



Resources for Individuals with Spinal Cord Injuries

Updated 20 May 2022 by Ruthy Srun, EFMP-FS

No federal government endorsement intended – please research each agency independently

These resources are not all inclusive and they may be applicable to individuals with other physical disabilities. Please review all resources carefully to determine if the program and/or services are a good fit for you. No federal endorsement intended for any of these resources, but rather we expect you will verify their validity and applicability for you and your family.

EFMP-Family Support Coordinator Resources: Phone: (813) 828-0122 or 0136, 6fss.fsh.efmp@us.af.mil,
<https://macdillfss.com/efmp>

EFMP-FS Coordinators are non-medical case managers that can help guide you in areas of need related to your dependent with special needs. One way they can assist is by developing (along with you) a Family Needs Assessment and/or Service Plan (Form DD 3054). This document will allow you to discuss areas of concern/need and your EFMP-FS Coordinator to gather resources that may be beneficial to you. It is a living document that can evolve as needs change (it can also be available to your future EFMP-FS Coordinators to ensure continuity of care throughout your career).

If you require medical case management, EFMP-FS Coordinators can provide information or warm handovers depending on your eligibility.

Military OneSource

Military OneSource special needs consultations provide access to special needs consultants familiar with military life. A consultant can work with you to assess your family's needs. They can also answer your questions about education, finances, support groups and more. Includes information on support for adults, including information on insurance, Social Security Disability Insurance, Supplemental Security Income, Medicare and Medicaid. **Call Military OneSource at 800-342-9647 or live chat any time to schedule a specialty consultation.**

- General resources: <https://www.militaryonesource.mil/family-relationships/special-needs/special-needs-resources>
- Special Needs Essentials: <https://www.militaryonesource.mil/confidential-help/specialty-consultations/special-needs-consultations/special-needs-consultations-the-essentials>
- List of Special Needs Benefits: <https://www.militaryonesource.mil/family-relationships/special-needs/special-needs-benefits>
- EFMP & ME - online search tool for resources: <https://efmpandme.militaryonesource.mil/>

Support Groups

<https://www.spinalcord.com/sci-support-groups/florida>

Spinal Cord Injury Resource and Support Group

Location: Tampa General Hospital Rehabilitation Center, 2nd Floor, Rehab Activity Room

Street Address: 6 Tampa General Circle

City/State/Zip: Tampa, FL 33606

Contact: Anthony Radano (phone: (813) 844-4711; Email: aradano@fscirc.com)

Details: This forum provides an opportunity for survivors and their families to learn about and discuss issues specific to SCI. Meets 2nd Wednesday of each month, 4:30-6:00 p.m. Refreshments provided.

Spinal Cord Injury Outreach Network (SCION)

Street Address: 901 N Clearwater Largo Rd

City/State/Zip: Largo, FL 33770

Contact: Lee Hardin (phone: 727-787-8243; Email: leehardin@verizon.net)

Details: Meets the 3rd Thursday of each month at 6:00 pm. Coordinates recreational outings, sports, and social gatherings in addition to their monthly meetings. Email rac@custom-mobility.com to be added to SCION's email mailing list.

Spinal Cord Injury comprehensive resources

- <https://www.sci-info-pages.com/spinal-cord-injury-resources-by-state/>
- <http://www.floridahealth.gov/provider-and-partner-resources/brain-and-spinal-cord-injury-program/index.html>
- <https://www.tgh.org/services/rehabilitation/additional-rehabilitation-services/florida-spinal-cord-injury-resource>

Dependency & ID Cards

If you're a military dependent, you may need for your sponsor to complete dependency paperwork to ensure you have an ID card and/or health insurance as an adult. Each military service has their own process for accomplishing this process. The most appropriate office will be Military Personnel Section (MPS) for your service. Additional information on this process for DoD can also be found here: <https://milconnect.dmdc.osd.mil/milconnect/help/pdf/tyabrochure.pdf>

MPF at MacDill AFB: 813-828-2278 or 813-828-6673; email: MACDILLAFB.IDS@US.AF.MIL ; <https://macdillfs.com/id-cards/>; <https://www.tricare.mil/Plans/Eligibility/IDCards>

Find other DEERS offices here: <http://www.dmdc.osd.mil/rs1>

Healthcare

- Tricare Special Needs: <https://www.tricare.mil/CoveredServices/SpecialNeeds>
- Tricare ECHO: <https://www.tricare.mil/Plans/SpecialPrograms/ECHO>
- Applying for Medicare in Florida: <https://www.ssa.gov/benefits/medicare/>; <https://www.medicare.gov/basics/get-started-with-medicare>
- Applying for Medicaid in Florida: <https://www.benefits.gov/benefit/1625>
- Understanding Medicare vs Medicaid (no federal endorsement): <https://www.investopedia.com/articles/pf/07/medicare-vs-medicaid.asp>
- Continued Healthcare Benefit Program (CHBP): <http://www.humana-military.com/chcbp/main.htm>; <https://tricare.mil/CHCBP>
- Comprehensive Healthcare Plans Database: <https://www.healthcare.gov/see-plans/#/>
 - Qualifying Life Events (to enroll outside open season, usually Nov – Feb each year): <https://www.healthcare.gov/coverage-outside-open-enrollment/special-enrollment-period/>

Independent Living & Housing Assistance

- Centers for Independent Living (CILs): <https://acl.gov/ils-programs>
- Comprehensive FL list of CIL resources: <https://acl.gov/programs/centers-independent-living/list-cils-and-spils>
- CIL diagram: <https://acl.gov/sites/default/files/news%202018-08/ILProgramsIG.FinalWeb.pdf>
- Office of Housing & Urban Development: https://www.hud.gov/program_offices/fair_housing_equal_opp/disability_main

Financial Resources

- Military & Family Readiness Centers have Accredited Financial Counselors for individual appointments. Email 6fss.fsh.efmp@us.af.mil to schedule one if you're an EFMP family.
- Military OneSource: <https://www.militaryonesource.mil/financial-legal/personal-finance/protecting-your-finances/personal-financial-management-counseling-options/>
- Comprehensive DoD Financial Resources: <https://finred.usalearning.gov/Training/>
- Life Cycle Approach to Insurance: <https://finred.usalearning.gov/assets/downloads/MDS%20Lifecycle%20Approach%20to%20Insurance.pdf>
- Benefits for People with Disabilities (comprehensive page): <https://www.ssa.gov/disability/>
- Applying for Disability in Florida: <https://www.ssa.gov/applyfordisability/>
- Checklist for Online Adult Disability Application: <https://www.ssa.gov/hlp/radr/10/ovw001-checklist.pdf>
- FAQs for Disability (SSDI): <https://faq.ssa.gov/en-US/topic/?id=CAT-01089>

Education & Employment

Vocational Rehabilitation Program (Florida): <http://www.rehabworks.org/> ; <http://www.rehabworks.org/brochures.shtml>

- You may be eligible for VR services if your goal is to become employed and:
 - You have a physical or mental disability.

- Your disability results in a significant barrier to employment.
- You need VR services to get or keep a job.

Additional Vocational Rehabilitation Program resources and flyers:

- FAQs: <http://www.rehabworks.org/faq.shtml>
- Independent Living: <http://www.rehabworks.org/docs/flyers/IndependentLivingProgram.pdf?id=1>
- On the Job Training: <http://www.rehabworks.org/docs/flyers/OnTheJobTraining.pdf?id=1>
- Pre-employment Transition: <http://www.rehabworks.org/docs/flyers/Pre-EmploymentTransitionServices.pdf?id=1>
- Programs for HS students: <http://www.rehabworks.org/docs/flyers/ProgramsVRSupports.pdf?id=1>
- Employment & Complementary Services:
<http://www.rehabworks.org/docs/flyers/SupportedEmploymentandComplementaryServices.pdf?id=1>
- Ticket to Work Program: <http://www.rehabworks.org/docs/flyers/TickettoWorkProgram.pdf?id=1>
- Career Building: <http://www.rehabworks.org/docs/flyers/BuildingCareersOnePersonAtATime.pdf?id=1>

More resources:

- Office of Disability Employment Policy: <https://www.dol.gov/agencies/odep/topics>
- Career Source (Tampa): This agency focuses on all state employment related areas
- <https://www.careersourcetampabay.com/job-seekers/career-training-and-development/> ;
<https://www.careersourcetampabay.com/job-seekers/persons-with-disabilities/>
- Hillsborough School District: <https://www.sdhc.k12.fl.us/doc/959/adult-education/resources/adultsdisabilities/>

Comprehensive / Databases

- Agency for Persons with Disabilities FAQs: <https://apd.myflorida.com/about/faqs.htm>
- 211: <http://www.211atyourfingertips.org/>
- MyFamily, MyFlorida:
https://services.myfloridamyfamily.com/search_results/33616?widget=dcfpublic&ref=www.myflorida.com
- Disability Rights Florida: <https://disabilityrightsflorida.org/>
- Hillsborough County Resources (all disabilities/ages):
<https://friendsdownsyndrometampa.com/images/pdf/HILLSBOROUGH-COUNTY-DISABILITY-RESOURCE.pdf>
- The MacDonald Center: <https://macdonaldcenter.org/resources/>
- Olmstead Rights: https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6623-Florida_Disability_Resources_and_Advocacy_Organizations

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