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Education is often an important issue for individuals with SCI. Frequently, the person with spinal cord injury is young and may not have completed his or her education. Job retraining may be necessary if the individual is unable to pursue the same type of employment he or she had prior to injury.

For those individuals with SCI interested in obtaining a high school diploma or GED, the first step is to contact Adult Education in the area in which you live. If you do not want to obtain a GED and do not have a high school diploma, community college may be an option.

The community colleges have taken the lead in providing educational resources for people with physical impairments, including those with spinal cord injuries, through their Disabled Students Programs. Through Disabled Student's services at most colleges and universities students can receive assistance with notetaking, tutors, and can obtain materials to help get the most out of their education.

English as a Second Language (ESL) classes are provided in several different types of settings such as schools, cultural centers, and community organizations. Local classes can be found through many Adult Education programs.

In addition to the resources listed below, the California State Department of Rehabilitation is an excellent resource for information on assistance in pursuing your educational goals. See Chapter 24 for more information on the State Department of Rehabilitation.

Also included in this chapter is a section on Patient Education Resources. Included in this listing are several excellent SCI self-care manuals, as well as websites that feature various topics related to SCI education.

Heath Resource Center

800/544-3284

202/939-9320

One Dupont Circle N.W., #800

Washington, DC 20036-1193

Website: <www.heath-resource-center.org>

- Collects and disseminates information about post-secondary education for people with disabilities

Independence Adult Education Center

408/928-9300

625 Educational Park

San Jose, CA 95128

Website: <www.aenet.esuhdsd.org>

- GED, ESL, literacy and vocational programs

9. Education Resources

Kings Regional Occupation Program

559/589-7026

FAX: 559/589-7007

1144 West Lacey Blvd.

Hanford, CA 93230

Website: <www.kings.k12.ca.us>

- Classes in vocational education

Rehabilitation Education Assistance Program (REAP)

831/753-4268

20 Sherwood Place

Salinas, CA 93906

- ESL, GED, HS diploma, exercise, arts and crafts

San Jose Adult Education Center

Campbell: 408/947-2300

Downtown San Jose: 408/947-2311

Metropolitan: 408/723-6450

Eastside Adult Education: 408/923-2306

Website: <www.metroed.net>

- English as a Second Language classes, high school completion and general education classes

Santa Clara Library Literacy Alliance

408/453-6711

1290 Ridder Park Dr., Mail Code 206

San Jose, CA 95131

- Project works with both immigrants (without English skills) and native English speakers who want to learn to read
- Act mostly as a referral service
- Also have ESL classes

ENGLISH AS A SECOND LANGUAGE CLASSES

Asian-Americans for Community Involvement (AACI)

408/975-2730

2400 Moorpark Ave., Ste 300

San Jose, CA 95128

- Senior and youth ESL

9. Education Resources

Casa Macsa

408/928-1155
130 N. Jackson Ave.
San Jose, CA 95116

Economic and Social Opportunities, Inc.

408/971-0888
P.O. Box 610968
San Jose, CA 95161

- Provide ESL classes to facilitate entry into a job training program
- Remedial ESL classes

Literacy Alliance

Literacy Hotline: 408/453-6711
100 Skyport Dr., #206
San Jose, CA 95110

- Hotline program that helps both immigrants and native English speakers
- Work with local literacy programs through the local libraries, referring to programs in the client's local area
- ESL classes

Vietnamese Voluntary Foundation (VIVO)

408/532-7755
FAX: 408/532-1699
2260 Quimby Rd.
San Jose, CA 95122

- ESL classes for refugees and also translator services for Vietnamese
- Fee for service basis
- Primarily used for lawyers and other professionals

9. Education Resources

DISABLED STUDENT SERVICES

The purpose of disabled student services is to provide academic and personal support for students with disabilities. Their goal is to make campus classes, facilities and services accessible to students with disabilities and to promote both student independence and "barrier free" education.

COMMUNITY COLLEGE HIGH TECH CENTER SITES IN NORTHERN CALIFORNIA

High Tech Centers have computers and training.

Alan Hancock

805/922-6966 x 3380
FAX: 805/928-7905
800 South College Dr.
Santa Maria, CA 93454-6368
E-mail: mmalangk@hancock.sbceo.k12.ca.us

American River College

916/484-8791
FAX: 916/484-8674
4700 College Oak Dr.
Sacramento, CA 95841-4286

Butte College

530/895-2455
FAX: 530/895-2235
3536 Butte Campus Dr.
Chico, CA 95965-8303
E-mail: rdunn@ginko.htctu.fhda.edu

Cabrillo College

Disabled Students' Program
831/479-6379
FAX: 831/479-6393
6500 Soquel Drive
Aptos, CA 95003-3198
E-mail: frlynch@cabrillo.cc.ca.us

Canada College

Disabled Students' Program
650/306-3490
FAX: 650/306-3457
4200 Farm Hill Blvd.
Redwood City, CA 94061-1099

Chabot College

Disabled Students' Program
510/786-6660
FAX: 510/782-9315
25555 Hesperian Blvd.
Hayward, CA 94545-2447
E-mail: jegusa@clpccd.cc.ca.us

City College of San Francisco

Disabled Students' Program
415/452-5482
FAX: 415/452-5565
50 Phelan Ave., R323
San Francisco, CA 94112-1898
E-mail: kkerr-sc@ccsf.ccsf.cc.ca.us

College of Alameda

Disabled Students' Program
510/748-2328
FAX: 510/769-6019
555 Atlantic Ave.
Alameda, CA 94501-2109
E-mail: hmaxwell@netcom.com

9. Education Resources

College of Marin

Disabled Students' Program
415/485-9621
FAX: 415/457-4791
885 College Ave.
Kentfield, CA 94904-2551
E-mail: marie_m@marin.cc.ca.us

College of San Mateo

Disabled Students' Program
415/574-6118
FAX: 415/574-6680
1700 West Hillsdale Blvd., Bldg 16, Room 151
San Mateo, CA 94402-3757
E-mail: griffin@smcccd.cc.ca.us

College of the Redwoods

Disabled Students' Services
707/476-4280
FAX: 707/476-4418
7351 Tompkins Hills Rd.
Eureka, CA 95501

College of the Sequoias

Disabled Students' Services Program
209/730-3805
FAX: 209/730-3803
915 So. Mooney Blvd.
Visalia, CA 93291
E-mail: donaldm@giant.sequois.cc.ca.us

College of the Siskiyous

530/938-5297
FAX: 530/938-5227
800 College Ave.
Weed, CA 96094-2806
E-mail: zeigler@siskiyous.edu

Columbia College

209/588-5132
FAX: 209/588-5104
11600 Columbia College Dr.
Sonora, CA 95370
E-mail: paul.lockman@ccc-infonet.edu

Contra Costa College

510/235-7800 x 220
FAX: 510/236-6768
2600 Mission Bell Dr.
San Pablo, CA 94806-3195

Cosumnes River College

916/688-7275
FAX: 916/688-7330
8401 Center Parkway
Sacramento, CA 95823-5799

Cuesta College

805/546-3148
FAX: 805/546-3930
P.O. Box 8106
San Luis Obispo, CA 93403-8106
E-mail: lfrady@bass.cuesta.cc.ca.us

De Anza College

High Tech Training Center Program
408/864-8923
FAX: 408/864-5492
21250 Stevens Creek Blvd.
Cupertino, CA 95014-5797
E-mail: sellitti@admin.fhda.edu
• Assistive Technology Training Center

Diablo Valley College

Disabled Students' Program
925/685-1230 x607
FAX: 925/685-1829
321 Golf Club Rd.
Pleasant Hill, CA 94523
E-mail: tarmstro@viking.dvc.edu

9. Education Resources

Evergreen Valley College

Disabled Students' Program
408/274-7900 x6632
FAX: 408/239-0316
3095 Yerba Buena Rd.
San Jose, CA 95135-1598

Feather River College

530/283-0202 x297
FAX: 530/283-3757
570 Golden Eagle Ave.
Quincy, CA 95971-6023

Foothill College

Disabled Students' Program
415/949-7017
FAX: 650/917-1064
12345 El Monte Road
Los Altos Hills, CA 94022-4599
E-mail: urabe@admin.fhda.edu

Fresno City College

Disabled Students' Program
559/442-8237
559/485-7304
1101 E. University Ave.
Fresno, CA 93741
E-mail: emerzian_j@scccd.cc.ca.us

Gavilan College

Disabled Students' Program
408/848-4871
FAX: 408/848-4865
5055 Santa Teresa Blvd.
Gilroy, CA 95020

Hartnell College

Disabled Students' Program
831/755-6760
FAX: 831/755-6751
156 Homestead Ave.
Salinas, CA 93901-1697

Kings River College

209/638-0322
FAX: 209/638-5040
995 North Reed Ave.
Reedley, CA 93654-2099

Lake Tahoe College

530/541-4660 x264
FAX: 530/541-7852
College Drive
South Lake Tahoe, CA 96150-4524

Laney College

Disabled Students' Program
510/464-3428
FAX: 510/464-3418
900 Fallon Street
Oakland, CA 94607-4893

Las Positas College

925/373-4908
FAX: 925/443-0742
3033 Collier Canyon Rd., Bldg. 1500
Livermore, CA 94550-9797
E-mail: radler@clpccd.cc.ca.us

Lassen College

530/251-8895
FAX: 530/257-8964
P.O. Box 3000 Highway 139
Susanville, CA 96130-3000

Mendocino College

707/468-3031
FAX: 707/468-3120
P.O. Box 3000
Ukiah, CA 95482-0300

9. Education Resources

Merced College

Disabled Students' Program
209/384-6155
FAX: 209/384-6013
3600 "M" Street
Oakland, CA 95348-2898

Merritt College

Disabled Students' Program
510/436-2516
FAX: 510/436-2512
12500 Campus Dr.
Oakland, CA 94619

Mission College

Disabled Students Program
408/748-2730
FAX: 408/496-0462
3000 Mission College Blvd.
Santa Clara, CA 95045
E-mail: carol_toppel@wvmccd.cc.ca.us

Modesto Junior College

Disabled Students' Program
209/575-6225
FAX: 209/575-6582
435 College Ave.
Modesto, CA 95350

Monterey Peninsula Junior College

Disabled Students' Program
831/646-4070
FAX: 831/646-4171
980 Fremont Street
Monterey, CA 93940-4799
E-mail: rbaker@earth.mpc.cc.ca.us

Ohlone College

Disabled Students' Program
510/659-6140
FAX: 510/659-6040
43600 Mission Blvd.
Fremont, CA 94539-0390

San Joaquin Delta College

Disabled Students' Program
209/954-5330
FAX: 209/954-5600
5151 Pacific Ave.
Stockton, CA 95207-6370
E-mail: k.anderson@ms.sjdccd.cc.ca.us

San Jose City College

Disabled Students' Program
408/288-3788
FAX: 408/971-36412
2100 Moorpark Ave.
San Jose, CA 95128-2799
E-mail: egarcia@unix.sjccd.cc.ca.us

Santa Rosa Community College

Disabled Students' Program
707/527-4906
FAX: 707/524-1768
1501 Mendocino Ave.
Santa Rosa, CA 95401-4395
E-mail: patie_wegman@garfield.santarosa.edu

Shasta College

530/225-4710
FAX: 530/225-4968
1065 North Old Oregon Trail
Redding, CA 96049-6006

Sierra College

916/781-0599
FAX: 916/781-0455
5000 Rocklin Rd.
Rocklin, CA 95677-3397

Skyline College

650/738-4280
FAX: 650/738-4260
3300 College Dr.
San Bruno, CA 94066-1698
E-mail: vansciver@smccd.cc.ca.us

9. Education Resources

Solano Community College

Disabled Students' Program
707/864-7256 x301
FAX: 707/864-0361
4000 Suisun Valley Rd.
Suisun, CA 94585-3197
E-mail: rkempt@solano.cc.ca.us

Vista College

Disabled Students' Program
510/841-8431 x221
FAX: 510/841-7333
2020 Milvia St.
Berkeley, CA 94704

West Valley College

Disabled Students' Program
408/741-2117 x6752
FAX: 408/867-4882
14000 Fruitvale Ave.
Saratoga, CA 95070
E-mail: pam_luster@wvmccd.cc.ca.us

Yuba College

530/741-6992
FAX: 530/741-3541
2088 North Beale Rd.
Marysville, CA 95901-7699
E-mail: simpson@yuba.cc.ca.us

UNIVERSITIES

Cal Poly San Luis Obispo

805/756-1395
San Luis Obispo, CA 93407

CSU Bakersfield

661/664-2011
9001 Stockdale Highway
Bakersfield, CA 93311-1099

CSU Chico

530/898-5959
First Street and Normal Ave.
Chico, CA 95929

CSU Fresno

559/278-2811
5241 North Maple Ave.
Fresno, CA 93704

CSU Hayward

510/885-3868
Hayward, CA 94542

CSU Humboldt

707/826-4678
Arcata, CA 95521

CSU Monterey Bay

831/582-3518
100 Campus Center
Seaside, CA 93955

CSU Sacramento

916/278-6955
6000 J Street
Sacramento, CA 95819

San Francisco State University

415/338-2472
1600 Holloway Ave.
San Francisco, CA 94132

9. Education Resources

San Jose State University

408/924-6000
One Washington Square
San Jose, CA 95192

Santa Clara University

Disabled Students' Services
408/554-4111
Benson Center 203
Santa Clara, CA 95053

Sonoma State University

707/664-2166
1801 East Cotati Ave.
Rohnert Park, CA 94928

Stanford University

Disability Resource Center
650/723-1066
123 Meyer Library
Stanford University
Stanford, CA 94305

University of California, Berkeley

510/642-0518
230 Golden Bear Center
Berkeley, CA 94723

University of California, San Francisco

415/476-4318
500 Parnassas Ave, UCSF
San Francisco, CA 94122

University of California, Santa Cruz

Disabled Students' Services
831/459-2089
146 Hahn
Santa Cruz, CA 95064

SCI EDUCATIONAL MATERIALS FOR INDIVIDUALS AND FAMILIES

SELF-CARE MANUALS

Pathways to Health: You Do Have A Choice (\$7.00)

Kenneth Gerhart
Craig Hospital Research Dept.
303/789-8202
3425 S. Clarkson St.
Englewood, CO 80110

Email: HealthResources@craighospital.org

Website: <www.craighospital.org>

- Focuses on making healthy choices for people living with spinal injuries

Spinal Cord Injury Information Network

University of Alabama at Birmingham

Website: <www.spinalcord.uab.edu>

- Excellent website where 18 Fact Sheets covering various aspects of spinal cord injury are available free of charge

9. Education Resources

Spinal Cord Injury Patient Education Manual (\$72.00)

Aspen Publishers, Inc.

800/234-1660

7201 McKinney Circle

Frederick, MD 21704

Website: <www.aspenpub.com>

The Spinal Cord Injury Handbook for Patients and their Families (\$15.45)

Richard C. Senelick and Karla Dougherty

HealthSouth Press

800/688-0737

9119 Cinnamon Hill

San Antonio, TX 78240

Website: <www.healthsouth.com>

Spinal Network: The Total Wheelchair Resource Book - 3rd Edition (\$49.95)

Miramar Communications

800/543-4116

FAX: 310/ 317-9533

P.O. Box 8987

Malibu, CA 90265

Website: <www.newmobility.com>

Spinal Cord Injury: A Manual for Healthy Living (\$65.00)

The Institute for Rehabilitation and Research (TIRR)

Division of Education

(713) 797-5944

1333 Moursund B-107

Houston, TX 77030-3405

Spinal Cord Injury Homecare Manual

Kessler Institute for Rehabilitation

1199 Pleasant Valley Way

West Orange, NJ 07052

Contact: Marilyn Homick, Patient Education Coordinator

Yes, You Can!: A Guide to Self-Care for Persons with Spinal Cord Injury (\$15.00)

Paralyzed Veterans of America

Education Department; c/o Office Services

800/424-8200

801 N. 18th Street NW

Washington, DC 20006

Website: <www.pva.org>

9. Education Resources

National Database of Educational Resources for SCI
The Institute for Rehabilitation and Research (TIRR)
713/797-5944
1333 Moursund B-107
Houston, TX 77030-3405
• Also available in Spanish

SCI Homecare Manual
Santa Clara Valley Medical Center
408/885-2000
751 S. Bascom Ave.
San Jose, CA 95128

VIDEOTAPES AND SOFTWARE

Take Control: A Multimedia Guide to SCI for Consumers, Family and Staff Education (1998)
Arkansas Spinal Cord Commission
501/296-1792
1501 North University, Suite 400
Little Rock, AR 72207
Website: <www.state.ar.us/ascc>

The Return to Yourself (1996)
Paralysis Care Network
219/483-2100
3320 N. Clinton
Fort Wayne, IN 46805
E-mail: aji@mail.fwi.com

Spinal Cord Injury Network

800/548-2673
707/577-8796
Fax: 707/577-0605
3911 Princeton Dr.
Santa Rosa, CA 95405
• This organization has a program that loans out informational videotapes to individuals with SCI and their families free of charge

