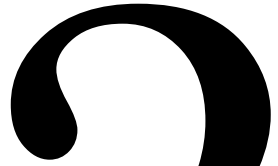


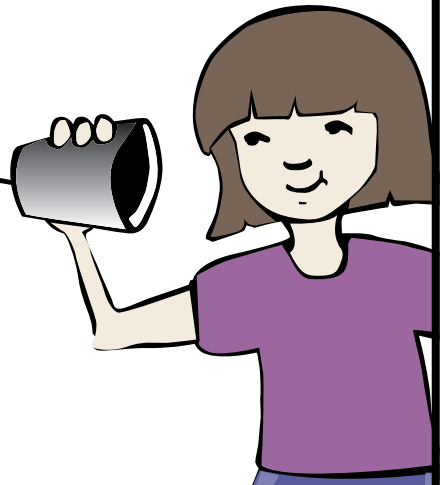


*psst...*



# Did You Know?

A Grassroots guide to support the unique needs and gifts of people with disabilities and those who love them.



**Spring 2004**



Peter Hayes Fuller, Jr.  
May 12, 1987 - January 30, 2003

This book is dedicated in the loving memory of Hayes Fuller, beloved son of Pete and Marilyn Fuller. Hayes lived with the daily challenges of Duchenne Muscular Dystrophy and was a dedicated spokesperson for the Muscular Dystrophy Association. He was proud to be a self-advocate on behalf of all people with disabilities. His parents, friends, teachers and classmates best remember Hayes as having a wonderful sense of humor, always smiling and having a positive outlook on life. Hayes' dream was to be an architect or bilingual teacher when he died unexpectedly on January 30, 2003 from complications following surgery.

## How to use this Resource Booklet

The Psst...Did You Know booklet contains information gathered by self-advocates and parents to help you search for services. This resource booklet was created to serve as your grassroots guide to find information about supports and services. Those of us who have "been there - done that" hope this guide eliminates the many hours of confusing and often disappointing searches. By sharing with you our hard-found "insider information," we hope to support the unique gifts and needs of people with disabilities and those who love them.

Many services have a tidbit. These tidbits are from the person's perspective who used the agency. Tidbits are information only and are not the views of UNM Health Science Center/Center for Development & Disability.

In addition, some resources do not have tidbits. The Family Support Council members have not personally used these resources.

This resource booklet contains information based on personal experience. Information can and may change. We hope you find it helpful. If you need to pick up an extra copy of this booklet, or want to add/edit the resources please call (505) 272-5641.

## The Legend

For easy reference we have included a handy legend to help you quickly find resources that you need.



Advocacy



Evaluation Services



All Ages



Therapy/Health



Fun Stuff



Information Resources



Childcare/Respite



Support/Network



Assistive  
Technology/Equipment



Transportation

## Table of Contents

<a href="#">Just Found Out, What Do You Do?</a> .....	6
<a href="#">Now That I Know, Where Do I Go?</a> .....	6
<a href="#">Words Of Advice:</a> .....	6
<a href="#">A Word About Fun Stuff:</a> .....	7
<a href="#">Disclaimer:</a> .....	7
<a href="#">Adelante</a> .....	8
<a href="#">Adult Social Club</a> .....	8
<a href="#">Albuquerque Journal Local Support Groups List</a> .....	9
<a href="#">Albuquerque Public Schools (CESS)</a> .....	9
<a href="#">Albuquerque Public Schools (CTAP)</a> .....	10
<a href="#">Alexander Graham Bell Association for the Deaf</a> .....	10
<a href="#">Alta Mira Specialized Family Services, Inc.</a> .....	10
<a href="#">The Arc of New Mexico</a> .....	11
<a href="#">Auto Makers Who Adapt Vans</a> .....	12
<a href="#">BabyNet</a> .....	12
<a href="#">Carrie Tingley Hospital Foundation</a> .....	12
<a href="#">Center for Development &amp; Disability (UNM)</a> .....	13
<a href="#">Cerebral Palsy Parent Association</a> .....	13
<a href="#">Child Find (APS)</a> .....	14
<a href="#">Children’s Medical Services (CMS)</a> .....	14
<a href="#">Cloud Dancers of the Southwest, Inc. – (Hippotherapy)</a> .....	14
<a href="#">Cooper, Mary Alice, M.D.</a> .....	15
<a href="#">Donated Dental Services</a> .....	15
<a href="#">Early Childhood Evaluation Program (ECEP)</a> .....	16
<a href="#">Elks Cerebral Palsy Commission</a> .....	16
<a href="#">ExplorAbilities</a> .....	16
<a href="#">Go-Fors</a> .....	17
<a href="#">Home-New Mexico</a> .....	17
<a href="#">The Information Center for New Mexicans with Disabilities</a> .....	18
<a href="#">International Nutrition</a> .....	18
<a href="#">John Tracy Clinic</a> .....	18
<a href="#">Joni &amp; Friends Family Retreats</a> .....	19
<a href="#">Little Sage Music Together - Paula James</a> .....	19

<u>Los Lunas Community Program</u> .....	<u>19</u>
<u>LTC Link</u> .....	<u>20</u>
<u>Make a Wish Foundation of New Mexico</u> .....	<u>20</u>
<u>Mile High Little League/Challenger Division</u> .....	<u>20</u>
<u>Muscular Dystrophy Association, Inc. (MDA)</u> .....	<u>21</u>
<u>National Forest Service</u> .....	<u>21</u>
<u>Nature Dancing/Nature Beginnings</u> .....	<u>22</u>
<u>New Mexico Autism Society</u> .....	<u>22</u>
<u>New Mexico S.A.F.E. Program</u> .....	<u>23</u>
<u>New Mexico School for the Visually Handicapped</u> .....	<u>23</u>
<u>New Mexico State Division of Vocational Rehabilitation (DVR)</u> .....	<u>24</u>
<u>New Mexico Technology Assistance Program (NMTAP)</u> .....	<u>24</u>
<u>New Mexikids</u> .....	<u>24</u>
<u>Parents for Behaviorally Different Children</u> .....	<u>25</u>
<u>Parents Reaching Out (PRO)</u> .....	<u>25</u>
<u>People First c/o The Arc of New Mexico</u> .....	<u>26</u>
<u>Protection &amp; Advocacy (P &amp; A)</u> .....	<u>26</u>
<u>Simplified Technology</u> .....	<u>27</u>
<u>Skyline Therapy Services (Hippotherapy)</u> .....	<u>27</u>
<u>Southwest Autism Network (SWAN) – UNM</u> .....	<u>28</u>
<u>Spina Bifida Association of New Mexico</u> .....	<u>28</u>
<u>STEP HI (The New Mexico School for the Deaf)</u> .....	<u>28</u>
<u>Tidman Therapies (Hippotherapy)</u> .....	<u>29</u>
<u>UNM - Johnson Gym - Recreational Service</u> .....	<u>29</u>
<u>UNM Health Sciences Center</u> .....	<u>30</u>
<u>UNM Music Prep</u> .....	<u>30</u>
<u>UNM Speech, Language &amp; Hearing Center</u> .....	<u>31</u>
<u>Van Conversions: Highland Conversions</u> .....	<u>31</u>
<u>Additional Resources</u> .....	<u>32</u>
<u>Commonly Used Acronyms</u> .....	<u>35</u>
<u>Family Support &amp; Systems Change Project Council</u> .....	<u>38</u>
<u>Acknowledgments</u> .....	<u>39</u>

## **Just Found Out, What Do You Do?**

- Call a local or national organization or go online for additional information about your child's condition.
- Ask for everything you need early on, whether it is for direct services, one-on-one support, additional information, getting a breather to take a walk or finding respite care.
- Talk with several parents who have a positive outlook and dreams regarding their child's future.
- Invest some of your time to actually visit some of the parent support group meetings. The Albuquerque Journal offers an amazing free list.
- Contact the advocacy organizations in this booklet as soon as possible.
- Call the New Mexico Department of Health and ask for the pamphlet "Fitting the Pieces Together."
- Call Children's Medical Services (CMS). 1-505-476-8868
- If your child is under 3 years old call BabyNet (1-800-552-8195)
- If your child is 3 years old or older, call Child Find. (1-505-298-6752)

## **Now That I Know, Where Do I Go?**

- Go to any training you might need in order to advocate for your child in the public school and/or medical systems.
- Go to a trusted family member or friend and have a good cry on their shoulder to share and let your feelings out.
- Go to Parents Reaching Out (PRO) as well as other parent support groups, sources of information and empowerment.
- Go the extra mile to build good working relationships with all of your child's direct care providers, teachers, medical specialists, neighbors, circle of friends and other supportive people.

## **Words Of Advice:**

When you are choosing a therapist, provider or other services you will want to ask many questions to make sure that what they offer matches your needs. Trust your first impression and

how you feel when you walk in the door. Even if you do not need help in making decisions about your services, it is wise to ask a trusted friend or family member to go with you for another opinion.

**When choosing a provider you might ask:**

- What services do you offer?
- Will my services be covered by insurance or government funding (such as Medicare or Medicaid)?
- How can your services help me?
- Can I talk to people who have used your services?

**A Word About Fun Stuff:**

Through out this booklet we have tried to offer you a variety of resources to help you to have fun. Most of these have specifically adapted their programs for persons with special needs. We want to remind you to also look at the typical opportunities to have fun as well. These are often listed in the local newspapers and phone books under recreational activities. One great source for ongoing information on fun stuff for kids is the publication; *New Mexico Kids!* A free bimonthly family magazine filled with detailed listings of activities for children, teens and their parents, along with comprehensive directories of schools, summer camps, after-school programs and other vital resources. Popular places to pick up *New Mexico Kids!* include markets, libraries, bookstores, public and private schools, family restaurants, medical offices and hospitals, museums, social service agencies, retail stores and other businesses.

**Disclaimer:**

This resource guide is not a comprehensive list of services and resources available in the region. Rather this is a list of resources that a subset of community members have been directly involved with as consumers, have found useful for their situation, and are willing to share information about their personal experiences to assist the community-at-large. The information included contains the opinion of the submitter and not that of the sponsors, funding providers, or any organization. This listing is for informational purposes only and is not a referral or implied reference. Every individual is encouraged to evaluate and review these programs and services, to determine relevancy and fit for their unique situation. For resources in the greater Albuquerque area, consult Baby-Net (1-800-552-8195), the United Way Resource Line (Dial: 211) and The Information Center of New Mexicans with Disabilities (1-800-552-8195).

## Adelante



4261 Balloon Park, NE  
Albuquerque, NM  
(505)341-2000  
website: [www.GoAdelante.org](http://www.GoAdelante.org)

Offers supported employment, various employment opportunities for those with developmental disabilities, supported living and assisted living services for people eligible for, but not receiving Waiver Services. No income requirements. Most services need to be funded by state general funds, Medicaid or Waiver programs. Serves Bernalillo, Sandoval and Valencia county only.

**Tidbit:** *Somewhat cumbersome intake procedures such as multiple meetings.*

## Adult Social Club



Loma Linda Community Center & Therapeutic Recreation  
1700 Yale SE  
Albuquerque, NM 87106  
(505) 764-1525

Offers fun and socializing on Saturdays from 12:30 -3:00. Activities vary greatly and include arts and crafts, dancing, educational presentations and talent shows. Groups take a variety of field trips to include dinners at a wide variety of restaurants on Tuesday evenings at 6:00. This is part of the Therapeutic Recreation Program that the City of Albuquerque sponsors. \$25.00 annual fee. The Adult Social Club is open to adults 18 years and older with any type of disability. Participants must be able to function independently. Parents and caregivers are always welcome.

**Tidbit:** *Family members and caregivers are welcome. Although there is a yearly fee, it is well worth it - this is fun and a great way to make friends! Great networking opportunities for family members as well.*

## Albuquerque Journal Local Support Groups List



7777 Jefferson, NE  
Albuquerque, NM 87109  
(505)823-4400  
web address: [www.abqjournal.com](http://www.abqjournal.com)

Offers an incredible list of all kinds of support groups that is published and updated every 4 months. Anyone can pickup a free copy in the Journal Library at the address listed above.

**Tidbit:** *Mostly serves Albuquerque area - this is an awesome, free public service. Many of the different parent/family support groups are listed here.*

## Albuquerque Public Schools (APS)



**CESS (Community Education and Support Services)**  
725 University SE  
Albuquerque, NM 87106  
(505) 842-3516

CESS is now ACCESS (Adult Centered Community Education and Support Services) Offers transition services for individuals referred by the Special Education Department of the person's school who are exiting the public school system. Services are: Job development, coaching, self-determination classes, independent living assistance, goal management, and budgeting. No income requirements. Participants must be referred by the special education department of the individual's school. Serves high school graduate age - only in the Albuquerque area. Student remains under umbrella of APS. Receives a certificate of transition at graduation instead of a diploma. At the end of term (when student's goals are met or at age 22 whichever comes first) student receives diploma.

**Tidbit:** *Some services overlap others, but offer added support. Staff turnover does occur - but all in all an excellent program guiding young people to become their own advocates, preparing for success.*

## Albuquerque Public Schools (APS)



### CTAP (Community Transition to Adult Programs)

725 University Ave. S.E.  
Albuquerque, NM 87106  
(505) 842-3707

CTAP provides a structured day program for students with severe disabilities by allowing them to sample a variety of adult service providers in the community. Students attend day programs at APS Transition Services, Coronado Complex, Goodwill, Roadrunner Food Bank and Adelante and are supervised by APS. The focus is on vocational skills development, independent living, community participation, self-determination and advocacy. CTAP is available to students age 19 -22 with significant support needs for transitioning into the adult world. Must be referred by special education department of students' high school. May be able to transition into ACCESS or other adult service providers when appropriate.

## Alexander Graham Bell Association for the Deaf



3417 Volta Pl. NW  
Washington, DC 20007-2778  
1-202-337-5220  
web address: [www.agbell.org](http://www.agbell.org)

Offers support, scholarships, grants and medical awareness for deaf children and adults. They are very knowledgeable in deaf/oral language education. They also have a public school caucus. No income requirements. Services available in the U.S.

**Tidbit:** *You can call them 8am to 5pm (Eastern Time Zone) and they will have someone to help you.*

## Alta Mira Specialized Family Services, Inc.



1605 Carlisle NE  
Albuquerque, NM 87110  
(505)262-0801

Providers of individualized in-home developmental intervention services for families. Providers of Occupational, Physical and Speech/Language therapies. Birth to age 3. All participants must have a developmental disability diagnosis. Parents with concerns but no diagnosis can contact Alta Mira for screenings, assessments and/or referrals. Can be referred by pediatrician, school, or parent referral. Waiver and Medicaid funded.

Alta Mira provides respite for all ages with a developmental disability diagnosis. Additional services are:

- Individualized in-home developmental intervention services for families.
- Birth to age three with developmental delay or if at risk.
- Respite provider for people of all ages with a developmental disability.

Serves Bernalillo county and some surrounding areas.

## The Arc of New Mexico



3655 Carlisle, NE  
Albuquerque, NM 87110  
(505)883-4630, 1-800-358-6493  
web address: [www.arcnm.com](http://www.arcnm.com)  
email: [arcnm@arcnm.com](mailto:arcnm@arcnm.com)

Offers advocacy and legislative efforts for equal opportunities for people with developmental disabilities of all ages on where and how they learn, live, work, play and socialize; education and prevention; guardianship; justice advocacy and training program; great resource for information. No income requirements. The Arc provides services for residents of New Mexico.

**Tidbit:** *Lots of helpful brochures on many important issues impacting people with disabilities. A legislative leader every year to keep important issues and funding needs in the forefront with New Mexico's legislators and policy makers. The Advocate Newsletter and The Arc In Line.*

## Auto Makers Who Adapt Vans



Ford, Chrysler, GMC Automakers

(see local yellow or white pages for addresses and phone numbers)

All offer a \$1000 to \$1500 rebate with the purchase of a new vehicle towards adapting the vehicle (for example wheelchair ramps, etc.). The purchase must be a new vehicle. Automakers Who Adapt Vans is available in all 50 states.

**Tidbit:** *This is a nice perk. They don't usually mention unless you ask about it. Usually called "The Mobility Program."*

## BabyNet



2300 Menaul Blvd., NE

Albuquerque, NM 87107

(505)272-8549, 1-800-552-8195

web address: <http://cdd.unm.edu>

e-mail: [infonet@unm.edu](mailto:infonet@unm.edu)

Offers information and referral for babies, children, pregnant women and families. No income requirements. Available for all ages - statewide.

**Tidbit:** *Sponsored by NM Family Infant Toddler and funded by the state*

## Carrie Tingley Hospital Foundation



1720 Louisiana Blvd., NE

Albuquerque, NM 87110

(505)243-6626, (505)243-7323

website: <http://carrietingleyhospitalfoundation.org/programs/recreation.htm>

Offers Arts & Athletics Beyond Limits program (AABL) including creative exploration in the Keshet Dance Company, Muthu Barry Junior Wheelchair Sports Camp, power wheelchair soccer, and swimming at UNM Johnson Gym, sled hockey team and Zia Hot Shots wheelchair basketball team. Birth to 21 years of age. Offered at local and state level.

**Tidbit:** Provides youth with special needs a variety of athletic, dance, art and recreational activities.

## Center for Development & Disability (UNM)



2300 Menaul NE  
Albuquerque, NM 87107  
(505)272-3000  
web address: <http://cdd.unm.edu>

Offers numerous programs funded by a variety of different state and federal agencies. Some are the Early Childhood Evaluation Program (ECEP), Early Childhood Network, Medically Fragile Case Management Program, Autism Diagnostic clinic, Southwest Autism Network, Indian Children's Program, Supports & Assessment for Feeding & Eating (SAFE) clinic, Bilingual Services, and much more. No income requirements. Serves all ages living in New Mexico.

**Tidbit:** Please call and request a current program information sheet as there are many programs not included above, or check out the CDD website

## Cerebral Palsy Parent Association



Cerebral Palsy Parent Association  
1127 University Blvd. N.E.  
Carrie Tingly Hospital  
Albuquerque, NM 87102-1715  
(505)272-5296  
(800)472-3235

Offers support and understanding for families by sharing the unique and common bond in having family members with special needs. Provides information through speakers, conferences and research. Arranges recreational activities for families throughout the year. Monthly newsletter published.

**Tidbit:** Meets the first Thursday of the month from 6-8pm (call for schedule) Childcare provided by PRO.

## Child Find (APS)



2611 Eubank Blvd., NE  
Albuquerque, NM 87112  
(505)298-6752

Child Find is an important resource to call if you have concerns about how your child is developing. The specialists there can evaluate how a child is doing regarding vision and hearing, speech, language and learning, fine and gross motor skills, as well as physical and social behavior. Often times, the results of the evaluations and observations made through Child Find can provide important information to help determine a child's education program and needed support services.

## Children's Medical Services (CMS)



2040 S. Pacheco  
Santa Fe NM 87505  
(505)476-8868

### **Bernalillo Office**

711 Camino Del Pueblo  
(inside County Courthouse)  
Arthur Fuldower  
(505)867-2291 x5

Offers grants for durable medical equipment (up to \$500.00). No income requirements, no age limit. Grant offered within the state of New Mexico.

**Tidbit:** *You have to work hard to push your need through and it can take months, but persistence pays off. Don't be discouraged by "red tape."*

## Cloud Dancers of the Southwest, Inc. – (Hippotherapy)



**Therapeutic Horseback Riding**  
943 Green Valley Rd. N.W.

Albuquerque, NM 87107  
(505)792-2869

Therapeutic recreation on horseback for people with disabilities ages 4 through adulthood. Experienced, certified instructors and trained volunteers focus on the abilities of the individual. Non disabled riders can also participate on a space available basis. Individual programs designed to help students reach their maximum potential by building on small successes.

**Tidbit:** *There is a fee for these services, but scholarships are available for needy individuals. Sponsorships may be available through Carrie Tingley as well. Call office for more information.*

### Cooper, Mary Alice, M.D.



204 Carlisle NE  
Albuquerque, NM 87106  
(505)266-6522

Offers classical homeopathy, craniosacral therapy and visceral manipulation. Insurance will usually cover most visits otherwise there is a fee for service. Serves all ages in the Albuquerque area.

**Tidbit:** *Alternative care for birth injuries, physical trauma. Helpful for our son's seizure control.*

### Donated Dental Services



P.O. Box 16854  
Albuquerque, NM 87191  
(505)298-7206  
web address: [www.nfdh.org](http://www.nfdh.org)

Offers reduced fee or free dental care (one time evaluation and service) for uninsured special needs patients. Income requirements. Serves pediatric patients and adults with special needs throughout the state of New Mexico.

**Tidbit:** *There is a waiting list.*

## Early Childhood Evaluation Program (ECEP)



### The Center for Development and Disability

2300 Menaul NE  
Albuquerque, NM 87107  
(505)272-9846  
Contact: Monica Aragon  
(505)272-9846

Offers training and technical assistance to community providers, local health care providers, students from multiple disciplines, and others serving young children with suspected disabilities or special health care needs.

**Tidbit:** (Formerly) called PIE (Preschool and Infant Evaluation).

## Elks Cerebral Palsy Commission



New Mexico Elks Cerebral Palsy Commission  
P.O. Box 3707  
Albuquerque, NM 87190-3707  
(505)565-3383  
cell 321-4766

Offers equipment loans, physical therapy advice, and movement technique education. No income requirements. Service provided to anyone residing in New Mexico.

**Tidbit:** *This is a gem of a resource, especially for parents just beginning the journey of supporting their child with motor impairment. Positive, encouraging help. Contact person is Walt Kinkade.*

## ExplorAbilities



5006 Copper Ave, NE  
Albuquerque, NM 87108  
(505)268-7988

Offers pediatric and adult physical, occupational and speech/language therapy services. Insurance will usually cover

costs, otherwise it's fee for service. Service provided in the Albuquerque area.

**Tidbit:** *Good therapists with a progressive mind-set.*

## Go-Fors



PO Box 94324  
Albuquerque, NM 87199-4324  
Executive Director: Mary White  
(505)332-0124  
E-mail: [goforsinc@aol.com](mailto:goforsinc@aol.com)  
[www.goforsinc.com](http://www.goforsinc.com)

Provides accompanied assistance to medical and other critical appointments for seniors and individuals with disabilities who require alternate transportation options. Educational and referral service.

**Tidbit:** *Costs vary depending on income and situation. Have volunteers and staff who are trained to accompany people to appointments, complete applications and etc.*

## Home-New Mexico



2300 Menaul Blvd., NE  
Albuquerque, NM 87107  
(505)889-9486  
[www.homenewmexico.org](http://www.homenewmexico.org)

A non-profit organization that assists any family who has a person living in the household with a disability. HNM helps eligible families obtain financing and down payment assistance to buy a home. HNM does not provide mortgage funds directly. Instead, they make financing accessible and affordable for low-income families. Each lender will base their financing decisions on specific underwriting criteria. *Cannot guarantee approval of financing nor availability of down payment assistance funds, regardless of the family situation. Families must reside in New Mexico or have plans to move to New Mexico.*

**Tidbit:** *Wonderful resource. Home New Mexico also provides suggestions for other programs if the person(s) don't qualify.*

## The Information Center for New Mexicans with Disabilities



2300 Menaul Blvd., NE  
Albuquerque, NM 87107  
(505)272-8549, 1-800-552-8195  
web address: [www.cdd.unm.edu](http://www.cdd.unm.edu)  
e-mail: [infonet@unm.edu](mailto:infonet@unm.edu)

Offers comprehensive information and referral service for people with disabilities. No income requirements. Available for all ages - statewide.

## International Nutrition



1-800-899-3413

Specializes in nutritional supplements for children and adults with Down's Syndrome and other special health care needs.

## John Tracy Clinic



806 West Adams Blvd.  
Los Angeles, CA 90007-2505  
1-213-748-5481  
1-213-747-2924 TTY  
1-800-522-4582  
web address: [www.jtc.org](http://www.jtc.org)

Provides free services worldwide to families of preschool children with hearing loss. They provide family services, professional programs, and development and communication. They offer a 3 week summer course for children and their families. No income requirements. Serves birth to preschool age.

**Tidbit:** *Family is responsible for transportation, food and lodging.*

## Joni & Friends Family Retreats



P.O. Box 3333

Agoura Hills, CA 91376

1-818-707-5664

web address: [www.joniandfriends.org/retreat](http://www.joniandfriends.org/retreat)

email: [familyretreats@joniandfriends.org](mailto:familyretreats@joniandfriends.org)

Offers summer family retreats across the country. Five-day action packed fun for all family members. Housing, food, activity and new friends provided. No income requirements. No age limit - for entire family. Retreats available nationally.

## Little Sage Music Together - Paula James



Albuquerque NM, 87109

(505)450-1567

Music and movement for families. Parent/child classes with parent education. Music learned through playful activity with mixed age/ability classes. Developmentally appropriate and research-based.

## Los Lunas Community Program



P.O. Box 1269

Los Lunas, NM 87031

(505)865-9611, 1-800-283-8415

Offers statewide emergency respite for families with a member on the Developmental Disability Waiver waiting list. No income requirements. Provides services for all ages. Offers Augmentative Communication Technology grant to parents or speech therapists - \$250.00 per year.

**Tidbit:** *Very supportive staff - very effective program - lifesavers when we really needed the help.*

## LTC Link



(505) 232-9044  
1-866-968-7582  
TDD/TTY 1-800-659-8331  
Fax: (505)232-9054  
[www.ltclink.org](http://www.ltclink.org)

An information and referral service specializing in long-term care services for disabled, elderly, chronically ill and vulnerable populations of any age within the State of New Mexico.

**Tidbit:** *Their website has informative articles.*

## Make a Wish Foundation of New Mexico



5301 Central Ave, NE, Suite 203  
Albuquerque, NM 87108  
(505)888-9474, fax 232-0678  
web address: [www.wishnm.org](http://www.wishnm.org)

Makes it possible for children to choose a dream/wish and have it become a reality. No income requirements. Must be 2½ years of age to 18 years of age and diagnosed with a life-threatening illness.

**Tidbit:** *The volunteers who visited our family were genuinely happy for our son and made delivering his special wish a day we will always remember with tears of joy. An awesome positive support for kids with the greatest daily challenges.*

## Mile High Little League/Challenger Division



725 Juan Tabo Blvd., NE  
Albuquerque, NM 87123  
(505)292-7810  
(Tammy Hill) (505) 281-4488

Offers opportunities for special needs kids to play little

league baseball, adapted rules and buddies working one-to-one with them. No income requirements. Offered at local level each spring.

## **Muscular Dystrophy Association, Inc. (MDA)**



6733 Academy NE, D-1  
Albuquerque, NM 87109  
(505)828-1331  
web address: [www.mdausa.org](http://www.mdausa.org)  
email: [albuquerque.services@mdausa.org](mailto:albuquerque.services@mdausa.org)

Offers diagnostic services, physical and occupational therapy consultations, flu shots, social service counseling, monthly support group meetings, orthopedic aids such as wheelchairs, braces, walkers, summer camp, information and education about neuromuscular disease. No income requirements - individual must be diagnosed with a neuromuscular disease covered by MDA. No age limitations. Also, offers family-to-family connections and will cover the balance due to see certain specialists after the primary insurance.

**Tidbit:** *When my family's HMO only paid for half of the \$17,000 for our son's power wheelchair, the local MDA worked with the National office to cover the other half!*

## **National Forest Service**



**Cibola National Forest Services Supervisor's Office  
Golden Access Passport**  
2113 Osuna NE  
Albuquerque NM 87113  
(505)346-3900

Can get free entry into National Parks' National Forests for people with disabilities, by obtaining a Golden Access Passport.

**Tidbit:** *Available nation-wide at local Forest Service offices.*

## Nature Dancing/Nature Beginnings



### **Albuquerque Aquarium**

2601 Central Ave NW  
Albuquerque NM, 87104

and

### **Rio Grande Zoo**

903 10th St. SW  
Albuquerque NM, 87102

(505)764-6214

Offers classes designed for preschool children (serve birth to 5) accompanied by an adult. Discover the wonders of animals and plants through creative movement and music. Join in animal observations, story time, arts and crafts, music and dance.

**Tidbit:** *Sessions alternate between the Aquarium and the zoo. Great fun!*

## New Mexico Autism Society



### **(A chapter of the Autism Society of America)**

Call for most current location of meetings

(505)332-0306

web address: <http://www.nmautismsociety.org>

Offers a monthly meeting, sponsors conferences, publishes a newsletter and assists families and professionals to learn about autism and resources. Also sponsors an Asperger's Syndrome support group. No income requirements, no age limit. Serves state of New Mexico.

**Tidbit:** *For more information about autism and/or those life conditions that might fall under the autism spectrum, please note the Autism Society of America at 1-800-3autism or <http://www.autism-society.org> and Southwest Autism Network, (505) 272-1852 or 1-800-270-1861.*

## New Mexico S.A.F.E. Program



### (Safe Assessment for Feeding & Eating)

#### Center for Development and Disability

2300 Menaul NE, Suite 122

Albuquerque, NM 87107

(505) 272-0285

Offers comprehensive evaluation and information regarding feeding and eating issues for all ages. No income requirements. Serves the state of New Mexico.

**Tidbit:** *Excellent resource for nutrition information and positioning issues for eating. It can take months to get an appointment, but it is worth it.*

## New Mexico School for the Visually Handicapped



230 Truman NE

Albuquerque, NM 87108

(505)268-9506

Offers educational and associated therapy services for children with visual impairments. No income requirements. Birth to age 3 is served by Developmental Specialists in your home. Age 3 through K served at school location. Services available through grade 3 for Braille or cane users only. Serves the state of New Mexico.

**Tidbit:** *Excellent evaluation services, also vision therapy.*

## New Mexico State Division of Vocational Rehabilitation (DVR)



7905 Marble NE  
Albuquerque, NM 87110  
(505)232-8701, 1-800-224-7005

Offers a variety of programs to help people with disabilities, including some equipment programs, educational grant assistance for college and transportation assistance for work (city bus passes). Income requirements depend on specific program. All ages are served, depends on program. Services available in the state of New Mexico.

**Tidbit:** *A lot of paperwork (it's a state agency) but it can be helpful.*

## New Mexico Technology Assistance Program (NMTAP)



435 St. Michael's Dr., Bldg. G  
Santa Fe, NM 87505  
1-800-866-2253  
TTY 1-800-659-4915  
web address: [www.nmtap.com](http://www.nmtap.com)

Provides loaners on a variety of assistive technology and augmentative communication equipment to families for a trial period, usually 30-60 days. Provides low interest loans up to \$20,000.00 for the purchase of adaptive equipment or a van. No income requirements. Provides services for the state of New Mexico for all ages.

**Tidbit:** *Great source for trying equipment out before you buy it. Trial period can be extended if you explain in writing that you need an extension and why.*

## New Mexikids



(NM Human Services Department working together with the New Mexico Dept. of Health)  
1-888-997-2583 Call for location nearest you

Offers no cost or low cost health coverage for children under age 19. New Mexikids pays for regular check-ups, doctor visits, dental visits, hospital care, prescriptions, glasses, vision and hearing exams. Must meet income requirements. Serves the state of New Mexico.

**Tidbit:** *Income requirements are very liberal. If you are a person with a disability and needs help in understanding this information you can call 1-800-659-9331 (TDD).*

## Parents for Behaviorally Different Children



1101 Cardenas Dr., NE  
Albuquerque, NM 87110  
(505)265-0430, 1-800-273-7232  
web address: [www.pbdconline.org](http://www.pbdconline.org)  
email: [advocacy@pbdconline.org](mailto:advocacy@pbdconline.org)

Offers information; library specializing in mental health issues and disorders; behavior management techniques; family advocates (main offices in Albuquerque, services statewide) to assist families to get services through public school and medical systems. No income requirements. Serves individuals with neurobiological, mental health or behavioral concerns from birth to age 21 living in New Mexico.

## Parents Reaching Out (PRO)



1920 B Columbia Dr. SE  
Albuquerque, NM 87106  
(505)247-0192, 1-800-524-5176  
web address: [www.parentsreachingout.org](http://www.parentsreachingout.org)  
email: [nmproth@aol.com](mailto:nmproth@aol.com)

Offers parent to parent support and information on a wide range of special needs, educational issues and support services. No income requirements. Service provided statewide and nationwide as well.

**Tidbit:** *Excellent resource – it is great to talk to parents who have been there and done that.*

## People First c/o The Arc of New Mexico



3655 Carlisle, NE  
Albuquerque, NM 87110  
Contact: Randy Costales  
1-800-358-6493  
(505)883-4630, (505)883-3170  
web address: [www.arcnm.com](http://www.arcnm.com)

Self-advocates with disabilities meet for discussion and work for improvements in areas such as transportation, accessibility, self determination, equal opportunities and legislation. No income requirements. Members are high school age and up and come from the Albuquerque area. The group meets at 5:45pm on the second Thursday of each month. Call Randy Costales at 883-4630 for location and information.

**Tidbit:** *People First lets you know how to become a self-advocate, teaches you that you have rights, helps you become a leader and to speak for yourself and others.*

## Protection & Advocacy (P & A)



1720 Louisiana NE, Suite 204  
Albuquerque, NM 87110  
(505)256-3100, 1-800-432-4682  
web address: [www.nmprotection-advocacy.com](http://www.nmprotection-advocacy.com)  
email: [nmpanda.org](mailto:nmpanda.org)

Offers information, referral services and sometimes individual advocacy regarding the legal rights of persons with disabilities and services they might be entitled. In some cases, P&A can represent persons with disabilities in a hearing or court: training handbooks available; The Family Center, with a special emphasis on training available to minority families. Serves all ages in New Mexico.

**Tidbit:** *Each year, after public hearings and comment, P&A sets priorities for the cases and disability problems it will address. So please call and let your concerns be known!*

## Simplified Technology



6201 Candle Court  
Eldersberg, MD 21784  
email:linda@Lburkhart.com  
web address: [www.Lburkhart.com](http://www.Lburkhart.com)  
Phone# 1(410)795-4561 fax 1(410)795-8834

Provides information about assistive technology and Augmentative Communication. Ideas for adapting technology for special needs children. No income requirements. Serves birth to middle school age. Services provided worldwide via internet.

**Tidbit:** *Great ideas for inexpensive, low-tech versions of augmentative communication devices.*

## Skyline Therapy Services (Hippotherapy)



**Therapeutic Horseback Riding**  
P.O. Box 30  
Sandia Park, NM 87047  
(505)281-1811

Offers pediatric through adult therapy (physical, occupational, and speech) using Hippotherapy as primary tool (horseback riding). Service Albuquerque and surrounding areas for all ages.

**Tidbit:** *There is a fee for services. Some insurance companies (including some Salud providers), will cover Hippotherapy. Early intervention program at Alta Mira contracts with Skyline.*

## Southwest Autism Network (SWAN) – UNM



Center for Development and Disability  
2300 Menaul Blvd., NE  
Albuquerque, NM  
(505)272-1852

Offers referral services, support, social skills groups for autistic adolescents and young adults, guidance for DD Waiver, school, employment for autistic individuals. No income requirements. Serves mostly children, but some adult information available.

**Tidbit:** *Different staff for different age groups and concerns. Wonderful resource library with information on all types of disabilities. "Can do" attitudes and trademark. Without SWAN, accomplishments we have experienced would have taken more time to achieve to include some things we would never have thought possible at all.*

## Spina Bifida Association of New Mexico



1127 University Blvd., NE  
Albuquerque, NM 87102  
(505)242-1185, 1-800-750-2044

Offers information, social support and recreation, newsletter, public and private advocacy. No income requirements, serves all ages in New Mexico.

## STEP HI (The New Mexico School for the Deaf)



1060 Cerrillos Rd.  
Santa Fe, NM 87503  
voice/tdd 1(505)827-6789, 1-800-841-6699  
web address: [www.nmsd.k12.nm.us](http://www.nmsd.k12.nm.us)

Offers information and support to families with children who are deaf and hard of hearing, loaner hearing aid bank,

materials lending library, parent support contacts, helps families make informed choices about which communication method or philosophy is best for their child. No income requirements. Serves birth to age 6 in the State of New Mexico. Home-based services working in addition to other special programs and services a child may receive. Free of cost.

### **Tidman Therapies (Hippotherapy)**



#### **Therapeutic Horseback Riding**

Contact: Melanie Tidman  
521 Vineyard  
Albuquerque, NM 87113  
(505)344-5756

Occupational therapy on a constantly moving horse.

**Tidbit:** *Great program in North Valley.*

### **UNM - Johnson Gym - Recreational Service**



#### **Excel Swim Program**

(505) 277-0178

Saturday swim classes - infants on up, for individuals and groups. Warm therapeutic pool (90 degrees) with ramp for access. Class admission allows for pool usage on Saturdays outside of class time.

**Tidbit:** *Class cost through Johnson gym is very reasonable. Many other recreational activities available. Please contact them for information on adaptability for people with disabilities.*

## UNM Health Sciences Center



### Speech/Language/Swallow Center

2211 Lomas Blvd., NE, 3 Middle  
Albuquerque, NM 87106  
(505)272-2455

Offers swallow studies for individuals with dysphasia (swallowing problems) such as aspirating food (getting food into lungs) and other eating issues. No income requirements. Serves all ages in the state of New Mexico.

**Tidbit:** *Appointments can be hard to get and do require a primary care doctor's referral.*

## UNM Music Prep



UNM College of Fine Arts  
(505)298-5631  
email: [musprep@unm.edu](mailto:musprep@unm.edu)

Music education program of exciting and enriching musical experiences. Course offerings are designed to support and supplement the efforts of school music programs and private music teachers as well as to bring music to children who might never have had the opportunity to study music. General Music Classes - these classes will actively involve children, from birth to age 8, in singing, moving, playing simple classroom instruments, listening, creating, and reading and writing music.

**Tidbit:** *A parent or guardian MUST attend the birth through age 3 classes with his/her child. Many other classes are available including world music overview, vocal and basic instrumental training.*

## UNM Speech, Language & Hearing Center



901 Vassar NE  
Albuquerque, NM  
Contact: Charlotte Lough  
(505)277-4453

Offers speech and language services (therapy), 50 minute sessions performed by graduate students under direct supervision. Cost ranges from \$25.00 to \$35.00 per session depending on income. Serves all ages in the Albuquerque area.

**Tidbit:** *Call early since there is a waiting list. Must speak with clinic director for interview and application.*

## Van Conversions: Highland Conversions



417 Adams SE  
Albuquerque, NM 87108  
(505)232-8629

Offers mechanical and structural alterations to vehicles to make them wheelchair/ramp/etc. accessible. Pay as you go for what you want. Serves the Albuquerque area.

**Tidbit:** *Very knowledgeable, helpful and experienced. Also consign already adapted vans and such for sale.*

## **Additional Resources**

### **All Indian Pueblo Council**

1-505-881-1992

### **Brain Injury Advisory Council (BIAC)**

1-505-827-7580

### **Brain Injury Association of NM**

1-505-292-7414

1-888-292-7415

### **Centers for Independent Living**

1-800-260-5022

### **Cerebral Palsy Parent Association (CPPA)**

1-505-272-5296

1-800-472-3235

### **Children Youth & Families Dept.**

#### **(CYFD)**

1-800-610-7610

Statewide Centralized Intake (to report abuse, neglect, exploitation)

1-800-797-3260

### **Developmental Disability Planning Council Information Center**

1-800-552-8195

### **Directory of State Departments & Agencies**

1-800-825-6639

### **Division of Health Improvement (DOH)**

1-505-827-2613

Complaint Line

1-800-445-6242

### **Dyslexia Tutor Hotline for Adults**

1-505-242-4460

### **Easter Seal Society of New Mexico**

1-505-888-3811

### **Elder Care New Mexico, Inc.**

1-505-296-3024

### **EPICS-Education for Parents of Indian Children with Special Needs**

1-505-867-3396

### **Governor's Commission on Disability**

1-505-827-6465

### **Human Services Department (HSD)**

1-505-827-9451

1-800-432-6217

Income Support Division

1-800-432-6217

Medical Assistance Division

1-800-610-7610

### **Independent Living Resource Center**

1-505-266-5022

### **International Dyslexia Association**

1-505-255-8234

### **LTC Link**

1-505-232-9044

1-866-968-7582

### **Long Term Services Division**

1190 Saint Francis Dr.

PO Box 26110

Santa Fe, NM 87502

[www.health.state.nm.us/ltsd/index.html](http://www.health.state.nm.us/ltsd/index.html)

1-877-696-1472

1-505-827-2574

DD Waiver

D&E Waiver

Medically Fragile Waiver

**Regional Offices****Metro Regional Office**

5301 Central NE, Suite 1700  
Albuquerque, NM 87108  
1-505-841-5500  
1-800-283-5548

**Northwest Regional Office**

2918 East Highway 66  
Gallup, NM 87301  
1-505-863-9937  
1-866-862-0448

**Northeast Regional Office**

224 Cruz Alta, Suite B  
Taos, NM 87571  
1-505-758-5934  
1-866-315-7123

**Southwest Regional Office**

1170 North Solano Dr., Ste. G  
Las Cruces, NM 88001  
1-505-528-5180  
1-866-742-5226

**Southeast Regional Office**

726 B South Sunset  
Roswell, NM 88201  
1-505-624-6100  
1-866-895-9138

**Medical Assistance Division**

**Ombudsman Program**  
1-505-827-6210  
1-877-247-2583

**Meals on Wheels**

1-505-291-2063

**NAMI- National Alliance  
on Mental Illness**

1-505-260-0154  
1-800-953-6745

**New Mexico Commission  
for the Blind**

1-505-841-8844  
1-888-513-7968

**New Mexico Commission for the  
Deaf and Hard of Hearing**

1-505-827-7584 voice  
1-505-827-7588 TTY  
1-800-USE-TTY  
SALUD  
1-800-926-4296

**New Mexico Deaf -Blind Services**

1-505-827-6707  
1-505-827-6711  
1-800-841-6699 voice/TTD

**New Mexico Learning Disability  
Association**

**(contact Patty Useem)**  
nmida2003@yahoo.com

**New Mexico Relay Network**

1-505-889-0420  
1-800-659-8331

**New Mexico Special Olympics**

1-800-371-5525

**New Mexico State Library Talking  
Book Library**

1-505-827-3830  
1-800-456-5515

**Project for NM Children & Youth  
Who are Deaf-Blind**

1-505-272-0321  
1-877-614-4051

**Senior Foundation, Inc.**

1-505-884-3881

## Additional Resources

### **Social Security Administration**

4300 Cutler NE  
Albuquerque NM, 87110  
Local (505) 346-6694  
1-800-772-1213

### **Social Security Office**

SSI  
SSDI  
(9am-4pm)  
4300 Cutler NE  
Albuquerque NM, 87110  
1-800-772-1213  
1-800-325-0778 TTY

SAFE Clinic for Eating Problems  
1-505-272-0285

School of Medicine  
TEASC Clinic  
For dually diagnosed  
individuals with DD and  
Mental Health Issues  
1-505-272-5158

### **United Way**

1-505-245-1735  
or 2-1-1 in Albuquerque

### **UNM Center for Development and Disabilities (CDD)**

Continuum of Care Project  
(Health Issues)  
1-505-272-5215  
1-877-684-5259  
[www.unmcoc.org](http://www.unmcoc.org)

Early Childhood NET  
Fax: 1-505-272-0277  
[cdd.unm.edu/Ec/ECN/](http://cdd.unm.edu/Ec/ECN/)

LINC—Library  
1-800-827-6380  
Fax: 1-505-272-5280  
[cdd.unm.edu/linc/contact/](http://cdd.unm.edu/linc/contact/)

Medically Fragile Case  
Management Program  
Christy Barden, Director  
1-505-272-2910  
cbarden@unm.edu  
<http://cdd.unm.edu/fragile/>

## Commonly Used Acronyms

AAMR	American Association for Mental Retardation
ACF	Administration for Children and Families
ADA	Americans with Disabilities Act
ADD	Administration on Developmental Disabilities
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactive Disorder
AOA	Agency on Aging
ASD	Autism Spectrum Disorder
BIA	Bureau of Indian Affairs
BIAC	Brain Injury Advisory Council
BT	Behavior Therapy
CARF	Council for Accreditation of Rehabilitation Facilities
CDD	Center for Development and Disability
CDDC	Consortium of Developmental Disabilities Councils
CP	Cerebral Palsy
CVI	Cortical Visual Impairment
CYFD	Children Youth and Families Department
DD	Developmental Disabilities
DDA	Developmental Disabilities Act
DDPC	Developmental Disabilities Planning Council
DFA	Department of Finance and Administration
DVR	Division of Vocational Rehabilitation (Dept. of Ed)
DOH	Department of Health
DHHS	Department of Health and Human Services
ECEP	Early Childhood Evaluation Program (formerly PIE)
ED	Emotional Disturbance
EPICS	Educating Parents of Indian Children with Special Needs
EPSDT	Early and Periodic Screening, Diagnosis and Assessment

## Commonly Used Acronyms

FAPE	Free Appropriate Public Education
HCFA	Health Care Financing Administration
HI	Hearing Impairments
JSD	Human Services Department
HRSA	Health Resources and Services Administration
ICC	Interagency Coordinating Council
ICF/MR	Intermediate Care Facility for Mental Retardation
IDEA	Individuals with Disabilities Education Act
IEP	Individualized Education Program
IFSP	Individualized Family Service Plan
ISP	Individualized Service Plan
HIS	Indian Health Service
JPA	Joint Powers Agreement
LD	Learning Disabilities
LEA	Local Education Agency (school district)
LESC	Legislative Education Study Committee
LFC	Legislative Finance Committee
LRE	Least Restrictive Environment
LTSD	Long Term Services Division
LVMC	Las Vegas Medical Center
MAD	Medical Assistance Division
MCH	Maternal Child Health
MR	Mental Retardation
NADD	National Association on Developmental Disabilities (formerly National Association for Dual Diagnosis) (addresses Mental Retardation and Mental Illness)
NADDC	National Association of Developmental Disabilities Councils
NMTAP	New Mexico Technology Assistance Program
OI	Orthopedic Impairment
OIA	Office of Indian Affairs

OSERS	US Office of Special Education and Rehabilitation Services
OSEP	US Office of Special Education Programs
OCR	Office of Civil Rights
OT	Occupational Therapy
P&A	Protection and Advocacy System
PBDC	Parents of Behaviorally Different Children
PIE	Preschool and Infant Evaluation Program
PPR	Program Performance Report
PRO	Parents Reaching Out
PT	Physical Therapy
RCC	Regional Center Cooperative
REC	Regional Education Cooperative
RFP	Request for Proposal
SE	Supported Employment
SEO	Special Education Office
SDE	State Department of Education
SLP	Speech and Language Pathology
SPO	State Personnel Office
SSA	Social Security Administration
SSI	Supplemental Security Income
SSDI	Supplemental Security Disability Income
TASH	The Association for Persons with Severe Disabilities
TANF	Temporary Assistance for Needy Families
TA	Technical Assistance
TEASC	Transdisciplinary Evaluation And Support Clinic
TBI	Traumatic Brain Injury
UCEDD	University Centers for Excellence in Developmental Disability
YDDC	Youth Development and Diagnostic Center

## **Family Support & Systems Change Project Council**

**Mike Allen**

Parent, People First Advisor

**Tanya Baker-McCue**

NM Self-Directed Family  
Support Program  
Center for Development &  
Disability (CDD)

**Connie Bizzell**

Parents Reaching Out (PRO),  
Parent

**Monica Crick**

Parent, Advocate

**Lori DeAnda**

Parent, Advocate

**Carolyn Delgado**

Self Advocate, People First

**Willva Delgado**

Parent, Advocate

**Marilyn Fuller**

Parent, Advocate

**Sue Hall**

Parent, Advocate

**Noel Horcasitas**

Parent, Advocate

**Mona Marin**

Director of Family  
Support Services  
Alta Mira Specialized Family  
Services, Inc.

**Marilyn Martinez**

Self Advovocate

**Karl McKibben**

Self Advocate, People First

**Ann Nelson**

Parent, Advocate

**Catherine Nelson**

Parent, Advocate

**Joanna Rubi**

Parent, Advocate

**Rose Sanchez**

Long Term Services Division

**Elisa Sanchez Wilkinson**

Family Resource Specialist

**Rebecca Shuman**

The Arc of New Mexico

**Joe Varoz**

Parent, Self Advocate

**Marcelliano Varoz**

Budding Self-Advocate

**Stephanie Varoz**

Parent, Advocate

**Carol Watts**

Department of Health

## Acknowledgments

A number of people were instrumental in bringing about the development of this resource guide. There were many volunteers, individuals with disabilities and their families who worked on this project as an act of love. We would like to begin by thanking Marilyn Fuller who first conceived of this guide. Her son, Peter Hayes Fuller was the inspiration for its completion. We thank Stephanie Varoz for collecting and compiling information from so many diverse sources. We are grateful to Noel Horcasitas for spending many long hours organizing the first draft of the guide. We have Monica Crick to thank for her creative talents in the graphic design and layout of this publication. Also we are forever grateful to Ann Nelson for helping us to secure the needed funding to print and distribute the guide.

The members of the Albuquerque Self-Directed Family Support Project hope that this guide will in some small way help you to find your way. We pass our experiences and knowledge of resources on to you and expect that in turn you will pass it on to the next person.

**This Publication was underwritten  
by a generous grant  
from the PNM Foundation**



*.... Now You Know!*

