

The list for ALABAMA RESOURCES re: Down syndrome will always be a work in progress. If you would like to submit new resources or corrections to resources listed call DSA at 205-988-0810 or email downsyndromealabama@gmail.com.

Contact the specific organization in the listing with questions or requests for more information. Down Syndrome Alabama bears no responsibility for the accuracy, legality of any organization's contact information or content. Listings are for informational purposes; and should not be viewed as a presumed endorsement by Down Syndrome Alabama.

NATIONAL ADVOCACY (most have materials in Spanish)

The Global Down Syndrome Foundation (GDSF) is dedicated to significantly improving the lives of people with Down syndrome through research, medical care, education and advocacy.

3300 East First Ave. Suite 390 Denver, CO 80206
303-321-6277
globaldownsyndrome.org

The International Down Syndrome Coalition (IDSC)

is a valuable partner in the quest to ensure that women have access to free, accurate information about Down syndrome so they can provide truly informed consent when considering pregnancy-related screenings and diagnostic tests.

901-413-2047
idsc.information@gmail.com
theidsc.org

The International Mosaic Down Syndrome Association (IMDSA) provides support, information and research to any family, individual or professional whose life has been affected by mosaic Down syndrome.

PO Box 354 Trenton, OH 45067
888-637-5465
imdsa.org

The National Down Syndrome Adoption Network (NDSAN)

is a nonprofit program that offers support and information to parents whose child has received a diagnosis of Down syndrome and may be considering an adoption plan. They offer a listening ear and information and keep a registry of families from all over the United States who are interested in adopting a child with Down syndrome within the US. NDSAN is a nonprofit program and charges no fees for their services.

c/o DSAGC 644 Linn Street, Suite 1128 Cincinnati, OH 45203
Birth Parent Line: 513-213-9615
Adoptive Parent Line: 513-709-1751
ndsan.org

The National Down Syndrome Congress is a membership-sustained not-for-profit organization dedicated to an improved world for individuals with Down syndrome. Founded in 1973, we are the leading national resource of support and information for anyone touched by or seeking to learn about Down syndrome, from the moment of a pre-natal diagnosis through adulthood.

30 Mansell Court, Suite 108 Roswell, GA 30076
Toll Free: 800.232.NDSC (6372) Local: 770.604.9500
info@ndsccenter.org
ndsccenter.org

The National Down Syndrome Society (NDSS) is a national advocate for the value, acceptance and inclusion of people with Down syndrome. NDSS envisions a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations, and become valued members of welcoming communities.

666 Broadway New York, NY 10012
800-221-4602
info@ndss.org
ndss.org

ALABAMA ADVOCACY SUPPORT GROUPS

Bringing Up Down Syndrome (B.U.D.S.)

144 Riverwalk Trail, New Market, AL 35761 (Huntsville)
budsonline.org

Down Syndrome Alabama (DSA)

1919 Oxmoor Rd. #416, Birmingham, AL 35209
205-988-0810
downsyndromealabama.org
downsyndromealabama@gmail.com

Down Syndrome Society of Mobile

10 Westminster Way, Mobile, AL 36608
251-342-3122
dssmc.com

Families Reaching, Influencing, Educating and Networking for Down Syndrome (FRIENDS)

112 Carimar Place, Headland, AL 36345 (Dothan)
334-693-9199
downsyndromefriends.org

Montgomery Area Down Syndrome Outreach Group

P.O. Box 681474, Prattville, AL 36068 (Montgomery)
334-356-9048
montgomeryareadownsyndrome.com

Kulture City

732 Montgomery Highway, PMB 392, Vestavia Hills, AL 35216
support@kulturecity.org
kulturecity.org

Parent Connection Network of Alabama

800-441-7607 or 334-293-7500
rehab.alabama.gov/crs

A statewide network of families who have children with special health care needs or disabilities and who are willing to share their experiences with other families

MEDICAL & THERAPY – individual healthcare professionals can be located in the Caretaker to Caretaker Healthcare Referral Program at downsyndromealabama.org (choices include: physician, specialist, behaviorist, mental health professional, counselor and therapist)

Children's Hospital of Alabama

Developmental Medicine Clinic

1600 7th Ave. S., Birmingham, AL 35294-0017
205-939-9141
childrensal.org/developmental-medicine-clinic

Child's Play Therapy

3057 Lorna Rd. Birmingham AL. 35216
205-978-9939

Kerri Bailey

kerri@childsplaytherapycenter.com

Provides pediatric speech, occupational and physical therapy in a child-friendly, non-clinical environment - Also providing music therapy, tutoring, ADD/ADHD treatment programs and Orton-Gillingham reading therapy

Clinical Genetics – UAB

Dr. Edward Lose – Dr. Maria Descartes
720 20th Street S. Birmingham, AL 35233
(205) 934-4968
uab.edu/medicine/genetics

CHIPS Center (Children's Hospital Intervention and Prevention Services)

1600 5th Ave. S. Birmingham AL. 35233
205-638-2751

childrensal.org/CHIPS

CHIPS Center provides free services to children and families affected by child abuse. Services include non-emergent medical examinations, counseling and prevention education.

MEDICAL – THERAPY (cont'd)

Mended Little Hearts – Support Group Children's of Alabama

Bailee Lambert, MSW, LGSW, CV Social Worker
Children's of Alabama
(205) 638-2910
Bailee.Lambert@childrensal.org

Puzzle Piece – Creative Solutions for Special Children

205-969-8080
Renee Plata, M.S., SpEd and Lynn Graves, M.S., CCC-SLP
puzzpiece@aol.com
puzzlepiecealabama.com

Sleep Disorders Center – Children's of Alabama

1940 Elmer J. Bissell Road, Birmingham, AL 35243
205-638-4800
childrensal.org/sleepdisorders

Therapy Program/ Administrative Services - Adult

2717 3rd Avenue South, Birmingham, AL 35233
(205) 942-6277,

Therapy Services - Pediatric

2685 Pelham Parkway Suite C, Pelham, Alabama
(205) 621-6503

Medical Assistance Grant Program

MAGP is a program of Easter Seals of the Birmingham area assists individuals in paying for medical requirements of children and adults who have disabilities and who are unable to provide for their own needs. To access the Medical Assistance Program Application (PDF) visit: dev.eastersealsbham.org/wp-content/uploads/2012/08/Medical-Assistance-Program-Application.pdf

CHICAGO - Adult Down Syndrome Clinic - Chicago - Brian Chicoine, M.D. - Advocate Lutheran General Hospital

1999 Dempster Street, Park Ridge, IL. 60068
847.318.2303
advocatehealth.com/luth/services/other/adsc

SERVICE PROVIDERS – Early Intervention

Alabama's Early Intervention System

1110 Dr. Edwards Hillard Dr. Tuscaloosa, AL. 35401
205 -792-3336
1-800-671-6837
Tania Baldwin
rehab.alabama.gov/ei

Tania.baldwin@rehab.alabama.gov

The Bell Center

1700 29th Court South, Homewood, Alabama 35209
205-870-0081
thebellcenter.org

Children's of Alabama Early Intervention Services

Children's Park Place, 3rd Floor
1600 5th Avenue South, Birmingham, AL 35233
205-638-6820
childrensal.org/EarlyIntervention

The Rise School – Tuscaloosa

600 Johnny Stallings Dr, Tuscaloosa, AL 35404
205-348-7931
Andrea Gillen
riseschool.ua.edu

The Rise School – Huntsville

5050 Technology Dr. NW, Huntsville, AL 35805
256-489-751
uah.edu/rise-school

SERVICE PROVIDERS

Alabama Disabilities Advocacy Program (ADAP)

624 Paul W Bryant Drive, Tuscaloosa, AL 35487

205-348-4928

adap.net

Protection and Advocacy program serving eligible individuals with disabilities in Alabama.

Alabama Parent Education Center (APEC)

10520 US Hwy. 231. P.O. Box 118. Wetumpka AL. 36092

334-567-2252

Jena Winter

lbarnes@alabamaparentcenter.com

alabamaparentcenter.com

APEC provides services and supports to assist families particularly those underserved including minority, low-income, and those with children with disabilities

ARC of Alabama

300 South Hull Street, Montgomery, AL 36104

334-262-7688

info@TheArcofAlabama.com

TheArcofAlabama.com

Check with your local county ARC – each branch offers different services - these can range from Early Intervention, Transition, Vocational, Residential, Day Programs as well as Seminars and Workshops

CAWACO Horticultural Therapy Program -- PLANT Project

1731 1st Avenue North, Ste 200 Birmingham, Alabama

205-264-8463

cawaco.org

PLANT Project is an intergenerational horticultural therapy program for children with special needs. The program uses environmental educational, nature and planting activities to help children with special needs attain academic and vocational goals.

Children's Rehabilitation Service

1616 6th Avenue South, P.O Box 19848, Birmingham, AL 35201-2328

205-290-4413

1-800-285-9318

monica.grammer@rehab.alabama.gov

rehab.alabama.gov

Enable children with special health care needs to achieve maximum potential

Disability Rights and Resources

2600 Morgan Rd. S.E Bessemer, AL. 35022 (D.R.R.) P.O. Box 2048, Alabaster, AL. 35007

205-901-0185 (D.R.R) 205-685-0570

Gwen Brown

Gwen.brown@dradvocates.org

dradvocates.org (D.R.R)

Disability Rights and Resources' mission is to empower people with disabilities to fully participate in the community

Easter Seals of Birmingham

240 Commerce Pkwy, Pelham, AL. 35124

205-314-2165

eastersealsbham.org

Easter Seals is a nationwide network of programs serving more than 1 million people with disabilities. Their site includes lists of services by city and state, disability laws, employment resources, public awareness programs, and much more

Family Voices of Alabama – family centered view of healthcare for children with Special Needs

1050 Government St. Mobile, AL. 36604

251-635-9178

Susan Colburn

info@familyvoicesal.org

familyvoicesal.org

Family Voices of Alabama is the state affiliate of Family Voices, a national grassroots network of families, friends & professional partners who care about children with special healthcare needs

Hispanic Interest Coalition of Alabama

117 Southcrest Drive - Birmingham AL 35209

205-942-5505

hispanicinterest.org

Facilitates social, civic, and economic integration through services which educate and empower them to be leaders of their families and communities.

SERVICE PROVIDERS (cont'd)

LifeCord

4139 Carmichael Rd. Montgomery, AL. 36106
334-260-0803

pggraham@lifesouth.org lifesouthcord.org

A community-based public cord blood bank that collects and stores umbilical cord blood for the purpose of clinical cures & basic research of stem cell transplantation.

Assistive Technology - Alabama Statewide Technology Access and Response Project (STAR) System for Alabamians with Disabilities

2125 East South Boulevard P.O. Box 20752, Montgomery, AL 36120-0752
334-613-3480; (800) STAR656 (In-State)
tbridges@rehab.state.al.us rehab.state.al.us/star

Technology Assistance for Special Consumers (T.A.S.C.)

P.O. Box 443, Huntsville, AL 35804
(256) 532-5996
tasc@hiwaay.net tasc.ataccess.org

SOCIAL SECURITY & MEDICAID WAIVER

Social Security Apply - *on or after 18th birthday (only applications for extenuating circumstances will be accepted before age 18)*

Birmingham Social Security Office Address:

1st Floor - 1200 Rev. Abraham Woods Jr. Blvd. Birmingham, AL 35285

Social Security Phone (Nat'l) : 1-800-772-1213 TTY : 1-800-325-0778

Social Security Office Hours : MON - TU & THURS - FRI: 09:00 AM - 04:00 PM; WED: 09:00 AM - 12:00 PM; SAT & SUN: CLOSED

socialsecurity.gov/disabilityssi/apply.html

1. The main difference between Social Security Disability (SSD, or SSDI) and Supplemental Security Income (SSI) is the fact that SSD is available to workers who have accumulated a sufficient number of work credits, while SSI disability benefits are available to low-income individuals who have either never worked or who haven't earned enough work credits to qualify for SSD.
 2. While many people don't distinguish between SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance), they are two completely different governmental programs. While both programs are overseen and managed by the Social Security Administration, and medical eligibility is determined in the same manner for both programs, there are distinct differences between the two.
 3. **What Is SSI?**
Supplemental Security Income is a program that is strictly need-based, according to income and assets, and is funded by general fund taxes. SSI is called a "means-tested program," meaning it has nothing to do with work history, but strictly with financial need. To meet the SSI income requirements, you must have less than \$2,000 in assets (or \$3,000 for a couple) and a very limited income.
Disabled people who are eligible under the income requirements for SSI are also able to receive Medicaid in the state they reside in. Most people who qualify for SSI will also qualify for food stamps, and the amount an eligible person will receive is dependent on where they live and the amount of regular, monthly income they have. SSI benefits will begin on the first of the month when you first submit your application.
 4. **What Is SSDI?**
Social Security Disability Insurance is funded through payroll taxes. SSDI recipients are considered "insured" because they have worked for a certain number of years and have made contributions to the Social Security trust fund in the form of FICA Social Security taxes. SSDI candidates must be younger than 65 and have earned a certain number of "work credits." After receiving SSDI for two years, a disabled person will become eligible for Medicare. Under SSDI, a disabled person's spouse and children dependents are eligible to receive partial dependent benefits, called auxiliary benefits. However, only adults over the age of 18 can receive the SSDI disability benefit.
- You can apply for **Social Security or SSI** payments for your child by calling Social Security toll-free at 1-800-772-1213 or by visiting your local Social Security office. If you are applying for SSI payments for your child, you should have his or her Social Security number and birth certificate with you when you apply. If you are applying for SSDI benefits for your child, please have your own Social Security number with you in addition to the child's Social Security number and birth certificate.
 - **SSA Publication No. 64-030, (2015 Red Book)**, January 2015, ICN 436900 (Español). The Red Book serves as a general reference source about the employment-related provisions of Social Security Disability Insurance and the Supplemental Security Income Programs for educators, advocates, rehabilitation professionals, and counselors who serve people with disabilities. <http://ssa.gov/redbook/>
 - **My Social Security Account** is a personalized online account that Social Security beneficiaries and Supplemental Security Income (SSI) recipients can use to access their benefit verification letter, payment history, and earnings record instantly using their online account. People age 18 and older can sign up for an account at socialsecurity.gov/myaccount.

Medicaid Waiver Call Center

Call Center 1-800-361-4491

Region V — serving east central Alabama 11 West Oxmoor Road, Suite 210 Birmingham, Alabama 35209
205-916-0400

mh.alabama.gov/Downloads/ID/CallCenterBrochure.pdf

TEEN & ADULT

Alabama Association for Persons in Supported Employment (AL-APSE)

AL-APSE serves as an advocate for Alabama's citizens with developmental disabilities and their families; to empower them with the knowledge and opportunity to make informed choices and exercise control over their own lives; and to create a climate for positive social change to enable them to be respected, independent and productive integrated members of society.
al-apse.org

Alabama Department of Rehabilitation Services - rehab.state.al.us

Birmingham Independent Living Center - birminghamilc.com

CHARA

351 Canyon Park Dr. Pelham AL. 35124

205-222-6532

Wendy Betsch

wendy@charajoy.com

charajoy.com

Chara exists to provide social opportunities and leisure activities to enrich the lives of the individual we serve in the Shelby County and surrounding area.

Crossing Points at University of Alabama - transitionworks.pbworks.com

Exceptional Foundation

1616 Oxmoor Rd, Birmingham, AL 35209

(205) 870-0776

Tricia Kirk

tkirk@exceptionalfoundation.org

exceptionalfoundation.org/

The Exceptional Foundation provides year-round services to individuals with special needs who have reached the age of 21 and no longer receive services from school systems.

Full Life Ahead Foundation

2908 Clairmont Ave. Birmingham AL. 35205

205-439-6534

Tammy Moore

tammymoore@fulllifeahead.org

fulllifeahead.org

The Full Life Ahead Foundation exists to provide HOPE, knowledge, encouragement and connections for families who have a teen or young adult with a disAbility.

The Horizons School – Post High School Program at UAB

2018 15th Ave. S. Birmingham AL 35205

205-322-6606

Administrator Special Needs Program

horizonsschool.org

People First

1929 Canyon Road Vestavia Hills, AL 35216

(205) 422-5006

Susan Ellis

pf.brittany.400@gmail.com

peoplefirstofalabama.com

SAIL Program - rehab.state.al.us

Times Out, Inc.

1115 Winward Lane, Vestavia AL. 35216

205-243-3951

Ernie Dease, LBSW Executive Director

erdease@aol.com

timesout.org

Times Out in a not-for-profit social service organization that provides support services for adults who have intellectual disabilities, mental illness, or pervasive developmental disabilities.

TEEN & ADULT (cont'd)

Triumph Services

2216 10th Court South Birmingham, Alabama 35205
205-581-1000
triumphservices.org

UCP – United Cerebral Palsy of Greater Birmingham

101 Oslo Circle, Birmingham, AL. 35211
205-944-3901
205-251-0165
Gary Edwards
upcbham.com
To provide educational, vocational and therapeutic services to children and adults who have cerebral palsy

Unless U

2017 Columbiana Road, Birmingham AL. 35216
205-215-5209
Lindy Williamson
director@unlessu.org
unlessu.org
Unless U is committed to serving adults with developmental disabilities and their families through continuing education life skills and social skills.

Vocational Rehabilitation Service

236 Goodwin Crest Drive Birmingham, Alabama 35209
1-800-671-6837
rehab.alabama.gov

LOCAL FOUNDATIONS

Ashley DeRamus Foundation

205-572-5066
Connie DeRamus
ashleyderamusfoundation.org
Dedicated to the education, advancement and quality lifestyles of children and adults with Down syndrome by increasing awareness & enlightening others about the positive contributions we make

Miracle Mullens Foundation

921 Hagwood Rd, Birmingham, AL, 35235
Greg Mullens
miraclemullendownsfoundation.org

LEGAL - FINANCIAL - LIFE PLANNING

Alabama Family Trust

205-313-3915
mbradford@alabamafamilytrust.com
alabamafamilytrust.com
A nonprofit special needs trust that holds and administers money for the disabled so they are able to become eligible and maintain government benefits for which they would otherwise be financially ineligible.

Andy White – Southeastern Financial Group

P. (205) 313-6706 M. (205) 329-1934 F. (205) 930-9430
2151 Highland Avenue, Suite 100 Birmingham, AL 35205
andy.white@esoutheastern.com

Charles “Chuck” Andrews - Northwestern Mutual

421 Emery Dr, Hoover, AL 35244
205-444-5012
chuck.andrews@nmfn.com
chuck-andrews.com/

Directory by City for Special Needs Trust lawyers

lawyers.com/Special-Needs-Trusts/Alabama/browse-law-firms-by-city.html

LEGAL – FINANCIAL – LIFE PLANNING (cont'd)

Deborah A. Mattison – Lawyer

Expertise – Disability Rights & Education Law

The Kress Building - Wiggins, Childs, Quinn & Pantazis, LLC.

301 - 19th Street North, Birmingham, Alabama 35203

Phone (205) 314-0500

Free consult – 1-800-476-9428

dam@wcqp.com

wcqp.com/Bio/DeborahMattison.html

Jim Galini – Lawyer – The Gallini Group

One Perimeter Park South, Suite 100N Birmingham, AL 35243

205-970-6090

info@thegallinigroup.com

Katherine N. Barr – Lawyer

Expertise - Special Needs Trust/AL Family Trust/Guardianship/Wills Sirote PC

2311 Highland Avenue South, P.O. Box 55727, Birmingham, Alabama 35205

Phone: 205-930-5147

kbarr@sirote.com

sirote.com

Merrill Lynch Financial Planning

569 Brookwood Village, Suite 501, Birmingham, AL

Lauren Pearson – Financial Advisor

(205) 326-9608 | Fax (205) 409-4172

lauren_pearson@ml.com

Kim Lepley – Financial Advisor

(205) 326-9662 direct (800) 937-0309 toll free

kim.lepley@ml.com

Shane Sears - Sears & Sears Law Offices

Specializing in advocating for children with special needs in the public school system

5809 Feldspar Way, Suite 200, Birmingham, AL, 35244 205-989-1709

After-Hours 205-886-0991

ssears@me.com

searsandsearslaw.com

Scott Shunnarah – Met Life – Managing Sales Director - Special Needs Planning

3800 Colonnade Parkway Suite 600, Birmingham, AL 35243

205-440-4608

ashunnarah@metlife.com

Find Your Legislator visit legislature.state.al.us/misc/zipsearch.html and find the search box to the left, enter your ZIP Code and click the search button. If you live in a split district (with more than one legislator), you will need to use your nine-digit ZIP Code (ZIP+4). If you don't know it, you will have the opportunity to enter your address to determine your legislators after clicking the search button.

The **Special Needs Alliance** (SNA) is a national, not for profit organization of attorneys dedicated to the practice of disability and public benefits law. Individuals with disabilities, their families and their advisors rely on the SNA to connect them with nearby attorneys who focus their practices in the disability law arena. specialneedsalliance.org/home

Wrightslaw Parents, educators, advocates, and attorneys come to Wrightslaw for accurate, reliable information about special education law, education law, and advocacy for children with disabilities. wrightslaw.com

ARTS & ACTIVITIES

Ace Cheer Company - Bows and Arrows Coach

3820 Ridgeway Drive, Birmingham AL. 35209
205-769-3369 or 205-994-4070
Katelyn Crews & Caitlin King
tlncrews@gmail.com, caitlin.presson@gmail.com
acetribe.com

All Stars Baseball - Held at Wald Park in Vestavia

205-257-7612 205-979-2104
Hugh B. Dye
hbdye@southernco.com

AMBUCS – Am Trykes

1929 Canyon Road Vestavia Hills, AL 35216
205-823-7800
birminghamambucs.org

Greater Birmingham AMBUCS is a non-profit organization that reaches out to children and adults with disabilities; to create mobility and independence through AmTruke therapeutic tricycles

Briarwood Ballet

2200 Briarwood Way, Birmingham, Al. 35243
205-776-5284
Peggy Townes
briarwood.org/ballet

CAST for Kids

25 Derrick Drive, Albertville, AL 35951
Jeff Barnes, **Eastern Regional Director**
256-310-4323

The C.A.S.T. "Catch A Special Thrill" for Kids Event was designed to create an adaptive environment where children, ages 5-18, and adults could both benefit, sharing a day of fun on the water that they may not otherwise have the opportunity to experience.

Children's Dance Foundation

1715 27th Court South, Homewood, AL. 35209-1827
205-870-0073
Blakely Cottle
childrensdancefoundation.org

Drums and Disabilities

1501 9th St. Leeds Alabama 35094
205-706-9759
Jim Lucas
jmlucas12@gmail.com themusicroomleeds.com

Drum Therapy helps those with physical and developmental disabilities. These techniques are a valuable tool in expanding physical, mental, emotional, social and cognitive development.

Boy Scouting - 1bsa.org

Girl Scouting - girlscoutsna.org

Hoover Parks and Recreation -Therapeutic Recreation programs for children, teens & adults

600 Municipal Drive, Birmingham, AL 35216
(205) 444-7755
Ryan Sanders
hooveral.org

Jewish Community Center

3960 Montclair Road, Birmingham, AL 35213
205-879-0411
Administrator Special Needs Program

Provide facilities, progress and activities for the cultural, moral, social and physical betterment of all its members.

ARTS & ACTIVITIES (cont'd)

Kindermusik - Kindermusik.com

Miracle League - Gardendale Park & Rec

P.O. Box 889. Gardendale AL. 35071 ATTN: Miracle League
631-6580

Miracle League - Moody AL - pdeason@moodymiracleleague.com

Miracle League - Troy AL - info@troymiracleleague.com

Miracle League - Tuscaloosa AL

P.O. Box 70776, Tuscaloosa, AL. 35407
1-205-633-1112 1-205-310-4376

North Star Martial Arts

1929 Canyon Road, Vestavia Hills, AL 35216

205-966-4244

Joe Schibanetz

masterjoe@northstarkarate.com northstarkarate.com

North Star Martial Arts is a "karate" program engaging different people; Children, special needs, adults and families. Our mission is to impact the community with respect & discipline.

Oak Mountain Youth Baseball/Softball Challenger League

5452 Cahaba Valley Road. Birmingham AL 35242

205-995-1776

omybs.com

Challenger League at OMYBS provides boys and girls with disabilities the opportunity to experience the emotional development and the fun of playing Youth League Baseball. The purpose of the league is to provide an athletic experience for children who are physically or mentally challenged, in a wholesome, supervised environment, and expose those children to the benefits offered by team sports.

The Red Barn

2700 Bailey Rd SW, Leeds, AL 35094

(205) 699-8204

<http://theredbarn.org/>

Special Equestrians

900 Woodward Drive, Pelham AL. 35124

205-987-9462

Kathleen Claybrook

specialequest.org

A Horseback riding program at Indian Springs School. Recreation and therapy for children or adults who are physically, mentally, or emotionally challenged

Special Olympics Alabama

880 South Court Street Montgomery, Alabama 36104

334 -242- 3383

Deb Sullivan, Gwen Cox

specialolympics.org

Swim Well - Check with your local YMCA

VSA Arts of Alabama

101 Oslo Cir, Birmingham, AL 35211

205-307-6300

vsartsalabama.org

Our mission is to provide opportunities in the arts for people with chronic illnesses and disabilities across the state.

Vestavia Hills United Methodist Church – Dance

2061 Kentucky Avenue, Vestavia Hills, AL 35216

205-822-9631

Kelly Avery

RESPITE

Alabama Respite – Directory of Respite locations

256-859-4900 256-237-3683

info@alabamarespite.org

alabamarespite.org

Alabama Lifespan Respite Resource Network™ (Alabama Respite™) is a statewide program whose mission is “to increase access to and availability of high quality respite resources for all caregivers in Alabama.” Respite is temporary relief for family caregivers who are caring for individuals of any age who have disabilities, chronic or terminal illnesses. alabamarespite.org

Aaron's Staff

2698 Hwy. 58, Helena AL. 35080

205-261-9914

Rhoda Trimble

rho413@att.net

aaronstaffrespite.org

Aaron's Staff provides respite care the first and third Saturdays of every month between 5 p.m. & 9 p.m.

HEARTS Voucher Respite Programs offer voucher respite for Caregivers of Children who have disabilities birth to age 19. **Contact the UCP affiliate in your area.** alabamarespite.org/index.php/heart-voucher-respite-program.html

Hiring & Training Respite Providers Manual: alabamarespite.org/index.php/guides-manuals-presentations-2.html

Argo - Crosspoint Baptist Church Argo 205- 682-2177 2nd Saturdays September –May 10am to 2pm

Athens - Friendship United Methodist Church 256 232 7207 6-9 p.m Friday nights

Athens - Lindsay Lane Baptist Church 256 232 7207 4th Fridays 6-9 p.m.

Athens - Clements Baptist Church 256 232 7207 2nd Fridays 6-9 p.m.

Athens - East Highland Baptist Church 256 232 7207

Athen - Isom's Chapel Methodist 256 232 7207 1st Fridays 6-9 p.m.

Birmingham – UCP Hearts Voucher Respite 205-943-5208

Birmingham - Highlands Haven Program Church of the Highlands 205-980-5577

Birmingham - Lakeshore Youth Friday Night Fun Lakeshore Foundation 205.313.7400

Birmingham - Oak Mountain Presbyterian Church 205-995-9265 2nd Fridays 6-10 p.m.

Birmingham - Special Connections Program Briarwood Presbyterian Church 205-776-5291

Birmingham - St. Mark United Methodist 205 620 9497 1st Fridays 6-10 p.m.

Birmingham - UAB's Civitan Americorps Program (205) 934-2965

Decatur - Wesley Memorial United Methodist Church 256-355-1842 Elder Care Thursday 9 a.m. – 1 p.m.

Decatur - St. Paul's Lutheran Church 3rd Fridays 6-10 p.m.

Decatur - First Baptist Church Decatur 256-353-0423 1st Fridays 6-10 p.m.

Decatur - Calvary Assembly of God 256 509 1161 Sunday 5:30 – 7:30 p.m.

Hazel Green - First Baptist Church 256 828 0965 6-10 p.m. 4th Fridays

Huntsville - Faith Presbyterian Church 256-536-1355 3rd Fridays 6-10 p.m.

Huntsville - Weatherly Heights Baptist Church 256-881-6882 1st Fridays 6-10 p.m.

Huntsville - First United Methodist Church 256-534-9786

Huntsville - Good Sheppard Catholic Church 256 882 1844

Madison - Asbury United Methodist Church 256-837-0365 4th Fridays 6-10 p.m.

McClellan - Anniston First Baptist Church 2nd Friday Night 6:00-10:00 256- 847-0230

Rainbow City - Christ Central Methodist Church 256 442 6625 4th Fridays 6-10 p.m.

Trussville Life Church of Birmingham 205-853 3755 4th Fridays 6-10 p.m.

Tuscaloosa - Covenant Presbyterian Church 205-758-1193

OTHER

WEBSITE

specialknowledge.org

A new website has been created for parents and caregivers of special needs children and adults in the Birmingham area, and it is bound to be a great source of information for those with connections to our friends with disabilities. The site address is specialknowledge.org. Special Knowledge has been designed as a resource center for parents/caregivers to find just about any service provider, event, or program that is available for children and adults with disabilities in our area.

The site was created by a group of individuals that wanted to help special needs parents. Please take a minute and check out the website. You can log on as a parent and give your comments on providers

The Grandma Home House Retreat

386 Old Campbell Road, Waugh, AL. 36064

334-215-7338

thegrandmahomehouseretreat.com

The Grandma Home House Retreat, located in Pike Road, Alabama, is a luxurious 15-acre event venue where country chic meets tropical paradise