



## Alabama

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Financial Resources

Alabama ADA State Resource Center: Contact information for state disability resources [http://www.adasoutheast.org/se\\_region/se\\_regionTemplate.php?st=AL](http://www.adasoutheast.org/se_region/se_regionTemplate.php?st=AL)

Alabama Area Agencies on Aging: For aging state residents with increasing mobility needs, or for loved ones, your local Agency can help you find and apply for disability grants for a van that accommodates a scooter, wheelchair, and other special requirements. Additional resources include meal delivery, medication assistance, etc. <http://alabamaageline.gov/>

Alabama Council on Development Disabilities: Alabama's CDD does whatever it can to help the state's persons with developmental disabilities and their families participate fully and meaningfully in their communities. They award disabilities grants to this end, including financial aid that may go towards a handicapped vehicle or modifications. The website includes access to information and further resources including education, health, transportation, grants, etc. <http://acdd.org/resources/grants/>

Alabama Department of Rehabilitation Services: Many resources for individuals and families living with varying disabilities. Includes access to information about early intervention, support, rehabilitation, employment, etc. <http://www.rehab.alabama.gov/individuals-and-families/earlyintervention>



Alabama Department of Rehabilitation Services: Independent living: Resources to help the disabled achieve their goals of independent living, engagement in their community, and to engage or continue in employment. <http://www.rehab.alabama.gov/individuals-andfamilies/independent-living-homebound-service/independent-living>

The Full Life Ahead Foundation: 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. “We are a group of caring, passionate parents who have our own young people with disabilities so we understand the challenges and have the compassion needed to help families plan and set goals for their future. We have been where you are. Join our family. Know there is a Full Life Ahead.” <http://www.fulllifeahead.org/>

Legal Services Alabama: A low-cost/pro-bono resource for Alabamians seeking legal help. <https://www.legalservicesalabama.org/>

STAR, Alabama’s Assistive Technology Resource: A resource to provide Alabamians free access to information, referral services, educational programs, and publications in accessible format on extensive topics related to disability rights, laws/policies, and funding opportunities for assistive technology. <http://www.rehab.alabama.gov/individuals-and-families/star>

## Caregivers and Respite

Alabama Cares: Resource for caregivers for the elderly, or elderly caregivers for the young. <http://www.alabamaageline.gov/cares.html>

Alabama Lifespan Respite Resource Center (ARRN): Identifies respite resources for parents and caregivers <http://www.alabamarespite.org/index.php/about-us/about-us>

Employment Alabama Association for Persons in Supported Employment (AL-APSE): Education, technical assistance and training, advocacy and support for people with disabilities, family members, employers, and employment specialists. Calendar, message board, newsletter, and links. <https://www.al-apse.org/>

Easter Seals: Their Mission is to provide vocational development services and extended employment programs for individuals with physical, mental and developmental disabilities. Currently serving the counties of Chambers, Lee, Macon, Russell, and Tallapoosa. <http://achievement-center.org/>

Easter Seals of West Alabama: <http://www.easterseals.com/alabama/>



Workshops Inc.: Provides vocational training, sheltered employment, and other support services to people with disabilities in Central Alabama. Complete text of "Life Skills for Vocational Success" curriculum. <https://workshopsinc.org/about-us/>

## **Housing**

Independent Rights and Resources: The Montgomery Center for Independent Living (MCIL) encourages people with disabilities to support one another in reaching their own independent living goals. The Center also promotes equal access and disability rights through advocacy and public awareness activities.

<http://www.independentrandr.org/staff/>

## **Outdoors and Exercise**

The Lakeshore Foundation: Physical exercise and rehab for people with disabilities: "Our mission is to enable people with physical disability and chronic health conditions to lead healthy, active, and independent lifestyles through physical activity, sport, recreation, advocacy, policy, and research." <http://www.lakeshore.org/about/>