

**THE BRAIN INJURY**  
**RESOURCE & INFORMATION GUIDE**

***AUSTIN, TEXAS***

**Compliments of the Mary Lee Foundation  
Rehabilitation Center**

**[www.maryleefoundation.org](http://www.maryleefoundation.org)**

# **A BRAIN INJURY CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME**

## ***Introduction***

This booklet is designed to provide assistance and information to brain injury survivors and their families in hopes of making their journey less stressful. The booklet is also designed to assist friends, advocates, caregivers, and professionals whose knowledge and guidance is critical throughout one's process of recovery.

## ***Purpose***

The booklet is written in general terms and is not intended to provide all of the answers nor serve as an endorsement for any particular agency or organization. The purpose of this booklet is to serve as a guide in helping locate available resources and services located within the Austin area. Just as each individual is different, the effect of a brain injury is different for each individual. Therefore, some programs and services listed in this booklet may not apply to each person.

## ***Dedication***

This booklet is dedicated to our entire Austin community and to those people and programs dedicated to providing services within the field of brain injury. Just as it takes a village to raise a child, it also takes a community to provide the support and services needed by an individual following a brain injury.

## ***In Gratitude***

The Mary Lee Foundation Rehabilitation Center would like to express our sincere appreciation to the Alamo Head Injury Association located in San Antonio, Texas for allowing us to use their Resource Information Guide as a model in helping develop this booklet.

### [Advocacy](#)

#### **ADAPT OF TEXAS**

**512-442-0252** [www.adapt.org](http://www.adapt.org)

A grassroots disability rights group advocating for persons with disabilities. It promotes community based attendant care, accessibility, and affordable housing.

#### **AUSTIN ADA COORDINATOR**

**512-974-3256** [www.austintexas.gov/department/ada](http://www.austintexas.gov/department/ada)

This office can help with many disability related issues. They address disability discrimination complaints, as well as provide referral and technical assistance information.

#### **AUSTIN MAYOR'S COMMITTEE FOR PEOPLE WITH DISABILITIES:**

**512-974-3256** [www.austintexas.gov/amcpd](http://www.austintexas.gov/amcpd)

A volunteer advisory committee to the Austin City Council and City Manager, regarding any issues or concerns affecting persons with disabilities. It was established to enable persons with disabilities to participate in the full social and economic life of the city, achieve independence, become gainfully employed, and access all public and private facilities.

#### **DISABILITYRIGHTS TEXAS**

**512-454-4816** [www.disabilityrightstx.org](http://www.disabilityrightstx.org)

Formerly named Advocacy, Inc., this agency provides services that include specific case investigation, mediation, negotiation, and legal counsel and representation. This agency also offers training for people with disabilities on their individual rights, how to self advocate, and accessing services from state agencies.

#### **TEXAS CIVIL RIGHTS PROJECT**

**512-474-5073** [www.texascivilrightsproject.org](http://www.texascivilrightsproject.org)

Attorneys who specialize in discrimination law and other ADA related issues.

**Texas Rio Grande Legal Aid: 512-374-2700** [www.trgla.org](http://www.trgla.org)

These services provide assistance regarding disability benefits, housing, individual rights, and family law.

### [Brain Injury Resources \(Specialized\)](#)

#### **BRAINHQ**

[www.brainhq.com](http://www.brainhq.com)

BrainHQ is an online brain-training system that represents the culmination of 30 years of research in neurological science and related medicine. It was designed by an [international team of neuroscientists](#), led by [Michael Merzenich](#).

#### **BRAIN INJURY ASSOCIATION OF AMERICA**

**1-800-444-6443** [www.biausa.org](http://www.biausa.org)

Provides nationwide resource information, holds national conferences and educational seminars, and advocates for congressional public policy change.

#### **BRAIN INJURY FACILITIES / POST ACUTE CARE / CENTRAL TEXAS:**

##### **Mary Lee Foundation Rehabilitation Center:**

**512/443-1360** [www.maryleefoundation.org](http://www.maryleefoundation.org)

1328 Lamar Square Drive, Austin, TX 78704

**Mentis Neuro Health:**

**512-894-0901** [www.mentisneuro.com](http://www.mentisneuro.com)  
400 Old Hwy 290, Dripping Springs, TX 78620

**ResCare Premier:**

**512-396-1200** [www.rescarepremier.com](http://www.rescarepremier.com)  
**220 W. Hutchison, San Marcos, Texas 78666**

**BRAIN INJURY SUPPORT GROUP**

**512-216-0770 (Calysta Bartley) OR 832-725-1350 (ELIZABETH MORRIS)**

Coordinated by the **Brain Injury Association Austin**. Held the 1<sup>st</sup> Tuesday of each month from 7 - 8:30 pm at the Mary Lee Foundation Community Center located at 1327 Lamar Square Drive. Survivors, family members, friends, and professionals are welcome. The meeting splits into groups for survivors and groups for family/friends/professionals. Come early from 6 pm - 7 pm and enjoy the monthly **Music Jam Session**. Light refreshments provided.

**BRAIN INJURY: FAMILY INFORMATION AND TRAINING**

**512-443-5777 (CHIP HOWE)**

Meetings are held the 2<sup>nd</sup> Tuesday of each month from 7:00 pm – 8:30 pm at the Mary Lee Foundation Community Center located at 1327 Lamar Square Drive. Survivors, family members, friends and professionals are welcome. Sessions are conducted by a guest speaker specializing in the topic of discussion or a contemporary film relating to the field of brain injury is shown. Light refreshments provided.

**HOPE AFTER BRAIN INJURY**

**817-983-1807 (Deana Adams, Ph.D.)** [www.hopeafterbraininjury.org](http://www.hopeafterbraininjury.org)

A faith based organization that offers online and personal support for brain injury survivors and their families.

**HOW TO HELP SOMEONE WHO HAS A BRAIN INJURY**

[www.mayoclinic.org](http://www.mayoclinic.org) (refer to Disease and Conditions)

This eight page free document contains excellent advice and helpful information (English and Spanish versions available). To obtain a copy, write to: Mayo Clinic, 200 First Street SW, Rochester, MN 55905

**MORE THAN SURVIVORS**

**512-444-1141 (Phyllis King)** [phyllis.king@yahoo.com](mailto:phyllis.king@yahoo.com)

MTS is a monthly Christian support letter for the brain injury community. The monthly publication allows others to share notes, letters, articles, artwork, and poetry with the brain injury community. One can also request a Pen Pal.

**OFFICE OF ACQUIRED BRAIN INJURY (HHSC)**

<https://hhs.texas.gov/services/disability/office-acquired-brain-injury>

The Office of Acquired Brain Injury (OABI) **512-706-7191** is Texas' premier resource for providing education, awareness, prevention, and service referral and coordination in regards to brain injury. The office has a wide array of materials available to help to understand brain injury, raise awareness, and to find the resources you need.

**SMALL VICTORIES FOUNDATION**

**512-799-5609 (Derrick Wright)** [www.smallvictoriesfoundation.org](http://www.smallvictoriesfoundation.org)

Connecting the survivor with their creative voice. Located at 7421 Burnet Road in Austin.

**TEXAS BRAIN INJURY ALLIANCE**

**512-910-7108** [www.texasbia.org](http://www.texasbia.org)

Formerly the Brain Injury Association of Texas, this organization provides statewide resource information, holds conferences, and advocates for public policy for the benefit of survivors of brain injury, their families, and caregivers.

### **TEXAS PILOT DISTRICT**

[www.texas-pilot.portalbuzz.com](http://www.texas-pilot.portalbuzz.com)

Pilot International adopted brain-related disorders as its service focus. BrainMinders and traumatic brain injury camps are the signature projects for their organization with the support of 43 Chapters in Texas. Pilot supports three weekend camps and one day camp for adult traumatic brain injury survivors. Texas Pilot has created the TBI Camp Foundation to help support these camps.

### **YOGA: LOVE YOUR BRAIN**

512-380-9800 [www.loveyourbrain.com/yoga/practice](http://www.loveyourbrain.com/yoga/practice)

A free 6-week yoga and meditation program for brain injury survivors and their caregivers. Classes begin in January, April, July & October and are limited to 13 students. Located at Yoga Yoga, 2167 W Anderson Lane Austin, TX 78757.

### *Children's Services*

#### **CHILDREN WITH SPECIAL HEALTH CARE NEEDS (CSHCN)**

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

CSHCN provides services to children with extraordinary medical needs, disabilities, and/or chronic health conditions. Services include payments for medical care, family support services and related services not covered by Medicaid, CHIP, private insurance or other "third party payers."

#### **CHIP/CHILDREN'S MEDICAID**

CALL 211 [www.chipmedicaid.org](http://www.chipmedicaid.org)

Texas families with uninsured children may be eligible for health insurance through Children's Medicaid and CHIP (Children's Health Insurance Program). Both programs provide a wide range of benefits including regular check-ups and dental care to keep kids healthy.

#### **EARLY CHILDHOOD INTERVENTION (ECI)**

1-800-628-5115 [www.hhs.state.tx.us/ecis](http://www.hhs.state.tx.us/ecis)

ECI serves children up to three years of age who have a disability. ECI supports families to help their children reach their potential through developmental services. Services are provided in home and community settings. Referrals can be based on family concerns or professional judgment.

### *General Disability Resources*

#### **AGE - AUSTIN GROUP FOR THE ELDERLY**

512-451-4611 [www.ageofcentraltx.org](http://www.ageofcentraltx.org) Address: 3710 Cedar Street, Box 2, Austin TX 78705

A nonprofit agency that empowers caregivers and their families through education and support. Their program offers an Adult Day Care, a Computer Learning Center, an equipment lending program and caregiver Resource Center.

#### **AUSTIN RESOURCE CENTER FOR INDEPENDENT LIVING (ARCIL)**

512-832-6349 [www.arcil.com](http://www.arcil.com)

Provides assistance to adults and children with disabilities to achieve independent living goals. Provides information and referrals for housing, education, attendant services, and assistance in completing Social Security forms and appeal process if denied.

**ARCIL IN HOUSE PROGRAMS INCLUDE:****1. CENTRAL TEXAS BENEFITS PLANNING SERVICES (CTBPS)**

Provides benefits planning, assistance and outreach services for people receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI). The goal of this program is to enhance the beneficiary and their family members' awareness and understanding of Federal, State and local work incentives, and improve their ability to make informed choices regarding work.

**2. HOME BY CHOICE (HBC) PROJECT**

Provides assistance to people living in nursing facilities who want to live in their own homes or with their families. Provides grants for moving expenses, deposits, household items, transport from a nursing home and other related expenses and community care services.

**3. INDEPENDENT LIVING SKILLS TRAINING**

Offers classes in assertiveness and leadership, self advocacy, communication and relationship, money management, and general computer usage.

**AUSTIN SOMATICS**

**512-348-6014** [www.AustinSomatics.com](http://www.AustinSomatics.com) E-mail: [Anagha@AustinSomatcs.com](mailto:Anagha@AustinSomatcs.com)

Somatic movement therapy retrains the nervous system to improve coordinated movement, balance and pain reduction.

**AUSTIN TROUBLE SHOOTER**

**512-786-3561** [www.austrintroubleshooter.com](http://www.austrintroubleshooter.com)

Program provides an array of competent and affordable case management services. Call Jim Parr for information.

**CAMPING**

[www.hhsc.state.tx.us/hhsc\\_projects/abj/camps.shtml](http://www.hhsc.state.tx.us/hhsc_projects/abj/camps.shtml)

A list of Texas camps that specialize in providing a unique camping experience for people with disabilities.

**CAREGIVING: A FAMILY GUIDE**

Obtain this 237 page paperback book by writing to: Gray Panthers of Austin, 3719 Cedar Street, Box 15, Austin TX 78705-1449 (a small donation to defray publication is not mandated, but graciously accepted)

**CENTER FOR MUSIC THERAPY**

**512-472-5016** [www.centerformusicttherapy.com](http://www.centerformusicttherapy.com)

Center is dedicated to making music therapy and other sensory-based interventions more accessible to consumers by providing traditional and non-traditional therapies, treatment services, programs, and classes.

**COMMUNITY ACTION NETWORK (CAN)**

[www.caction.org](http://www.caction.org)

Website provides computer links to information about pertinent disability related issues.

**DIRECTORY FOR COMMUNITY RESOURCES IN TEXAS**

[www.disabilityresources.tamu.edu](http://www.disabilityresources.tamu.edu)

**FAMILY ELDERCARE**

**512-450-0844** [www.familyeldercare.org](http://www.familyeldercare.org)

Program provides essential services for elders, adults with disabilities, and those who care for them. Fees vary on a case by case basis.

**FAMILY ELDERCARE PROGRAMS INCLUDE THE FOLLOWING:****BILL PAYER SERVICES**

Provides bill paying and representative payee service to seniors and adults with disabilities. Volunteers are trained and supervised to provide these services.

**1. ELDER SHELTER**

Provided for older adults and people with disabilities in need of temporary transitional housing to leave an abusive or unsafe living situation and/or prevent homelessness. No alcohol, illegal drugs, or pets allowed.

**2. GUARDIANSHIP SERVICES**

Provides volunteer advocates to serve as guardian agents for incapacitated adults. Volunteer attorneys provide most legal services. Volunteers provide personal advocacy and become surrogate decision makers for that person and include personal visits at least twice a month.

**3. IN-HOME CARE SERVICES**

Provides personal attendant service, in-home care, companionship, meal preparation, transportation to appointments (individual must be able to walk or bear their own weight on transfer), housekeeping, laundry, and medication reminders. Overnight and 24 hour care is available. Does not include live-in staff.

**IMAGINE ART:**

512-448-1840 [www.imagineart.net](http://www.imagineart.net)

A nonprofit Christian faith based agency that offers specialized supports to empower artists with disabilities to create art.

**INDEPENDENT LIVING CENTERS**

[www.hhs.texas.gov/services/disability/independent-living-services](http://www.hhs.texas.gov/services/disability/independent-living-services)

**INTENDU**

[www.intendu.com](http://www.intendu.com) E-mail: [contact@intendu.com](mailto:contact@intendu.com)

Adaptive video games for training functional cognitive skills.

**LASH AND ASSOCIATES PUBLISHING/TRAINING**

919-556-0300 [www.lapublishing.com](http://www.lapublishing.com)

Lash publishes practical and affordable materials on traumatic brain injury to children, youths, adults, and veterans. Information is presented in a jargon-free, user-friendly format. Some material is free of charge.

**MCBETH RECREATIONAL CENTER AND STROKE APHASIA CLUB**

512-974-9011 [www.austintexas.gov/department/danny-g-mcbeth-recreation-center](http://www.austintexas.gov/department/danny-g-mcbeth-recreation-center)

Classes and recreation are provided for people with disabilities throughout the year. Stroke Aphasia meetings are held every Thursday from 10:30 am – 12 noon at the McBeth Recreation Center in Zilker Park.

**MORGAN'S WONDERLAND**

210-495-5888 [www.morganswonderland.com](http://www.morganswonderland.com)

This 25 acre Family Fun Park located in San Antonio is designed specifically for children and adults with special needs, their families, caregivers, and friends. This affordable, unique oasis has special accommodations and is worth the visit.

**NAMI TEXAS**

1-800-273-8259 [www.namitexas.org](http://www.namitexas.org)

NAMI (National Alliance on Mental Illness) Texas has a variety of [education and support programs](#) directed to individuals living with mental illness, family members, friends, professionals and other stake holders.

**SAFEPLACE-DISABILITY SERVICES**

512-267-7233 [www.austin-safeplace.org](http://www.austin-safeplace.org)

**SAFEPLACE-DISABILITY SERVICES OFFERS THE FOLLOWING SERVICES:****1. ASAP (A SAFETY AWARENESS PROGRAM)**

Provides education to people with disabilities to increase awareness about sexual abuse/assault, domestic violence and abuse by personal care providers, personal safety planning, healthy relationships, and sexuality. Presentations and training are also available to professionals and families.

**2. COUNSELING SERVICES**

These are available for individuals with disabilities who have experienced sexual or domestic violence or abuse by a partner, spouse, family member, or personal care provider. Counseling is designed to promote healing, reduce the risk of future abuse, and information and resources for exploring safety options.

**SENIOR LIVING CHOICES**

1-800-643-1183

Call for a free copy of area resources and services with program description and location. Listings include:

Assisted Living Programs

Home Health Care

Adult Day care

Independent Living Retirement

Assisted Living

Skilled Nursing

**TEXAS ASSISTED LIVING ASSOCIATION**

512-479-0425 [www.texasala.org](http://www.texasala.org)

Provides information on choosing an appropriate assisted living facility based on individual needs. Provides free referral information ( by phone or online) to assisted living facilities in Texas.

**TEXAS ROWING CENTER**

512-467-7799 [www.texasrowingcenter.com](http://www.texasrowingcenter.com)

Located on Ladybird Lake next to Austin High School the facility provides affordable year round rentals for rowing, paddle boarding, kayaking and canoeing.

**VSA (VERY SPECIAL ARTS) TEXAS**

512-454-9912 [www.vsatx.org](http://www.vsatx.org)

A nonprofit organization that strives to create a society where people with disabilities learn through, participate in, and enjoy the arts. Must visit their website to appreciate their diversity of services.

**[Government Resources](#)****AUSTIN SERVICES**

[www.austintexas.gov/departments](http://www.austintexas.gov/departments)

Website provides a list of pertinent and helpful information regarding each City Department in Austin.

**ATTORNEY GENERAL/TEXAS CRIME VICTIMS**

512-936-1200 [www.oag.state.tx.us/victims](http://www.oag.state.tx.us/victims)

Program provides information, resources, and financial assistance to crime victims and the organizations that assist them. It reimburses out-of-pocket expenses to victims of violent crime and their families and helps eligible victims pay for medical and counseling bills incurred because of crime.

**DEPARTMENT OF AGING AND DISABILITY SERVICES (DADS)**

512-908-9435 [www.dads.state.tx.us](http://www.dads.state.tx.us)



**DADS** provide long-term care services and supports for people with disabilities (except mental health disabilities) as well as other health and social services.

**DADS OFFERS THESE FOLLOWING PROGRAMS:**

**COMMUNITY BASED ALTERNATIVE (CBA)**

For adults (ages 21 and older) who have a medical necessity for in-home nursing care and must be determined financially eligible or receive Medicaid in place of a nursing home; services include case management, adaptive aids, medical supplies, adult foster care, assisted living, emergency response system, home delivered meals, minor home modifications, nursing services, occupational and physical therapy, respite care, and unlimited prescription drugs paid via the Vendor Drug program. Family members, except spouses, who are willing to provide assistive care may be compensated, if they meet certain criteria.

**COMMUNITY LIVING ASSISTANCE AND SUPPORT SERVICES (CLASS)**

For adults and children with a developmental disability, other than mental retardation, that originated before age 22 and affects the ability to function in daily life. Individual must receive Medicaid or be determined financially eligible.

**FAMILY CARE/PRIMARY HOME CARE**

Provides services that help people perform daily activities that they cannot do themselves due to physical or mental impairment. DADS contracts with other agencies to provide such services as assisting with personal care, performing household tasks, preparing meals, shopping and providing transportation for such things as medical or dental appointments.

**IN-HOME AND FAMILY SUPPORT PROGRAM (IHFS)**

Provides financial grants for people 4 years of age and older who have physical disabilities. Services include attendant care, counseling, training, room and board costs, transportation services, adaptive aids, medical supplies, respite care, home management and diagnostic services.

**DEPARTMENT OF STATE HEALTH SERVICES (DSHS)**

512-458-7111 [www.dshs.state.tx.us](http://www.dshs.state.tx.us)

**DSHS AUDIOVISUAL LIBRARY**

512-458-7111, Ext. 2787 [www.dshs.state.tx.us/avlib](http://www.dshs.state.tx.us/avlib)

“If you are involved with health education, safety on the job, safety and health training, or emergency services, our media can be valuable to you. The collection includes print and audiovisual materials on topics such as child development, disabilities, intervention strategies, rehabilitation, assistive technology, brain injury and much more.”

**HEALTH AND HUMAN SERVICES COMMISSION (HHSC)**

*Your Texas Benefits:* [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

Provides easy and secure online access to Texas Health and Human Services Commission benefits including Medicaid, Food Stamps, Temporary Assistance for Needy Families (TANF), Children's Health Insurance, Nursing Home care and other services for people who are elderly and/or have disabilities.

**HHSC - COMPREHENSIVE REHABILITATION SERVICES (CRS)**

(877) 787-8999 [Comprehensive Rehabilitation Services](http://www.comprehensive-rehabilitation-services.com)

The CRS program helps persons with spinal cord and traumatic brain injury receive intensive therapies to develop and enhance individual independence.

**HHSC – 211 TEXAS**

[www.211TEXAS.ORG](http://www.211TEXAS.ORG)

THIS PROGRAM HELPS TEXAS CITIZENS CONNECT WITH THE SERVICES THEY NEED. **DIAL 2-1-1** ANYWHERE IN TEXAS TO LOCATE THE SERVICES YOU NEED WITHIN YOUR COMMUNITY.

**HHSC – OFFICE OF THE OMBUDSMAN**

[www.hhs.texas.gov/about-hhs/your-rights/office-ombudsman](http://www.hhs.texas.gov/about-hhs/your-rights/office-ombudsman)

Provides assistance to Texans who need resolution regarding Texas state government health and human services programs. Conducts independent reviews of complaints concerning agency policies or practices and performs informal dispute resolution review for certain long-term care facilities.

**HHSC SPECIFIC RESOURCES:****1. HHSC - TANF, MEDICAID, OR FOOD STAMP ELIGIBILITY CONCERNS:**

**1-888-834-7406**

**2. HHSC - ALL OTHER HHSC PROGRAM CONCERNS:**

**1-877-787-8999**

**SOCIAL SECURITY ADMINISTRATION:**

**1-800-772-1213** [www.ssa.gov](http://www.ssa.gov) (application online)

**SS CAN HELP WITH THE FOLLOWING:****1. SSI/MEDICAID**

Supplemental Security Income (SSI) provides monthly payments to people who are disabled and have limited income or resources. Parents need not be eligible themselves in order for a disabled child to receive SSI. When you get SSI, you may also get Medicaid, which helps pay doctor and hospital bills ( case by case basis ).

**2. SSDI/MEDICARE**

Social Security Disability Insurance (SSDI) provides monthly payments for workers and eligible members of their families if an illness or injury is expected to keep the worker from working for a year or longer. You should apply for benefits once disabled because it can take a long time to process an application for disability benefits (up to 5 months). Enrollment in the Medicare program is automatic 24 months after SSDI benefits begin.

**TEXAS WORKFORCE SOLUTIONS (TWS):**

[www.twc.state.tx.us](http://www.twc.state.tx.us)

TWS (thru the Texas Workforce Commission) has programs that help people with disabilities secure employment.

**THE FOLLOWING NUMBERS CAN HELP YOU GET IN CONTACT WITH THE TWS:****STATE OFFICE**

**1-800-628-5115**

**EAST AUSTIN 512/383-7000**

**NORTH AUSTIN 512/483-0900**

**SOUTH AUSTIN 512/383-7040**

**AUSTIN REGIONAL OFFICE**

**512/451-9579**

**ROUND ROCK 512/310- 3070**

**SAN MARCOS 512/396-7930**

**BASTROP 512/303-9270**

**TWS' VOCATIONAL REHABILITATION (VR)**

This program helps people with disabilities prepare for, locate, and secure and maintain jobs. Work related services are individualized and may include counseling, training, medical treatment, assistive devices, job placement assistance, and other services.

### Health Care Services

#### **AUSTIN TRAVIS COUNTY MEDICAL ASSISTANCE PROGRAM (MAP)**

North 512-978-8130 Central 512-978-8000

[www.medicalaccessprogram.net](http://www.medicalaccessprogram.net)

This program pays for limited medical and dental care for eligible Travis County residents with low income. Some services require a co-pay and all services must be obtained through MAP network providers. Eligible persons will be assigned either full or limited benefits. Medical care is provided at any of the Community Health Centers and Brackenridge Hospital. Dental services are provided at any of three Austin Dental Clinics.

#### **PEOPLES COMMUNITY CLINIC**

512-478-4939 OR 512-478-8924 [WWW.AUSTINPCC.ORG](http://WWW.AUSTINPCC.ORG)

A non-profit health care facility that provides high quality medical services, counseling, and health education at reasonable costs. The Community Clinic is dedicated to responding to community needs, particularly those individuals and families of limited income.

### Housing

#### **ARCHITECTURAL BARRIER REMOVAL PROGRAM**

512-974-3863 [www.austintexas.gov/department/architectural-barrier-removal](http://www.austintexas.gov/department/architectural-barrier-removal)

People with disabilities on low income (owners or renters) can qualify for up to \$5,000/year for accessible modifications to your home or apartment. City staff will help assess your housing needs and secure professional services to perform all work needed. Services include a complete installation of a wheelchair accessible shower, ramps which meet ADA standards, grab bars, mobile shower devices, etc.

#### **ACCESSIBLE SPACE, INC**

651- 645-7271 [www.accessiblespace.org](http://www.accessiblespace.org)

Program that provides accessible, affordable, assisted/supportive and independent living opportunities for persons with physical disabilities ( including brain injuries ) as well as seniors. It operates six apartment complexes in Texas.

#### **AUSTIN ENERGY FREE HOME ENERGY IMPROVEMENTS:**

512-482-5346 [www.austinenergy.com](http://www.austinenergy.com)

Offers free home energy improvements to customers with a disability for reducing energy use/costs and enhancing home living comfort. Services include insulation in attics, sealing and repairing or replacing ductwork; caulking and weather stripping around doors; installation of solar screens and double-pane windows. These services are available to homeowners and renters.

#### **AUSTIN TENANT'S COUNCIL**

512-474-7007 [www.housing-rights.org](http://www.housing-rights.org)

Advocates for the rights of tenants with disabilities and provides an updated booklet of all the subsidized and assisted housing available in and around Austin.

#### **BEST SINGLE SOURCE**

<http://bestsinglesourceplus.org/>

Provides help with securing housing and numerous other resources.

**CITY OF AUSTIN NEIGHBORHOOD HOUSING AND COMMUNITY DEVELOPMENT (NHCD) AND THE AUSTIN HOUSING FINANCE CORPORATION (AHFC):****512-974-3100**

This City Department has a variety of programs related to building and housing repair.

**CRAIG'S LIST**[www.austin.craigslist.org/hhh](http://www.austin.craigslist.org/hhh)

Find apartment rentals in Austin. Website is updated daily.

**COMMUNITY FIRST VILLAGE****512-234-3630** <https://mlf.org/community-first/>

Community First Village is a 27-acre master planned community that provides affordable, permanent housing and a supportive community for the disabled, chronically homeless in Central Texas. Amenities a garden, place for worship, medical facility, walking trails, outdoor movie theater, community market and bed & breakfast for overnight visits.

**FORT BRANCH AT TRUMAN'S LANDING****512-926-8002**

Provides affordable and ADA accessible apartment units located in North Austin.

**FOUNDATION COMMUNITIES****512-447-2026** [www.foundcom.org](http://www.foundcom.org)

Program provides services and affordable housing for low-income families and individuals in the Austin area. In house counselors/case managers are also available.

**HOUSING AND URBAN DEVELOPMENT**<http://www.hud.gov/apps/section8/index.cfm>

One of the most comprehensive resource for affordable and special needs housing in Texas.

**HOUSING AUTHORITY OF THE CITY OF AUSTIN (HACA)****512-477-4488** [www.hacanet.org](http://www.hacanet.org)

Oversees several housing programs in the Austin area for people with disabilities and/or low-income. Public housing, rent subsidy vouchers, and affordable housing/apartment listings are among the resources provided. Each program is separate from the others, so ask specific questions.

**LIVE OAK LIVING COMMUNITY****512-357-4023** [www.LiveOakLiving.com](http://www.LiveOakLiving.com)

This program is founded by David Seaton and provides an array of therapeutic residential settings including a rural residential program, group home and long term living options promoting client-centered involvement.

**MARBRIDGE****512-735-2704** [www.marbridge.org](http://www.marbridge.org)

Located in Marbridge, Texas the programs provides a wide continuum of services including short and long term care, a rehab center, a skilled nursing facility and community integration programs.

**MARY HOUSE CATHOLIC WORKER OF AUSTIN**<http://www.catholicworkeraustin.org/>

Provides help with securing housing and numerous other resources.

**RIDGE OAK LIVING COMMUNITY****512-357-4023** [www.RidgeOakCommunity.com](http://www.RidgeOakCommunity.com)

This program is founded by David Seaton and provides an array of therapeutic residential settings including a rural residential program, group home and long term living options promoting client-centered involvement.

**THERAPEUTIC COMMUNITIES****512-357-4023** [www.TC-TX.com](http://www.TC-TX.com)

Community living programs located in Austin, San Marcos, and Martindale. All services are client based and community integrated. Contact David Seaton.

[Prescription Drug Assistance](#)**COMMUNITY ASSISTANCE PROGRAM****1-877-459-8474** [www.CapRxProgram.org](http://www.CapRxProgram.org)

Print out an online a medical discount card for an average savings of 55% on generic drugs and 15% on brand names.

**PARTNERSHIP FOR PRESCRIPTION DRUGS - TEXAS****1-888-477-2669** [www.pparxtx.org](http://www.pparxtx.org)

Provides access to public and private patient assistance programs offered by pharmaceutical companies, state agencies, and foundations. The program is a collaboration of the Texas Pharmacy Association, Texas Medical Association, Texas Dental Association, and several other nonprofit organizations in Texas.

**PHARMAQUOTES**[www.PharmaQuotes.com](http://www.PharmaQuotes.com)

Print out online discounts for over 4,000 medications and supplies.

[Technology Access](#)**DOUBLE CLICK COMPUTER PROGRAM****512-615-6860** [www.eastersealscentraltexas.org/our-programs/adult-services/community-housing-services/double-click-computer.html](http://www.eastersealscentraltexas.org/our-programs/adult-services/community-housing-services/double-click-computer.html)

This program provides Texans with disabilities and/or low income access to a refurbished desktop computer for \$120 with Windows 7 Home Edition, monitor, keyboard, speakers, and mouse. Minimum specs: 1.6 – 2.6 GHz Processor, Dell tower case, DVD-RW Drive, 2GB – 4GB RAM and a minimum 80GB Hard Drive. Laptops are also provided when available. There are two low cost payment plans available (\$10/month or \$20/month).

**FLAGHOUSE****1-800-793-7900** [www.flaghouse.com](http://www.flaghouse.com)

Company provides a wide range of therapeutic equipment and recreational resources to enhance one's quality of life. Please refer to their online catalogue listed on their website for more details.

**TEXAS TECHNOLOGY ACCESS PROGRAM****512-232-0751 (Roger Levy)** [www.techaccess.edb.utexas.edu](http://www.techaccess.edb.utexas.edu)

Located at the UT Center for Disability Studies one will find an array of innovative programs and technical resources to improve access, advocacy, and awareness of Assistive Technology to meet the needs of Texans with disabilities.

[Transportation](#)

**CAPITOL METRO**

512-474-1200 [www.capmetro.org](http://www.capmetro.org) (Please visit website for updated information)

**TXDOT MEDICAL TRANSPORTATION PROGRAM**

1-877-633-8747

When eligible Medicaid recipients have no other means of transportation to access a Medicaid-covered service, MTP will arrange a cost-effective mode of transportation to a reasonably close healthcare provider. MTP provides non-emergency transportation services to authorized medical and dental care. Service delivery is safe, prompt, cost-effective and takes into account the customer's health needs.

**Vision****IRLEN CLINIC**

1-800-554-7536 [www.irlen.com](http://www.irlen.com)

Do you prefer dim lighting over normal or bright lighting when reading a document or article? Does working in an environment with fluorescent lighting make it more difficult to function? Do you have noticeable difficulty with depth perception? If so, please refer to the clinic's website above.

**QUALITY VISION EYEWEAR**

512-462-0001 [www.qualityvisioneyewear.com](http://www.qualityvisioneyewear.com)

Provides low cost eye exams and eye glasses for people receiving Medicaid and post-surgery Medicare.

**Addendum ~ TBI Related Links****UNDERSTANDING BRAIN INJURY: A GUIDE FOR THE FAMILY:**

[www.biak.us/sites/default/files/pdf/Understanding-Brain-Injury-for-Families-1.pdf](http://www.biak.us/sites/default/files/pdf/Understanding-Brain-Injury-for-Families-1.pdf)

**HELPING YOUR LOVED ONE AFTER A BRAIN INJURY:**

[www.biak.us/sites/default/files/pdf/How-to-Help-Someone-Who-Has-a-Brain-Injury.pdf](http://www.biak.us/sites/default/files/pdf/How-to-Help-Someone-Who-Has-a-Brain-Injury.pdf)

**MORE INFORMATION ABOUT BRAIN INJURY AND HOW CAN YOU HELP:**

[www.biglobalpicnic.org](http://www.biglobalpicnic.org)

**BRAIN INJURY INFORMATION GUIDE:**

[www.braininjury101.org/files/understanding-brain-injury.pdf](http://www.braininjury101.org/files/understanding-brain-injury.pdf)

**RECEIVE A FREE PERSONALIZED BRAIN INJURY IDENTIFICATION CARD:**

<https://brainlaw.com/brain-injuries/card/>

**A VALUABLE RESOURCE FOR SURVIVORS, FAMILY MEMBERS AND PROFESSIONALS:**

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

**FAMILY CAREGIVER ALLIANCE**

[www.caregiver.org](http://www.caregiver.org)

**PROCESS OF RECOVERY AS RELATED BY A BRAIN INJURY SURVIVOR**

[www.cavinbounce.com](http://www.cavinbounce.com)

**CENTER FOR DISEASE CONTROL & PREVENTION**

[www.cdc.gov/injury](http://www.cdc.gov/injury)

**FACTS ABOUT CONCUSSION AND BRAIN INJURY**

[www.cdc.gov/ncipc/tbi](http://www.cdc.gov/ncipc/tbi)

**GOVERNOR'S COMMITTEE ON PEOPLE WITH DISABILITIES**

[www.gov.texas.gov/organization/disabilities](http://www.gov.texas.gov/organization/disabilities)

**BRAIN INJURY RESOURCES**

[www.headinjury.com](http://www.headinjury.com)

**BRAIN INJURY LIBRARY**

[www.headinjury.com/library](http://www.headinjury.com/library)

**INJURY PREVENTION WEBSITE**

[www.injuryprevention.org](http://www.injuryprevention.org)

**PROVIDES AN ARRAY OF RESOURCES GEARED TO ENHANCING BRAIN PERFORMANCE**

[www.lumosity.com](http://www.lumosity.com)

**UNDERSTANDING BRAIN INJURY: A GUIDE FOR FAMILIES**

[www.mayoclinic.org](http://www.mayoclinic.org)

**INFORMATION ABOUT BRAIN INJURY**

[www.msctc.org/lib/docs/Booklet/TBI\\_Booklet.pdf](http://www.msctc.org/lib/docs/Booklet/TBI_Booklet.pdf)

**TBI DATA**

[www.norc.org/Research/Projects/Pages/traumatic-brain-injury-technical-assistance-center.aspx](http://www.norc.org/Research/Projects/Pages/traumatic-brain-injury-technical-assistance-center.aspx)

**FEDERAL GOVERNMENT'S ONE-STOP DISABILITY WEB SITE**

[www.ssa.gov/disability](http://www.ssa.gov/disability)

**SCR, INC (SOCIETY FOR THE COGNITIVE REHAB)**

[www.societyforcognitiverehab.org/membership-and-certification/documents/EditedRecsBestPrac.pdf](http://www.societyforcognitiverehab.org/membership-and-certification/documents/EditedRecsBestPrac.pdf)

**TRAUMATIC BRAIN INJURY NATIONAL DATA CENTER**

[www.tbinc.org](http://www.tbinc.org)

**FIVE SHORT VIDEOS BY THE OFFICE OF ACQUIRED BRAIN INJURY**

[www.tinyurl.com/NavigatingTheBrainMaze](http://www.tinyurl.com/NavigatingTheBrainMaze)

*Websites Worth Mentioning*

**HOW TO LIVE TO BE 100+ YEARS OLD**

<http://www.bluezones.com/speaking/>

**CONCEPTS SHOWN IN VIDEO CAN EASILY BE TRANSFERRED TO OTHER DISABILITIES**

[www.horseboyworld.com](http://www.horseboyworld.com)

**TEMPLE GRANDIN TALKS ABOUT “THE AUTISTIC BRAIN”**

<http://www.youtube.com/watch?v=MWePrOuSeSY>

**HAPPINESS LEADS TO HEALTHINESS**

[https://www.youtube.com/watch?v=sM\\_xtk8aqh0](https://www.youtube.com/watch?v=sM_xtk8aqh0)

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