



Spinal
Cord Injury
Association of
Connecticut

QUICK REFERENCE GUIDE



www.SCIACT.org

MISSION STATEMENT

The mission of the Connecticut Spinal Cord Injury Association (SCIACT) is to support those with spinal related injuries or diseases and their families by being an advocate for their rights while serving as a resource to its members and the general public.

The SCIACT will provide individual support and furnish information to afford greater awareness of disabilities, spinal cord research, prevention and education. In addition, the SCIACT will provide activities and events with the goal of empowering its members.

ADVOCACY ORGANIZATIONS

Access Independence (AI)

<http://www.Accessinct.org>
(203) 378-6977 (Stratford)

Center for Disability Rights

<https://cdr-ct.org/>
(203) 934-7077 (West Haven)

Christopher and Dana Reeve Foundation

<http://www.ChristopherReeve.org>
(973) 467-8270

CT Wheelchair Reform Coalition

Wheelchair repair complaints
<https://www.facebook.com/wheelchairreform>

Disabilities Network of Eastern Connecticut (DNEC)

<http://www.dnec.org>
(860) 823-1898 (Norwich)

Independence Northwest (IN)

<http://www.Independencenorthwest.org>
(203) 729-3299 (Naugatuck)

Independence Unlimited

<https://www.independenceunlimited.org>
(860) 523-5021 (Hartford)

More Than Walking

<https://www.morethanwalking.com>
(203) 907-5909

Spinal Cord Injury Association of Connecticut (SCIACT)

<http://www.sciact.org/>
(203) 284-2910

United Spinal Association

<http://www.unitedspinal.org>
(718) 803-3782

Amy's Angels

<https://www.amysangels.org/>
(860) 919-9276

PEER SUPPORT GROUPS

Gaylord Hospital - SCI Support Group

tkilbride@gaylord.org

(203) 284-2875

In-person & Online

4th Wednesday of every month

4:30-5:30

Hospital For Special Care - SCI Support Group

(860) 827-1958 x2924

Online

3rd Thursday of every month 3:30-4:30

Mount Sinai Hospital - SCI Support Group

pmccullo@trinityhealthofNE.org

(860) 714-2421

In-person

3rd Wednesday of every month 4:30-6:30

United Spinal Association - Virtual Support Groups

<https://unitedspinal.org/virtual-support-groups/>

Reeve Foundation - Virtual Support Groups

<https://www.christopherreeve.org/today-s-care/get-support/reeve-foundation-virtual-support-group/>

EQUIPMENT & SUPPLIES

Access NSM - National Seating and Mobility

<https://accessnsm.com>

(860) 666-7500

Numotion

<http://www.numotion.com>

(860) 761-0700

New Britain Medical Supplies

<http://www.NewBritainmedicalsupplies.com>

(866) 598-4296

New England Assistive Technology (NEAT) Center at Oak Hill

<https://Assistivetechology.OakHillCT.org>

(860) 242-2274

180 Medical Supply

<https://www.180medical.com>

(877) 688-2729

Sportaid

<https://www.sportaid.com>

(800) 743-7203

National Seating and Mobility

<https://www.nsm-seating.com/>

(860) 666-7500

HOME EQUIPMENT AND MODIFICATIONS

Lifeway Mobility

<https://www.lifewaymobility.com>

(860) 880-1822

Bullock Access

<https://www.Bullockaccess.com>

(860) 870-7444

Collins Accessibility Solutions

<https://www.collinsaccessibilityct.com>

(203) 418-2073

Connecticut Access Remodeling

(203) 631-1212

Access NSM – National Seating and Mobility

<https://www.nsm->

[seating.com/accessibility/](https://www.nsm-seating.com/accessibility/)

860-821-5100

RIGHTS & SOCIAL SERVICES

Disability Rights (DRCT)

<https://www.disrightsct.org>
(860) 842-7303

Social Security Disability Benefits

<https://www.ssa.gov/benefits/disability>
(800) 772-1213
TTY (800) 325-077

CT State Department of Aging and Disability Services

<https://Portal.Ct.gov/Aginganddisability/Content-pages/Main/apply-for-services>
(888) 992-8637

Money Follows the Person

<https://portal.ct.gov/dss/health-and-home-care/money-follows-the-person-program/money-follows-the-person-program>
(888) 992-8637

The Assistive Technology Loan Program (ATLP)

<http://CttechAct.com>
(860) 424-5619

Powerful Tools for Caregivers

<https://www.PowerfulToolsforCaregivers.org>

RECREATION & FITNESS

The Sports Association of Gaylord Hospital
<https://sportsassociation.gaylord.org/>
(203) 284-2772

Hospital for Special Care - Adaptive Sports Program
<https://hfsc.org/sports-and-fitness/adaptive-sports-program/>
(860) 832-6220

The Connecticut Adaptive Rowing Program (CARP)
https://www.msrh-ct.org/msrh_carp
(860) 714-3500

Chapter 126 Sports and Fitness Center
<https://sportsandfitness.oakhillct.org/>
(860) 243-2869

Moving with H.O.P.E.
<https://www.movingwithhope.org/>
(203) 513-8424

ADAPTIVE DRIVING

**Advanced Wheels of Technology - East
Granby and East Haven, CT**

<https://www.advancedwheels.com>

(860) 653-8064

Mobility Works

<https://www.mobilityworks.com/>

(860) 215-4100

**BRS Driver Training Program for Persons
with Disabilities (DTP)**

[https://portal.ct.gov/aginganddisability/
content-pages/programs/driver-training-
program](https://portal.ct.gov/aginganddisability/content-pages/programs/driver-training-program)

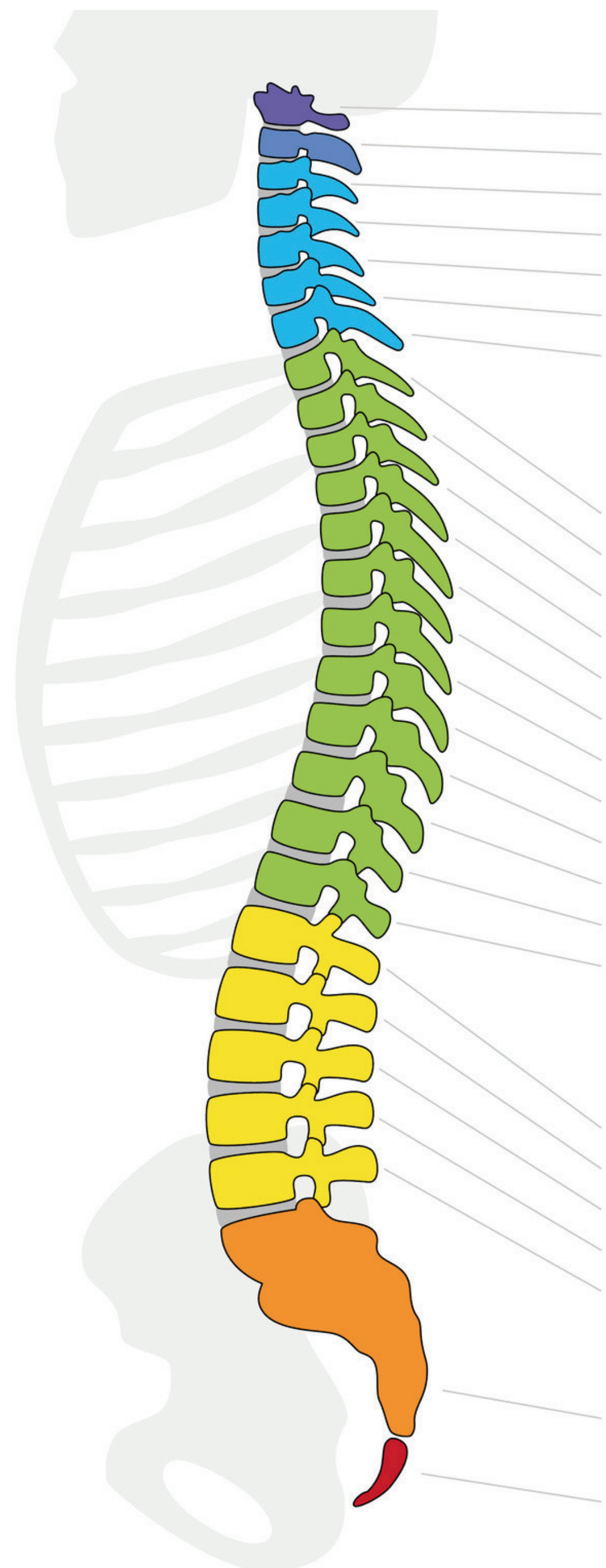
(860) 263-5700

Easterseals Mobility Center

[https://www.easterseals.com/waterburyc
t/programs-and-services/driver-
assessment-program/](https://www.easterseals.com/waterburyct/programs-and-services/driver-assessment-program/)

(203) 630-2208

VERTEBRAL COLUMN



Cervical spine

C 1	Atlas
C 2	Axis
C 3	3. Cervical vertebrae
C 4	4. Cervical vertebrae
C 5	5. Cervical vertebrae
C 6	6. Cervical vertebrae
C 7	7. Cervical vertebrae

Head - Brain - Inner and Middle Ears
Auditory Nerves - Sinuses - Eyes - Tongue
Teeth - Cheeks - Outer Ears
Nose - Mouth - Lips - Eustachian Tubes
Pharynx - Vocal Cords
Shoulders - Neck - Tonsils
Thyroids - Elbows

Thoracic spine

Th 1	1. Thoracic vertebrae
Th 2	2. Thoracic vertebrae
Th 3	3. Thoracic vertebrae
Th 4	4. Thoracic vertebrae
Th 5	5. Thoracic vertebrae
Th 6	6. Thoracic vertebrae
Th 7	7. Thoracic vertebrae
Th 8	8. Thoracic vertebrae
Th 9	9. Thoracic vertebrae
Th 10	10. Thoracic vertebrae
Th 11	11. Thoracic vertebrae
Th 12	12. Thoracic vertebrae

Trachea - Esophagus - Lower Arms - Fingers
Heart
Lungs - Chest - Breast
Gall Bladders
Liver - Blood Circulation - Solar Plexus
Stomach
Pancreas - Duodenum
Spleen
Adrenal Glands
Kidneys
Ureters
Small Intestines - Lymph Circulation

Lumbar spine

L 1	1. Lumbar vertebrae
L 2	2. Lumbar vertebrae
L 3	3. Lumbar vertebrae
L 4	4. Lumbar vertebrae
L 5	5. Lumbar vertebrae

Large Intestines - Inguinal Region
Abdomen - Appendix - Upper Legs
Bladder - Sex Organs - Knees
Sciatic Nerves - Prostate Gland
Lower Legs - Feet

S 1 **Sacrum**

Hip Bones - Buttocks

S 2 **Coccyx**

Rectum - Anus

SPONSORS

USA Mechanical

Plumbing, Heating, & Cooling
<https://usamech.com/>



Advanced Wheels

Vehicle Modifications
<https://www.advancedwheels.com>



Mobility Works

Vehicle Modifications
<https://www.mobilityworks.com/>



National Seating & Mobility

Mobility Solutions
<https://www.nsm-seating.com/>



Bullock Access

Accessibility Products & Services
<https://bullockaccess.com/>



Dr. Matthew Raymond, Physical Medicine & Rehab

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