



# General resources **FOR PARENTS**

*Between the alphabet soup of disability labels, laws, and regulations (IEP, ADA, IDEA, SSI) and the many different agencies serving families with children with disabilities and special health care needs (ACDD, ADAP, ADRS, UCP), it can get confusing!*

*Here is a quick guide to some major resources in Alabama, along with what they provide:*

## **Family Voices of Alabama (FV of AL)**

[familyvoicesal.org](http://familyvoicesal.org) • 877-771-FVOA (877-771-3862)

As part of the national Family Voices network, FV of AL provides families with the tools to make informed decisions, advocates for improved public and private policies, builds partnerships among professionals and families, and serves as a trusted resource on health care through its **Parent to Parent** and **Family to Family Health Information Center** programs.

## **Alabama Council on Developmental Disabilities (ACDD)**

[acdd.org](http://acdd.org) • 800-232-2158

ACDD is dedicated to the vision that all Alabamians, regardless of disability, will live, learn, work, and play in inclusive communities and works toward system changes in aspects of service/support to promote better lives for individuals with developmental disabilities and their families.

## **Alabama Department of Mental Health (ADMH)**

[mh.alabama.gov](http://mh.alabama.gov) • 800-367-0955

ADMH's goal is to serve, empower, and support Alabamians with mental illnesses, developmental disabilities, and substance use disorders.

## **Alabama Department of Rehabilitation Services (ADRS)**

[rehab.alabama.gov](http://rehab.alabama.gov) • 800-441-7607

ADRS is the state agency serving Alabamians with disabilities from birth through old age. Services are provided through four divisions: Alabama's Early Intervention System (children birth to 3), Children's Rehabilitation Service (children birth to 21), Vocational Rehabilitation Service (teens and adults), and the State of Alabama Independent Living program (individuals with significant disabilities). The STAR program provides assistance with assistive technology.

## **Alabama Disabilities Advocacy Program (ADAP)**

[adap.ua.edu](http://adap.ua.edu) • 800.826.1675

Part of the nation's federally funded Protection and Advocacy Program, ADAP provides legal services to Alabamians with disabilities to protect, promote, and expand their rights.

## **Alabama Institute for Deaf and Blind (AIDB)**

[aidb.org](http://aidb.org) • 205-328-3989

AIDB's goal is providing diverse residential and community-based education, rehabilitation, and employment programs that prepare individuals who are deaf, blind, deafblind, and multidisabled to reach their potential in education, independence, and career.



## General resources for parents

### Alabama Lifespan Respite

[alabamarespite.org](http://alabamarespite.org) • 866-RESTALA (866-737-8252)

Alabama Lifespan Respite Resource Network® (Alabama Respite) is a statewide program whose mission is to increase access to and the availability of high-quality respite resources for all caregivers in Alabama.

### Alabama Parent Education Center

[alabamaparentcenter.com](http://alabamaparentcenter.com) • 866-532-7660

The Alabama Parent Information Center's Alabama Parent Training and Information (AL-PTI) program provides information and services to Alabama families with children ages birth to 26 with disabilities.

### Alabama State Department of Education, Special Education Services

[alabamaachievers.org/special-education](http://alabamaachievers.org/special-education) • 334-694-4900

The vision of the Alabama State Department of Education's Special Education Services is to foster positive educational outcomes for all students with special needs.

### The Arc of Alabama

[thearcofAlabama.org](http://thearcofAlabama.org) • 334-262-7688

The Arc of Alabama's primary role is to advocate for the rights and protections of people with intellectual and developmental disabilities (I/DD) and their families through information and referral services, educational opportunities, and public policy initiatives.

### Easterseals Alabama

[easterseals.com/alabama](http://easterseals.com/alabama) • 334-395-4489

Easterseals provides services to help children and adults with disabilities and/or special needs as well as support to their families. Services include therapy, child care, skills training, job placement, and camping and recreation.

### UCP of Alabama

[ucpalabama.org](http://ucpalabama.org) • 256-237-8203

UCP of Alabama serves children and adults with developmental disabilities through six affiliates located around the state. Through a variety of programs offered by the different locations, the organization strives to provide opportunities that foster independence and productivity for every individual it serves. (Visit [ucpalabama.org](http://ucpalabama.org) for more information about specific services provided and counties served by each affiliate.)

### United Ability

[unitedability.org](http://unitedability.org) • 205-944-3900

United Ability's goal is providing innovative services that connect people with disabilities to their communities and empower individuals to live full and meaningful lives. Services include therapy, caregiver training, service coordination, special instruction, employment services, life enrichment activities, and workplace readiness training.



This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

To learn more: [www.familyvoicesal.org](http://www.familyvoicesal.org) • 877-771-FVOA (3862)