



## **ReDiscovery: Resource Information on Disabilities**

The Center on Disability and Development at Texas A&M University and  
The Texas Center for Disability Studies at the University of Texas at Austin

ReDiscovery Resource Information on Disabilities provides links for information, resources and support on disabilities.

[disabilityresources@tamu.edu](mailto:disabilityresources@tamu.edu)

<http://redd.tamu.edu/rediscovery>

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## **ADHD Attention-Deficit/Hyperactivity Disorder (ADHD) / Attention Deficit Disorder (ADD)**

**ADD ADHD Treatment Center:** Includes educational resources on ADD/ADHD and organizations who assist individuals with attention deficit disorder.

Retrieved from: <https://www.docyoung.com/>

**Attention Deficit Disorder Association (ADDA):** Provides facts on attention - deficit hyperactivity disorder and includes a library with resources on advocacy, treatment, and nutrition for individuals with ADHD.

Retrieved from: <https://add.org/>

**LD Online:** Information on learning disabilities including attention-deficit/hyperactivity disorder and dysgraphia. Explains attention-deficit/hyperactivity disorder and provides links to additional resources.

Retrieved from: <http://www.ldonline.org/indepth/adhd>

## **Alzheimer's/Dementia**

**Alzheimer's Association:** Provides information on Alzheimer's disease, advocacy, a 24-hour helpline, and a resource library.

Retrieved from: <https://www.alz.org/>

**Alzheimer's Society:** Explains dementia and different types of dementia.

Retrieved from: <https://www.alzheimers.org.uk/about-dementia/types-dementia/what-dementia>

**National Institute on Aging:** Access news, tips, and resources for caregivers and health care professionals who work with individuals with Alzheimer's and dementia. Provide information on the basics of Alzheimer's disease and dementia such as causes, symptoms, and treatment.

Retrieved from: <https://www.nia.nih.gov/health/alzheimers-dementia-resources-for-professionals>

## **Anxiety Disorder**

**American Psychiatric Association:** Promotes psychiatric education and research as well as quality care for individuals with mental illness. Provides information on common mental disorders including symptoms, risk factors, and treatment options.

Retrieved from: <https://www.psychiatry.org/>

**Anxiety Disorders Association of America:** Access free resources, current treatment and research information on anxiety, depression, stress, suicide prevention, and co-occurring disorders.

Retrieved from: <https://adaa.org/>



## **Asthma**

**American Lung Association:** Information on lung health and diseases such as asthma, influenza, lung cancer, and pneumonia.

Retrieved from: <https://www.lung.org/>

## **Autism Spectrum Disorder (ASD)**

**Autism Society of Texas:** Offers resources about autism, autism friendly businesses, advocacy, crisis intervention, and information for first responders.

Retrieved from: <http://www.texasautismsociety.org/>

**Autism Speaks:** Promotes solutions for the needs of individuals with autism and their families through advocacy and support. Provides information on autism such as learning the signs of autism, screening, associated conditions, and treatments.

Retrieved from: <https://www.autismspeaks.org/>

## **Blindness or Visual Impairments**

**American Foundation for the Blind (AFB):** Information and resources for people who are blind or visually impaired including braille, conditions that cause blindness, issues related to technology for visually impaired, and working as a blind or visually impaired person.

Retrieved from: <https://www.afb.org/>

**Prevent Blindness Texas:** Access information on risks of vision problems, signs of eye problems, how to protect your eyes, and common eye conditions.

Retrieved from: <https://texas.preventblindness.org/>

## **Cerebral Palsy (CP)**

**Cerebral Palsy Guide:** Information on cerebral palsy, how to treat it, legal resources, and community support organizations for parents and caregivers.

Retrieved from: <https://www.cerebralpalsyguide.com/>

**Pediatric Therapy Center:** Information on cerebral palsy, symptoms, and treatment.

Retrieved from: <http://ptckids.com/services/cerebral-palsy/>

**United Cerebral Palsy (UCP):** Resources for individuals with cerebral palsy; includes disability etiquette to inform the community about interacting with an individual with a disability.

Retrieved from: <https://ucp.org/resource-guide/disability-etiquette/#tab1>



## **Deaf or Hard of Hearing (HoH)**

**Dallas Hearing Foundation:** Provides facts about children and adults with hearing loss. Provides information on procedures following a diagnosis of hearing loss.

Retrieved from: <http://dallashearingfoundation.org/>

**National Association of the Deaf:** Explains differences between deaf and hard of hearing. Contains resources and information on American Sign Language.

Retrieved from:

<https://www.nad.org/resources/american-sign-language/community-and-culture-frequently-asked-questions/>

## **Diabetes**

**American Diabetes Association:** Learn about common terms, symptoms, and genetic information on Type 1 and Type 2 diabetes.

Retrieved from: <http://www.diabetes.org/?loc=logo>

**DiabetesMine:** Discuss symptoms, treatment, diet, and tips for Type 2 diabetes.

Retrieved from: <https://www.healthline.com/diabetesmine>

## **Downs Syndrome**

**National Down Syndrome Society:** Defines Down syndrome and answers common questions about Down syndrome.

Retrieved from: <https://www.ndss.org/about-down-syndrome/down-syndrome/>

## **Dysgraphia**

**LD Online:** Information on learning disabilities including attention-deficit/ hyperactivity disorder and dysgraphia. Explains dysgraphia and list strategies to help individuals diagnosed with dysgraphia.

Retrieved from: <http://www.ldonline.org/article/12770/>

## **Dyslexia**

**Brain Balance Achievement Center:** Information on learning disorders including dyslexia and dysgraphia. Explains signs and symptoms of dyslexia and dysgraphia.

Retrieved from: <https://www.brainbalancecenters.com/>

**International Dyslexia Association (IDA):** Defines dyslexia and provides fact sheets to improve understanding and support advocacy.

Retrieved from: <https://dyslexiaida.org/>



## **Epilepsy**

**Epilepsy Foundation of Texas:** Provides information on seizures, epilepsy first aid, research, facts, and statistics.

Retrieved from: <http://www.eftx.org/>

## **Home Health Services**

**Eldercare Locator:** Describes home health and how one may find services for home health.

Retrieved from: [https://eldercare.acl.gov/Public/Resources/Factsheets/Home\\_Health\\_Care.aspx](https://eldercare.acl.gov/Public/Resources/Factsheets/Home_Health_Care.aspx)

## **Intellectual Disability (ID)**

**American Psychiatric Association:** Defines intellectual disability (ID) and discusses common causes, symptoms, and treatment options.

Retrieved from:

<https://www.psychiatry.org/patients-families/intellectual-disability/what-is-intellectual-disability>

## **Mental Health**

**International OCD Foundation:** Provides information on obsessive compulsive disorders, how it is diagnosed, and how to treat it. Provides additional resources such as brochures, handouts, fact sheets, books, and articles written by mental health professionals and researchers.

Retrieved from: <https://iocdf.org/about-ocd/>

**MentalHealth.gov:** Access information on mental health. Information geared for children, teens, young adults, parents, caregivers, and educators seeking help.

Retrieved from: <https://www.mentalhealth.gov/>

**National Association for the Mentally Ill (NAMI):** Provides information on warning signs of mental health and explains how to help individuals with a mental health condition. Provides a local support system for people with mental illness.

Retrieved from: <http://www.nami.org/>

**National Institute of Mental Health:** Resources and assistance for individuals with mental health including anxiety disorder, autism spectrum disorder, and other mental health topics.

Retrieved from: <https://www.nimh.nih.gov/index.shtml>

**Schizophrenia.com:** Information on symptoms, causes, diagnosis, and treatment for schizophrenia.

Retrieved from:

<https://www.mayoclinic.org/diseases-conditions/schizophrenia/symptoms-causes/syc-20354443>



## **Mental Health Continued**

**Substance Abuse and Mental Health Services Administration (SAMHSA):** Federal service for locating drug and alcohol abuse treatment programs and mental health programs. Provides information on mental health and substance use disorders.

Retrieved from: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

**Texas Panhandle Centers:** Mental health services and information about mental illness such as schizophrenia, major depression, and bipolar disorder.

Retrieved from: <https://www.texaspanhandlecenters.org/adult-mental-health-outpatient-services/>

## **Multiple Sclerosis (MS)**

**Multiple Sclerosis Association of America:** Offers tools to manage multiple sclerosis. Provides information on safety and mobility equipment, educational videos, and publications. Includes Multiple Sclerosis Association of American helpline.

Retrieved from: <https://mymsaa.org/>

**National Multiple Sclerosis Society:** Provides a library of resources and educational programs to learn about multiple sclerosis. Topics include multiple sclerosis definition, symptoms, and treatment.

Retrieved from: <https://www.nationalmssociety.org/>

## **Muscular Dystrophy**

**Muscular Dystrophy Association:** Information on neuromuscular diseases including research, care and support.

Retrieved from: <https://www.mda.org/disease/list>

## **Neurological Impairment**

**Association for Neurologically Impaired (AFNIC):** Provides training for parents and schools on accessible environments for children who are diagnosed with a neurological impairment.

Retrieved from: <http://www.afniconline.org/>

## **Occupational/Physical/Speech Therapy**

**Capital Area Speech & O.T.:** Information on the types of speech and occupational therapy.

Retrieved from: <https://capitalareaspeech.com/occupational-therapy/>



## **Occupational/Physical/Speech Therapy Continued**

**Citizens Medical Center:** Information on various therapies including aquatic, cardiac rehabilitation, physical, and occupational therapy.

Retrieved from: <https://citizensmedicalcenter.org/#/page/rehabilitation-physical-therapy>

**Language & Movement Pediatric Therapy:** Offer resources on speech, occupational and feeding therapy.

Retrieved from: <http://languagemovement.com/services/#speech>

**The Stuttering Foundation:** Information on preventing stuttering in young children and treatment options for teenagers and adults.

Retrieved from: <https://www.stutteringhelp.org/brochures>

## **Paraplegia and Other Spinal Cord Injuries (SCI)**

**SpinalCord.com:** Provides information and resources on paraplegia and different types of brain injuries.

Retrieved from: <https://www.spinalcord.com/>

**Facingdisability.com:** Provide links to websites and videos about spinal cord injuries.

Retrieved from: <https://facingdisability.com/spinal-cord-injury>

## **Service Animals**

**ADA National Networks - Service Animals:** Provides information on service animals and when and where a service animal is allowed.

Retrieved from: <https://adata.org/factsheet/service-animals>

## **Stroke or Heart Attack Recovery**

**Christus Spohn Hospital Corpus Christi:** Information on stroke and programs for individuals at risk of having a stroke.

Retrieved from: <https://www.christushealth.org/spohn/shoreline/services-treatments/brain-care/stroke>

**American Heart Association:** Information on heart attacks and strokes. Addresses common symptoms and related questions.

Retrieved from: <https://www.heart.org/en>

**American Stroke Association:** Provides information on stroke symptoms, risk factors, types of strokes, treatments, how to help children after a stroke, and life after a stroke. Provides prevention videos and a newsletter.

Retrieved from: <https://www.strokeassociation.org/en>





## **Traumatic Brain Injury (TBI)**

**Make the Connection:** Information about traumatic brain injury (TBI), treatment options, self-help tools, and resources for managing the effects of TBI.

Retrieved from:

[https://maketheconnection.net/conditions/traumatic-brain-injury?utm\\_source=bing&utm\\_medium=cpc&utm\\_content=Headterms|4567656189|c&utm\\_term=traumatic%20brain%20injury|traumatic%20brain%20injury&utm\\_campaign=Search-TBI-Exact|133167243](https://maketheconnection.net/conditions/traumatic-brain-injury?utm_source=bing&utm_medium=cpc&utm_content=Headterms|4567656189|c&utm_term=traumatic%20brain%20injury|traumatic%20brain%20injury&utm_campaign=Search-TBI-Exact|133167243)

**Mayo Clinic:** Defines traumatic brain injury and provides information about symptoms, causes, diagnosis, and treatment.

Retrieved from:

<https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/diagnosis-treatment/drc-20378561>

## **Additional Resources**

**Center on Disability and Development: Project REDD:** Studies issues of critical importance to individuals with disabilities affected by disaster including long-term recovery, case management, sheltering, and preparedness.

Retrieved from: <http://redd.tamu.edu/project-redd-research-and-education-on-disability-and-disaster>  
<http://disabilityresources.tamu.edu>

**Centers for Disease Control and Prevention:** Protects Americans from health, safety, and security threats by providing resources and health information on different diseases.

Retrieved from: <https://www.cdc.gov/DiseasesConditions/>

**Mobile Tips for First Responders:** Tips on how to interact with individuals with disabilities including evacuation tips. Includes information on different types of disabilities such as mobility impairment, mental health, and autism. Mobile Tips for First Responders are useful for first responders, caregivers, disability organizations, and VOADs.

Retrieved from: <http://disabilitytips.tamu.edu>