

For our brain injury patients: Where to turn for help

The staff at NHRMC Rehabilitation Hospital understands that patients and their loved ones have many questions and concerns as they adjust to different challenges resulting from a brain injury. We are here to help answer those questions and address your concerns, so you can concentrate on the most important part of your journey – healing. Combining highly skilled clinical resources with an integrated course of rehabilitation treatment, NHRMC Rehabilitation Hospital is well-equipped and prepared to help you return to your daily life. To further assist you, we have compiled the following list of community and online resources available to brain injury patients and their families.

Brain Injury Support Groups

Brain Injury Support Group

Meets 2nd Monday of each month, 6:00-7:00 p.m., at NHRMC Rehabilitation Hospital, 1st Floor Classroom. For more information, please call **Morgan Lankford at 910-667-7062 or email juxon.lankford@nhrmc.org. Or Kelsey Lucas at 910-667-5616 or email kelsey.lucas@nhrmc.org**

Brain Injury Education and Information

Brain Injury Association of America

800.444.6443
www.biausa.org

Brain Injury Association of North Carolina

800.377.1464
www.bianc.org

Defense and Veterans Brain Injury Center

800.870.9244
www.dvbic.org

Brainline.org

www.brainline.org

Local, Regional and National Services

Disability Resource Center

140 Cinema Drive, Suite C
Wilmington, NC 28403
910.815.6618
www.drcwilmington.org

NC 211

This service helps users find community health and human services resources.

Dial 211
www.unitedwaync.org/nc-2-1-1

North Carolina Division of Vocational Rehabilitation Services

910.251.5710
www.ncdhhs.gov/dvrs/

Disabled American Veterans

4601 Park Ave.
Wilmington, NC 28403
910.313.2190
www.dav.org

North Carolina Assistive Technology Program

910.251.7078
www.ncatp.org

National Institutes of Health

301.496.4000
www.nih.gov

Department of Health and Human Services

877.696.6775
www.dhhs.gov

Transportation

WAVE Transit – Wilmington
910.343.0106
www.wavetransit.com

Brunswick Transit
910.253.7800
www.brunswicktransit.org

Pender Transit System
910.259.9199
www.penderpas.com/transportation.php

Onslow Transit System
910.436.2998
www.onslowunitedtransit.org/welcome.html

Bladen Area Rural Transportation System (BARTS)
910.862.6930

Columbus Country Transportation
910.642.7201

Pender Transport
910.675.9127
www.penderems.com/pts.htm

Ivory's Accessible Transport Service Inc.
910.264.9329
www.ivorystransport.com

Maintaining Health and Wellness

Ability Garden/New Hanover County Arboretum
910.798.7677

Wilmington YMCA
Dahlia Nir
Director of Health and Wellness
910.215.9622
www.wilmingtonfamilyymca.org

Miracle League/Access Wilmington
Jennifer Bell
910.508.6788
Chelsea Hall
910-685-1550
www.miracleleaguwilmington.org

Greater Wilmington Tennis Association
Todd Coxx
703.887.3921
www.wilmingtontennis.com

Oleander Rehabilitation Community User Program (CUP)
John Barkman
910.667.8659

The Community User Program is wellness program for people to maintain health and fitness. We offer a heated (88°F -92°F) salt water pool. Easy to use resistance, cardio equipment, personal training and instructor led pool and chair classes.

Wilmington Disabled Athletic Association
Timothy Corbett
910.264.9329

National Alliance for Accessible Golf (Wilmington GAIN)
www.accessgolf.org/gain/wilmington.cfm

Disabled Sports USA
www.dsusa.org

American Association of Adapted Sports Programs, Inc.
www.aaasp.org