

For our rehabilitation 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 an injury or illness. 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 patients and their families.

Education and Information

American Diabetes Association

800.342.2383
www.diabetes.org

American Lung Association

202.785.3355
www.lung.org

The Leukemia & Lymphoma Society

800.955.4572
www.lls.org

American Cancer Society

800.227.2345
www.cancer.org

American Heart Association

800.242.8721
www.heart.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

Access Wilmington/Access Golf

Haley Sink, Exe. Director
910.508.6788
Kayla Jakubczak, Program Coord.
910-685-1550
www.miracleleaguelwilmington.org

Greater Wilmington Tennis Association

Todd Cox
703.887.3921
www.wilmingtontennis.com

Oleander Rehabilitation Community User Program (CUP)

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