



# New Hampshire **RESOURCE DIRECTORY**

Brain Injury & Stroke  
10th Edition



**BRAIN INJURY  
ASSOCIATION**  
OF NEW HAMPSHIRE

52 Pleasant Street  
Concord, NH 03301  
(603) 225-8400  
Family Helpline:  
(800) 773-8400 (NH Only)  
Information & Resources (only)  
(800) 444-6443  
[www.bianh.org](http://www.bianh.org)



# **Brain Injury Association of New Hampshire**

## ***Brain Injury and Stroke* Resource Directory**

**10<sup>th</sup> Edition**

Co-Sponsored by

Brain Injury Association of New Hampshire  
52 Pleasant Street  
Concord, NH 03301  
(603) 225-8400

New Hampshire Bureau of Developmental Services  
105 Pleasant Street  
Concord, NH 03301  
(603) 271-5034



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# ABOUT BRAIN INJURY



If you are reading this, most likely you or someone you know is now living with a brain injury or stroke. You are not alone. Each year an estimated 1.7 million people in America sustain a brain injury, and in New Hampshire there are currently over 15,000 individuals living with brain injury or stroke. Nationwide, traumatic brain injury is a contributing factor to 1/3 of all injury-related deaths in the United States. About 75% of traumatic brain injuries (TBI) that occur each year are concussions or other forms of mild TBI. <sup>1</sup>

Not all outcomes of brain injury are immediately obvious, earning brain injury the status of “The Silent Epidemic.” In the hopes of preventing brain injury, education and awareness are ongoing across the United States through the Brain Injury Association of America (BIAA) [www.biaa.org](http://www.biaa.org), and among individual State Associations, like New Hampshire: [www.bianh.org](http://www.bianh.org).

Brain injuries can vary from mild to severe with outcomes of short-term symptoms to life altering effects and for some individuals, brain injury leads to death. Survivors of brain injury may experience the impact of not being fully able to participate in their normal life’s activities. Difficulties in concentration, memory, organization, managing multiple tasks and relationships may become daily challenges. Cognitive deficits can lead to decreased abilities to live the pre-injury life they once had. In addition, individuals may now have changed personalities and behaviors that alter relationships with family, friends, and business acquaintances.

Causes of brain injury include, but are not limited to, motor vehicle crashes, sports injuries, falls, stroke, blast injuries from war, shaken baby syndrome, violence, brain tumors, anoxia (loss of oxygen), encephalitis, meningitis, poisoning, seizures, and alcohol and/or drug abuse.

Although brain injury can happen to anyone, at any age, social or economic background, there are certain groups of individuals that are more prone to acquiring them. The 2006 Center for Disease Control (CDC) reports that the incident of traumatic brain injury (TBI) per 100,000 people by age is as follows: <sup>1</sup>

- Children aged 0 – 4 years, older adolescents aged 15-19 years, and adults aged 65 years and older
- Almost half a million (473,947) emergency department visits for TBI are made annually by children aged 0 – 14 years
- Adults aged 75 years and older have the highest rates of TBI-related hospitalization and death
- In every age group, TBI rates are higher for males than for females
- Males aged 0 – 4 years have the highest rates of TBI-related emergency department visits, hospitalizations, and deaths.

Once a brain injury is identified, family and friends become an integral part in the life-long journey of the survivor. Medical and rehabilitation terms are the new language that is spoken. Digesting information on the outcome of the brain injury, making the right decisions for accurate treatment for a successful recovery, acquiring benefits, planning for the future, and accepting this new situation can be very stressful on the survivors, their family and friends. This directory lists resources which are available to New Hampshire families and survivors to use, as they navigate through the maze of services needed.

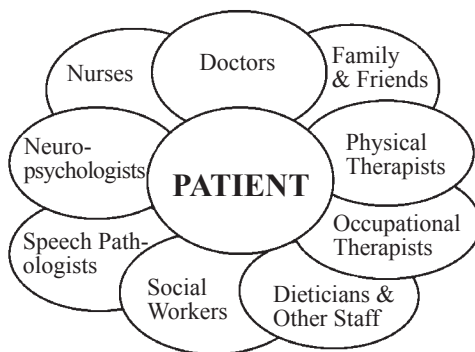
<sup>1</sup> For more information, please visit [www.cdc.gov/traumaticbraininjury/statistics.html](http://www.cdc.gov/traumaticbraininjury/statistics.html).

# WHO WILL HELP AFTER BRAIN INJURY?



Members of the health care team will work together with the patient, family, and friends during the hospital stay. Care will be centered on the individual needs of the patient. Family and friends are important members of the team.

## Team Members



**Patient:** The patient is the most important member of the team. Care will be planned based on how the patient responds to treatment.

**Family and Friends:** You provide emotional support to the patient. Family and friends also provide the health care team with important facts about the patient's past history and can help watch for changes. Other team members will show you what you can do to help with the recovery process.

**Doctors:** Neurosurgery doctors are specialists who help determine the type of brain injury and its treatment. They may perform surgery on the brain. They will work with other doctors if the patient is in intensive care or has injuries to other parts of the body.

**Nurses:** Nurses check patient's vitals (temperature, blood pressure, heart and breathing rate) and watch for changes in strength and thinking. They help with daily cares such as eating and bathing. Nurses also coordinate care among the members of the health care team.

**Social Workers:** Social workers provide emotional support to help the patient and family adjust to being in the hospital. They coordinate discharge planning, referral to community resources, and answer questions about insurance or disability.

**Physical Therapists (PT):** Physical therapists evaluate and treat weaknesses in the patient's strength, flexibility, balance, rolling, sitting, standing and walking. Treatment may include exercise or instruction in use of equipment such as walkers, canes, or wheelchairs.

**Occupational Therapists (OT):** Occupational therapists evaluate the patient's ability to perform dressing, bathing, homemaking and activities that require memory and organization. They provide treatment or equipment needed for safe independent living.

**Speech Therapists:** Speech therapists test and treat speech, language, thinking and swallowing problems.

**Neuropsychologists:** Neuropsychologists test thinking, memory, judgment, emotions, behavior and personality. This information can be used to help guide treatment. It will also help determine the amount of supervision that the patient needs when they leave the hospital.

**Dieticians:** Dieticians assess nutritional needs. They work with the patient and other team members to help the patient meet their nutritional goals.

Other staff members may work with the patient and family. These include:

- |                           |                         |
|---------------------------|-------------------------|
| ■ Respiratory therapists  | ■ Activity Therapists   |
| ■ Clergy                  | ■ Child Life Therapists |
| ■ Patient Representatives | ■ Vocational Counselors |
| ■ Music Therapists        | ■ Recreation Therapists |



The Brain Injury Association of New Hampshire is the only state-wide organization in NH dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers. We are a chartered affiliate of the Brain Injury Association of America (BIAA).

### INDIVIDUALS WE SERVE

We serve individuals who have sustained one of the following Acquired Brain Injuries (ABI):

- Traumatic Brain Injury (TBI) - (e.g., physical trauma due to accidents, falls, assaults, etc.)
- Stroke/young stroke
- Coma
- Brain tumors
- Aneurysm and arteriovenous malformation
- Concussion – mild traumatic brain injury
- Surgery
- Poisoning/Neurotoxic injury (includes alcohol, post chemotherapy cognitive impairment, heavy metal exposure, neurotoxins)
- Ischemia (restricted blood flow)
- Pediatric brain injuries (i.e., Shaken Baby Syndrome and lead paint poisoning)
- Anoxic injury to the brain (prolonged lack of oxygen)
- Hypoxia (decreased oxygen flow)
- Epilepsy or other seizure disorders
- Meningitis, encephalitis, and infections of the brain
- Hydrocephalus

### WHAT IS THE DIFFERENCE BETWEEN AN ACQUIRED BRAIN INJURY AND TRAUMATIC BRAIN INJURY?

A **Traumatic Brain Injury (TBI)** is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force. A TBI is an injury to the brain caused by an external force after birth. Common causes of a traumatic brain injury include gunshot wounds, motor vehicle crashes, assaults, or falling and striking your head.

An **Acquired Brain Injury (ABI)** An Acquired Brain Injury (ABI) is an injury to the brain, which is not hereditary, congenital, degenerative, or induced by birth trauma. An Acquired Brain Injury is an injury to the brain that has occurred after birth, and includes all types of traumatic brain injuries and also brain injuries caused after birth by cerebral vascular accidents (commonly known as stroke), tumors, and loss of oxygen to the brain (hypoxic brain injury).

Injuries to the brain present at birth or progressive in nature, such as Alzheimer's or Parkinson's Disease, are not considered a traumatic or acquired brain injury.





## ***Specialized Care Coordination***

Brain injury specific specialty care coordination/case management for the post acute and chronic stage of brain injury – often requiring life-time coordination of care and services.

## ***Family Support***

Family support is the Association's free Neuro-Resource Facilitation (NRF) service; helping families and survivors access needed services and supports in their own home and community.

## ***Financial Assistance***

Provide direct financial assistance for special needs not covered by other sources through the Brain Injury Community Support Program.

## ***Community Care Waivers***

### ***Choices for Independence (CFI), Acquired Brain Disorder (ABD), Developmental Disabilities (DD), In Home Supports (IHS)***

Provides home and community-based services that help people with disability to live independently in their own home and community.

## ***Transition Program***

Assisting individuals who have experienced a brain injury or stroke, and are able to transition from a facility back into the community.

## ***Support Groups***

Helping people with brain injury and their families to know that they are not alone and that there is a whole network of other families and resources within the New Hampshire brain injury community.

## ***Helpline (1-800-773-8400) – Information & Resources (only) (800) 444-6443***

Our Helpline is available to persons with a brain injury, family members or friends, professionals and the public.

## ***Education***

We provide a wide variety of educational services for persons affected by brain injury and their family caregivers.

## ***Prevention***

Prevention is the only cure for brain injury. Our prevention efforts are geared towards schools, teens, and young adults – those most at risk for traumatic brain injury.

## ***Support for Family Caregivers***

The annual Caregivers Conference provides respite, information, and sharing for caregivers statewide.

## ***Advocacy***

Individual advocacy for persons with a brain injury to help meet their needs in the community. Statewide advocacy; the brain injury community working together for persons with brain injury and their needs.

## ***Veteran Supports***

Provides service coordination through our NRF Program; financial support; and website ([www.nh-veteran.com](http://www.nh-veteran.com)).

## ***School Services***

Education available to staff and students; assist with development of individual Educational Plans (IEP).

## ***Provider/Professional Training & Education***

Training programs to enhance provider skills and expertise in the brain injury field.

## ***Summer Camp for Brain Injury Survivors***

Fun and adventure in a camp setting.

## ***Employment Clinics***

Offering assistance with coordination and communication with the Department of Vocational Rehabilitation, interviewing skills, advocacy and assistance for employment



105 Pleasant Street  
Concord, NH 03301  
(800) 852-3345  
[www.dhhs.nh.gov/index.htm](http://www.dhhs.nh.gov/index.htm)

### OUR MISSION

The developmental services system will join with local communities to support individuals of all ages with developmental disabilities or acquired brain disorders and their families to experience as much freedom, choice, control, and responsibility over the services and supports they receive as desired.

The Bureau of Developmental Services (BDS) is committed to joining communities and families in providing opportunities for citizens to achieve health and independence. In partnership with consumers, families, and community based service networks, BDS affirms the vision that all citizens should participate in the life of their community while receiving the supports they need to be productive and valued community members.

To achieve this vision, BDS takes a leadership role in developing the network of supports and resources that will make community presence and participation a reality for every eligible person who chooses community based services and whose treatment professionals have determined that community supports are appropriate.

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities. BDS is comprised of a main office in Concord and 10 designated non-profit area agencies that represent specific geographic regions of NH. All direct services and supports to individuals and families are provided in accordance with contractual agreements between BDS and the Area Agencies. Supports include:

- Service coordination – including advocacy, facilitation, and monitoring;
- Day and vocational services – focusing on assistance and training provided to individuals to maintain and improve their skills in personal care, vocational activities, community integration and to enhance their social and personal development;
- Personal care services – focusing on assistance and training provided to individuals to maintain and improve their skills in vocational activities and enhance their social, and personal development;
- Community support services – which are intended for individuals who have developed or are trying to develop skills to live independently within the community. Services consist of assistance and training provided to maintain and improve skills in daily living, community integration and to enhance social and personal development;
- Family Supports Services – including respite and environmental modifications, to assist families in caring for a family member at home; and
- Crisis Services, Assistive Technology Services and Specialty Services.



**Region I – Northern Human Services, Inc./New Horizons**

87 Washington Street  
Conway, NH 03818  
(603) 447-3347

**Region II – PathWays of the River Valley**

654 Main Street  
Claremont, NH 03743  
(603) 542-8706

**Region III – Lakes Region Community Services**

PO Box 509  
Laconia, NH 03246  
(603) 524-8811

**Region IV – Community Bridges, Inc.**

70 Pembroke Road  
Concord, NH 03301  
(603) 225-4153

**Region V – Monadnock Developmental Services, Inc.**

121 Railroad Street  
Keene, NH 03431  
(603) 352-1304 or (800) 469-6082

**Region VI – Gateways Community Services**

144 Canal Street  
Nashua, NH 03064  
(603) 882-6333

**Region VII – Moore Center Services, Inc.**

195 McGregor St., Suite 400  
Manchester, NH 03102  
(603) 206-2700

**Region VIII – One Sky Community Services**

755 Banfield Road, Suite 3  
Portsmouth, NH 03801  
(603) 436-6111

**Region IX – Community Partners: Behavioral Health Services of Strafford County, Inc.**

113 Crosby Road, Suite 1  
Dover, NH 03820  
(603) 516-9300

**Region X – Community Crossroads**

8 Commerce Drive, Unit 801  
Atkinson, NH 03811  
(603) 893-1299



## ADA ASSISTANCE and ADVOCACY

### Disabilities Rights Center – New Hampshire

64 North Main Street, Suite 2  
Concord, NH 03301-4913  
(800) 834-1721 or (603) 228-0432  
Fax: (603) 225-2077

Website: [www.drcnh.org](http://www.drcnh.org)

The Disabilities Rights Center provides information, referral, advice, legal representation and advocacy to individuals with disabilities, including but not limited to those with Traumatic Brain Injury. The Disabilities Rights Center can help advocate for you in areas such as employment, housing, medical services, financial assistance, vocational rehabilitation, and special education services. Individuals are encouraged to call to determine if the Center can be of assistance.

### Equal Employment Opportunity Commission (EEOC)

131 M Street, NE  
Washington, DC 20507  
(202) 663-4900 or (800) 669-4000

### Governor's Commission on Disability

121 South Fruit Street, Suite 101  
Concord, NH 03301  
(800) 852-3405 or (603) 271-2773

### Granite State Independent Living

21 Chenell Drive  
Concord, NH 03301  
(800) 826-3700 (voice/TTY)  
(603) 228-9680 (voice/TTY)  
Contact: Information and Referral Department  
GSIL is a statewide, non-profit, service and advocacy organization that provides tools for people with disabilities so they can navigate their own lives and participate fully in their communities.

### Human Rights Commission - NH

2 Chenell Drive, #2  
Concord, NH 03301-8501  
(603) 271-2767  
Fax: (603) 271-6339

### Institute on Disability

10 West Edge Drive, Suite 101  
Durham, NH 03824-3522  
(603) 862-4320 or (800) 238-2048 (NH Only)

### New Hampshire Bureau of Health Care Facilities

Department of Health & Human Services, Ombudsman Office  
(Medicaid/food stamps)  
(603) 271-6941

### New Hampshire Council on Developmental Disabilities

The Walker Building, Suite 22  
21 South Fruit Street  
Concord, NH 03301  
(603) 271-3236 or (800) 852-3345

### New Hampshire Special Education Advocacy Center

548 Donald St., Unit 2  
Bedford, NH 03110  
(603) 625-2600

### ServiceLink Network

Primary sites located in Atkinson, Berlin, Claremont, Concord, Chocorua, Keene, Laconia, Lebanon, Littleton, Manchester, Nashua, Plymouth, Portsmouth, and Rochester.  
(866) 634-9412

### US Dept. of Justice/Americans with Disabilities Act

950 Pennsylvania Avenue, NW  
Washington, DC 20530  
(202) 307-0663

## ADULT DAY PROGRAMS

### Connecticut Valley Home Care & Hospice

958 John Stark Highway  
Newport, NH 03773  
(603) 543-6800

### Easter Seals of NH

555 Auburn Street  
Manchester, NH 03103  
(603) 623-8863

### Gateways Community Services

144 Canal Street  
Nashua, NH 03064-2886  
(603) 882-6333

### Harmony Home, LLC

1 Stagecoach Road  
Durham, NH 03824  
(603) 292-6087

**Homemakers Health Services**

215 Rochester Hill Road  
Rochester, NH 03867  
(603) 335-1770

**Monadnock Adult Day Care Center**

22 North Street  
Jaffrey, NH 03452  
(603) 532-2427

**SarahCare Adult Day Services**

201 New Hampshire Route 11  
Hampstead, NH 03841  
(603) 329-4401

**Seaside Elderly Day Out Center**

441 Rear Lafayette Road  
Hampton, NH 03842  
(603) 929-5988

**Silverthorne Adult Day Center**

23 Geremonty Drive  
Salem, NH 03079  
(603) 893-4799

**TLC Medical Day Care for Adults**

211 Loudon Road, Courtyard Square  
Suite H  
Concord, NH 03301  
(603) 224-8171

**Vintage Grace Adult Day Care**

12 Peabody Road  
Derry, NH 03038  
(603) 425-6339

**VNA @ Home Health Care Hospice & Community Services – Keene**

PO Box 564  
312 Marlborough Street  
Keene, NH 03431  
(603) 352-2253

**ALCOHOL and SUBSTANCE ABUSE****Al-Anon & Alateen**

(603) 645-9518

**Alcoholics Anonymous**

(800) 593-3330

**Bureau of Drug and Alcohol Services**

State Office Park South  
105 Pleasant Street  
Concord, NH 03301  
(800) 804-0909 or (603) 271-6110

**Farnum Center**

140 Queen City Avenue  
Manchester, NH 03103  
(603) 622-3020

**New Futures**

10 Ferry Street, Suite 307  
Concord, NH 03301  
(603) 225-9540

**SE NH Alcohol and Drug Abuse Services**

272 County Farm Road  
Dover, NH 03820  
(603) 516-8160

**DEPARTMENT OF HEALTH  
and HUMAN SERVICES  
BUREAU of DEVELOPMENTAL SERVICES  
AREA AGENCIES**

Ten regional Area Agencies determine eligibility for state waiver services. Individuals living with a brain injury or developmental disability may be found eligible for case management, family support, early supports and services, respite, residential or day services.

**Region I – Northern Human Services, Inc./New Horizons**

87 Washington Street  
Conway, NH 03818  
(603) 447-3347

Includes: Albany, Bartlett, Bath, Benton, Berlin, Bethlehem, Brookfield, Carroll, Chatham, Clarksville, Colebrook, Columbia, Conway, Dalton, Dixville, Dummer, Easton, Eaton, Effingham, Errol, Franconia, Freedom, Gorham, Hart's Location, Haverhill, Jackson, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Madison, Milan, Monroe, Moultonboro, Northumberland, Ossipee, Piermont, Pittsburg, Randolph, Sandwich, Shelbourne, Stark, Stewartstown, Stratford, Sugar Hill, Tamworth, Tuftonboro, Wakefield, Warren, Waterville, Wentworth Location, Whitefield, Wolfeboro, Woodstock.



## Region II – PathWays of the River Valley

654 Main Street  
Claremont, NH 03743  
(603) 542-8706

Includes: Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Dorchester, Enfield, Goshen, Grafton, Grantham, Hanover, Langdon, Lebanon, Lempster, Lyme, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington.

## Region III – Lakes Region Community Services

PO Box 509  
719 North Main Street  
Laconia, NH 03247  
(603) 524-8811

Includes: Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Wentworth.

## Region IV – Community Bridges, Inc.

70 Pembroke Road  
Concord, NH 03301  
(603) 225-4153

Includes: Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Danbury, Deering, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hopkinton, Loudon, Newbury, New London, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Weare, Webster, Wilmot, Windsor.

## Region V – Monadnock Developmental Services, Inc.

121 Railroad Street  
Keene, NH 03431  
(603) 352-1304 or (800) 469-6082

Includes: Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenfield, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester.

## Region VI – Gateways Community Services

144 Canal Street  
Nashua, NH 03064  
(603) 882-6333

Includes: Amherst, Brookline, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mt. Vernon, Nashua, Wilton.

## Region VII – Moore Center Services, Inc.

195 McGregor St., Suite 400  
Manchester, NH 03102  
(603) 206-2700


Website: [www.moorecenter.org](http://www.moorecenter.org)

Includes: Auburn, Bedford, Candia, Goffstown, Hooksett, Londonderry, Manchester, New Boston.

## Region VIII – One Sky Community Services

755 Banfield Road, Suite 3  
Portsmouth, NH 03801  
(603) 436-6111 or (800) 660-4103 (TDD)

Includes: Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham.




The  
**Moore  
Center**

*There's more to us than you probably thought.*


For more than 50 years, The Moore Center has been a leader in helping people with intellectual and developmental disabilities and adults with Acquired Brain Disorders (ABD). Beyond these constituents, though, we also serve children and families and we've established Moore Options for Seniors, whose services enable seniors to live independently, or as part of a family if they choose, with the supports they need. We've also become a central resource for training the human services workforce.

At The Moore Center, empowering people and making room for their voices and their choices is central to what we do.

*We're all about meeting challenges.  
So are the people we serve.*

 **The Moore Center**  
Creating opportunities for a good life.<sup>™</sup>

195 McGregor Street, Unit 400  
Manchester, NH 03102  
Call us: 603-206-2700  
Email us: [info@moorecenter.org](mailto:info@moorecenter.org)  
Visit us: [www.moorecenter.org](http://www.moorecenter.org)







## **Region IX – Community Partners: Behavioral Health Services of Strafford County, Inc.**

113 Crosby Road, Suite 1  
Dover, NH 03820  
(603) 516-9300

Includes: Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford.

## **Region X – Community Crossroads**

8 Commerce Drive, Unit 801  
Atkinson, NH 03811  
(603) 893-1299

Includes: Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, Windham.

## **ASSISTIVE TECHNOLOGY/ HOME ACCESSIBILITY**

### **Affordable Mobility**

346 Chester Road  
PO Box 507 & 509  
Auburn, NH 03032  
(603) 483-5922  
Fax: (603) 483-4840

### **All-Ways Accessible, Inc.**

128 Hall Street, Suite F  
Concord, NH 03301  
(800) 725-4387 or (603) 224-9226

### **Assistive Technology in NH (AT in NH)**

University of New Hampshire  
Institute on Disability  
10 West Edge Drive, Suite 101  
Durham, NH 03824  
(603) 862-4320 or (855) 374-9969

### **Community House Calls**

238 Jennifer Drive  
Chester, NH 03036  
(603) 887-7878 or (888) 887-0688

## **Crotched Mountain ATECH Services**

- **Evaluation & Consultation**
- **Augmentative Alternative Communications**
- **Computer Access**
- **Home Access**
- **Wheelchair Seating and Mobility**
- **Refurbished Equipment Marketplace**  
[www.shoprem.com](http://www.shoprem.com)
- **Vision & Hearing Services**

57 Regional Drive, Suite 7  
Concord, NH 03301  
(800) 932-5837 or (603) 226-2900  
Website: [www.cm-atech.org](http://www.cm-atech.org)

## **Granite State Independent Living**

21 Chenell Drive  
Concord, NH 03301  
(800) 826-3700 (voice/tty) or (603) 228-9680 (voice/tty)  
Funding available.

## **In-Step Mobility Products Corporation**

8027 Monticello Avenue  
Skokie, IL 60076  
(800) 558-7837

## **Keene Medical**

66 Airport Road  
Concord, NH 03301  
(603) 224-0135 or (800) 427-0137

## **Martel's Self-Care Products, Inc.**

68 School Street  
Allentown, NH 03275  
(603) 485-3490

## **Northeast Deaf and Hard of Hearing Services**

57 Regional Drive  
Concord, NH 03301  
(603) 224-1850

## **Prism Medical**

4 Raymond Ave., Unit 1  
Salem, NH 03079  
(603) 898-1205

## **Ride-Away**

54 Wentworth Avenue  
Londonderry, NH 03053  
(603) 437-4444 or (800) 237-7979

## **Services for Blind and Visually Impaired**

21 South Fruit Street, Suite 20  
Concord, NH 03301  
(603) 271-3537 or (800) 581-6881



## BRAIN INJURY PROGRAMS

### **Brewer Center for HealthCare & Rehabilitation**

74 Parkway South  
Brewer, ME 04412  
(207) 989-7300

### **Catholic Medical Center**

100 McGregor Street  
Manchester, NH 03102  
(603) 663-6241 or (800) 437-9666

### **Center for Community Independence**

300 Ocean Avenue  
Revere, MA 02151  
(781) 289-8090 or (888) 989-4224

### **Community Resources for Crime & Justice Institute**

355 Boylston Street  
Boston, MA 02116  
(617) 262-0510

### **Community Strategies for New Hampshire – Keene**

32 Washington Street  
Keene, NH 03431  
(603) 357-4929

### **Community Strategies for New Hampshire – Manchester**

1480 Elm Street, #1  
Manchester, NH 03101  
(603) 621-7072  
Fax (603) 621-7076

### **Crotched Mountain Rehabilitation Center**

1 Verney Drive  
Greenfield, NH 03047  
(603) 547-3311  
Website: [www.crotchedmountain.org](http://www.crotchedmountain.org)

### **Dartmouth-Hitchcock Medical Center**

One Medical Center Drive  
Lebanon, NH 03756  
(603) 650-5000

### **Eagle Eye Farm Rehabilitation Center**

PO Box 247  
West Burke, VT 05871  
(802) 723-9800

### **Easter Seal Society of New Hampshire**

555 Auburn Street  
Manchester, NH 03103  
(603) 623-8863

## ***Crotched Mountain Rehabilitation Center***

1 Verney Drive  
Greenfield, NH 03047  
Phone: (603) 547-3311  
Website: [www.crotchedmountain.org](http://www.crotchedmountain.org)  
Email: [specialtyhospital@crotchedmountain.org](mailto:specialtyhospital@crotchedmountain.org)



**CROTCHED  
MOUNTAIN**

### **Specialty Services for Brain Injury and Stroke**

- Acute, sub-acute and skilled inpatient rehabilitation
- Ventilator program
- Cognitive rehabilitation
- Wound care
- Developmental pediatrics
- Special education school, K-12
- Residential and day services
- Assistive technology
- Care management
- Audiology
- Adaptive recreation and sports

**Program Description:** CMRC is a comprehensive education and rehabilitation resource for people with brain injuries. Our compassionate care and transformative rehabilitation services renew hope and restore lives. **CM Specialty Hospital** is a 62-bed facility, serving adults and pediatric/young adults. We specialize in acute, sub-acute and skilled rehabilitation for brain injury, stroke, ventilator-dependency, post-operative rehabilitation, spinal cord injury and other neurological and medical conditions. **CM School** is an approved, K-12 day and residential school, providing educational services and therapies to students with disabilities. **CM Outpatient Services** offers audiology services for children and adults as well as developmental pediatrics in a warm, caring atmosphere

**Age Group Accepted:** Infants to seniors

**Accreditations:** Hospital: DNV Healthcare, Inc.  
School: Approved by the New Hampshire Department of Education

**Licenses:** State of NH Special Hospital-Rehabilitation, K-12 School

**Admissions Criteria:** Review on an individual basis

**Funding Options:** Private insurance, private pay, NH and out-of-state Medicaid, Medicare, Workers' Compensation, school district funding.

**Contact:** Admissions (603) 547-3311 x2010



**Fairlawn Rehabilitation Hospital**

189 May Street  
Worcester, MA 01602  
(508) 791-6351 Ext. 192

**Farnum Rehabilitation Center**

Cheshire Medical Center  
580 Court Street  
Keene, NH 03431  
(603) 354-6630

**Franciscan Children's Hospital/Rehabilitation**

30 Warren Street  
Brighton, MA 02135-3680  
(617) 254-3800

**Goodwill NeuroRehab Services at Bayside****Goodwill Industries of Northern New England**

75 Washington Ave., Suite 300  
Portland, Maine 04101  
(800) 341-4516 or (207) 761-8402

**Goodwill NeuroRehab Services at WestSide****Goodwill Industries of Northern New England**

618 Main Street  
Lewiston, ME 04240  
(800) 352-9547 or (207) 795-6110

**Granite Bay Connections**

64B Old Suncook Road  
Concord, NH 03301  
(603) 224-5588

**HealthBridge Management**

57 Old Road to Nine Acre Corner  
Concord, MA 01742  
(978) 371-3400

**HealthBridge Management**

Cedar Hill Health Care Center  
49 Thomas Patten Drive  
Randolph, MA 02368  
(781) 961-1160

**HealthBridge Management**

Holyoke Rehabilitation Center  
260 East Hampton Road  
Holyoke, MA 01040  
(413) 538-9733

**HealthBridge Management**

Lowell Healthcare Center  
19 Varnum Street  
Lowell, MA 01850  
(978) 454-5644

**HealthSouth Rehabilitation Hospital**

254 Pleasant Street  
Concord, NH 03301  
(603) 226-9800  
Website: [www.healthsouthconcord.com](http://www.healthsouthconcord.com)

**Independent Services Network, Inc.**

PO Box 1111  
Manchester, NH 03105  
(603) 644-3544



Providing **dedicated therapists**,  
certified **rehabilitation nurses** and  
a team of doctors who work together  
to provide a **higher level of care** for you.



**HealthSouth Rehabilitation Hospital**  
***Your best choice for rehabilitation.***

254 Pleasant Street, Concord NH  
603-226-9800 • [www.healthsouthconcord.com](http://www.healthsouthconcord.com)



## **Krepels Center**

100 Campus Drive  
Portsmouth, NH 03801  
(603) 570-2026, Ext 1

Contact: Program Directors

The Krepels Center is a nonprofit organization dedicated to improving the lives of people living with brain injury from trauma, tumor or stroke. Krepels Center offers programs that engage members in meaningful and productive experiences and provides ongoing support and resources to those impacted by brain injury. Age group accepted: 18+

## **Lakeview NeuroRehabilitation Center**

244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451  
Website: [www.lakeviewssystem.com](http://www.lakeviewssystem.com)

## **Living Innovations**

1950 Lafayette Road, Bldg. B  
Portsmouth, NH 03801  
(603) 430-5430

## **Mt. Ascutney Hospital and Rehabilitation Center**

289 County Road  
Windsor, VT 05089  
(802) 674-6711

## **NeuroRestorative New Hampshire**

639 Granite Street, #215  
Braintree, MA 02184  
(800) 743-6802  
Website: [www.neurorestorative.com](http://www.neurorestorative.com)  
Referrals: [www.neurorestorative.com/contact-us](http://www.neurorestorative.com/contact-us)

## **Lakeview NeuroRehabilitation Center**

244 Highwatch Road, Effingham, NH 03882  
Phone: (800) 473-4221  
Fax: (603) 539-8815  
Website: [www.lakeviewssystem.com](http://www.lakeviewssystem.com)  
Email: [admitnh@lakeviewssystem.com](mailto:admitnh@lakeviewssystem.com)  
Contact: Susan Bartlett, LMSW-C, CRC

### **NEW PROGRAMS & SERVICES**

- Lakeview Rehab at Home; Home health services that specialize in neurologic diagnoses
- Expanded residential services to manage individuals with neurodegenerative diseases such as Huntington's Disease

### **PROGRAM AND SPECIALTY SERVICES**

- Residential Neurobehavioral Programs
- Residential Rehabilitation Programs
- Youth Residential and Day Programs
- The Lakeview School (Special Education)
- School Consultation Services on site
- Community Integrated Programs
- Interim Alternative Placements
- Day Program Services
- Vocational Services
- Home Health Services
- Outpatient evaluation and treatment

### **PROGRAM DESCRIPTION**

Lakeview NeuroRehabilitation Center provides a continuum of post-acute care for individuals with neurobehavioral challenges. The program establishes positive behavioral supports and intensive therapies to facilitate successful rehabilitation outcomes.

### **Admission Criteria:**

Medically Stable. Age 8 and older, RLOS4

### **Licenses/Certifications:**

State of NH Residential Rehab and Treatment Facility, NH Board of Education & Supported Residential Care Facility, Certified Special Education Schools

### **Accreditations:**

JC: Comprehensive Inpatient Programs  
Non-Hospital Based Residential Facilities; CARF Brain Injury Community Interactive Program; Home and Community-Based Rehabilitation Program.

### **Funding Options:**

NH Medicaid Waiver, Private Insurance, Auto No-Fault, Self-Pay, Government Fund, HMO/PPO, Workers Comp, School, Out of state Medicaid, Military and Veterans Plans



For more information or to make a referral:  
Call 800-743-6802  
Email [neuroinfo@neurorestorative.com](mailto:neuroinfo@neurorestorative.com)  
Visit [NeuroRestorative.com](http://NeuroRestorative.com)

## **Rebuilding Lives After Brain Injury**

NeuroRestorative New Hampshire is a leading provider of post-acute rehabilitation and support services for adults and children with brain and spinal cord injuries and other neurological challenges.

**North Country Independent Living, Inc.**

3277 White Mountain Highway

PO Box 518

North Conway, NH 03860

(603) 356-0282 or (888) 400-6245

Website: [www.northcountryindependentliving.com](http://www.northcountryindependentliving.com)

**Northeast Rehabilitation Hospital**

70 Butler Street

Salem, NH 03079

(603) 893-2900

Website: [www.northeastrehab.com](http://www.northeastrehab.com)

**Portsmouth Regional Hospital Rehab & Wellness Center**

333 Borthwick Avenue

Portsmouth, NH 03801

(603) 433-4015

**Residential Resources, Inc.**

55 South Commercial Street, 4<sup>th</sup> Floor

Manchester, NH 03101

(603) 657-7227



**1-888-400-6245 (NCIL)**

North Country Independent Living (NCIL), family owned and operated since 1994 is proud to announce the opening of 2 newly constructed 6-bed Residential Programs, located in Conway NH. NCIL is also **celebrating 20 years of providing quality services** for individuals with a brain injury and other neurological differences. We pride ourselves in creating compassionate, meaningful living situations that provide individuals the opportunity to regain a sense of self-esteem with the potential to become as independent as possible in the least restrictive environment, while enjoying all aspects of community inclusion.

**PROGRAM & SPECIALTY SERVICES**

- Home Based Rehabilitation
- Supported Apartment Living
- Supported Residential Care/Long Term Care
- Community Residence Program
- Alternative Education/Autism & Aspergers
- Vocational Services

2541 White Mtn Hwy, Building #3 • PO Box 518 • N. Conway, NH 03860

**[northcountryindependentliving.com](http://northcountryindependentliving.com)**

**Acute Rehab Hospital Locations**

Salem, NH • Nashua, NH • Portsmouth, NH

Manchester, NH

Call 603-893-2900

**Program and Specialty Services:**

- Inpatient/Outpatient Medical and Brain Injury Rehab Programs
- Outpatient Pediatric Program
- Adaptive Equipment including Bioness H200 & L300
- Home Care Programs
- School and Educational Programs
- Recreational Programs

**Program Description:** Designed to provide physical, cognitive, and behavioral rehabilitation. In this intensive program a comprehensive team of professionals from various disciplines aim to engage patients with brain injury and their families in tasks designed to facilitate and hasten recovery of function.

**Age Group Accepted:** Our Inpatient scope is patients 16 and older. With the approval of the CMO we may take younger patients. Outpatient scope is all age groups.

**Accreditations:** The Joint Commission/CARF

**Licenses:** State of New Hampshire, Dept. of Health & Human Services, Division of PHS, Specialty Rehab Hospital

**Admissions Criteria:** Medically stable/ability to participate in an intensive rehab program.

**Funding Options:** Most commercial insurance plans, Medicare, Medicaid, government plans, workers' compensation, others reviewed on individual basis.

**Contact:** Inpatient Admissions (603) 893-2900, x3030 or Outpatient Admissions (888) 950-9939

*Please read patient testimonials on our website:  
[www.NortheastRehab.com](http://www.NortheastRehab.com)*



## ***Robin Hill Farm***

Post Office Box 1067, Hillsboro, NH 03244  
Phone: (603) 464-3841  
Fax: (603) 464-3851  
Website: [www.robinhillfarm.com](http://www.robinhillfarm.com)  
e-mail: [bud@robinhillfarm.com](mailto:bud@robinhillfarm.com)

### **Program and Specialty Services:**

- ☞ Residential Treatment & Rehabilitation
- ☞ Supported Residential Programs
- ☞ Community Residence Programs

**Program Description:** Owned and operated by the Donovan Family, Robin Hill Farm has provided quality residential & rehabilitative services for adults with brain injuries since 1983. Our 6 licensed programs offer varied levels of support and supervision with a focus on rebuilding cognitive skills in a community inclusive, socially based environment. Robin Hill Farm programs are located in Hillsboro, Deering, and Peterborough. Our continuum of care includes a Supported Residential program, a Certified Community Residence and 5 Residential Treatment and Rehabilitation programs. Our living environments promote social interaction and focus on community inclusion, while minimizing social isolation. Robin Hill Farm is a Veterans Administration contractor and has proudly served our Veterans for over 28 years.

Robin Hill Farm's ownership, senior management, middle management and line supervisions are Certified Brain Injury Specialists (CBIS) or advanced certified as CBIST's.

**Age Group Accepted:** minimum 21 years (Adult)

**Licenses:** Residential Treatment and Rehabilitation, Supported Residential and Certified Community Residence

**Admission Criteria:** Medically stable adults with acquired brain injuries who are not a danger to self or others

**Funding Options:** NH ABD Waiver, Worker's Compensation, Veterans Administration and private insurance

### **Contacts:**

Jerry Donovan, MBA, CBIS, President  
(603) 464-3841 voice  
Email: [jerry@robinhillfarm.com](mailto:jerry@robinhillfarm.com)

Bud Elkind, MS, CBIS-T  
Vice President of Clinical Operations  
(603) 464-3841 voice  
(603) 464-3851 fax  
[bud@robinhillfarm.com](mailto:bud@robinhillfarm.com)  
[www.robinhillfarm.com](http://www.robinhillfarm.com)



## **RiverRidge Center**

3 Brazier Lane  
Kennebunk, ME 04043  
(207) 985-3030

## **Robin Hill Farm**

PO Box 1067  
Hillsboro, NH 03244  
(603) 464-3841  
Website: [www.robinhillfarm.com](http://www.robinhillfarm.com)

## **Rose Meadow Farm**

PO Box 1450  
New Boston, NH 03070  
(603) 487-3600  
[www.rosemeadowfarm.com](http://www.rosemeadowfarm.com)

## **Rose Meadow Garden**

PO Box 1450  
New Boston, NH 03070  
(603) 487-3590  
[www.rosemeadowgarden.com](http://www.rosemeadowgarden.com)

## **Spaulding Rehabilitation Hospital**

300 1<sup>st</sup> Avenue  
Charlestown, MA 02129  
(617) 952-5000

## **St. Joseph Hospital Rehab Unit**

172 Kinsley Street  
Nashua, NH 03061  
(603) 595-3175

## **The PLUS Company, Inc.**

19 Chestnut Street  
Nashua, NH 03061  
(603) 889-0652

## **Victory Drive**

348 Victory Drive  
Franklin, NH 03235  
(603) 934-6700

## **Whittier Rehabilitation Hospital**

145 Ward Hill Avenue  
Haverhill, MA 01835  
(978) 372-8000



## **Rose Meadow**

**Rose Meadow Farm (603) 487-3600**  
**Rose Meadow Garden (603) 487-3590**  
**Rose Meadow Acres—coming in 2015**

Post Office Box 1450  
New Boston, NH 03070  
Website: [www.rosemeadowfarm.com](http://www.rosemeadowfarm.com)  
[www.rosemeadowgarden.com](http://www.rosemeadowgarden.com)

### **Program and Specialty Services:**

- ❖ Post Acute
- ❖ Residential Program

**Program Description:** Currently serving 25 residents, we offer supported living with 24-hour supervision in a comfortable home environment. Our Residents receive nursing care, attendant care, case coordination, and appropriate therapies while enjoying the ambiance of family style living. A 2:1 resident to staff ratio allows us to provide the highest level of care and also allows the opportunity for residents to take pleasure in individual community outings and events. Our program is community based and individualized to meet each resident's specific needs. Individuals can be served on a short-term basis, to receive specific community integration skills and prescribed therapy to regain a higher level of independence, or on a long-term basis for safety, health management and continued growth in independence. We also offer respite services which allow the caregivers of individuals residing at home an opportunity for personal time, vacations, etc.

**Age Group Accepted:** 18-60 years

**Licenses:** Assisted Living/Supported Residential Services—specializing in acquired brain injury, spinal cord injury, and neurological disorders.

**Admissions Criteria:** Diagnosis of acquired brain injury, spinal cord injury, Neurological disorder or ventilator dependent, medically stable, in need of up to 24-hour structure and supervision for personal safety and well-being.

**Funding Options:** Workers' Compensation Insurance, Private Funds, Structured Settlements, Litigation Liens, Private Health Insurance, NH Medicaid ABD (Acquired Brain Disorder) Community Care Waiver Program.

**Contact:** Kyla Hall, VPO/CEO at (603) 487-3590, Ext. 17



## **CHILDREN'S SERVICES**

### **CATCH Pediatric Rehabilitation Program**

155 Borthwick Avenue  
West Bldg., 3<sup>rd</sup> Floor  
Portsmouth, NH 03801  
(603) 433-4015

### **Crotched Mountain Developmental Pediatrics**

1 Verney Drive  
Greenfield, NH 03047  
(603) 547-3311, Ext. 1660  
[www.crotchedmountain.org/outpatient](http://www.crotchedmountain.org/outpatient)

### **Exeter Hospital Pediatric Rehabilitation**

212 Calef Highway  
Epping, NH 03042  
(603) 777-1885

### **Kids Count**

2 Delta Drive  
Concord, NH 03301  
(603) 225-2264

### **Lakeview School**

244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451  
Website: [www.lakeviewssystem.com](http://www.lakeviewssystem.com)

### **NH Teen Institute**

112 West Pearl Street  
Nashua, NH 03060  
(603) 545-7341

### **NeuroDevelopmental Institute of NH**

45 Londonderry Tpke.  
Hooksett, NH 03106  
(603) 621-9870

### **Office of Special Medical Services**

129 Pleasant Street, Thayer Bldg.  
Concord, NH 03301  
(800) 852-3345 Ext. 4488 or (603) 271-4488

### **Rockingham Community Action Program**

4 Cutts Street  
Portsmouth, NH 03801  
(603) 431-2911

### **Shaken Baby Alliance**

8551 Boat Club Road #117  
Fort Worth, TX 76179  
(817) 882-8686



**Stop It Now! Campaign to Prevent Child Sexual Abuse**

351 Pleasant Street, Suite B319  
Northampton, MA 01060  
(888) 773-8368

**The Youth Council**

112 West Pearl Street  
Nashua, NH 03060  
(603) 889-1090

**COUNSELING SERVICES****Bureau of Health and Human Services****Division of Behavioral Health**

Gov. Hugh Gallen Office Bldg.

105 Pleasant Street

Concord, NH 03301

(800) 852-3345 Ext. 5000 or (603) 271-5000

The Bureau of Behavioral Health (BBH) seeks to promote respect, recovery, and full community inclusion for adults, including older adults, who experience a mental illness and children with an emotional disturbance. BBH works to ensure the provision of efficient and effective services to those citizens who are most severely and persistently disabled by mental, emotional, and behavioral dysfunction as defined by NH laws and rules. To this end, BBH has divided the entire state into community mental health regions. Each of the 10 regions has a BBH contracted Community Mental Health Center and many regions have Peer Support Agencies.

**Charles Bussison****Clear Brook Counseling**

75 Gilcrest Road

Londonderry, NH 03053

(603) 434-8040

**Center for Life Management**

10 Tsienneto Road

Derry, NH 03038

(603) 434-1577

**Child & Family Services of New Hampshire**

Home Care Program

464 Chestnut Street, PO Box 448

Manchester, NH 03105

(603) 518-4000

103 North State Street

Concord, NH 03301

(603) 224-7479

728 Central Avenue, #A

Dover, NH 03820

(603) 742-5662

9 Hampton Road

Exeter, NH 03833

(603) 772-3786

29 Center Street

Keene, NH 03431

(603) 357-8772

719 N. Main Street

Laconia, NH 03246

(603) 524-5835

West Lebanon Village Plaza

3 Atwood Avenue

West Lebanon, NH 03784

(603) 298-8237

28 Lafayette Ave

Littleton, NH 03561

(603) 444-0418

112 West Pearl Street

Nashua, NH 03060

(603) 889-7189

7 Junkins Avenue

Portsmouth, NH 03801

(603) 433-3109

**Community Health Center**

145 Hollis Street, 2<sup>nd</sup> Floor

Manchester, NH 03101

(603) 626-9500

**Community Partners: Behavioral Health****& Developmental Services of Strafford County, Inc.**

113 Crosby Rd., Suite 1

Dover, NH 03820

(603) 516-9300

**Cornerstone Family Resources**

6 South State Street

Concord, NH 03301

(603) 228-3862

**Donna Moore & Associates**

PO Box 363

Concord, NH 03302-0363

(603) 229-0300

**GENESIS Behavioral Health**

111 Church Street  
Laconia, NH 03246  
(603) 524-1100

**Greater Nashua Mental Health Center**

7 Prospect Street  
Nashua, NH 03060  
(603) 889-6147

**Monadnock Family Services – Western Region Office**

456 Old State Road  
Peterborough, NH 03458  
(603) 924-7236

**Monadnock Family and Mental Health Services**

64 Main Street  
Keene, NH 03431  
(603) 357-4400

**NAMI (National Alliance for the Mentally Ill) NH**

85 North State Street  
Concord, NH 03301  
(800) 242-6264 or (603) 225-5359

**New England Counseling/Coaching**

3 North Boulevard, Suite B4  
Amherst, NH 03031  
(603) 819-4609  
(Sliding Fee – No Insurance)

**NORTHERN HUMAN SERVICES****Main Office**

87 Washington Street  
Conway, NH 03818  
(603) 447-3347

Colebrook Developmental Disabilities

Vershire Center  
24 Depot Street  
Colebrook, NH 03576  
(603) 237-5721

Common Ground

24 Lancaster Road  
Whitefield, NH 03598  
(603) 837-9547

Community Services Center

69 Willard Street  
Berlin, NH 03570  
(603) 752-1005

Family Centered Early Services & Support

71 Hobbs Street, Suite 102  
Conway, NH 03818  
(603) 447-4356

New Horizons

626 Eastman Road  
Center Conway, NH 03813  
(603) 356-6921

The Mental Health Center

3 Twelfth St.  
Berlin, NH 03570  
(603) 752-7404

The Mental Health Center

55 Colby Street  
Colebrook, NH 03576  
(603) 237-4955

The Mental Health Center

25 West Main Street  
Conway, NH 03818  
(603) 447-2111

The Mental Health Center

70 Bay Street  
Wolfeboro, NH 03894  
(603) 569-1884

White Mountain Mental Health

29 Maple St.  
PO Box 599  
Littleton, NH 03561  
(603) 444-5358

**Jeannine O'Donnell-Thema**

Behavioral Support Consultant  
228 Towie Road  
Chester, NH 03036  
(603) 887-2240

**Pastoral Counseling Services, Inc.**

2013 Elm Street, The Manning House  
Manchester, NH 03104  
(603) 627-2702

**Riverbend Community Mental Health Center**

PO Box 2032  
Concord, NH 03301  
(603) 228-1551

**Seacoast Mental Health Center, Inc.**

1145 Sagamore Avenue  
Portsmouth, NH 03801  
(603) 431-6703

**The Counseling Center of Nashua**

One Main Street, 2<sup>nd</sup> Floor  
Nashua, NH 03060  
(603) 883-0005

**The Mental Health Center of Greater Manchester**

401 Cypress Street  
Manchester, NH 03103  
(603) 668-4111

**The Youth Council**

112 West Pearl Street  
Nashua, NH 03060  
(603) 889-1090

**Warren Street Family Counseling**

33 Warren Street, #35  
Concord, NH 03301  
(603) 226-1999

**White Stone Counseling**

184 Mammoth Road, Unit 4  
Londonderry, NH 03053-1052  
(603) 657-4370

**Women's Crisis Center**

72 Concord Street  
Manchester, NH 03101  
(603) 625-5785  
24-Hour Crisis Hotline: (603) 668-2299

## EDUCATIONAL RESOURCES

**Bureau of Adult Education**

21 South Fruit St, #20  
Concord, NH 03301  
(603) 271-6698

**Crotched Mountain ATECH Services**

57 Regional Drive, #7  
Concord, NH 03301  
(800) 932-5837 or (603) 226-2900  
Website: [www.cm-atech.org](http://www.cm-atech.org)

**Crotched Mountain School**

1 Verney Drive  
Greenfield, NH 03047  
(603) 547-3311, Ext. 1894  
Website: [www.cm-school.org](http://www.cm-school.org)

**Lakeview at School at Lakeview  
NeuroRehabilitation Ctr.**

244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451  
Website: [www.lakeviewssystem.com](http://www.lakeviewssystem.com)

**Marilyn Lash, MSW****Lash & Associates Publishing/Training**

100 Boardwalk Drive, Suite 150  
Youngsville, NC 27596  
(919) 556-0300

**New Hampshire State Department of Education  
Division of Educational Improvement - Bureau of  
Special Education**

101 Pleasant Street  
Concord, NH 03301  
(603) 271-3741

Special Education provides and promotes leadership, technical assistance and collaboration statewide to ensure that all children and youth with disabilities receive a free, appropriate, public education.

The Bureau carries out its mission by:

- Guiding the continuous improvement and monitoring of special education and related services;
- Supporting effective strategies and specialized support(s) for preschool age children with disabilities to participate and progress in appropriate preschool activities;
- Supporting effective instruction, specialized services, and supports for students with disabilities to participate and progress in the general curriculum;
- Creating partnerships with agencies, organizations, and individuals providing services and supports for students with disabilities;
- Providing and supporting high quality professional development opportunities for teachers, specialties, parents, and other interested parties;
- Supporting Institutions of Higher Education in the professional development and preparation of qualified teachers and specialists to assure appropriate support for students with disabilities;
- Improving and utilizing effective data collection systems that support the provision of quality educational services;
- Disseminating information on special education rules, regulations, professional development activities, and promising practices.



**NH Higher Education Assistance Foundation**

4 Barrell Court  
PO Box 2097  
Concord, NH 03302  
(800) 525-2577 or (603) 225-6612

**New Hampshire Special Education Advocacy Ctr.**

14 Belmont Court  
Bedford, NH 03110  
(603) 625-2600

**EMERGENCY RESPONSE****American Medical Response**

Insurance Coverage; Hours: Demand Response  
Service: Wheelchair Service.  
(603) 882-5330  
(No private home wheelchair service.)

**CarePlus Ambulance Service/CarePlus Seacoast**

Hours: Demand Response (24/7)  
(800) 899-8331  
(No private home wheelchair service.)

**Medline Systems**

2 Mary E. Clark Dr.  
PO Box 103  
Hampstead, NH 03841  
(603) 329-7889

**Valued Relations, Inc.**

7 Church Street  
Dover, NH 03820  
(800) 888-0338

**FAMILY SUPPORT****CHaD Family Center**

Dartmouth-Hitchcock Medical Center  
One Medical Center Drive  
Lebanon, NH 03756  
(603) 653-9899

**Family Support Program**

Department of Health & Human Services,  
Bureau of Developmental Services  
105 Pleasant Street, Main Building  
Concord, NH 03301  
(800) 852-3345 Ext. 5034 or (603) 271-5034

**Marilyn Lash, MSW**

**Lash & Associates Publishing/Training**  
100 Boardwalk Drive, Suite 150  
Youngsville, NC 27596  
(919) 556-0300

**National Family Caregivers Association**

10400 Connecticut Avenue, Suite 500  
Kensington, MD 20895  
(800) 896-3650 or (301) 942-6430

**NH Family Voices**

129 Pleasant Street, Thayer Bldg.  
Concord, NH 03301  
(603) 271-4525 or (800) 852-3345 ext 4525

**Parent Information Center**

54 Old Suncook Road  
Concord, NH 03301  
(800) 947-7005 or (603) 224-7005

**Special Needs Support Center**

12 Flynn Street  
Lebanon, NH 03766  
(603) 448-6311

**The Children's Place and Parent Education Center**

27 Burns Ave  
PO Box 576  
Concord, NH 03302-0576  
(603) 224-9920

**FINANCIAL ASSISTANCE & BENEFITS PLANNING****Brain Injury Community Support Program (BISCP)**

52 Pleasant Street  
Concord, NH 03301  
(603) 225-8400

**Children's Medicaid**

129 Pleasant St, Main Bldg  
Concord, NH 03301  
(877) 464-2447 or (603) 271-9729

**DDS – Social Security Disability Determination Service**

21 South Fruit Street, Suite 30  
Concord, NH 03301  
(603) 271-3341 or (800) 266-8096



**Granite State Independent Living**  
– **Benefits Planning Assistance, Outreach, and Funding Grants**  
21 Chenell Drive  
Concord, NH 03301  
(800) 826-3700 or (603) 228-9680

**Greenpath Debt Solutions**  
250 Commercial St, #1009-A  
Manchester, NH 03101  
(603) 626-4530

**Harry Gregg Foundation**  
1 Verney Drive  
Greenfield, NH 03047  
(603) 547-3311, Ext. 1490  
Website: [www.cmf.org/harrygregg](http://www.cmf.org/harrygregg)

For information or to file an application, go to [www.cmf.org/harrygregg](http://www.cmf.org/harrygregg). Paper applications are not accepted. Trustees meet four times a year; check website for meeting dates and application deadlines. Funds may be requested for many purposes including:

- The costs of non-reimbursed medical or therapy treatments not covered by insurance or other programs
- Specialty equipment services or supplies
- Modifications to living area, work site or vehicle
- Respite services to the recipient or caregivers
- Costs of attending a special camp and other recreational activities
- Vocational education or tuition assistance
- Specialized driver training and evaluation

**NH Victim's Compensation Commission**  
Department of Justice – Attorney General  
33 Capitol Street  
Concord, NH 03301  
(800) 300-4500 (NH only) or (603) 271-1284

**COMMUNITY ACTION PROGRAMS**  
Outreach services for shelter emergencies, housing, elderly & family programs and utility assistance.

**Belknap – Merrimack Counties**  
2 Industrial Drive, Bldg. 2  
Concord, NH 03301  
(603) 225-3295  
(603) 225-6880 (fuel assistance)

**CA Partnership of Strafford County**  
PO Box 160  
140 Washington Street  
Dover, NH 03821  
(603) 516-8130

**Rockingham County**  
4 Cutts Street  
Portsmouth, NH 03801  
(603) 431-2911

**Southern New Hampshire Services (Hillsborough Cty)**  
40 Pine Street  
Manchester, NH 03103  
(603) 668-8010 or (800) 322-1073

**Southwestern Community Services (Sullivan and Cheshire Cty)**  
96 Main Street  
Claremont, NH 03743  
(603) 542-9528

63 Community Way  
Keene, NH 03431  
(603) 352-7512

**Tri-County (Coos, Grafton & Carroll)**  
30 Exchange Street  
Berlin, NH 03570  
(603) 752-7001

**DEPARTMENT OF HEALTH & HUMAN SERVICES**  
– **District Offices** . Administers assistance programs including food stamps, TANF/FAP, APTD, OAA (Old Age Assistance), Aid to the Needy Blind, Medicaid and Child Care Assistance. For additional information on the Bureau of Health and Human services and its programs, call toll-free (800) 852-3345

**Berlin District Office**  
650 Main St, Suite 200  
Berlin, NH 03570  
(603) 752-7800

**Claremont District Office**  
17 Water Street, Suite 301  
Claremont, NH 03743-0870  
(603) 542-9544 or (800) 982-1001

**Concord District Office**  
40 Terrill Park Drive  
Concord, NH 03301-7325  
(603) 271-6200 or (800) 322-9191

**Conway District Office**

73 Hobbs Street  
Conway, NH 03818-2210  
(603) 447-3841 or (800) 552-4628  
Fax: (603) 447-1988

**Keene District Office**

111 Key Road  
Keene, NH 03431  
(603) 357-3510 or (800) 624-9700

**Laconia District Office**

65 Beacon Street West  
Laconia, NH 03246  
(603) 524-4485 or (800) 322-2121

**Littleton District Office**

80 North Littleton Road  
Littleton, NH 03561  
(603) 444-6786 or (800) 552-8959

**Manchester District Office**

195 McGregor Street  
South Tower #110  
Manchester, NH 03102-3762  
(603) 668-2330 or (800) 852-7493

**Rochester District Office**

150 Wakefield Street, Suite 22  
Rochester, NH 03867-1309  
(603) 332-9120 or (800) 862-5300

**Seacoast District Office**

50 International Drive  
Portsmouth, NH 03801-3737  
(603) 433-8300 or (800) 821-0326

**South District Office**

3 Pine Street Extension, Suite Q  
Nashua, NH 03060  
(603) 883-7726 or (800) 852-0632

**SOCIAL SECURITY ADMIN. ASSISTANCE**

**PROGRAMS:** Information regarding retirement benefits, disability benefits, supplemental security, Medicare, and survivors benefits. To contact the national office, call (800) 772-1213. See local office locations below:

**Concord Social Security Office**

70 Commercial Street, Suite 100  
Concord, NH 03301  
(603) 225-8475

**Keene Social Security Office**

34 Mechanic Street  
Keene, NH 03431  
(603) 352-3487

**Littleton Social Security Office**

177 Main Street  
Littleton, NH 03561  
(603) 444-2945

**Manchester Social Security Office**

1 Wall Street, Suite 301  
Manchester, NH 03101  
(603) 641-2180

**Nashua Social Security Office**

175 Amherst Street, Suite 2  
Nashua, NH 03064  
(603) 880-0295

**Portsmouth Social Security Office**

80 Daniel St., Rom 210A  
Portsmouth, NH 03801  
(603) 433-0716

**LOCAL TOWN & CITY WELFARE DEPARTMENTS:**

Each New Hampshire town or city can provide direct relief in the form of vouchers to assist consumers within their jurisdiction obtain such needs as food, heat, rent and utilities that have no other means of support. Contact the Board of Selectmen or Town Office in towns not listed below:

**Berlin Welfare Department**

168 Main Street  
Berlin, NH 03570  
(603) 752-2120

**Claremont Welfare Department**

58 Opera House Square  
Claremont, NH 03743  
(603) 542-7007

**Concord Welfare Department**

28 Commercial Street  
Concord, NH 03301  
(603) 225-8575

**Conway Welfare Department**

1634 East Main Street  
Center Conway, NH 03813  
(603) 447-3811

**Dover Welfare Department**

61 Locust Street  
Dover, NH 03820  
(603) 516-6500

**City of Keene – Human Resources**

3 Washington Street  
Keene, NH 03431  
(603) 357-9809

**Laconia Welfare Department**

City Hall  
45 Beacon Street East  
East Laconia, NH 03246  
(603) 527-1267

**Littleton Welfare Department**

125 Main Street; Suite 200  
Littleton, NH 03561  
(603) 444-3996, Ext. 15

**Manchester Welfare Department**

1528 Elm Street  
Manchester, NH 03101-1412  
(603) 624-6484

**Nashua Welfare Department**

18 Mulberry Street  
Nashua, NH 03060  
(603) 589-4555

**Portsmouth Welfare Department**

1 Junkins Avenue  
Portsmouth, NH 03801  
(603) 610-7267

**Rochester City Welfare**

31 Wakefield Street  
Rochester, NH 03867  
(603) 332-3505

**Salem Welfare Department**

33 Geremonty Drive  
Salem, NH 03079  
(603) 890-2130

**Enhanced Life Options Group**

3 Executive Park Dr., #269  
Bedford, NH 03110  
(603) 472-2543

55 Church Street  
Laconia, NH 03246  
(603) 524-4189

**Office of Public Guardian**

2 Pillsbury Street, Suite 400  
Concord, NH 03301  
(603) 224-8041

**Rehabilitation Services Associates**

PO Box 628  
Henniker, NH 03242  
(603) 428-7383

**Tri-County CAP, Guardianship Services – Concord**

18 Low Avenue  
Concord, NH 03301  
(603) 224-0805

**Tri-County CAP, Guardianship Services - Whitefield**

34 Jefferson Road  
Whitefield, NH 03598  
(603) 837-9561

**PROBATE COURTS**

Distributes the forms necessary for an individual to petition the court to establish guardianship. See local office locations below: Main Telephone: 1(855) 212-1234

BELKNAP COUNTY**4<sup>th</sup> Circuit Probate Court - Laconia**

26 Academy St.  
Laconia, NH 03246  
(855) 212-1234  
Contact: Registrar

CARROLL COUNTY**3<sup>rd</sup> Circuit Probate Court – Ossipee**

96 Water Village Road, Box 1  
Ossipee, NH 03864  
(855) 212-1234  
Contact: Registrar

CHESHIRE COUNTY**8<sup>th</sup> Circuit Probate Court - Keene**

33 Winter St., Suite 1  
Keene, NH 03431  
(855) 212-1234  
Contact: Registrar

**GUARDIANSHIP & LIFE CARE PLANNING****Butenhof & Bomster, PC**

149 Hanover Street, Suite 300  
Manchester, NH 03101  
(603) 296-0428



## COOS COUNTY

### **1<sup>st</sup> Circuit Probate Court – Lancaster**

55 School Street, Suite 104

Lancaster, NH 03584

(855) 212-1234

Contact: Registrar

## GRAFTON COUNTY

### **2<sup>nd</sup> Circuit Probate Court – Haverhill**

3785 Dartmouth College Highway, Box 3

North Haverhill, NH 03774

(855) 212-1234

Contact: Registrar

## HILLSBOROUGH COUNTY

### **9<sup>th</sup> Circuit Probate Court - Nashua**

30 Spring Street, Suite 102

Nashua, NH 03060

(855) 212-1234

Contact: Registrar

## MERRIMACK COUNTY

### **6<sup>th</sup> Circuit Probate Court - Concord**

163 North Main Street

Concord, NH 03301

(855) 212-1234

Contact: Registrar

## ROCKINGHAM COUNTY

### **10<sup>th</sup> Circuit Probate Court - Brentwood**

10 Route 125

Brentwood, NH 03833

(855) 212-1234

Contact: Registrar

## STRAFFORD COUNTY

### **7<sup>th</sup> Circuit Probate Court - Dover**

259 County Farm Road, Suite 203

Dover, NH 03820

(855) 212-1234

Contact: Registrar

## SULLIVAN COUNTY

### **5<sup>th</sup> Circuit Probate Court - Newport**

14 Main Street, Suite 5

Newport, NH 03733

(855) 212-1234

Contact: Registrar

## **HOME HEALTH SERVICES**

### **Alternative Care @ Home**

PO Box 834

Grantham, NH 03753

(603) 568-3098 or (603) 863-5239

Contact: [dc\\_hauck@yahoo.com](mailto:dc_hauck@yahoo.com)

### **Ascentria Care Alliance - In-Home Care**

261 Sheep Davis Road, Suite A-1

Concord, NH 03301

(603) 224-3010

### **Trust Ascentria In-Home Care for your loved ones.**

Compassionate, non-medical assistance services for older or chronically ill adults throughout New Hampshire.

**603.224.3010**

[ascentria.org/inhomecare](http://ascentria.org/inhomecare)



### **Caring Companions – Easter Seals**

555 Auburn Street

Manchester, NH 03103

(603) 621-3497 or (800) 870-8728

### **Comfort Keepers**

540 Chestnut Street, Suite 104

Manchester, NH 03101

(603) 628-6363

### **Connecticut Valley Home Care & Hospice**

958 John Stark Highway

Newport, NH 03773

(603) 543-6800

### **Cornerstone VNA – Rochester**

178 Farmington Road

Rochester, NH 03867

(603) 332-1133

### **Granite Bay Connections**

64B Old Suncook Road

Concord, NH 03301

(603) 224-5588

**Granite State Independent Living**

The Personal Care Services Provider Program  
21 Chenell Drive  
Concord, NH 03301  
(603) 228-9680 or (800) 826-3700

**Healthy At Home, Inc.**

45 High Street, Suite 2  
Nashua, NH 03064  
(603) 595-4243

**Home Care Assistance**

265 South River Road, Suite A  
Bedford, NH 03110  
(603) 714-2696 or (603) 471-3004

25 Roxbury St., Suite C120  
Keene, NH 03431  
(603) 499-4960

99 Pine Hill Road, Suite 620  
Nashua, NH 03063  
(603) 821-1820

**Home Care Association of New Hampshire**

8 Green Street, Suite 2  
Concord, NH 03301  
(800) 639-1949 or (603) 225-5597

**Home Health & Hospice Care**

7 Executive Park Drive  
Merrimack, NH 03054  
(800) 887-5973 or (603) 882-2941

**Home Helpers Homecare**

172 Rockingham Road, Unit 2  
Londonderry, NH 03053  
(603) 845-3333

**Homemakers Health Services**

215 Rochester Hill Road  
Rochester, NH 03867  
(603) 335-1770

**Interim HealthCare**

Keene Office  
403 Winchester St.  
Keene, NH 03431  
(603) 352-7290

Laconia Office

277 Union Ave., #202  
Laconia, NH 03246  
(603) 524-7212

Manchester Office

608 Chestnut St., PO Box 1780  
Manchester, NH 03105  
(603) 668-6956

Nashua Office

76 Northeastern Blvd., Suite 33A  
Nashua, NH 03062  
(603) 880-4412

Portsmouth Office

87 Greenland Road, Suite B-7  
Portsmouth, NH 03801  
(603) 436-4155

West Lebanon Office

1 Glen Road, #222  
West Lebanon, NH 03784  
(603) 298-7411

**Live Free Home Health Care, LLC**

438 NH Route 104  
PO Box 218  
New Hampton, NH 03256  
(603) 217-0149

**Living Innovations**

1950 Lafayette Road, Bldg. B  
Portsmouth, NH 03801  
(603) 430-5430

1 Industrial Drive  
Windham, NH 03087  
(603) 893-7286

**MAS Home Care of NH**

156 Harvey Road  
Londonderry, NH 03053  
(603) 296-0960

**Personal Touch Home Health Services**

5 Dartmouth Drive, #303  
Auburn, NH 03032  
(603) 437-8239 or (866) 604-9249

**Regency Nursing Care, LLC**

8025 S. Willow St, Suite 206  
Manchester, NH 03103  
(603) 665-9800  
Website: [www.regencyhomehealth.com](http://www.regencyhomehealth.com)

**Visiting Angels**

14 Hooksett Road  
PO Box 715  
Auburn, NH 03032  
(603) 483-8999

11 Northeastern Blvd., #120  
Nashua, NH 03062  
(603) 821-0277

118 Portsmouth Ave, Ste. B2C  
Stratham, NH 03885  
(603) 583-4890

**HOUSING ASSISTANCE****Granite Bay Connections**

64B Old Suncook Road  
Concord, NH 03301  
(603) 224-5588

**New Hampshire Housing Finance Authority**

32 Constitution Drive  
Bedford, NH 03110  
(603) 472-8623

**Rockingham Community Action Program**

4 Cutts Street  
Portsmouth, NH 03801  
(603) 431-2911

**PUBLIC HOUSING & SECTION 8 PROGRAMS:****Berlin Housing Authority**

10 Serenity Circle  
Berlin, NH 03570  
(603) 752-4240

**Claremont Housing Authority**

243 Broad Street  
Claremont, NH 03743  
(603) 542-6411

**Concord Housing Authority**

23 Green Street  
Concord, NH 03301  
(603) 224-4059

**Derry Housing Authority**

29 West Broadway  
Derry, NH 03038  
(603) 434-8717

**Dover Housing Authority**

62 Whittier Street  
Dover, NH 03820  
(603) 742-5804

**Exeter Housing Authority**

277 Water Street  
Exeter, NH 03833  
(603) 778-8110

**Keene Housing Authority**

831 Court Street  
Keene, NH 03431  
(603) 352-6161

**Laconia Housing Authority**

25 Union Avenue  
Laconia, NH 03246  
(603) 524-2112

**Lebanon Housing Authority**

31 Romano Circle  
West Lebanon, NH 03784  
(603) 298-5753

**Manchester Housing Authority**

198 Hanover Street  
Manchester, NH 03104  
(603) 624-2100

**Nashua Housing Authority**

40 E Pearl Street, #101  
Nashua, NH 03060  
(603) 883-5661

**Newmarket Housing Authority**

34 Gordon Avenue  
Newmarket, NH 03857  
(603) 659-5444

**Portsmouth Housing Authority**

245 Middle Street  
Portsmouth, NH 03801  
(603) 436-4310

**Rochester Housing Authority**

77 Olde Farm Lane  
Rochester, NH 03867  
(603) 332-4126

**Salem Housing Authority**

70 Telfer Circle  
Salem, NH 03079  
(603) 893-6417





**Somersworth Housing Authority & Community Development Program**

25A Bartlett Avenue, PO Box 31  
Somersworth, NH 03878  
(603) 692-2864

**REFERRAL AGENCIES FOR THE HOMELESS:**

**Concord**

**The Salvation Army**

58 Clinton Street  
Concord, NH 03301  
(603) 225-5586

**Manchester**

**Child and Family Services of NH**

464 Chestnut Street  
Manchester, NH 03101  
(603) 518-4000

**Families in Transition**

122 Market Street  
Manchester, NH 03101  
(603) 641-9441

**New Horizons**

199 Manchester Street  
Manchester, NH 03103  
(603) 668-1877

**The Way Home**

214 Spruce Street  
Manchester, NH 03103  
(603) 627-3491

**Nashua**

**Greater Nashua Council on Alcoholism**

Keystone Hall  
615 Amherst Street  
Nashua, NH 03063  
(603) 881-4848

**The Front Door Agency**

7 Concord Street  
Nashua, NH 03064  
(603) 886-2866

**Portsmouth**

**AIDS Response - Seacoast**

7 Junkins Avenue  
Portsmouth, NH 03801  
(603) 433-5377

**Other Housing Assistance Resources:**

**Headrest Crisis**

14 Church Street  
Lebanon, NH 03766  
(603) 448-4872  
(603) 448-4400 (Hotline)  
(800) 639-6095 (Teen Hotline)

**LEGAL SERVICES**

**Civil Practice Clinic – UNH Law School**

2 White Street  
Concord, NH 03301  
(603) 225-3350

**Cohen & Winters**

101 N. State Street, Suite 1  
Concord, NH 03301  
(603) 224-6999

**Disabilities Rights Center – New Hampshire**

64 North Main Street, Suite 2  
Concord, NH 03301-4913  
(800) 834-1721 or (603) 228-0432  
Fax: (603) 225-2077

Website: [www.drcnh.org](http://www.drcnh.org)

The Disabilities Rights Center provides information, referral, advice, legal representation and advocacy to individuals with disabilities, including but not limited to those with Traumatic Brain Injury. The Disabilities Rights Center can help advocate for you in areas such as employment, housing, medical services, financial assistance, vocational rehabilitation, and special education services. Individuals are encouraged to call to determine if the Center can be of assistance.

**Legal Advice and Referral Center**

15 Green Street  
Concord, NH 03301  
(800) 639-5290 or 9 a.m. – Noon at (603) 224-3333

**NH Pro Bono Program**

2 Pillsbury Street, Suite 300  
Concord, NH 03301  
(603) 224-5387





**NH Bar Association Lawyer Referral Service**  
(603) 229-0002

**New Hampshire Association for Justice**  
10 Ferry Street, Suite 311  
Concord, NH 03301  
(603) 224-7077

**Public Utilities Commission**  
21 South Fruit Street, Suite 10  
Concord, NH 03301  
(800) 852-3793 or (603) 271-2431

**Senior Citizens Law Project**  
1361 Elm Street, Suite 307  
Manchester, NH 03101  
(603) 624-6000 or (888) 353-9944

## **NEW HAMPSHIRE LEGAL ASSISTANCE BRANCH OFFICES:**

**Berlin Legal Assistance**  
1131 Main Street  
Berlin, NH 03570  
(800) 698-8969 or (603) 752-1102

**Claremont Legal Assistance**  
24 Opera House Square, #206  
Claremont, NH 03743  
(800) 562-3994 or (603) 542-8795

**Concord Legal Assistance**  
117 North State Street  
Concord, NH 03301  
(800) 921-1115 or (603) 223-9750

**Manchester Legal Assistance**  
1850 Elm Street, Suite 7  
Manchester, NH 03104  
(800) 562-3174

**Portsmouth Legal Assistance**  
154 High Street  
Portsmouth, NH 03801  
(800) 334-3135 or (603) 431-7411

## **LIBRARY & INFORMATION SERVICES**

**Brain Injury Association of America (National Office)**  
1608 Spring Hill Road, Suite 110  
Vienna, VA 22182  
(703) 761-0750  
Brain Injury Information only (800) 444-6443

**Brain Injury Association of New Hampshire**  
52 Pleasant Street  
Concord, NH 03301  
(800) 773-8400 or (603) 225-8400  
**Information & Resources (only) (800) 444-6443**  
**Website: [www.bianh.org](http://www.bianh.org)**

The Brain Injury Association of New Hampshire has developed a comprehensive resource library for individuals living with brain injuries, their families, and those who support them. The library is located at our central office in Concord, NH. We do not lend out books, but you may come to our office and use any of our books for resources/information. Please call ahead to schedule a time for your reading or research appointment – (603) 225-8400. For more information on any of our library materials, please contact Information & Resources at (603) 225-8400 or [mail@bianh.org](mailto:mail@bianh.org).

**Family Resource Connection**  
NH State Library  
20 Park Street, Concord, NH 03301  
(800) 298-4321 or (603) 271-1188

**Marilyn Lash, MSW**  
**Lash & Associates Publishing/Training**  
100 Boardwalk Drive, Suite 150  
Youngsville, NC 27596  
(919) 556-0300

**National Institutes of Health**  
Office of Disease Prevention & Health Promotion  
Public Health Service  
1101 Wootton Pkwy, Suite LL100  
Rockville, MD, 20852  
(240) 453-8280

**National Institute of Neurological Disorders**  
National Institutes of Health  
PO Box 5801  
Bethesda, MD 20892  
(800) 352-9424 or (301) 496-5751

**National Library of Medicine**  
8600 Rockville Pike  
Reference Desk, Building 38  
Bethesda, MD 20894-0001  
(888) 346-3656 or (301) 594-5983

**NH Family Voices**  
129 Pleasant Street, Thayer Building  
Concord, NH 03301  
(603) 271-4525 or (800) 852-3345 ext 4525



## **“Talking Books” –**

NH Statewide Library, Talking Books Services Section  
117 Pleasant Street  
Concord, NH 03301  
(800) 491-4200 (NH Only)  
or (603) 271-3429

## **LONG-TERM CARE**

### **Belknap County Nursing Home**

30 County Drive  
Laconia, NH 03246  
(603) 527-5410

### **Cheshire County Home - Maplewood**

201 River Road  
Westmoreland, NH 03467  
(603) 399-4912

### **Coos County Nursing Home**

364 Cates Hill Road  
PO Box 416  
Berlin, NH 03570  
(603) 752-2343

### **Dover Center for HealthCare & Rehab**

307 Plaza Drive  
Dover, NH 03820  
(603) 742-2676

### **Forestview Manor, TRS, LLC**

153 Parade Road  
Meredith, NH 03253  
(603) 279-3121

### **Grafton County Nursing Home**

3855 Dartmouth College Highway  
North Haverhill, NH 03774  
(603) 787-6971

### **Hackett Hill HealthCare Center**

191 Hackett Hill Road  
Manchester, NH 03102  
(603) 668-8161

### **Hillsborough County Nursing Home – Enhanced Living Unit**

400 Mast Road  
Goffstown, NH 03045  
(603) 627-5540

### **Merrimack County Nursing Home**

325 Daniel Webster Highway  
Boscawen, NH 03303  
(603) 796-2165

### **New Hampshire Bureau of Health Care Facilities**

Department of Health & Human Services, Ombudsman  
Office

129 Pleasant Street  
Concord, NH 03301  
(603) 271-4375

### **Pleasant Valley Nursing Center**

8 Peabody Road  
Derry, NH 03038  
(603) 434-1566

### **Rockingham County Nursing & Rehab**

117 North Road  
Brentwood, NH 03833  
(603) 679-5335

### **Sullivan County Health Care**

5 Nursing Home Drive  
Unity, NH 03743  
(603) 542-9511

## **SERVICELINK RESOURCE CENTERS**

ServiceLinks are community-based Resource Centers with the purpose of providing information and supportive referrals about resources for older adults, adults with disabilities, chronic illness, and their families and caregivers.  
Call, toll free - (866) 634-9412.

### **Belknap County, ServiceLink Resource Center**

67 Water Street, Suite 105  
Laconia, NH 03246  
(603) 528-6945

### **ServiceLink of Carroll County**

448 White Mountain Highway  
P.O. Box 420  
Chocorua, NH 03817  
(603) 323-2043

### **Coos County, ServiceLink Resource Center**

610 Sullivan Street, Suite 6  
Berlin, NH 03570  
(603) 752-6407

**Grafton County (Lebanon) ServiceLink Resource Center**

10 Campbell Street  
PO Box 433  
Lebanon, NH 03766  
(603) 448-1835

**Grafton County (Littleton) ServiceLink Resource Center**

262 Cottage Street, Suite G-25  
Mt. Eustis Commons  
Littleton, NH 03561  
(603) 444-4498

**Grafton County – Plymouth Senior Center**

8 Depot Street  
PO Box 478  
Plymouth, NH 03264  
(603) 536-1204

**Hillsborough County Manchester, ServiceLink Resource Center**

555 Auburn Street  
Manchester, NH 03103  
(603) 644-2240

**Merrimack County, ServiceLink Resource Center**

PO Box 1016  
2 Industrial Park Drive  
Concord, NH 03302-1016  
(603) 228-6625

**Monadnock Region, ServiceLink Resource Center**

105 Castle Street  
Keene, NH 03431  
(603) 357-1922

**Nashua ServiceLink Resource Center**

70 Temple Street  
Nashua, NH 03060  
(603) 598-4709

**Rockingham County, ServiceLink Resource Center (Seacoast)**

30 International Drive, Suite 202  
Portsmouth, NH 03801  
(603) 334-6594

**Rockingham County, ServiceLink Resource Center (Greater Salem)**

8 Commerce Dr., Unit 802  
Atkinson, NH 03811  
(603) 893-9769

**Strafford County, ServiceLink Resource Center**

1 Old Dover Road, Suite 6  
Merchant's Plaza Bldg.  
Rochester, NH 03867  
(603) 332-7398

**Sullivan County, ServiceLink Resource Center**

224 Elm Street  
Claremont, NH 03743  
(603) 542-5177

**MEDICAID MANAGED CARE COMPANIES****NH Healthy Families Health Plan**

2 Executive Drive  
Bedford, NH 03110  
(866) 769-3085

**Well Sense Health Plan**

1155 Elm Street, 6<sup>th</sup> Floor  
Manchester, NH 03101  
(877) 957-1300

**MEDICAL & DENTAL CARE****Ammonoosuc Community Health Services**

25 Mt. Eustis Road  
Littleton, NH 03561  
(603) 444-2464

**BenefitsCheckup Rx**

Provides assistance to persons 55 and older who are paying for prescriptions  
Website: [www.benefitscheckuprx.org](http://www.benefitscheckuprx.org)

**Child Health Services**

1245 Elm Street  
Manchester, NH 03101  
(603) 668-6629

**Coos County Family Health Services**

133 Pleasant Street  
Berlin, NH 03570  
(603) 752-2040

59 Page Hill Road  
Berlin, NH 03570  
(603) 752-2900

2 Broadway Street  
Gorham, NH 03581  
(603)-466-2741

**Core Pediatric Dentistry**

5 Hampton Road  
Exeter, NH 03833  
(603) 773-4900  
Ages 1 – 17 years old (only)

**HealthLink - Laconia**

Lakes Region General Hospital  
80 Highland St.  
Laconia, NH 03246  
(603) 524-3211

**HealthLink - Franklin**

Franklin Regional Hospital  
15 Aiken Avenue  
Franklin, NH 03235  
(603) 934-2060

**Hearing Enhancement Center**

6 Loudon Road  
Concord, NH 03301  
(603) 230-2482

36 Country Club Drive  
Gilford, NH 03249  
(603) 524-6460

**Needy Meds** - provides information about assistance programs

Website: [www.needymeds.org](http://www.needymeds.org)

**NH Dental Society**

23 South State Street  
Concord, NH 03301  
(603) 225-5961

**NH Technical Institute – Dental Hygiene Program**

31 College Drive; MacRury Hall  
Concord, NH 03301  
(603) 230-4023

**NH Medication Bridge Program**

125 Airport Road  
Concord, NH 03301  
(603) 225-0900; Fax (603) 225-4346

**Seacoast Area Physiatry**

875 Greenland Road, Unit C4  
Portsmouth, NH 03801  
(603) 431-5529

**Vachon Dental**

57 Webster Street  
Manchester, NH 03104  
(603) 627-2092

**Willow Eye Care**

345 South Willow Street  
Manchester, NH 03103  
(603) 625-1774

## NEUROLOGISTS

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**Seacoast New Hampshire:****Coastal Neurology Services**

158 East NH Route 108, Suite 5  
Dover, NH 03820  
(603) 749-0913

**Patricia Locuratolo, M.D.**

875 Greenland Road, B4  
Portsmouth, NH 03801  
(603) 427-2577

**Southern New Hampshire:****Elliot Neurology Associates**

185 Queen City Avenue, 3<sup>rd</sup> Floor  
Manchester, NH 03101  
(603) 663-4800

**Foundation Neurology**

17 Prospect Street  
Nashua, NH 03060  
(603) 577-5300

**Keith McAvoy, M.D.**

Dartmouth-Hitchcock Medical Center  
Notre Dame Pavilion at Catholic Medical Center  
87 McGregor Street, Suite 2200  
Manchester, NH 03102  
(603) 695-2940



## **Northern & Western New Hampshire:**

### **James Bernat, M.D.**

Dartmouth-Hitchcock Medical Center  
One Medical Center Drive  
Lebanon, NH 03756  
(603) 650-5104

### **James J. Filiano M.D.**

Dartmouth-Hitchcock Medical Center  
*Pediatric Critical Care*  
One Medical Center Drive  
Lebanon, NH 03756  
(603) 650-5599

### **Vijay M. Thadani, M.D., Ph.D.**

Dartmouth-Hitchcock Medical Center  
*Neurology*  
One Medical Center Drive  
Lebanon, NH 03756  
(603) 653-6118

## **NEUROPSYCHOLOGISTS**

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## **Southern New Hampshire:**

### **John Capuco, Psy.D.**

HealthSouth Rehab Hospital  
254 Pleasant Street  
Concord, NH 03301  
(603) 226-9864

### **John Crampton, Psy.D., LCMHC**

Neurobehavioral Counseling, LLC  
314 South Main Street  
Concord, NH 03301  
(603) 717-1788

### **Ted Davis, Ph.D.,**

Center for Neuropsychology, Learning & Behavioral Medicine  
St. Joseph Hospital – Pediatrics/Adults  
168 Kinsley Street, Suite 3  
Nashua, NH 03060  
(603) 598-3384

### **Ross L. Gourvitz, Ph.D.**

Elliot Memory & Mobility Center  
40 Buttrick Road  
Londonderry, NH 03053  
(603) 552-1670

### **William Jamieson, Ph.D.**

61 North Street  
Manchester, NH 03104  
(603) 669-4130

### **James Nichols, Ed.D.**

66 Bow Bog Road  
Bow, NH 03304  
(603) 225-7770

### **Joan Scanlon, Ph.D.**

154 Broad Street, Suite 1512  
Nashua, NH 03063  
(603) 881-7753

## **Northern New Hampshire:**

### **Amanda Goza, Ph.D.**

Lakeview NeuroRehab Center  
244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451

### **Elizabeth Hess, Ph.D.**

856 Western Avenue  
Berlin, NH 03570  
(603) 752-4475

### **Michael Mozzoni, Ph.D., BCBAD**

Lakeview NeuroRehab Center  
244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451

### **Tina M. Trudel, Ph.D.**

Lakeview NeuroRehab Center  
244 Highwatch Road  
Effingham, NH 03882  
(800) 473-4221 or (603) 539-7451

## **Seacoast New Hampshire:**

### **Richard Berke, Ph.D.**

11 Squamscott Rd.  
Stratham, NH 03885  
(603) 672-4150

**Margaret Dawson, Ed.D.**

Seacoast Mental Health  
Center for Learning & Attention Disorders  
1145 Sagamore Avenue  
Portsmouth, NH 03801  
(603) 436-4042

**Stefanie Griffin, Ph.D.**

Northeast Evaluation Specialists  
1 Washington St., Suite 443  
Dover, NH 03820  
(603) 740-6371

**Dick Guare, Ph.D.**

Seacoast Mental Health  
Center for Learning & Attention Disorders  
1145 Sagamore Avenue  
Portsmouth, NH 03801  
(603) 436-4042

**Jerrold Pollak, Ph.D.**

Seacoast Mental Health  
Center for Learning & Attention Disorders  
1145 Sagamore Avenue  
Portsmouth, NH 03801  
(603) 436-4042

**Anita Remig, Ph.D.**

278 Lafayette Road, Bldg. E  
Portsmouth, NH 03801  
(603) 781-3892

**Laura Rubin, Ph.D.**

Portsmouth Neuropsychology Center - Pediatrics  
2456 Lafayette Road, #12  
Portsmouth, NH 03801  
(603) 433-0800

**Steven Spielman, Ph.D.**

875 Greenland Road, Suite B4  
Portsmouth, NH 03801  
(603) 749-0727

**Craig Stenslie, Ph.D.**

Cocheco Valley Mental Health  
90 Washington Street, #304  
Dover, NH 03820  
(603) 749-0992

**Western New Hampshire:****Laura Flashman, Ph.D., ABPP-CN**

Dartmouth-Medical School-Department of Psychiatry  
Dartmouth-Hitchcock Medical Center  
One Medical Center Drive  
Lebanon, NH 03756  
(603) 650-5842

**John Randolph, Ph.D., ABPP**

Randolph Neuropsychology Assoc., PLLC  
20 West Park Street, Suite 215  
Lebanon, NH 03766  
(603) 653-0330

**Massachusetts:****Barbara Bruno-Golden, Ed.D.**

Pediatrics  
151 Sargent Street  
Newton, MA 02458  
(617) 965-4451

**Ann Helmus, Ph.D.**

NESCA, P.C.  
55 Chapel Street, 2<sup>nd</sup> Floor  
Newton, MA 02458  
(617) 658-9821

**Maine:****Bennet Slotnick, Ph.D.**

Neuro-Behavioral Services of New England  
10 Storer Street  
Kennebunk, ME 04043  
(207) 467-8215

**OUTREACH PROGRAMS****CAP- The Fix-It Program**

The Fix-It Program provides volunteer handymen and women who make home repairs and do maintenance work and clean-up for seniors 60 and older, helping them stay safe in their homes.  
(603) 225-3295

**Community Caregivers of Greater Derry**

(Chester, Danville, Derry, Hampstead, Londonderry  
Sandown, Windsor)  
(603) 432-0877

Free visiting, transportation, errands, and simple repairs for  
the frail, elderly and disabled of all ages.

**Greater Salem Caregivers**

(Atkinson, Salem, Pelham, Plaistow)  
(603) 898-2850

Free visiting, transportation, errands, and simple repairs for  
the frail, elderly and disabled of all ages.

**Hospitality Homes**

PO Box 15265  
Boston, MA 02215  
(888) 595-4678

**Listen Center Community Services**

60 Hanover St.  
Lebanon, NH 03766  
(603) 448-4553  
Providing assistance for: heating, housing, food pantry,  
clothing, and furniture

**Rockingham Community Action Program**

4 Cutts Street  
Portsmouth, NH 03801  
(603) 431-2911

**PREVENTION & SAFETY PROGRAMS****AAA Foundation for Traffic Safety**

607 14<sup>th</sup> Street, NW, Suite 201  
Washington, DC 20005  
(202) 638-5944

**American Red Cross, NH Chapter Headquarters**

2 Maitland Street  
Concord, NH 03301  
(603) 225-6697

**Brain Injury Association of New Hampshire**

52 Pleasant Street  
Concord, NH 03301  
(800) 773-8400 or (603) 225-8400  
Website: [www.bianh.org](http://www.bianh.org)  
Provides safety literature, awareness presentations, and  
promotes the "ThinkFirst" program in NH schools.

**Injury Prevention Program – Maternal  
& Child Health Services**

**Bureau of Population Health & Community Services**  
Department of Health & Human Services  
29 Hazen Drive  
Concord, NH 03301  
(603) 271-4517

**Center for Disease Control & Prevention**

1600 Clifton Road  
Atlanta, GA 30329  
(800) 232-4636

**Children's Alliance of New Hampshire**

2 Delta Drive  
Concord, NH 03301  
(603) 225-2264

**Injury Prevention Center**

Dartmouth-Hitchcock Medical Center  
52 LaBombard Road  
Lebanon, NH 03766  
(877) 783-0432 or (603) 653-8360

**National SafeKids Campaign**

1301 Pennsylvania Avenue NW, Suite 1000  
Washington, DC 20004  
(202) 662-0600

**NH Bureau of Emergency Medical Services,**

Department of Public Safety  
33 Hazen Drive  
Concord, NH 03301  
(603) 223-4200

**NH Children's Trust, Inc.**

10 Ferry Street, #315  
Concord, NH 03301  
(603) 224-1279

**NH Highway Safety Agency**

78 Regional Drive, Bldg. 2  
Concord, NH 03301  
(800) 735-2964 or (603) 271-2131

**Northern New England Poison Center**

Maine Medical Center  
22 Bramhall Street  
Portland, ME 04101  
(800) 222-1222



**Safety and Health Council of NH**

2 Whitney Road, Suite 11  
Concord, NH 03301  
(603) 228-1401

**Shaken Baby Alliance**

8551 Boat Club Road, Suite 117  
Fort Worth, TX 76179  
(817) 882-8686

**The Youth Council**

112 W. Pearl Street  
Nashua, NH 03060  
(603) 889-1090

**ThinkFirst Foundation**

1801 N. Mill Street, Suite F  
Naperville, IL 60563  
(800) 844-6556

**WISE—Program Centers**

38 Bank Street  
Lebanon, NH 03766  
(603) 448-5525 or (866) 348-9473

**PSYCHOLOGISTS & PSYCHIATRISTS**

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**The American Board of Professional Psychology**

Lists board certified psychologists according to specialty  
Website: [www.ABPP.org](http://www.ABPP.org)

**Northern New Hampshire:****Roger Eugene Poiré, Psy.D.**

25 Country Club Road  
Gilford, NH 03249  
(603) 528-4405

**Seacoast New Hampshire****Nicole L. Sawyer, PsyD, PLLC**

14 Hampton Road  
Exeter, NH 03833  
(603) 793-6914

**Richard Warren, Ph.D.**

24 Front Street, #314  
Exeter, NH 03833  
(603) 778-7433, Ext 14

**Southern New Hampshire:****Center for Integrative Psychological Services, Inc.**

15 Pleasant Street  
Concord, NH 03301  
(603) 223-0980

**Neurobehavioral Counseling, LLC**

John Crampton, Psy.D., LCMHC  
314 South Main Street  
Concord, NH 03301  
(603) 717-1788

**NE Neurological Associates**

168 Kingsley Street, Suite 1  
Nashua, NH 03060  
(603) 882-2114

**Western New Hampshire****Karen Lee Gillock, Ph.D.**

115 Etna Rd, Bldg. 1, Suite 2  
Lebanon, NH 03766  
(603) 448-3588

**RECREATION****Crotched Mountain Accessible Recreation & Sports (CMARS)**

1 Verney Drive  
Greenfield, NH 03047  
(603) 547-3311, Ext. 1664  
Website: [www.cm-cmars.org](http://www.cm-cmars.org)

**Easter Seals of NH**

555 Auburn Street  
Manchester, NH 03103  
(603) 623-8863

**Field of Dreams, RPT**

55 Ferrin Road  
Chichester, NH 03258

**NE Disabled Sports**

PO Box 26  
Lincoln, NH 03251  
(603) 745-6281, Ext. 5663 or 745-9333



**New England Handicapped Sportsman's Association**

PO Box 2135  
1398 Route 103  
Newbury, NH 03255  
(603) 763-9158

**New Hampshire Special Olympics**

650 Elm Street  
Manchester, NH 03101  
(603) 624-1250

**Northeast Passage**

Hewitt Hall, 4 Library Way  
Durham, NH 03824  
(603) 862-0070

**One Step Further**

82 Waukegan Street  
Meredith, NH 03253  
(603) 279-7829

**Touchstone Farm, Inc.**

Webster Highway  
13 Pony Farm Lane  
Temple, NH 03084  
(603) 654-6308

**UpReach Therapeutic Riding Center, Inc.**

153 Paige Hill Road  
PO Box 355  
Goffstown, NH 03045  
(603) 497-2343

## RESOURCES FOR HEALTH ISSUES

**Alzheimer's Disease**

**Alzheimer's Association:** Greater NH Chapter  
166 South River Road, Suite 210  
Bedford, NH 03110  
(603) 606-6590

**NH Alzheimer's Disease & Other Memory Disorders Program**

NH Elderly and Adult Services  
State Office Park South, 129 Pleasant Street  
Concord, NH 03301-3843  
(800) 351-1888 Ext. 4687 or (603) 271-9203

**Aneurysm****Brain Aneurysm Foundation**

269 Hanover Street, Bldg 3  
Hanover, MA 02339  
(781) 826-5556

**Anoxia****Lightning Strike & Electric Shock Survivors, Inc.**

PO Box 1156  
Jacksonville, NC 28541-1156  
(910) 346-4708

**Aphasia****Cohen Speech Pathology**

Irene E. S. Cohen, MS, CCC-SLP  
23 Stiles Road, Suite 218  
Salem, NH 03079  
(603) 560-0548

**National Aphasia Association**

PO Box 87  
Scarsdale, NY 10583  
(800) 922-4622

**Brain Tumors****American Brain Tumor Association**

8550 W. Bryn Mawr Ave., Suite 550  
Chicago, IL 60631  
(800) 886-2282 or (773) 577-8750

**Childhood Brain Tumor Foundation**

20312 Watkins Meadow Dr.  
Germantown, MD 20876  
(877) 217-4166

**Children's Brain Tumor Foundation**

274 Madison Avenue, Suite 1004  
New York, NY 10016  
(212) 448-9494

**National Brain Tumor Society**

55 Chapel St., Suite 200  
Newton, MA 02458  
(617) 924-9997

**NIH Neurological Institute**

9000 Rockville Place  
Bethesda, MD 20892  
(301) 496-4000



## **Epilepsy**

**American Epilepsy Society**  
342 North Main St., Suite 301  
West Hartford, CT 06117  
(860) 586-7505

**Epilepsy Foundation**  
8301 Professional Place  
Landover, MD 20785  
(800) 332-1000

## **Headaches**

**American Headache Society**  
19 Mantua Road  
Mt. Royal, NJ 08061  
(856) 423-0043

**National Headache Foundation**  
820 North Orleans, Suite 411  
Chicago, IL 60610  
(312) 274-2650 or (888) NHF-5552

## **Huntington's Disease**

**Hereditary Disease Foundation**  
3960 Broadway, 6<sup>th</sup> Floor  
New York, NY 10032  
(212) 928-2121

**Huntington's Disease Society of America**  
505 Eighth Avenue, Suite 902  
New York, NY 10018  
(800) 345-4372 or (212) 242-1968

## **Muscular Dystrophy**

**Muscular Dystrophy Association**  
360 Route 101, Unit 5  
Bedford, NH 03110  
(603) 471-2722

**Muscular Dystrophy Family Foundation**  
1033 Third Ave SW., Suite 108  
Carmel, IN 46032  
(317) 249-8488

## **Multiple Sclerosis**

**Greater New England Chapter National MS Society**  
101A First Avenue, Suite 6  
Waltham, MA 02451-1115  
(781) 890-4990

**Multiple Sclerosis Association of America**  
706 Haddonfield Road  
Cherry Hill, NJ 08002  
(800) 532-7667 or (856) 488-4500

**Multiple Sclerosis Society**  
1361 Elm Street, Suite 106  
Manchester, NH 03101  
(603) 623-3502 or (800) 344-4867  
Money available for durable medical equipment, respite, home modifications, counseling, and air conditioners.

**National Multiple Sclerosis Society**  
733 3<sup>rd</sup> Avenue, 6<sup>th</sup> Floor  
New York, NY 10017-3288  
(800) 344-4867 or (212) 463-7787

## **Neurotoxicity**

**Birth Defect Research for Children**  
976 Lake Baldwin Lane, Suite 104  
Orlando, FL 32814  
(407) 895-0802

**National Institute of Environmental Health Sciences**  
111 T.W. Alexander Dr.  
Research Triangle Park, NC 27709  
(919) 541-3345

**National Institute for Occupational Safety & Health**  
(800) 232-4636

**National Organization for Rare Diseases**  
55 Kenosia Avenue  
Danbury, CT 06810  
(203) 744-0100

## **Parkinson's Disease**

**National Parkinson Foundation, Inc.**  
200 SE 1<sup>st</sup> Street, Suite 800  
Miami, FL 33131  
(305) 537-9901

**Parkinson's Disease Foundation, Inc.**

1359 Broadway, Suite 1509  
New York, NY 10018  
(800) 457-6676

**Spina Bifida Association of Greater New England**

219 East Main Street, Suite 100B  
Milford, MA 01757  
(508) 482-5300

**Spinal Cord Injury****Kelly Brush Foundation**

7 Aspen Drive  
South Burlington, VT 05403  
(802) 846-5298  
For recreational equipment

**Christopher Reeve Paralysis Foundation**

636 Morris Turnpike, Suite 3A  
Short Hills, NJ 07078  
(800) 225-0292 Resource Center- (973) 467-8270

**Travis Roy Foundation**

Hemenway & Barnes, LLP  
60 State Street, 8<sup>th</sup> Floor  
Boston, MA 02109  
(617) 619-8257

**Stroke****American Heart Association**

7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721

**American Stroke Association**

7272 Greenville Avenue  
Dallas, TX 75231-4596  
(888) 478-7653

**National Institute of Neurological Disorders & Stroke**

NIH Neurological Institute  
PO Box 5801  
Bethesda, MD 20824  
(800) 352-9424

**National Stroke Association**

9707 E. Easter Lane, Suite B  
Centennial, CO 80112  
(303) 649-9299

**Pediatric Stroke Network**

Website: [www.pediatricstrokenetwork.com](http://www.pediatricstrokenetwork.com)

**Trauma:****Brain Injury Association of America (National Office)**

1608 Spring Hill Road, Suite 110  
Vienna, VA 22182  
(703) 761-0750

**Brain Injury Association of New Hampshire**

52 Pleasant Street  
Concord, NH 03301  
(800) 773-8400 or (603) 225-8400  
Information & Resource (only) (800) 444-6443  
Website: [www.bianh.org](http://www.bianh.org)

**Coma Traumatic Brain Injury Recovery Association, Inc.**

8300 Republic Airport, Suite 106  
Farmingdale, NY 11735  
(631) 756-1826

**National Spinal Cord Injury Association**

75-20 Astoria Blvd.  
Jackson Heights, NY 11370  
(718) 803-3782

**Vestibular Disorders****Ear Foundation**

1817 Patterson Street  
Nashville, TN 37203  
(615) 329-7809

**Vestibular Disorders Association**

PO Box 13305  
Portland, OR 97213  
(800) 837-8428

**RESPITE CARE****Alternative Care @ Home**

PO Box 834  
Grantham, NH 03753  
(603) 568-3098 or (603) 568-6830  
Contact: [dc\\_hauck@yahoo.com](mailto:dc_hauck@yahoo.com)

**Brock Children's Home**

33 Fairview Road  
Pittsfield, NH 03263  
(603) 435-8032



## **Child & Family Services of New Hampshire**

Home Care Program  
464 Chestnut Street, PO Box 448  
Manchester, NH 03105  
(603) 518-4000

## **Easter Seals of New Hampshire**

555 Auburn Street  
Manchester, NH 03103  
(603) 623-8863

## **Forestview Manor, TRS, LLC**

153 Parade Road  
Meredith, NH 03253  
(603) 279-3121  
(Up to 90 days short-term care)

## **Granite United Way – North Country Region**

PO Box 311  
41 Main Street  
Littleton, NH 03561-0311  
(603) 444-1555  
Provides no direct services, only referral to appropriate contacts.

## **Homemakers Health Services**

215 Rochester Hill Road  
Rochester, NH 03867  
(603) 335-1770

## **Northern Human Services – Mental Health Center**

3 Twelfth St.  
Berlin, NH 03570  
(603) 752-7404

## **Regency Nursing Care, LLC**

8025 S. Willow St, Suite 206  
Manchester, NH 03103  
(603) 665-9800  
Website: [www.regencyhomehealth.com](http://www.regencyhomehealth.com)

## **Right at Home of Southern NH**

150 Nashua Road, Unit C  
(603) 216-9296

## **Visiting Nurse Home Care & Hospice Assoc.**

1529 White Mtn Highway  
PO Box 432  
North Conway, NH 03860  
(603) 356-7006

## **TRANSPORTATION**

### **Medicaid Transportation**

(800) 852-3345, Ext. 3770

### **Belknap County**

#### **Belknap-Merrimack County Community Action Program**

Hours: 8:30 a.m. – 4:30 p.m.  
Service: Wheelchair accessible.  
(603) 225-3295

#### **Franklin Community Action Program**

(Danbury, Franklin, Northfield, Salisbury, Sanbornton, and Tilton areas)  
Cost: Varies, Hours: 8:30 a.m. – 4:30 p.m.  
Service: Wheelchair accessible for any use/need.  
(603) 934-3444

#### **Winnepesaukee Transit Agency**

Cost: \$1.00 - \$4.00 charge, \$.50 for 60 yrs and older.  
Hours: 8:00 a.m. – 5:00 p.m., fixed route.  
Service: Wheelchair accessible for any use/need.  
(603) 528-2496

### **Carroll County**

#### **Gibson Center for Senior Services**

Cost: Donation \$3.00. Hours: M – F, 7:30 a.m. – 1:00 p.m.  
Serving adults 60 yrs and older.  
Wheelchair accessible; need 24 hour notice for all appointments.  
(603) 356-3231

#### **Ossipee Concerned Citizens**

Hours: 8:00 a.m. – 3:00 p.m.  
Wheelchair accessible; Donations accepted  
(603) 539-6851

#### **Tamworth Caregivers**

P.O. Box 223  
Tamworth, NH 03886  
(603) 323-7697  
Provides transportation services for Tamworth residents (only).  
Please give 48-hour notice.



## **Wolfeboro Caregivers**

(Alton, Ossipee, Tuftonboro & Wolfeboro)

M-F; 8:00 a.m. – 4:00 p.m.

(603) 569-6780

Provides transportation for medical appointments.

No wheelchair accessible.

## **Cheshire County**

### **American Red Cross**

Cost: Donation. Hours: M – F, 8:30 a.m. – 3:00 p.m.

Demand Response

Service: No wheelchair service.

(603) 352-3210

### **City Express**

Cost: \$1.00. Hours: 7:30 a.m. – 5 p.m., (Keene only)

Service: Wheelchair accessible for any use/need.

(603) 352-8594

### **HCS-Friendly Bus**

Cost: Donation \$1.00. Hours: 8:00 a.m. – 4:00 p.m.

(Keene only)

60 yrs. and over – Medicaid qualified

Service: Wheelchair accessible for any use/need.

(800) 541-4145

## **Coos County**

### **Tri-County Community Action Program**

Cost: Donation. Hours: M – F, 8:00 a.m. – 4:00 p.m.,  
fixed route

Service: Wheelchair accessible for any use/need.

(888) 997-2020

## **Grafton County**

### **Grafton County Senior Citizen Council**

Cost: Donation. Hours: varies upon location

Service: Wheelchair accessible.

(603) 448-4897

### **Mascoma Senior Center**

(Serving Canaan, Dorchester, Enfield, Grafton and Orange)

Cost: Donation. Hours: 8:00 a.m. – 3:00 p.m.

(603) 523-4333

Please give 24-hour notice.

## **PathWays of the River Valley – Region II**

Hours: M – F, 8:00 a.m. – 5:00 p.m.

Service: Wheelchair accessible; serving PathWays patients only.

(603) 542-8706

## **Upper Valley Senior Center**

Cost: Donation; . Hours: 8:00 a.m. – 3:00 p.m.

Fixed Route. Service: Wheelchair accessible for any use/  
need.

Please give 24-hour notice.

(603) 448-4213

## **Hillsborough County:**

### **CareGivers-Greater Manchester**

Cost: No charge. Hours: 9:00 a.m. – 2:00 p.m.

Demand Response. Please give 2 week notice.

Service: No wheelchair, but for any use/need.

(603) 622-4948 Ext 25

### **CareGivers-Greater Nashua**

Cost: No charge. Hours: 9:00 a.m. – 2:00 p.m.

Demand Response. Please give 2 week notice

Service: Not wheelchair accessible.

(603) 595-4502 Ext. 25

### **Granite State Independent Living Foundation**

Cost: Grant billed/Fee for service. Hours: Demand  
Response

Service: Wheelchair accessible for clients of GSIL.

(800) 826-3700

### **Greater Nashua Transportation System**

Cost: \$1.25 or less. Hours: 5:00 a.m. – 11:00 p.m.

Services: Wheelchair accessible for any use/need.

(603) 880-0100

### **Manchester Transit Authority**

Cost: \$4.00. Hours: 6:00 a.m. - 6:00 p.m.

Service: Wheelchair accessible for any use/need.

(603) 623-8801

### **Special Transit Service**

60 yrs. and over: 10:00 a.m. – 2:00 p.m. (Donation)

Service: Wheelchair accessible for doctor appointments.

(603) 668-8603



## **Merrimack County:**

### **Century Ambulance Service**

Cost: NH Medicaid, Hours: Monday – Saturday, 5:30 a.m. – 7:00 p.m.

Services: Wheelchair accessible for all medical appointments.

(603) 369-3034

### **Contoocook Valley Transportation Co.**

(877) 428-2882

### **Dial-a-Ride (Hopkinton)**

Hours: M, W, and F 10:00 a.m. - Noon.

(603) 746-4357

### **Granite State Independent Living Foundation**

Hours: Demand Response

Service: Wheelchair accessible for clients of GSIL.

(800) 826-3700

### **Kearsarge Council on Aging**

Cost: Free. Hours: 9:00 – 4:00

Wheelchair accessibility for transportation

(603) 526-6368

## **Rockingham County**

### **Community Caregivers of Greater Derry**

Cost: Donation. Hours: 9:00 a.m. – 3:00 p.m.

Service: No wheelchair service. Provides services for medical & dental appointments by clients enrolled in program.

(603) 432-0877

### **DriveAbility**

711 Alumni Drive

Exeter, NH 03833

(603) 580-7927

### **Exeter Hospital**

Hours: M – F, 7:00 a.m. – 4:30 p.m.

Service: Limited to 3 per service; no doctor office appointments.

(603) 580-6966

### **Great Bay Services**

Hours: M – F, 8:00 a.m. – 3:30 p.m.

Service: Wheelchair accessible for transportation of clients.

(603) 436-2014

### **Lamprey Health Care**

Cost: \$5.00 requested donation, Hours: M – F, 8:00 a.m. – 4:00 p.m.

Call for fixed routes and times; wheelchair accessible

(603) 659-2424

### **Liberty Livery & Elderly Transportation**

18 Daniel Street

Exeter, NH 03833

(603) 772-9256

(Serving Seacoast and Southern NH)

**Rockingham Nutrition and Meals** (serving all 37 towns in county)

Hours: M – F, 9:00 a.m. – 4:00 p.m.

Demand Response, Service: Wheelchair accessible for any use/need.

(603) 679-2201

## **Strafford County**

### **COAST ADA Para transit**

Cost: Varies. Hours: 6:00 a.m. – 11:00 p.m. depending on route

Service: Must have disability. Need to complete application.

(603) 743-5777

## **Sullivan County**

### **Granite State Independent Living Foundation**

Hours: Demand Response

Service: Wheelchair accessible for clients of GSIL.

(800) 826-3700

## **Other Transportation Related Resources**

### **Adaptive Driving Associates - Vermont**

220 Holiday Drive, Suite 24

White River Junction, VT 05001

(802) 296-2004

### **DriveAbility**

711 Alumni Drive

Exeter, NH 03833

(603) 580-7927

**Good News Garage**

325 Merrill St.

Manchester, NH 03103

(603) 669-6937

Service: Donated, reconditioned autos to qualified recipients for cost of repairs.

**New Hampshire Transit**

Dept. of Transportation – Bureau of Rail & Transit

(603) 271-4043

**PUBLIC TRANSPORTATION PROVIDERS****Advance Transit**

(802) 295-1824

Provides service in the Upper Valley area including Canaan, Enfield, Lebanon, West Lebanon and Hanover, Hartford Village, Harland Wilder, Norwich and White River Junction, Vermont. All buses are accessible for people with disabilities and are equipped with bicycle racks. Free ride matching service available.

- Fares
- Maps & schedules

**Concord Area Transit**

(603) 225-1989

Providing three different transportation services in Concord and the surrounding area. Bus service to and from downtown Concord, senior transit service and service for people with disabilities.

- Fares
- Schedules

**Manchester Transit Authority**

(603) 623-8801

Providing transportation to get around Manchester. In addition to its regular routes, the MTA offers Dial-a-Bus, the Step-Saver (door-to-door transportation for senior citizens and people with disabilities) and summer excursion buses to the lakes and Seacoast regions.

- Fares
- Schedules

**North Country Transportation**

(603) 752-1741

Serving Coos and Northern Grafton Counties

**VETERAN'S BRAIN INJURY PROGRAM****VA Veterans Crisis Line**

(800) 273-TALK (8255)

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Manchester VA Medical Center**

718 Smyth Road

Manchester, NH 03104

(603) 624-4366 or (800) 892-8384

**Caregiver Support Program**

Contact: Caregiver Program Coordinator

(603) 624-4366, Ext. 2524

Website: [www.caregiver.va.gov](http://www.caregiver.va.gov)

**OEF/OIF/OND Transitional Case Management Program**

(603) 624-4366, Ext. 6483 or 6932

Website: [www.manchester.va.gov/freedom.asp](http://www.manchester.va.gov/freedom.asp)

**Mental Health Clinic**

(603) 624-4366, Ext. 6040

**Polytrauma/Traumatic Brain Injury Clinic**

(603) 624-4366 Ext. 6455

**VA Medical Center - VT**

215 North Main Street

White River Junction, VT 05009

(802) 295-9363 or (866) 687-8387

**Caregiver Support Program**

(802) 295-9363, Ext. 5364

**Mental Health Clinic**

(802) 295-9363, Ext. 5760

Building 39, Green Mountain Firm

White River Junction, VT 05009

**OEF/OIF/OND**

(802) 295-9363, Ext. 6541

**Polytrauma/Traumatic Brain Injury Clinic**

(802) 295-9363, Ext. 5903

**American Red Cross**

[www.redcross.org/what-we-d-/support-military-families](http://www.redcross.org/what-we-d-/support-military-families)

**Blinded Veterans Association**

Website: [www.bva.org](http://www.bva.org)



**Brain Injury Association of New Hampshire**

(603) 225-8400

Website: [www.nh-veteran.com](http://www.nh-veteran.com)

**Defense and Veteran's Head Injury Program**

Walter Reed Army Medical Center

6900 Georgia Avenue

Building 1, 2<sup>nd</sup> Floor, Room B209

Washington, DC 20037

(800) 870-9244 or (202) 782-0055

**Department of Veterans Affairs**

Website: [www.va.gov](http://www.va.gov)

**Home Base (Red Sox Foundation & Massachusetts General Hospital)**

(617) 724-5202

Website: [www.homebaseprogram.org](http://www.homebaseprogram.org)

**Military OneSource**

Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)

**New Hampshire Air National Guard****Director of Psychological Support**

(603) 430-3373 or 498-7132

**NH Deployment Cycle Support****Care Coordination Program**

(603) 315-4354

Email: [cpitt@eastersealsnh.org](mailto:cpitt@eastersealsnh.org)

**NH State Office of Veterans Services**

275 Chestnut Street, Room 517

Manchester, NH 03101-2411

(603) 624-9230

[www.nh.gov/nhveterans](http://www.nh.gov/nhveterans)

**NH Transition Assistance Advisor**

(603) 225-1309

**NINDS Traumatic Brain Injury Information Page**

Website: [www.ninds.nih.gov/disorders/tbi/tbi.htm](http://www.ninds.nih.gov/disorders/tbi/tbi.htm)

**Pease Air National Guard Base**

Airman and Family Readiness Program

302 Newmarket Street

Pease ANGB, Portsmouth, NH

(603) 430-3545

**Portsmouth Naval Shipyard****Naval Health Clinic, New England**

Website: [www.nhcne.med.navy.mil/locations/ponh/ponh.asp](http://www.nhcne.med.navy.mil/locations/ponh/ponh.asp)

**Real Warriors/Defense Centers of Excellence Outreach Hotline**

(866) 966-1020

Website: [www.realwarriors.net](http://www.realwarriors.net)

**U.S. Veterans Resource**

Website: [www.vetsresource.com](http://www.vetsresource.com)

**VA National Center for PTSD**

Website: [www.ptsd.va.gov](http://www.ptsd.va.gov)

**Vet Centers – New Hampshire****NH Vet Center – Berlin, NH**

515 Main Street, Suite 2

Gorham, NH 03581

(603) 752-2571

Website: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**NH Vet Center – Keene, NH**

640 Marlboro Rd., Route 101

Keene, NH 03431

(603) 358-4950

**NH Vet Center – Manchester, NH**

1461 Hooksett Road, Suite B7

Hooksett, NH 03106

(603) 668-7060

**Vet Centers - Maine****Vet Center – Sanford, ME**

628 Main Street

Springvale, ME 04083

(207) 490-1513

Website: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**Vet Center – Portland, ME**

475 Stevens Avenue

Portland, ME 04103

(207) 780-3584

**Vet Centers – Massachusetts****Vet Center – Lowell, MA**

10 George St, Gateway Ctr.

Lowell, MA 01852

(978) 453-1151

Website: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)



## **Vet Centers – Vermont**

### **VT – Vet Center – White River Junction, VT**

215 North Main Street  
White River Junction, VT 05009  
(800) 827-1000

### **Veterans Affairs Compensation & Pension Service**

(800) 827-1000  
Website: [www.vba.va.gov/bln/21](http://www.vba.va.gov/bln/21)

### **Warrior Health Clinic/Naval Branch Health Clinic**

Portsmouth Naval Shipyard  
(207) 438-6961

### **Wounded Warriors @ 45 North**

(603) 566-8450  
[www.ww45n.org](http://www.ww45n.org)

## **VOCATIONAL REHABILITATION & EMPLOYMENT SERVICES**

### **Granite Bay Connections**

64B Old Suncook Road  
Concord, NH 03301  
(603) 224-5588

### **Granite State Independent Living**

21 Chenell Drive  
Concord, NH 03301  
(800) 826-3700 voice/TTY or (603) 228-9680  
Contact: Info and Referral Department

### **New England Job Corp**

50 Bridge Street  
Manchester, NH 03103  
(603) 627-2891 or (603) 647-6844  
Educational and Vocational training for youth 16-24yrs with no history of court involvement.

### **Services for the Blind & Visually Impaired**

21 South Fruit Street, Suite 20  
Concord, NH 03301  
(603) 271-3537

### **The Plus Company, Inc.**

19 Chestnut Street  
Nashua, NH 03060  
(603) 889-0652

## **NEW HAMPSHIRE BUREAU OF VOCATIONAL REHABILITATION (VR)**

### **Administration Offices**

Bureau of Rehabilitation Services  
21 South Fruit Street, Suite 20  
Concord, NH 03301  
(603) 271-3471 or (800) 299-1647

### **Berlin Regional Office**

650 Main Street, Suite 110  
Berlin, NH 03570  
(888) 300-9550 or (603) 752-2271

### **Concord Regional Office**

2 Industrial Park Drive  
Concord, NH 03301  
(603) 271-2327

### **Keene Regional Office**

103 Roxbury Street  
Keene, NH 03431-3800  
(800) 620-7688 or (603) 357-0266

### **Lebanon Regional Office**

85 Mechanic Street, Suite B21  
Lebanon, NH 03766  
(603) 448-5793

### **Manchester Regional Office**

195 McGregor Street, Suite 120  
Manchester, NH 03102  
(603) 669-8733

### **Nashua Regional Office**

5 Pine Street Extension  
Nashua, NH 03062  
(603) 889-6844

### **Portsmouth Regional Office**

218 Commerce Way, Suite 3  
Portsmouth, NH 03801  
(800) 882-2744 or (603) 436-8884



## WEBSITES FOR OTHER HELPFUL INFORMATION

**Access-Able Travel Resource:** [www.access-able.com](http://www.access-able.com)

**Brain Injury Association of America:** [www.biausa.org](http://www.biausa.org)

**Brain Injury Association of New Hampshire:** [www.bianh.org](http://www.bianh.org)

**Center for Disease Control and Prevention:** [www.cdc.gov/ncipc/tbi](http://www.cdc.gov/ncipc/tbi)

**Disabled Dealer Magazine:** [www.disableddealer.com](http://www.disableddealer.com)

**Education By Design:** [www.edbydesign.com](http://www.edbydesign.com)

**Family Fun:** [www.specialneedsfamilyfun.com](http://www.specialneedsfamilyfun.com)

**Krempels Center:** [www.krempelscenter.org](http://www.krempelscenter.org)

**Lash & Associates Publishing/Training:** [www.lapublishing.com](http://www.lapublishing.com)

**National Institute of Neurological Disorders and Stroke:** [www.ninds.nih.gov](http://www.ninds.nih.gov)

**Neuropsychology Central:** [www.neuropsychologycentral.com](http://www.neuropsychologycentral.com)

**Pharmacy On-Line:** [www.pharmacy-online.ca](http://www.pharmacy-online.ca)

**Social Security:** [www.socialsecurity.gov](http://www.socialsecurity.gov)

**Stroke Information:** [www.stroke.org](http://www.stroke.org)

**The Brain Injury Information Network:** [www.tbinet.org](http://www.tbinet.org)

**The Brain Injury News & Information Blog:** [www.braininjury.blogs.com](http://www.braininjury.blogs.com)

**The Neurotrauma Law Nexus:** [www.neurolaw.com](http://www.neurolaw.com)

**Traumatic Brain Injury Survival Guide:** [www.tbiguide.com](http://www.tbiguide.com)

**Waiting While Someone is in Coma:** [www.waiting.com](http://www.waiting.com)



## A

**ABSTRACT CONCEPT** – A concept or idea not related to any specific instance or object and which potentially can be applied to many different situations or objects. Persons with cognitive deficits often have difficulty understanding abstract concepts.

**ABSTRACT THINKING** - Ability to reason and to solve problems.

**ACQUIRED BRAIN INJURY** – The implication of this term is that the individual experienced normal growth and development from conception through birth, until sustaining an insult to the brain at some later time which resulted in impairment of brain function.

**ACUTE CARE** – The phase of managing health problems which is conducted in a hospital on patients needing medical attention.

**ACUTE REHABILITATION** – Based in a medical facility, accepts patient as soon as medically stable, focuses on intensive physical and cognitive restorative services in early months after injury; typical length of stay one week to several months (short term); identifiable team and program with specialized unit.

**ADL** - Activities of daily living such as eating, grooming, toileting, and dressing.

**AGITATION** - Behavior pattern of restlessness and increased activity intermingled with anxiety, fear and/or tension.

**AMBULATION** - Walking

**AMNESIA** - Memory loss

**Retrograde** – inability to remember information prior to the injury

**Anterograde** – inability to consistently remember events since the injury; associated with inability to remember and learn new material.

**ANEURYSM** - A bubble-like deformity in a blood vessel wall which is prone to bleeding.

**ANOXIA** - State of almost no oxygen supply, resulting in low energy production and possible death of the cell, may be due to poor blood flow to the brain or low oxygen in the blood.

**ANTICOAGULANT AGENTS** - Drugs used in stroke prevention therapy to prevent blood clots from forming or growing. They interfere with the production of certain blood components necessary for clot formation (*Heparin, Coumadin*).

**ANTICONSULSANT** - Medication used to control or decrease the possibility of seizure (e.g., *Dilantin, Phenobarbital, Mysoline (Tegretol)*).

**ANTIDEPRESSANTS** - Drugs which help treat depression.

**ANTITHROMBOTICS** - Type of anticoagulation therapy that prevents the formations of blood clots by inhibiting the coagulating actions of the blood protean thrombin.

**APHASIA** – Loss of the ability to express oneself and/or to understand language. Caused by damage to the brain cells rather than deficits in speech or hearing organs.

**APRAXIA** – Inability to carry out a complex or skilled movement; not due to paralysis, sensory changes or deficiencies in understanding.

**ARETERIOVENOUS MALFORMATION (AVM)** - A “tangle” of blood vessels present from birth which may be prone to bleeding.

**ASPIRATION** - When food or liquid goes into the windpipe (trachea) and lungs instead of the esophagus and then the stomach. This can cause lung infection or pneumonia.

**ASSISTANCE** –

**Dependent/Maximum** – Person is unable to perform the task

**Moderate** – Person can participate somewhat, but still requires a good deal of help.

**Minimum** – Person does most of tasks himself/herself, but requires some help

**Contact/Guard (FBI – finger in belt)** – Person requires no real help. A hand is placed on him/her for safety precautions (balance or lack of attention).

**ATAXIA** - A problem of muscle coordination not due to apraxia, weakness, rigidity, spasticity or sensory loss. Caused by lesion of the cerebellum or basal ganglia. Can interfere with a person's ability to walk, talk, eat, and to perform other self care tasks.

**ATROPHY** - Deterioration or loss of tissue caused by lack of nourishment, inactivity or loss of nerve supply.

# GLOSSARY



**AUDIOLOGIST** – One who evaluates hearing defects and who aids in the rehabilitation of those who have such defects.

## B

**BILATERAL** – Pertaining to both left and right sides.

**BLOOD LEVELS** - Amount of medications or other substances in the blood. Blood tests must be done regularly when a person is on certain medicines to ensure that proper levels are maintained.

**BRAIN PLASTICITY** - The ability of intact brain cells to take over functions of damaged cells; plasticity diminishes with maturation.

**BRAIN SCAN** – An imaging technique in which a radioactive dye (radionuclide) is injected into the blood stream and then pictures of the brain are taken to detect tumors, hemorrhages, blood clots, abscesses or abnormal anatomy.

**BRAIN STEM** - The lower extension of the brain connected to the spinal cord. Neurological functions located in the brain stem include those necessary for survival – being awake or alert.

## C

**CAT SCAN** -Series of cross-sectional x-rays of the head and brain that reveals the internal structure of the brain in precise detail.

**CEREBELLUM** – The portion of the brain (located at the back) which helps coordinate movement. Damage may result in ataxia.

**CEREBRAL INFARCT** – When the blood supply is reduced below a critical level and the brain tissue in that region dies.

**CEREBRAL-SPINAL FLUID** – Liquid which fills the ventricles in the brain and surrounds the brain and spinal cord.

**CLOSED HEAD INJURY** – Trauma to the head which does not penetrate the skull but which damages the brain. Occurs when the head accelerates and then rapidly decelerates or collides with another object and brain tissue is damaged by violent smashing, stretching or twisting of brain tissue (example: windshield of a car).

**COGNITION** – “Thinking” skills such as being able to organize, solve problems, follow directions, etc.

**COGNITIVE DEFICIT** – A reduction in one or more “thinking” skills which include: attention, concentration, memory, sequential thought organization, judgment, reasoning, and problem-solving.

**COGNITIVE REHABILITATION** – Therapy programs which aid people in the management of specific problems in thinking and perception. New strategies and skills are taught to help people improve function and/or compensate for remaining deficits.

**COMA** – A state of unconsciousness from which the patient cannot be awakened or aroused, even by powerful stimulation.

**CONCRETE THINKING** - Thinking limited to what is seen or to one specific example.

**CONCUSSION** – The common result of a blow to the head or sudden deceleration usually causing an altered mental state, either temporary or prolonged.

**CONFABULATION** – Making up facts or events. It differs from lying in that the individual is not attempting to deceive.

**CONTINENT** – The ability to control urination and bowel movements.

**CONTRACTURE** – Loss of full movement of a joint.

**CONTRECOUP** – Bruising/injuries of brain tissue on the side opposite the point of impact.

**CSF** - Liquid which fills the ventricles of the brain and surrounds the brain and spinal cord.

**CVA** - Cerebrovascular accident. A term traditionally used for stroke. Stroke is no longer viewed as an accident.

## D

**DEPRESSION** – A feeling of sadness brought about by loss; usually a natural process in brain injury recovery. On occasion, professional treatment may be necessary.

**DIFFUSE** – Brain damage which involves many areas of the brain rather than one specific location.

# GLOSSARY



**DYSARTHRIA** – “Slurred” speech due to paralysis or weakness of tongue, lips, and other facial muscles. A language disorder characterized by difficulty with speaking or forming words.

**DYSPHAGIA** – Problem with or absence of the ability to chew and/or swallow.

## E

**EDEMA** – Swelling.

**ELECTROENCEPHALOGRAM (EEG)** – A medical test which studies “brain waves” or electrical activity of the brain. Useful for diagnosing seizure disorders (epilepsy), coma and brain death.

**EMBOLIC STROKE** - Stroke resulting from the blockage of an artery by a blood clot (embolus).

**EPILEPSY**- Seizure disorder.

**EPISODIC MEMORY** – Memory for ongoing events in a person’s life. More easily impaired than semantic memory or perhaps because rehearsal or repetition tends to be minimal.

**EQUILIBRIUM** – Normal balance reactions and postures.

## F

**FOCAL** – Restricted to one region (as opposed to diffuse).

**FRONTAL LOBE** – Front part of the brain; involved in planning organizing, problem-solving, selective attention, personality and a variety of “higher cognitive functions.”

## H

**HEMOTOMA** – blood clot

**Regarding the brain:**

**Epidural** – outside the brain and its fibrous covering but under the skull.

**Subdural** – between the brain and its fibrous covering.

**Intracerebral** – in the brain tissue.

**HEMIANOPSIA** – Visual field cut. Blindness for one half of the field of vision; this is not the right or the left half.

**HEMISPHERE** – One of the two halves of the brain.

**Right** – Controls left side of the body and is involved with visuospatial abilities.

**Left** – Controls the right side of the body and is involved with language.

**HEMORRHAGE** – Bleeding that occurs following trauma.

**HYDROCEPHALUS** – Enlargement of fluid filled cavities in the brain.

**HYPOXIA** - Lack of oxygen reaching the tissues of the body.

## I

**ICP** – Intracranial Pressure: Cerebrospinal fluid (CSF) pressure measured from a needle or bolt introduced into the CSF space surrounding the brain; reflects the pressure inside the skull.

**INCONTINENT** – Inability to control bowel or bladder functions.

**INFARCT** - The immediate area of a brain-cell death caused by the stroke. When the brain cells in the infarct die, they release chemicals that set off a chain reaction that endangers brain cells in a larger surrounding area.

**ISCHEMIA** - An interruption or blockage of blood flow.

## L

**LABILITY** - State of having notable shifts in emotional state (e.g., uncontrolled laughing or crying).

**LATENCY OF RESPONSE/RESPONSE DELAY** – The amount of time it takes a person to respond after the stimulus has been presented.

**LEFT HEMISPHERE** - The half of the brain that controls the actions of the right side of the body, as well as analytic abilities such as calculating, speaking, and writing.

**LONG TERM MEMORY** – In neuropsychological testing, this refers to recall 30 minutes or longer after presentation. Requires storage and retrieval of information which exceeds the limit of short term memory.



# GLOSSARY



## M

**MILD BRAIN INJURY** – A patient with a mild traumatic brain injury is a person who has had a traumatically-induced physiological disruption of brain function, as manifested by at least one of the following: 1) any period of loss of consciousness; 2) any loss of memory for events immediately before or after the accident; 3) any alteration in mental state at the time of the accident (e.g., feeling dazed, disoriented or confused) 4) focal neurological deficit(s) which may or may not be transient; but where the severity of the injury does not exceed the following; a) loss of consciousness of approximately 30 minutes or less; b) after 30 minutes, an initial Glasgow Coma Scale score of 1-15; c) Post Traumatic Amnesia not greater than 24 hours.

**MRI** – Magnetic Resonance Imaging: A type of diagnostic radiography using electromagnetic energy to create an image of soft tissue, central nervous system and musculoskeletal systems.

## N

**NEUROPSYCHOLOGIST** – A psychologist who specializes in evaluating (by tests) brain/behavior relationships, planning training programs to help the survivor of brain injury return to normal functioning and recommending alternative cognitive and behavioral strategies to minimize the effects of brain injury. Often works closely with schools and employers as well as with family members of the injured person.

**NON-AMBULATORY** – Unable to walk.

## O

**OCCIPITAL LOBE** – Region in the back of the brain which processes visual information. Damage to this lobe can cause visual deficits.

**OCCUPATIONAL THERAPIST** – Therapist who focuses on helping stroke survivors rebuild skills in daily living activities, such as bathing, toileting, and dressing.

## P

**PARIETAL LOBE** – One of the two parietal lobes of the brain located behind the frontal lobe at the top of the brain.

**Right** – damage can cause visuospatial deficits (having difficulty moving around new or familiar places).

**Left** – damage to this area may disrupt ability to understand spoken or written language.

**PHYSIATRIST** – Medical doctor who specializes in rehabilitation.

**PHYSICAL THERAPIST** – Healthcare professional who specializes in maximizing a stroke survivor's mobility and independence in order to improve major motor and sensory impairments in walking, balance, and coordination.

**POST TRAUMATIC AMNESIA (PTA)** – A period of hours, weeks, days or months after the injury when the patient exhibits a loss of day-to-day memory. The patient is unable to store new information and therefore has a decreased ability to learn.

**POSTACUTE REHABILITATION** – Are programs designed to provide intensive, 24-hour rehabilitation to improve cognitive, physical, emotional, and psychosocial abilities, to facilitate better independent living skills. Facilities typically provide a full spectrum of clinical therapies, as well as life-skills training in a residential setting.

**PROSODY** – Rhythm and timing of speech.

**PSYCHIATRIST/PSYCHOLOGIST** – Specialist who helps stroke survivors adjust to the emotional challenges and new circumstances of their lives.

**PVS** – Persistent Vegetative State: A long-standing condition in which the patient utters no words and does not follow commands or make any response that is meaningful.

## R

**RECREATIONAL THERAPIST** – Therapist who helps to modify activities that the stroke survivor enjoyed before the stroke or introduces new ones.

**REHABILITATION** – Comprehensive program to reduce/overcome deficits following injury or illness and to assist the individual to attain the optimal level of mental and physical ability.

**RETROGRADE AMNESIA** – Inability to recall events that occurred prior to the accident; may be a specific span of time or type of information.

## S

**SEIZURE** – An uncontrolled discharge of nerve cells which may spread to other cells nearby or throughout the entire brain. It usually lasts only a few minutes. It may be associated with loss of consciousness, loss of bowel and bladder control and tremors; may also cause aggression or other behavioral change.



# GLOSSARY



**SHORT TERM MEMORY** – Primary or “working” memory; its contents are in conscious awareness. A limited capacity system that holds up to seven chunks of information over periods of 30 seconds to several minutes, depending upon the person’s attention to the task.

**SHUNT** – A procedure to draw off excessive fluid in the brain. A surgically-placed tube running from the ventricles which deposits fluid into either the abdominal cavity, heart, or large veins of the neck.

**SKULL FRACTURE** – Term used to describe the breaking of the bones surrounding the brain. A depressed skull fracture is one in which the broken bone(s) exert pressure on the brain.

**SLP** - Speech-language pathologist: a professional educated in the development and disorders of human communication.

**SOCIAL WORKER** - Counselor of psychological needs, including sexuality.

**SPASTICITY** – An involuntary increase in muscle tone (tension) that occurs following injury to the brain or spinal cord, causing the muscles to resist being moved. Characteristics may include increase in deep tendon reflexes, resistance to passive stretch, clasp knife phenomenon, and clonus.

**SPEECH-LANGUAGE PATHOLOGY SERVICES** – A continuum of services including prevention, identification, diagnosis, consultation, and treatment of patients regarding speech, language, oral and pharyngeal sensorimotor function.

**STATUS EPILEPTICUS** - Continuous seizures; may produce permanent brain damage.

**STROKE** - Sudden interruption of blood flow to a part of the brain that kills cells within the area. Body functions controlled by the affected area may be impaired or lost.

## T

**TBI** - Traumatic brain injury. Damage to living brain tissue caused by an external, mechanical force. It is usually characterized by a period of altered consciousness (amnesia or coma) that can be very brief (minutes) or very long (months, indefinitely). The specific disabling condition(s) may be orthopedic, visual, aural, neurologic, perceptive/cognitive, or mental/emotional in nature. The term does not include brain injuries that are caused by insufficient blood supply, toxic substances, malignancy, disease-producing organisms, congenital disorders, birth trauma, or degenerative processes.

**TEMPORAL LOBES** – Two lobes, one on each side of the brain located at about the level of the ears. They allow a person to tell one smell from the other and one sound from the another. They also help in sorting new information and are believed to be responsible for short-term memory.

**Right Lobe** – mainly involved in visual memory (i.e., pictures/faces)

**Left Lobe** – mainly involved in verbal memory (words/names)

**THROMBOEMBOLISM** - Embolus that breaks away from a clot in one vessel to become lodged in another vessel.

**THROMBOSIS** - Clotting of blood within a vessel.

## V

**VENTRICLES** – Fluid filled cavities inside the brain.

**VERBAL APRAXIA** – Impaired control of proper sequencing of muscles used in speech (tongue, lips, jaw muscles, vocal cords). These muscles are not weak but their control is defective. Speech is labored and characterized by sound reversals, additions, and word approximations.

**VOCATIONAL THERAPIST** - A specialist who evaluates work-related abilities of people with disabilities.



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**BRAIN INJURY  
ASSOCIATION**  
**OF NEW HAMPSHIRE**

## ***Community-Based Programs***

### **Family Help-Line**

Provides survivors, families, professionals and the general public with free information and resources

### **Brain Injury Support Groups**

Located state-wide these groups are designed to assist individual and family members through the recovery process

### **Choices For Independence Program**

Under the Home and Community Based Waiver, this program provides options to eligible individuals who choose to remain in community settings

### **Neuro-Resource Facilitation Program**

Assists families, veterans, and individuals in accessing available community resources

### **Transition Program**

Assists individuals who have experienced a brain injury or stroke, and are able to transition from a facility back into the community

### **Veterans Program**

Assists veterans and their families in accessing available community resources and veteran services

### **ThinkFirst**

A free school-based prevention program

***For more details on these programs, please call the Brain Injury Association of New Hampshire office at (603) 225-8400 or (800) 773-8400 (NH only)***