Amigos Levels of Cognitive Functioning for TBI, how brain injuries occur, the life changes that can happen, and definition of the various rehabilitation professionals.

Allexperts.com

<www.allexperts.com>

Interesting, award-winning web site which enables one to ask questions of volunteer experts on a variety of subjects including medical, careers, legal, women's and men's issues, travel, education, arts & entertainment, and much more. Answers are provided within three days.

23. TBI Internet Resources

Allsup, Inc.

<www.allsupinc.com>

Jim Allsup created Allsup, Inc. in 1984, which is the first private company in America to help people obtain Social Security Disability Insurance benefits. Their financing program also offers people with disabilities access to loans. Allsup, Inc. has nine locations throughout the U.S.

Brain Injury Association of America (BIAA)

<www.biausa.org>

The Brain Injury Association of America (BIAA) is a nonprofit organization dedicated to improving the quality of life of people with brain injury and their families as well as promoting prevention of brain injury. The web site offers information, education, advocacy, support, and prevention. The BIA consists of 42 state associations, 200 chapters, and over 800 support groups across the U.S.

Brain Injury Center

<www.braincenter.org>

This "doorway to information" is opened to you by the Brain Injury Association of Kentucky. The web site provides an introduction to brain injury, a family in crisis, attitude of recovery, and TBI resources.

Brain Injury Law Group

<www.tbilaw.com>

The Brain Injury Law Group is a community of plaintiff's trial lawyers across the U.S. serving the rights of persons with TBI. The web site provides an 800 number to assist survivors of TBI in locating a lawyer specializing in brain injury in the state where they were injured. Also features articles, information, and graphics about TBI.

Brain Injury Ring

<www.altelco.net/~jame/bir/bir.htm>

This ring started in 1996 and consists of homepages of brain injury survivors, caregivers, family & friends, and brain injury resources from around the world. Step-by-step instructions are provided on how to be added to the ring.

Brain Train

<www.brain-train.com>

This web site provides cognitive retraining software that can be purchased. Vol. 1: Basic Cognitive Skills contains 55 computer programs designed to assist in remediating cognitive and behavioral deficits (available in English and Spanish). Vol. 2: Vocational Readiness consists of 15 programs designed to provide a bridge between cognitive rehabilitation and vocational training. Articles written by Judith Falconer, Ph.D. are provided to support survivors and families.

23. TBI Internet Resources

California Foundation for Independent Living Centers

<www.cfilc.org>

This organization (CFILC) originated as a peer support mechanism in 1976. On this web site is a directory of 54 California independent living centers. These non-profit centers provide protection and advocacy services, legal services, independent living skill classes, personal counseling, housing referrals, personal assistant services, and support groups.

The Center for Outcome Measurement in Brain Injury (COMBI)

<www.tbims.org/combi>

The COMBI is an online resource for individuals needing detailed information in regards to outcome and assessment measures for brain injuries. The COMBI is a collaborative project of thirteen brain injury centers across the United States, covering detailed information on 26 different instruments.

Centre for Neuro Skills TBI Resource Guide

<www.neuroskills.com>

The TBI Resource Guide from CNS is a main source of information, services, and products relating to traumatic brain injury, brain injury recovery, and post-acute rehabilitation. New on the web site are an online drugstore and a virtual tour of the CNS brain injury rehab facilities. Web site features "Inside View" online newsletter and book of the week.

Claudia Osborn

<www.claudiaosborn.com>

Web site featuring Claudia Osborn, D.O., author of *Over My Head*, an inspiring autobiography that describes the rebuilding of herself following a traumatic brain injury. Includes a biography, description and review of her book as well as an order form, and her calendar and lecture schedule. Dr. Osborn conducts many speaking engagements around the country.

Disability Advocacy Clinic

<www.disabilityac.com>

Disability Advocacy Clinic (DAC) is a "cyberoffice" which provides non-attorney representatives (paralegals) to assist in SSI and SSD cases in New Mexico, Colorado, Texas, Arizona, and California. DAC provides a "gateway" between SSA and claimants with disabilities. Included in the web site are frequently asked questions (FAQs) regarding SSI/SSD, DAC profile, DAC staff, litigation, DAC links, and DAC history.

DisabilityInfo.gov

<www.disabilityinfo.gov>

This site provides access to government sponsored disability-related information and programs on numerous subjects, including civil rights, community life, education, employment, housing, health, income support, technology, and transportation. The site is the result of the New Freedom Initiative which directed Federal agencies to build a one stop inter-agency portal for people with disabilities, their families, employers, service providers, and community members.

23. TBI Internet Resources

Dr. Diane's Health-Helper

<www.dr Diane.com>

Web site for Dr. Diane Roberts Stoler, Ed.D, author of *Coping with Mild Traumatic Brain Injury*. Dr. Diane is a psychologist who sustained a stroke and two traumatic brain injuries. She is a professional speaker and conducts presentations and workshops on a variety of health topics. An order form as well as a lecture schedule is available on her web site.

Epilepsy Foundation

<www.efa.org>

National non-profit, charitable organization of volunteers that works for people affected by seizures through research, education, advocacy, and service. Web site discusses current news and publications, research, programs and services, and kid's club.

Family Caregiver Alliance (FCA)

<www.caregiver.org>

An organization which serves families and caregivers of people with brain impairment through education, research services, and advocacy. Online interactive services include a support group for caregivers, problem solving consultation, and "Ask FCA".

Goldin & Sharp Lawyers

<www.brain-injuries-law.com>

Web site designed to help brain injury survivors and families. It provides free information to the public explaining brain injury litigation. Attorneys Goldin and Sharp are located in San Diego, California.

Head Injury Hotline

<www.headinjury.com>

Web site started by survivors of brain injury in 1985. This resource provides a list of brain injury rehab facilities, understanding brain injury, a rehab checklist, a lawyer checklist, advocacy, goal setting, problem solving, library, chat, and TBI services and support groups.

Learn the Net

<www.learnthenet.com>

Excellent web site if you are just beginning to surf the Internet. The learnthenet.com tutorial is a publication of Michael Lerner Productions. Information is also available in French, German, Spanish, and Italian. Includes getting started on the Internet, Internet basics, and the origin of the Internet.

23. TBI Internet Resources

Link2Care

<www.Link2Care.net>

An Internet program to support family caregivers. Provides online information, services and connections to caregiving families on demand, utilizing existing community services. Will provide access to a personal profile and action plan, an information library, consultation with medical and legal experts, moderated support groups, and a database of local community resources. Family Caregiver Alliance administers Link2Care.

MEDLINE (PubMed, Internet Grateful Med)

<www.ncbi.nlm.nih.gov/entrez/query.fcgi>

National Library of Medicine provides two free systems to search medical topics in the MEDLINE database. About 11 million references and abstracts are found in this database.

National Information Center for Children and Youth with Disabilities

<www.nichcy.org>

Web site devoted to providing information on disabilities for families, educators, and other professionals. Special focus is on children and youth (birth to age 22). Services include personal responses to specific questions, publications, referrals to other disability organizations, and information searches of their own library and databases. Information is also provided in Spanish.

National Rehabilitation Information Center (NARIC)

<www.naric.com>

This organization is funded by the National Institute on Disability and Research (NIDRR) to serve anyone, professional or layperson, who is interested in disability and rehabilitation. Provides 60,000 disability-related records regarding literature, organizations, timely information, and research in five databases. Also lists projects funded by NIDRR.

National Resource Center for Traumatic Brain Injury

<www.neuro.pmr.vcu.edu>

Traumatic brain injury web site produced by the Virginia Commonwealth University/Medical College of Virginia. Includes guides for survivors; families, friends, and caregivers; living and working productively; and rehabilitation providers. Also provides TBI frequently asked questions (FAQs), chat with Pat, and directory of experts.

Neurotrauma Law Nexus

<www.neurolaw.com>

An information resource for understanding the legal system's involvement in brain and spinal cord injury cases. Web site discusses the role of the neurolawyer, understanding brain and spinal cord injury, medico-legal issues, and glossary of terms. It is provided through the courtesy of the Law Offices of Fick & Petty.

23. TBI Internet Resources

NOVA

<www.novapic.org>

NOVA Private Industry Council is a federally funded employment and training agency, administered by the City of Sunnyvale. Formed in 1983 by six northern Santa Clara County cities (Sunnyvale, Cupertino, Mountain View, Los Altos, Santa Clara, and Palo Alto) who created a North Valley Job Training Consortium (NOVA). They serve companies needing recruitment and out-placement assistance, displaced workers desiring retraining or job searching, and workers with special needs.

PEAT (Planning and Execution Assistant and Training System)

<www.brainaid.com>

Web site that discusses PEAT, a handheld cognitive orthotic device available from Attention Control Systems, Inc.

Rehab International

<www.rehab-international.org>

A federation of national and international organizations working for the "prevention of disability, the rehabilitation of people with disabilities and the equalization of opportunities within society." RI is composed of 200 organizations in 90 nations across the world.

The Rehabilitation Research Center

<www.tbi-sci.org>

Homepage for the Model System at the Santa Clara Valley Medical Center in San Jose, California federally funded by NIDRR for people with brain or spinal cord injuries. This web site contains information on the TBI and SCI Projects including community activities, peer support, research, and resources. The TBIRD (Traumatic Brain Injury Resource Directory) and SCI-FYI (Spinal Cord Injury – For Your Information) can be accessed through this site. Links are also available to the COMBI, Project Enable, InterAct newsletter, and other NIDRR-funded Model System Projects.

Research & Training Center on Community Integration

<www.mssm.edu/tbinet>

RTC (Research & Training Center on Community Integration of Individuals with Traumatic Brain Injury) is federally funded by NIDRR to complete research, share information on improving lives of individuals with TBI, and provide training based on the research. RTC is located in the Department of Rehabilitation Medicine of the Mount Sinai School of Medicine, New York City. Included in the site are frequently asked questions (FAQs) about TBI, resources and publications, research information, links to other TBI web sites, and writing and advice from people with TBI.

23. TBI Internet Resources

Tamara Greenspan Head Injury Collection

<www.naussaulibrary.org/farmingd/TamaraGreenspanHeadInjuryCollection.htm>

Free head injury collection of books and video/audio tapes may be borrowed from the Farmingdale Public Library in Farmingdale, Long Island, NY. This project is made possible by a grant from New York State Assemblyman Steven Massapequa with the help of Eric David Usinger.

TBI Chat Room

<www.tbichat.org> <www.braininjurychat.org> <tbihome.org>

This chat room is open to brain injury survivors, caregivers, families, and friends. Site is monitored by Chat Room Operators. Web site also provides links to brain injury information.

Traumatic Brain Injury Model Systems

<www.tbindc.org>

Homepage for the Traumatic Brain Injury Model Systems funded through the U.S. Dept. of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research. Site includes an introduction and links to the model systems, publications, current research, and a *Facts and Figures* newsletter.

Traumatic Brain Injury Resource Directory (TBIRD)

<www.tbi-sci.org/tbird>

Web site for the TBIRD, an online directory of resources intended for use by anyone who is looking for services for persons with traumatic brain injury in Northern California. It is produced by the Rehabilitation Research Center at Santa Clara Valley Medical Center, funded by the National Institute of Disability and Rehabilitation Research and the Firedoll foundation. Yes, you are reading the TBIRD right now!

Traumatic Brain Injury Survival Guide

<www.tbiguide.com>

Online TBI survival guide book written by Glen Johnson, Ph.D., clinical neuropsychologist from Michigan. Easy to read chapters for the layperson include common indicators of a head injury, understanding how the brain works, coping with common problems, dealing with doctors, emotional stages of recovery, returning to school, when will I get better, and who are all these professionals.

While You are Waiting

<www.waiting.com>

Waiting.com is the work of those whose lives have been changed by brain injury. It is designed by Becca Ltd. and brought to you as a service by the Brain Injury Law Office. This is a web page directed to individuals waiting while someone is in a coma. Provides information about brain injury, the ICU Guide, the "bridge from despair" including the grief process and testimonials, frequently asked questions about prognosis, legal issues, what to expect at discharge, support, and resources.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





24. Transportation Resources

Transportation is another of those services that are difficult to access, yet so important for many people with TBI. There has been an increase in paratransit programs in many of our cities, yet there are still many problems. Some cities don't have good services for wheelchairs, especially during non-standard hours (evenings or weekends); others have trip limits (number of trips/month or destinations); others will only transport to and from medical appointments; others require advance notice. With all these restrictions, it can be difficult for many to access these transportation resources.

The programs in our area's cities are listed below, with their limits and restrictions.

Ambulance Service

Bayshore

408/244-3300

Headquarters:

370 Hatch Drive

Foster City, CA 94404

Website: <www.bayshoreambulance.com>

- Pick-up from anywhere in California and will transport anywhere in California.

MV Transportation

408/292-3600

555 Tully Road

San Jose, CA 95111

- Service area includes all of California.

Air Ambulance Service

Aerocare Medical Transport Systems

800/823-1911

Aeromedical Ambulance Services, Inc.

43 West 730 US Route 30, Suite 200

Sugar Grove, IL 60554

24. Transportation Resources

Air Ambulance Network

727/934-3999

800/327-1966

FAX: 813/937-0276

905 Martin Luther King Jr. Drive, Suite 330

Tarpon Springs, FL 34689

Critical Care Medflight

800/426-6557

530 Briscoe Boulevard

Lawrenceville, GA 30045

Global Air Response

800/631-6565

310/858-9967

7211 South Peoria, Suite 200

Englewood, CO 80112

REACH

800/338-4045

451 Aviation Boulevard, Suite 201

Santa Rosa, CA 95403

Specialized Door-to-Door Service (Paratransit) & Public Transportation

AC Transit

510/817-1717

1600 Franklin Street (ground floor)

Oakland, CA 94612

Website: <www.actransit.org>

- Provides wheelchair accessible bus services throughout Alameda county (from Richmond/Pinole in the North, to Fremont in the South, and to Castro Valley in the East).
- East Bay Paratransit provides paratransit services for people with disabilities who are unable to use the regular bus services throughout Alameda County and is also available to and from points in San Francisco. Call 1-510-287-5000 for information.

24. Transportation Resources

ACE (Altamont Commuter Express)

800/411-RAIL (7245) or 209/944-6220

949 East Channel Street

Stockton, CA 95202

Website: <www.acerail.com/main/acerail.htm>

- Provides weekday commuter train service between the San Joaquin Valley and the Santa Clara Valley. Trains are wheelchair accessible.
- Call for ticket prices.

BART (Bay Area Rapid Transit)

Customer Service

Bay Area Rapid Transit District

P.O. Box 12688

Oakland, CA 94604-2688

Website: <www.bart.gov>

- Provides transportation services for the general public throughout the San Francisco Bay Area.
- Offers a rider's guide with information on disabled access.

CalTrain

800/660-4287

1250 San Carlos Avenue

P.O. Box 3006

San Carlos, CA 94070-1306

Website: <www.caltrain.com>

- Provides train service between San Francisco and Gilroy.
- Call or check online for prices.

Central Contra Costa Transit Authority (CCCTA)

925/676-1976 or 925/676-7500

2477 Arnold Industrial Way

Concord, CA 94520

Website: <www.cccta.org/wb>

- Provides bus and (LINK) paratransit services for people with disabilities who cannot ride regular buses throughout the Central Contra Costa County community for a fee of \$3.00.

24. Transportation Resources

Coastside Opportunity Center

650-726-9071 ext. 10
99 Avenue Alhambra
P.O. Box 1089
El Granada, CA 94018

Website: <www.coastside.org>

- Provides transportation within San Mateo County to elderly and people with disabilities for medical appointments, shopping, bank, etc.
- Call for cost.

Community Services Agency

650/968-0836
204 Stierlin Road
Mountain View, CA 94043

Website: <www.csacares.org>

- Provides accessible escorted transportation for medical and dental appointments to residents of Los Altos, Los Altos Hills, and Mountain View who qualify for the service.
- Call for enrollment information.

Fresno Area Express (FAX)

559/621-RIDE (7433)
Manchester Transit Center
3590 North Blackstone
Fresno, CA 93706

Website: <www.ci.fresno.ca.us/fax/>

- Provides transportation services within the greater Fresno Metropolitan area.
- Handy Ride Paratransit Service (1-559-443-5650 voice and 1-559-443-5662 TTD) is available for use by people with disabilities.

Fresno County Rural Transit Agency (FCRTA)

559/233-6789
2100 Tulare Street, Suite 619
Fresno, CA

Website: <www.ruraltransit.org>

- Provides transportation services within rural incorporated areas of Fresno County to the general public, elderly, and people with disabilities

24. Transportation Resources

Golden Gate Bridge, Highway & Transportation District

415/455-2000

1011 Andersen Drive

San Rafael, CA 94901

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

- Provides transportation to the general public and people with disabilities through the “Golden Gate Transit” and “Golden Gate Ferry” public transit systems (San Francisco county)
- All transportation services are accessible to people with disabilities.

Livermore Amador Valley Transit Authority/WHEELS

925/455-7500 or 511 (General Information)

925/447-3278 (Flex Route Service-DART)

925/455-7510 (Paratransit-Dial-A-Ride)

925/455-7555 (Administration)

877-735-2929: TTY

1362 Rutan Court, Suite 100

Livermore, California 94551

Website: <www.wheelsbus.com>

- WHEELS provides transportation services to the general public and people with disabilities for the Tri-Valley communities of Dublin, Livermore and Pleasanton. All services are accessible for people with disabilities.

Merced County Transit (AKA The Bus)

Merced Transit Customer Service

209/384-3111 or 800/345-3111 (English/Spanish)

209/385-7601 x 5344 (Hmong or Lao)

715 Martin Luther King Jr. Way

Merced, CA 95340-6041

Website: <web.co.merced.ca.us/pubwrks/transport>

- Provides transportation services for the general public and people with disabilities throughout Merced County.
- Operates Dial-A-Ride service for the elderly, people with disabilities and also to the general public when there is no a bus route near their home (not available to the public in the cities of Merced and Los Banos).

24. Transportation Resources

Metro Para Cruz

831/425-4664

831/425-8993: TDD

Santa Cruz Metropolitan Transit District

370 Encinal Street Suite 100

Santa Cruz, CA 95060

Website: <www.scmtd.com/paratr.html>

- Offers door-to-door paratransit services in Santa Cruz County to people with disabilities.
- Call for price information.

Modesto Area Express (MAX)

209/577-5295

City of Modesto Transit Division

P.O. Box 642

Modesto, CA 95353

Website: <www.modestoareaexpress.com>

- Provides transportation services as well as service to connect to ACE and BART trains to the general public and people with disabilities who live in the Modesto area and the buses are wheelchair accessible.
- Provides specialized Dial-A-Ride transportation services for people with disabilities. Call 1-209-527-4900 for more information.

Monterey-Salinas Transit (MST)

831/899-2555 (Monterey)

831/424-7695 (Salinas)

One Ryan Ranch Road

Monterey, CA 93940

Website: <www.mst.org>

- Offers MST RIDES ADA Program to provide people with disabilities who are unable to ride regular bus services with curbside-to-curbside service as long as reservation are made before 5 pm the day before the ride is needed.
- Reservations can be made up to two weeks prior to the day the ride is needed. Call for an application and information.

24. Transportation Resources

Muni (San Francisco Municipal Railway)

Accessible Services Department

415/923-6142

949 Presidio Avenue #150A

San Francisco, CA 94115

Website: <www.sfmuni.com/cms/mms/home/home50.htm>

- Provides transportation services around the San Francisco area to the general public and people with disabilities and almost all bus lines are accessible to wheelchair.
- Offers paratransit services to people with disabilities who are unable to use bus and light rail services. For more information please call the Paratransit Broker office at 415/351-7000 or by TTY at 415/351-3942.

MV Trans., Inc.

209-521-1274:V/TDD

1001 9th Street

Modesto, CA 95354

- Offers transportation services to people with disabilities in the Modesto area.

Outreach Paratransit

408/436-2865

926 Rock Avenue Suite 10

San Jose, CA 95131

Website: <www.outreach1.org>

- Provides pre-scheduled door-to-door transportation for mobility limited persons by taxi, accessible van and escort. Same day trips provided.
- San Jose, Mon.-Fri., 8-5.

24. Transportation Resources

Sacramento Regional Transit District

916/321-2800 (Administration)
916/321-2877 (Bus & Lightrail Information)
916/321-2849 (Pass & Ticket Book Orders)
916/483-4327: TTD
P.O. Box 2110
Sacramento, CA 95812-2110

Information for paratransit:

916/557-4685 (To register for service)
916/557-4686: TDD
916/429-2744 or 800/956-6776 (To request a ride)
916/429-2009 (To cancel a ride)
916/429-2568: TDD

Website: <www.sacrt.com>

- Provides transportation services within Sacramento region to the general public and people with disabilities through the use of buses, light rail and paratransit services.
- All services are accessible for people with disabilities.

San Joaquin Regional Transit District

209/943-1111 or 800-HOW-2-RIDE (Information/Trip Planning)
1533 East Lindsay Street
Stockton, CA 95205-4498
Website: <www.sj-smart.com>

- Provides transportation services to the general public and people with disabilities in San Joaquin County with Metro service within the Stockton Metro area, buses with routes between cities, and commuter service for those traveling long distances.
- Also operates Dial-A-Ride paratransit services for use by people with disabilities who are unable to use regular services.

San Mateo County Transit District (SamTrans)

800/660-4287
1250 San Carlos Avenue
P.O. Box 3006
San Carlos, CA 94070-1306

Website: <www.samtrans.org>

- Provides bus services throughout San Mateo County and into parts of San Francisco and Palo Alto and is accessible to people with disabilities in a wheelchair.
- Also operates Redi-Wheels and Redi-Coast paratransit transportation for those people with disabilities who cannot use the regular bus service.

24. Transportation Resources

Santa Clara County Transportation Agency (VTA)

408/321-2300

800/844-9908

3331 North First Street

San Jose, CA, 95134-1906

Website: <www.vta.org>

- Provides info on buses and the Regional Transit Connection Discount Card Program for Santa Clara County.

Santa Cruz Metro Transit

831/425-8600

831/425-8993: TDD

370 Encinal Street Suite 100

Santa Cruz, CA 95060

Website: <www.scmttd.com/scmttd.html>

- Provides transit information about how to get around in Santa Cruz County.

Santa Rosa CityBus

707/543-3325 (Transit Division)

707/543-3333 (CityBus Information)

707/543-4240 (CityBus Information in Spanish)

707/546-2092 (Santa Rosa Paratransit - MV Transportation)

100 Santa Rosa Avenue Room 6

Santa Rosa, CA 95402

Websites: <ci.santa-rosa.ca.us/default.aspx?PagelId=156> and

<ci.santa-rosa.ca.us/default.aspx?PagelId=157>

- CityBus provides transportation to the general public within the City of Santa Rosa and is wheelchair accessible or have no-step and low floors.
- City of Santa Rosa uses MV Transportation to provide paratransit services to those people with disabilities who are unable to use CityBus.

Sonoma County Transit

707/576-7433 or 800/345-7433

707/585-9817: TDD

355 West Robles Avenue

Santa Rosa, CA 95407

Website: <www.sctransit.com> and <www.sctransit.com/scp.htm>

- Provides transportation to the general public throughout Sonoma County and is wheelchair accessible.
- Provides paratransit services for people with disabilities who are unable to use the regular transit services.

24. Transportation Resources

South County Transit Link

209/745-3052 (Dispatch, 24-hr answering machine included)

800-338-8676 (Toll-Free)

P.O. Box 246

117 Camellia Way

Galt, CA 95632

Websites: <www.sctlink.com> and <<http://www.paratransit.org>>

- Provides Dial-A-Ride and fixed route services to Galt and unincorporated area of South Sacramento County, and River/Delta communities for people with disabilities and the general public.

Stanislaus Regional Transit (StaRT)

800/262-1516 or 800/688-1884 or 209/525-7514

1010 10th Street Suite 4200

Modesto, CA 95354

Website: <www.srt.org>

- Provides information and services relating to transportation services for residents and visitors of Stanislaus County including people with disabilities.

Transportation Agency for Monterey County (TAMC)

831/775-0903

55-B Plaza Circle

Salinas, CA 93901-2902

Website: <www.tamcmonterey.org>

- Offers an Elderly and Disabled Transportation program to assist those populations of people with their transportation needs

Escorted Transportation Services

American Cancer Society

408/879-1032

1715 South Bascom Ave., #100

Campbell, CA 95008

- Volunteers drive cancer patients of all ages to medical appointments. Patients must be ambulatory and have no bone involvement with their disease. Also has a program which offers mileage reimbursement for any driver transporting cancer patients to their medical treatment (when funds are available). No Fee. Call Monday through Friday, 9:00 am to 5:00 pm.

24. Transportation Resources

Outreach

408/436-2865

926 Rock Avenue Suite 10

San Jose, CA 95131

- Provides pre-scheduled door-to-door transportation for mobility limited persons by taxi, accessible van and escort. Same day provided.
- San Jose, Mon.-Fri., 8-5.

Portuguese Organization For Social Services & Opportunities (POSSO)

408/293-0877

1115 E. Santa Clara Street

San Jose, CA 95116

- Provides escort services to seniors in San Jose and Santa Clara. Call between 9:00 a.m. and 4:00 p.m., Monday through Friday, to schedule. Other languages: Portuguese. Requirements: Age 50 or over. Any race, but must be English or Portuguese speaking. Transports: Ambulatory only. No fee. Need to give three weeks notice.

Alcohol & Chemical
Brain Boosters
Case Management
Consumer Resources
Crisis Intervention
Day Programs
Disability Related
Domestic Violence
Driving Evaluation
Education
Financial Aid
Health Related
Housing Agencies
Independent Living
Legal Services
Parenting & Family
Post Acute Rehab
Psych. Counseling
Recreation
Resources
Special Populations
Support Groups
TBI Internet
Transportation
Vocational Services





25. Vocational/Prevocational Services

The services listed in this chapter can assist the person with TBI to either: learn some skills for a career, help with the job seeking process, and/or get placed in a position (vocational); or learn or relearn about work attitudes, habits, and the social skills necessary for work success (prevocational).

People with TBI often believe that going back to work is 'the marker' of their recovery and the sooner they can get back to work, the sooner they can 'prove' to themselves as well as to others that they are 'completely recovered'. They may be unwilling to try a new experience (for example, prevocational or avocational program or new career emphasis) that you or the professional feel might be best. One strategy that can be helpful is to speak of it as a 'trial' experience: that "when you prove that you can do this, then we can look into jobs that are more to your liking." This statement is true because as the client's attention, memory, and ability to concentrate improve, s/he will be ready for more challenging work. Of course, even the best placement can go wrong, and if the job/training doesn't work out, please remember that this can be quite a blow to one's self-image; perhaps counseling or at least venting in a support group will help.

Since most persons with TBI are injured at a young age, before they have a career path established, there is bound to be some uncertainty of vocational direction. TBI can complicate the situation, as most persons with TBI are young and still exploring new options; 'having the rug pulled out' from under you with a TBI and then being pulled backwards into some 'prevocational' activity naturally has repercussions. Again, counseling often helps.

It is important in this process to have some accurate and comprehensive knowledge of where the client is in his/her physical, psychological, and emotional readiness for work. Some persons with TBI are socially adept enough so that they are able to convince you or the vocational counselor that they are ready for more than they can handle. Placement in a program or at a job before one is ready for it can and often leads to failure (poor performance in the program or termination from the job). This should be avoided because of the damage it does to the person's feelings of self-worth and dignity.

For those people who are not yet ready for paid work, volunteer work is an excellent avenue to explore. The Volunteer Exchange can match the volunteer's needs (type of work, location, hours) with their database of organizations seeking people.

A major resource for those with TBI is the Department of Rehabilitation (DR). They supply diagnostic evaluations, counseling, and case management, and they will fund any reasonable services for return to work, including training, testing, job referrals, job coaching and follow-along, and whatever else the client and counselor agree on. They also pay for supplies, transportation to training, tools needed for the job, and license or union fees. To be eligible for DR services, one must have a vocational objective, a medically diagnosed disability which prevents entering or return to employment, and some reasonable expectation that the services DR provides will enable the person to go to work.

A few years ago, DR started undergoing some profound changes in their selection process and in the way they work with their clients. The first change was that people with disabilities are all presumed to be able to benefit from DR's services and will not automatically be turned away because they are

25. Vocational/Prevocational Services

'too disabled'. They will only be denied services after it is proven that the person cannot work even with all services provided. The second change is that DR may, if it is determined that there won't be enough money to pay for services for all clients, go into an 'Order of Selection' so that DR clients with the most serious disabilities will be served first. This is very good for those persons with TBI who have significant deficits in many areas, as they will be served first. The down side is that those with milder brain injury will be put on a list to wait for more money to become available.

Below are the local programs that work with vocational services, as well as a listing of the individual DR offices in the San Jose District and the locations and phone numbers of the other districts in Northern California. The Department of Rehabilitation has a very good record for placing people with disabilities. In the past, they had difficulty with cognitive disabilities, in part because of the newness of the disability and the lack of knowledge about the readiness of people with TBI to go back to work. This is changing!

ALSO SEE CHAPTER 10 ON EDUCATION RESOURCES

Alliance Employment Services

408/938-8500

150-A South Autumn Street

San Jose, CA 95110

Website: <www.alliance4care.org>

- Assists people with mental illness who wish to re-enter the job market.

Asian-Americans For Community Involvement (AACI)

408/975-2730

2400 Moorpark Ave., Suite 300

San Jose, CA 95128

Website: <www.aaci.org>

- Vocational and community ESL programs.

Back on Track to Success

Rehabilitation Research Center

Santa Clara Valley Medical Center

408/885-2397

FAX: 650/793-6434

751 South Bascom Ave.

San Jose, CA 95128

Website: <www.tbi-sci.org/call.html>

- The "Back on Track to Success" Community-Based Mentoring Program is focused on helping teens and young adults (16-26 years) with disabilities to successfully get a job or go to college. It is a one on one mentoring program, where mentors are trained to connect participants with the appropriate community resources and support that they need to be successful.

25. Vocational/Prevocational Services

Community Gatepath

650/259-0150

FAX: 650/697-5010

1764 Marco Polo Way

Burlingame, CA 94010

Website: <www.communitygatepath.com>

- Prevocational program.
- Employment services for individuals with disabilities.

Community Options

408/423-9484

1922 The Alameda, Suite 210

San Jose, CA 95126

- Programs in Santa Cruz and Oakland.
- Supported employment, integrated work and independent living skills.

Deaf Counseling Advocacy & Referral Agency (DCARA)

TTY: 510/483-0753

Voice Translation: 800/735-2922

1539 Webster

Oakland, CA 94612

Website: <www.dcara.org>

- Job development and placement.

Economic And Social Opportunities, Inc.

408/971-0888

1445 Oakland Road

San Jose, CA 95112

- This agency offers two vocational training programs; an eight week intensive program in Computerized Accounting or Computer Office Specialist and an 8 month program for persons with low income in Health Information Specialist, Loan Credit Clerk, or Computerized Office Specialist. For refugees, they have English as a Second Language (ESL) classes to get them get into a job or a training program. They also have remedial ESL classes, a job placement program for refugees, and a General Equivalency Diploma (GED) program for those on Aid for Families with Dependent Children (AFDC).

Employment Development Department

916/653-0707

722 Capitol Mall

Sacramento, CA 95814

25. Vocational/Prevocational Services

Focus For Work

408/944-0591

Catholic Charities

2625 Zanker Rd., Ste. 101

San Jose, CA 95134-2107

- Offices in Gilroy, East San Jose, and downtown San Jose.

Goodwill Industries of Santa Clara County

408/998-5774

1080 N. 7th Street

San Jose, CA 95112

Website: <www.goodwillsv.org>

- Occupational skill training.
- Supported employment.
- Vocational evaluation.

The California Governor's Committee on Employment of People with Disabilities

916/654-8055

TDD: 916/654-9820

800/695-0350

FAX: 916/654-9821

800 Capitol Mall-MIC41

Sacramento, CA 95814

Website: <www.disabilityemployment.org>

The Graham Consulting Group

925/837-7360

2723 Crow Canyon Road

San Ramon, CA 94583

Website: <www.jobfitremedy.com>

- Vocational evaluation.
- Job placement.
- Resume assistance.

25. Vocational/Prevocational Services

Hope Rehabilitation Services

408/748-2850

4351 Lafayette St. (Administration)

Santa Clara, CA 95054

408/282-0416

1555 Parkmoor Ave. (Training/Placement Services)

San Jose, CA 95128

- Work adjustment, evaluation, training, & job placement.

Institute Of Career Development (Division of Goodwill)

408/998-5774

TTY: 408/294-5561

1080 North Seventh Street

San Jose, CA 95112

- Work adjustment, evaluation, training & job placement.

Job Accommodation Network (Job modification info)

800/ADA-WORK

800/526-7234

P.O. Box 6080

Morgantown, WV 26506

Website: <www.jan.wvu.edu>

- This is a toll-free consulting service that provides info about job accommodations and the employability of people with functional limitations. Anyone may call and the calls are answered by consultants who understand the functional limitations associated with disabilities. They can offer the caller comprehensive and up-to-date info about accommodations and strategies.

Limited Examination And Application Program (LEAP)

916/445-0538 x300

801 Capitol Mall

Sacramento, CA 95814-4806

- The State Personnel Board's LEAP program helps persons with disabilities secure State Jobs. Your Department of Rehabilitation counselor can help you with the application, examination and hiring process.

MACSA Adult Day Health Care

408/928-5820

FAX: 408/928-5821

2254 Alum Rock Ave

San Jose, CA 95116.

- They offer a job training/job assistance program.

25. Vocational/Prevocational Services

Nova Program

408/730-7775

FAX: 408/730-7643

505 West Olive Ave., Ste. 550

Sunnyvale, CA 94086

Website: <www.novaworks.org>

- Job training - Santa Clara/San Mateo Counties

Occupational Solutions

408/377-0307

FAX: 408/289-1662

860 Willow Street

San Jose, CA 95125

- Vocational testing and evaluation, work tryouts, ergonomic and work station assessments, adaptive device assessment and training, functional capacity assessments, reconditioning and work hardening, job analysis, and reasonable accommodation assistance. They also administer the WAIS (Wechsler Adult Intelligence Scale).

Palo Alto Health Care System (Veterans)

650/493-5000 x65931

3801 Miranda Avenue

Palo Alto, CA 94304

DVA Medical Center (NPD-11686)

Menlo Park, CA 94025

- Counseling and job placement for veterans.

Project Hired

Voice & TDD: 408/557-0880

FAX: 408/557-0710

1270 Franklin Square

Santa Clara, CA 95050

Website: <www.projecthired.org>

- Project Hired (Helping Industry Recruit Employees with Disabilities) assists individuals with disabilities to secure jobs appropriate to their qualifications and career goals. They also maintain a range of services for job placement and career development.

25. Vocational/Prevocational Services

Salinas Adult School

831/796-6970

FAX: 831/796-6915

Rehabilitation Education Assistance Program (REAP)

20 Sherwood Place

Salinas, CA 93906

Website: <www.salinasadultschool.com>

- The Adult With Disabilities Program prepares students with disabilities to assume an adult role in society.

Services For Brain Injury (SBI)

408/434-2277

2731 North 1st Street, Suite 100

San Jose, CA 95126

Website: <www.sbicares.org>

- Vocational programs specifically for individuals with brain injuries.

Shoreline Occupational Services

831/429-6415

FAX: 831/423-8968

350 Encinal Street

Santa Cruz, CA 95060

- Santa Cruz, Monterey and San Luis Obispo Counties.

- Referrals through DR and Community Resources for the Disabled.

Silicon Valley Independent Living Center

408/894-9041

FAX: 408/894-9050

TTY: 408/894-9012

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Neuropsychological and vocational interest testing; Transferable Skills Assessment; computer training and assessment job preparation and placement services; work-related benefits counseling; and assistance with Plans-to-Achieve Self Support.

25. Vocational/Prevocational Services

Vet Center

408/993-0729

278 N. Second St.

San Jose, CA 95112

- This is an outpatient clinic for veterans, especially Vietnam veterans. They offer counseling through a group of therapists. They deal with issues around marriage and family stress, depression, mid-life crisis, and they also have an Employment Development Department Employment Specialist available four days per week.

Vocational Program

916/395-9000

Goodwill Industries of Sacramento

6648 Franklin Bl.

Sacramento, CA 95823-1095

Volunteer Center Of Contra Costa Co.

800/123-CARE

925/472-5760

FAX: 925/472-5780

1820 Bonanza, #100

Walnut Creek, CA 94596

Website: <www.helpnow.org>

Volunteer Center Of Napa Co.

707/252-6222

FAX: 707/226-5179

1820 Jefferson Street

Napa, CA 94559

Volunteer Center of Sacramento and Yolo Counties

916/567-3100

1111 Howe Avenue, Suite 600

Sacramento, CA 95825

Volunteer Center Of San Francisco and San Mateo Counties

415/982-8999

650/235-3550

FAX: 415/982-0890

1675 California Street

San Francisco, CA 94109

25. Vocational/Prevocational Services

Volunteer Center Of Sonoma Co.

707/573-3399
FAX: 707/573-3380
153 Stoney Ci., Ste. 100
Santa Rosa, CA 95401

Volunteer Exchange

408/247-1126
FAX: 408/247-5805
1922 The Alameda, #100
San Jose, CA 95126

•Links community members to volunteer opportunities in Santa Clara County.

BOOKS

Off To Work Curriculum

HDI Publishers
713/682-8700
FAX: 713/956-2288
P.O. Box 131401
Houston, TX 77219
•\$49.50

Working After Brain Injury: What Can I Do?

HDI Publishers
713/682-8700
FAX: 713/956-2288
P.O. Box 131401
Houston, TX 77219
•\$18.50

VIDEOS

Everyone Can Work Video

HDI Publishers
800/321-7037
713/682-8700
FAX: 713/956-2288
P.O. Box 131401
Houston, TX 77219
•\$79

25. Vocational/Prevocational Services

SAN JOSE DISTRICT DEPARTMENT OF REHABILITATION COUNSELOR DIRECTORY

Below you will find a list of the local DR offices, the supervisors and counselors for each office, and the ZIP codes they serve. Case assignment is usually based upon each client's residence location (determined by zip code, but each client has the right to pick his/her office) and counselor specialty area. To facilitate the referral process, identify the appropriate DR office from the ZIP code list below, then initiate contact with that office and be certain to inform the Intake Counselor that your family member/client has a TBI, so that s/he is referred to an appropriate counselor.

DISTRICT OFFICE

408/277-1355

FAX: 408/277-1402

FAX: 408/277-1270

100 Paseo de San Antonio, Rm. 324

San Jose, CA 95113-1479

ZIP codes: *Campbell:* 95008

Cupertino: 95014

Los Altos: 94022

Los Gatos: 95030, 95032

Moffett: 94035

Mtn. View: 94040, 94041 & 94043

Palo Alto: 94301, 94303, 94304, 94305 & 94306

Saratoga: 95070

Santa Clara: 95050, 95051 & 95053

San Jose: 95110, 95111, 95112, 95113, 95117, 95118, 95119, 95120, 95123, 95124, 95125, 95126, 95128, 95129, 95130, 95136, 95139, 95142, 95158 & 95193.

Sunnyvale: 94086 & 94087

GILROY BRANCH

408/848-1345

7872 Egleberry Street

Gilroy, CA 95020-4733

ZIP Codes: *Gilroy:* 95020

Morgan Hill: 95037

San Martin: 95046

25. Vocational/Prevocational Services

BERRYESSA BRANCH

408/254-5750

FAX: 408/254-5765

1333 Piedmont Road, #106

San Jose, CA 95132-2478

ZIP codes: *Alviso:* 95002

Milpitas: 95035

San Jose: 95054, 95116, 95121, 95122, 95127, 95131, 95132, 95133, 95134, 95135, 95137, 95138, & 95148

Salinas Branch

831/769-8066

FAX: 831/424-4152

1000 So. Main St., #205

Salinas, CA 93901-2353

Monterey Branch

831/649-2969

FAX: 831/647-6224

288 Pearl Street

Monterey, CA 93940

Capitola Branch

831/465-7100

TTY: 831/465-7125

1350 41st Ave., Ste. 101

Capitola, CA 95010-3906

25. Vocational/Prevocational Services

CALIFORNIA DEPARTMENT OF REHABILITATION OFFICES

On the following pages are the addresses and phone numbers of the DR District offices outside the San Jose area. They are arranged by region and then alphabetically by city.

Northern Region

Chico District

Dept. of Rehabilitation
470 Rio Lindo Ave, #4
Chico, CA 95926-1899
530/895-5507

Concord District

Dept. of Rehabilitation
1485 Enea Court, Suite 100
Concord, CA 94520
925/602-3953

Oakland District

Dept. of Rehabilitation
1515 Clay St., Ste. 119
Oakland, CA 94612-1413
510/622-2764

Sacramento District

Dept. of Rehabilitation
2225 - 19th Street
Sacramento, CA 95818-1690
916/322-8500

San Francisco District

Dept. of Rehabilitation
301 Howard Street, 7th floor
San Francisco, CA 94105
415/904-7100

Santa Rosa District

Dept. of Rehabilitation
50 "D" Street, #425
Santa Rosa, CA 95404-4764
707/576-2233

25. Vocational/Prevocational Services

Los Angeles/Orange Counties Region

Greater Los Angeles District

Dept. of Rehabilitation
3251 W. 6th St., #300
Los Angeles, CA 90020-5017
213/736-3904

Orange/San Gabriel District

Dept. of Rehabilitation
222 S. Harbor, Ste. 300
Anaheim, CA 92805
714/991-0800

Southern Coastal District

Dept. of Rehabilitation
4300 Long Beach Bl., #200
Long Beach, CA 90807-2008
562/422-8325

Van Nuys/Foothill District

Dept. of Rehabilitation
5900 Sepulveda, #240
Van Nuys, CA 91411
818/901-5024

Southern Region

Fresno District

Dept. of Rehabilitation
2550 Mariposa Mall, #2000
Fresno, CA 93721
559/445-6011

Riverside District

Dept. of Rehabilitation
3130 Chicago Ave.
Riverside, CA 92507
951/782-6650

25. Vocational/Prevocational Services

San Bernadino District

Dept. of Rehabilitation

464 W. 4th St., Ste. 152

San Bernadino, CA 92401

909/383-4401

San Diego District

Dept. of Rehabilitation

7575 Metropolitan Drive, Suite 107

San Diego, CA 92108

619/767-2100



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