

# **Spinal Cord Injury Information Series**

## **GENERAL INFORMATION Community Resources**

A Service of  
Santa Clara Valley Medical Center



SANTA CLARA  
**VALLEY**  
MEDICAL CENTER

# Community Resources— What You Should Know

## **The Americans with Disabilities Act (ADA)**

The Americans with Disabilities Act (ADA) was signed into law in July 1990. The ADA furthers the goal of full participation of people with disabilities by giving civil rights protection to individuals with disabilities that are like those provided to individuals on the basis of sex, national origin, and religion. The ADA guarantees equal opportunities to individuals with disabilities in employment, public accommodations, transportation, state and local government services, and telecommunications.

For more information about the  
Americans with Disability Act, contact:

### **Disability Rights Education and Defense Fund**

2212 Sixth Street

Berkeley, CA 94710

(510) 348-4232

(800) 669-3362

#### **Disclaimer:**

We do not endorse any of the services nor make any guarantees regarding the information/services included in this directory. Information on resources may not be correct or complete. Please call to verify all services and costs.

# **Selected Local Community Resources**

This is a partial list of some of the resources in this community that may be useful to you or your family and friends. Please understand that these are just some of the resources and no endorsement of these facilities is implied. For further discussion of any of these resources, please contact the Recreation Department, Social Services Department, or the Spinal Cord Injury Project.

## **Motels and Hotels**

Several of the closest motels/hotels to Santa Clara Valley Medical Center are listed below. Discounted rates are sometimes available, if you mention that you are a patient/family member from SCVMC.

### **Campbell Inn**

675 E. Campbell Ave.  
Campbell, CA 95008  
(408) 374-4300

### **Pruneyard Inn**

1995 S. Bascom Ave.  
Campbell, CA 95008  
(408) 559-4300

### **Valley Park Hotel**

2404 Stevens Creek Blvd.  
San Jose, CA 95128  
(408) 293-5000

### **Motel 6**

1240 Campbell Ave.  
Campbell, CA 95008  
(408) 371-8870

### **Arena Hotel**

817 The Alameda  
Santa Clara, CA 95050  
(408) 244-1040

### **Super 8**

1860 The Alameda  
San Jose, CA 95126  
(408) 293-9361

### **The Wellesley Inn**

5405 Stevens Creek Blvd.  
Santa Clara, CA 95051  
(408) 257-8600

# **Independent Living Centers in Northern California**

There are many independent living centers being developed throughout the United States. To find a center near you, in California, call the State Independent Living Council at (916) 445-0142. Outside California, call the National Council of Independent Living Centers at (703) 525-3406.

## **Silicon Valley Independent Living Center**

2306 Zanker Road

San Jose, CA 95131

(408) 894-9041

TDD: (408) 985-9243

Hours: Monday through Friday 9:00 a.m. – 5:00 p.m.

Service: Information and referral, resource counseling, attendant and housing locator services, consumer education and advocacy for disabled adults, support services including individual, group, family, sexuality, and "peer" counseling; social and recreational coordination at the Center and in the community; independent living training and coordination.

The Silicon Valley Independent Living Center (SVILC) also has a residential Supplemental Living Center (SLC) for persons with spinal cord injury. The SLC is a four to six month independent living skills training program designed to return disabled individuals to independent living.

Any disabled adult resident of Santa Clara County in need of service, advocacy, emotional support, or leisure time opportunities is eligible for SVILC services.

To locate an independent living center near you, call the **Independent Living Research Utilization Project (ILRU)** at (713) 520-0232 or online at <[www.ilru.org](http://www.ilru.org)>

**Center for Independence of the Disabled, Inc.**

875 O'Neill Avenue  
Belmont, CA 94002  
(650) 595-0783

**Center for Independent Living**

2539 Telegraph Avenue  
Berkeley, CA 94704  
(510) 841-4776

**Center for Independence of the Disabled, Inc.**

875 O'Neill Avenue  
Belmont, CA 94002  
(650) 595-0783

**Center for Independent Living**

2539 Telegraph Avenue  
Berkeley, CA 94704  
(510) 841-4776

**Central Coast Center for Independent Living**

1395 41st Ave., Suite B  
Capitola, CA 95010  
(831) 462-8720

**Independent Living Services of Northern California**

1161 East Avenue  
Chico, CA 95926  
(530) 893-8527

**Independent Living Resource of Contra Costa County**

3200 Clayton Rd.  
Concord, CA 94519  
(925) 363-7293  
(800) 633-4644

**Humboldt Access Project**

955 Myrtle Avenue  
Eureka, CA 95501  
(707) 445-8404

**Center for Independent Living – Fresno**

3475 W. Shaw, #101  
Fresno, CA 93711  
(559) 276-6777  
(800) 244-2274

**Foundation for Resources for Equality and Employment of the Disabled (FREED)**

154 Hughes Rd., Suite 1  
Grass Valley, CA 95945  
(800) 655-7732

**Community Resources for Independent Living**

439 A Street  
Hayward, CA 94541  
(510) 881-5743

**Modesto Independent Living Center**

221 McHenry Avenue  
Modesto, CA 95354  
(209) 521-7260

**Resources for Independent Living, Inc.**

1211 H Street, Suite B  
Sacramento, CA 95814  
(916) 446-3074

**Central Coast Center for Independent Living**

234 Capitol Street, Suite A  
Salinas, CA 93901  
(831) 757-2968

**Independent Living Resource Center of San Francisco**

649 Mission Street, 3rd Floor  
San Francisco, CA 94105  
(415) 543-6222

**Marin Center for Independent Living**

710 Fourth Street  
San Rafael, CA 94901  
(415) 459-6245

**Community Resources for Independence**

980 Hopper Avenue  
Santa Rosa, CA 95403  
(707) 528-2745

**Disability Resource Agency for Independent Living**

67 Lionberg, Suite A  
Sonora, CA 95370  
(209) 532-0963

**Disability Resource Agency for Independent Living**

4505 Precissi Lane, Suite 2  
Stockton, CA 95207  
(209) 477-8143

## **Wheelchair Accessible Dental Offices**

Your County Dental Society may be of assistance in helping you find a wheelchair accessible dental office.

The local Dental Society is:

### **Santa Clara County Dental Society**

219 Meridian Avenue

San Jose, CA 95126

(408) 289-1480

For names of dentists who accept Medi-Cal in a particular county in California, call (800) 322-6384.

Do not assume that just because someone tells you an office is accessible that you will have no problems when you arrive.

Some questions you should consider and ask when telephoning for an appointment include:

*Are there curbs or steps involved in getting into the building or office?*

*Is parking a problem?*

*Will I need an escort to assist me in the office or dental chair?*

*Are the bathrooms accessible?*

# Community College Programs

There are several local community colleges that provide both academic and non-academic programs for the disabled student. These programs include resources and referrals, counseling, personal assistance on campus (note takers, help with wheelchair propulsion), transportation, adaptive physical education, and recreation. These programs are offered to all adult residents of California.

**Cabrillo College**  
**Disabled Student Services**  
6500 Soquel Drive  
Aptos, CA 95003  
(831) 479-6379

**Foothill College**  
**Disabled Student Program**  
12345 El Monte Road  
Los Altos, CA 94022  
(650) 949-7017

**Evergreen College**  
**Disabled Student Program**  
3095 Yerba Buena Road  
San Jose, CA 95121  
(408) 274-7900

**Mission College**  
**Disabled Student Program**  
3000 Mission College Blvd.  
Santa Clara, CA 95054  
(408) 748-2730

**Gavilan College**  
**Disabled Student Program**  
5055 Santa Teresa Blvd.  
Gilroy, CA 95020  
(408) 848-4871

**West Valley College**  
**Services for Disabled Students**  
14000 Fruitvale Avenue  
Saratoga, CA 95070  
(408) 741-2010

**San Jose City College**  
**Disabled Student Program**  
2100 Moorpark Ave., Room 310  
San Jose, CA 95128  
(408) 288-3788

*For more information on  
Community College Programs in  
other areas of California contact:*

**De Anza College**  
**Disabled Student Services**  
21250 Stevens Creek Blvd.  
Cupertino, CA 95014  
(408) 864-8923

**Chancellor's Office**  
**California Community Colleges**  
Academic Affairs  
1901 Royal Oaks Drive  
Sacramento, CA 95815  
(916) 446-5881

## **Organizations and Foundations Serving the Disabled**

There are many such organizations which may be of assistance or interest to you. Listed below are a few which can provide information about other resources.

### **Christopher Reeve Paralysis Foundation**

500 Morris Avenue

Springfield, NJ 07081

(973) 379-2690

(800) 225-0292

<[www.christopherreeve.org](http://www.christopherreeve.org)>

Dedicated to the encouragement and support of research directed toward finding a cure for spinal cord injury, head injury, and stroke, with an emphasis on spinal cord injury.

### **National Spinal Cord Injury Hotline**

(800) 962-9629

Toll-free information and referral service available to individuals who have sustained a spinal cord injury and their families.

### **Disability Resources, Inc.**

Four Glatter Lane

Centerreach, NY 11720

(631) 585-0290

### **Paralysis Society of America**

515 King St., Suite 420

Alexandria, VA 22314

(888) 772-1711

Membership organization for individuals who have sustained an SCI. Provides information and advocacy.

## **National Organization on Disability**

910 Sixteenth Street, N.W.

Suite 600

Washington, DC 20006

(202) 293-5960

Promotes the full participation of persons with disabilities in the mainstream of American life by encouraging the formation of partnerships with local communities, national organizations, and the business world.

## **National Rehabilitation Information Center (NARIC)**

(800) 346-2742

## **National Spinal Cord Injury Association (NSCIA)**

6701 Democracy Boulevard, Suite 300

Bethesda, MD 20817

(800) 962-9629

(301) 588-6959

Formerly the National Paraplegia Foundation. Seeks to improve services for persons with spinal cord injury and promote research in the field of spinal cord injury. Local chapters throughout the U.S. can be of assistance in providing information about local community resources.

## **Paralyzed Veterans of America (PVA)**

801 18th Street, N.W.

Washington, DC 20006

(202) 872-1300

Works for improved programs of medicine and rehabilitation not only for veterans, but for all persons with spinal cord injury.

## **Spinal Cord Society**

19051 County Highway 1

Fergus Falls, MN 56537

(218) 739-5252

## **Spinal Network**

(800) 338-5412

## **California Spinal Cord Injury Network**

3911 Princeton Drive

Santa Rosa, CA 95405

(707) 577-8796

(800) 548-2673

## **National Spinal Cord Injury Association Chapters in California:**

### **Los Angeles**

8912 Olympic Blvd.

Beverly Hills, CA 90211

### **Tri-Valley Chapter**

P.O. Box 1373

San Ramon, CA 94583

### **San Diego Rehabilitation Institute**

6645 Alvarado Dr.

San Diego, CA 92120

(619) 229-7001

### **The Rehabilitation Research Center for TBI & SCI**

#### **Santa Clara Valley Medical Center (SCVMC)**

950 South Bascom Avenue, Suite 2011

San Jose, CA 95128

(408) 295-9896

FAX (408) 295-9913

The Rehabilitation Research Center at SCVMC produces the resource manual *Spinal Cord Injury – For Your Information*. This manual covers hundreds of California resources for individuals with spinal cord injuries. The guide is available from the grant office or is available free online at <[www.tbi-sci.org/scifyi](http://www.tbi-sci.org/scifyi)>

# Your Resources

# For More Information

**The Rehabilitation Research Center  
Santa Clara Valley Medical Center**

Phone: 408-793-6433

Web: <[www.tbi-sci.org](http://www.tbi-sci.org)>

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