



Resource Guide

revised October 2011

Brain Injury Information Network of Maine
www.biin.org or toll free 888 893-0123



*Please contact us
with corrections or additions to this resource.*

Brain Injury Information Network of Maine

*PO Box 2007
Augusta, ME 04338-2007*

Phone: (207) 621-1410 or (888) 893-0123

Fax: (207) 621-1419

Email: mcooper@biin.org

Website: www.biin.org

Facebook: www.facebook.com/BIINME

BIIN is working with our partners to develop and implement an integrated collaborative information system that will increase the understanding of brain injury, promote promising practices, share information between partners and ensure that individuals and their families are full participants in planning and service delivery.

Our partners - If you would like to join please give us a call

211 Maine
Acquired Brain Injury Advisory Council
Aging and Disability Resource Center
Alpha One
Aroostook Medical Center
Brewer Rehabilitation and Living
Charlotte White Center
Creative Work Systems
Disability Rights Center
Goodwill Industries of Northern New
England
Iris Network
Lakeview NeuroRehabilitation Center
Long Term Care Ombudsman
Maine Center for Integrated
Rehabilitation

Maine Concussion Management
Initiative
Maine Medical Center Neuroscience
Institute
Maine Military and Community
Network
Maine Parent Federation
NAMI Maine
New England Rehabilitation Hospital
NeuroRestorative
OACPDS/Maine DHHS
RiverRidge Center
Seniors Plus
Spectrum Generation

Special thanks to the Disability Rights Center for giving us home.

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Definitions of Brain Injury

Acquired Brain Injury (ABI): An acquired brain injury is an injury to the brain that has occurred after birth, but is not related to congenital defect or degenerative disease. Causes of ABI include (but are not limited to) hypoxia, illness, infection, stroke, substance abuse, toxic exposure, trauma (), and tumor.

Traumatic Brain Injury (TBI) are caused by motor vehicles crashes, violence, sports injuries and falls are a few examples.

ABI and TBI may cause temporary or permanent disability in such areas as cognitive, emotional, metabolic, motor, perceptual motor and/or sensory brain function.

Anyone can get a brain injury at anytime -

No matter what age- no matter what their income – how intelligent they are and whether or not they have insurance or not.

SYMPTOMS OF BRAIN INJURY

Symptoms of a brain injury vary a great deal; listed below are some symptoms a person may experience:

Physical

- Paralysis, difficulty moving body parts, weakness, poor coordination
- Difficulty Swallowing
- Seizures
- Loss of bowel control or bladder control
- Headache
- Fatigue (cognitive and physical)
- Changes in sleep

Sensory

- Vision changes (blurred vision or seeing double, not able to tolerate bright light, blindness)
- Changes in sense of touch
- Changes in sense of smell
- Hearing changes (loss of hearing, ringing in the ears, sensitivity to noise)
- Changes in spatial perceptions Dizziness, balance problems

Thinking

- Confusion
- Difficulty learning new things
- Memory problems
- Problems paying attention
- Poor decision making
- Slower thinking
- Trouble with word finding
- Trouble get organized

Emotions

- Inappropriate emotional responses (irritability, easily frustrated, inappropriate crying or laughing)
- Depression
- Anxiety

Behavior

- Change in Personality
 - Impulsive
 - Irritable
-

Children's Issues

A belief existed in the medical field for many years that equivalent brain damage when compared with adults could cause fewer problems in a child than in an adult. It is now understood that injuries that occur during childhood may create more problems. Problems may gradually appear because of the way the brain develops as we grow into adults. Growing through various developmental stages we are able to learn more complex academic and social skills but after a brain injury it may not be clear what problems a child may or may not have until they reach an age where those abilities are supposed to occur an example would be an 10 -12 year old should be able to learn more abstract math skills and be developing more complex social skills but the part of the brain that would enable these activities had been injured years earlier.

Aging Issues

When an older person is injured it may take longer to recover and other health issues may interfere with recovery. Unfortunately many older persons are diagnosed with sudden onset dementia and do not receive appropriate rehabilitation opportunities and may be moved into assisted living or nursing facilities unnecessarily.

There is another scenario of aging with brain injury that results after living with an injury for many years. Individuals may begin to suffer with health issues that usually do not occur until mid 50 s or later. These premature signs of aging should be expected and monitored and treated when they occur.

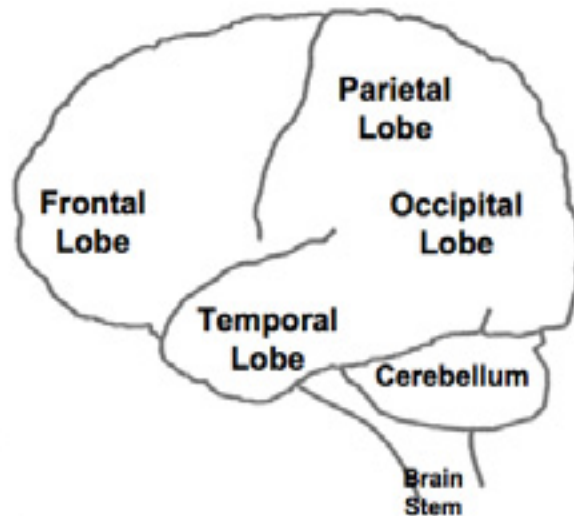
Simplified Brain Behavior Relationships

Frontal Lobe

- Initiation
- Problem solving
- Judgment
- Inhibition of behavior
- Planning/anticipation
- Self-monitoring
- Motor planning
- Personality/emotions
- Awareness of abilities/limitations
- Organization
- Attention/concentration
- Mental flexibility
- Speaking (expressive language)

Temporal Lobe

- Memory
- Hearing
- Understanding language (receptive language)
- Organization and sequencing



Parietal Lobe

- Sense of touch
- Differentiation: size, shape, color
- Spatial perception
- Visual perception

Occipital Lobe

- Vision

Cerebellum

- Balance
- Coordination
- Skilled motor activity

Brain Stem

- Breathing
- Heart rate
- Arousal/consciousness
- Sleep/wake functions
- Attention/concentration

SIMPLE OVERVIEW OF THE BRAIN

Brainstem This is the lower part of the brain where it joins the spinal cord.

Almost all the nerves that come from the brain or return to the brain pass through the brainstem. The functions that control breathing, digestion, being awake and alert are located here.

Cerebellum Located at the back, the cerebellum is responsible for balance and muscle coordination: movements involved in eating, walking, talking, and ability to take care of oneself.

Frontal Lobe It is one of the most crucial parts and is responsible for a person's behaviors, emotions, and cognitive abilities. The frontal lobe and the prefrontal cortex are responsible for an individual's ability to concentrate, plan, and organize. It also determines the personality and contains nerve cells that control and modify motor functions.

Parietal Lobe The right area helps to find ways through familiar and new places, the left side is responsible for understanding the spoken and written word. The primary sensory cortex within the parietal lobes controls sensations of touch and pressure. Fine sensations like of texture, weight, size, and shapes are the responsibility of this area.

Occipital Lobe Most of the visual capabilities are handled by the occipital lobe and the areas associated with it. It helps in visual reception and recognition of shapes and color.

Temporal Lobe The temporal lobe is divided in two parts: one at either end of the brain, at about ear level. The right lobe focuses on visual memory and the left on verbal memory. Distinguishing one smell or sound from another depends upon the temporal lobe. It is also responsible for storing new information and short- term memory.



Brain Injury Providers and other information that may be helpful for individuals and families impacted by brain injury

This list of resources is by no means exhaustive and is provided for your convenience. The Brain Injury Information Network does not endorse programs or services listed.

NEUROPSYCHOLOGISTS

If someone is having problems with memory or not acting like they usually do after a brain injury it may be useful to have someone who can find out why there are problems. Neuropsychological evaluations are used to measure the cognitive and behavioral capabilities of a person. A variety of different tests can include testing of intelligence, attention, memory, and personality, as well as of problem solving, language, perceptual, motor, academic, and learning abilities.

Augusta

Brain Clinic of Central Maine

12 Spruce St.

Augusta, ME 04330

Phone: (207) 485-1686

Robert Riley, PhD ages: 16 – adult

Accepts: MeCare, TriCare, Medicare and other insurances

MGMC

64 Chestnut St.

Augusta, ME 04330

Phone: (207) 626- 1298

Dana Sattin PhD

Bangor

Neuropsychology Services

277 State Street, Ste. 2A

Bangor, ME 04401

Phone: (207) 990-2580 ages 6-adult

Lola Bogyo, PhD, Royal Gruenich, PhD (ImPACT certified concussion management)

Neuropsychology of Maine

824 B Stillwater Ave.

Bangor, ME 04401

Phone: (207) 973-5831

James Thomas, PhD, Bonnie Creech, PhD, Lora Stansfield, PhD. ages

Accepts: MeCare, Tricare, Medicare and other insurances

Maine Rehabilitation Center of Eastern Maine Medical

824 B Stillwater Ave.

Bangor, ME 04401

Phone: (207) 973 -4037

Anthony Podroza PhD ages 2.5- adults

Accepts: MeCare, TriCare, Medicare and other insurances

Also ImPACT certified concussion management

Biddeford

Laura Slap Shelton PhD

28A West Cole Rd

Biddeford, ME 04005

Phone: (207) 294-7471

Brunswick

Merry Meeting Neuropsychological

124 Main St.

Brunswick, ME 04011

Phone: (207) 319-7660

Margaret Zellinger, PhD

Freeport

Clear Mind Consulting

20 Independence Dr.

Freeport, ME 04032

Phone: (207) 865- 9101

Christine Barth Ramsey PhD adults

Austin Errico PhD

45 Cunningham Rd

Freeport, ME 04032

Phone: (207) 908-9007

Houlton

AMHC
11 Mill St.
Houlton, ME 04730
Phone: toll free 800 244 6431
Bruce Glick, PhD
Accepts: MeCare and other insurances

Kennebunk

Neurobehavioral Services of New England
10 Storer St.
Kennebunk, ME 04043
Phone: (207) 467-8215
Bennett Slotnick, PhD

Lewiston

Westside NeuroRehab Services
618 Main St.
Lewiston, ME 04240
Phone: (207) 795-6110 or toll free 800 352-9547
Robert Perna, PhD ages 11- adult
Accepts: MeCare, Medicare, Tricare and other insurance
Also ImPACT certified (concussion management)

Portland

Bayside NeuroRehab Services
26 Portland St, P.O. Box 879
Portland, ME 04101
Phone: (207) 761-8402 or toll free (800) 341-4516
Mark Kiefner, PhD
Accepts: MeCare, Medicare, TriCare and other insurances

Richard G. Doiron, PhD
86 Dartmouth St.
Portland, ME 04103
Phone: (207) 773-1790

Maine Medical Center Neuropsychology
932 Congress St.
Portland, ME 04102
Phone: (207) 662-2763
Heather McClelland PhD, David Marks PhD
Accepts: MeCare, Medicare, Tricare and other insurances

Tom Miller, Psy.D
86 Dartmouth St.
Portland, ME 04103
Phone: (207) 773-7406

Neurobehavioral Services of New England
335 Brighton Ave, Unit 201
Portland, ME 04102
Phone: (207) 662-8660
Phil Morse, PhD
Accepts: MeCare, Medicare, TriCare and other insurances

Charles Whitehead, PhD
86 Dartmouth St
Portland, ME 04103
Phone: (207) 842-9288 (not accepting new referrals at this time)

Rockland

Kendra Bryant, PhD
P.O. Box 1084
Rockland, ME 04841
Phone: (207) 594-2952
ImPACT certified (concussion management)

Scarborough

Ann Polozzi PhD
7 Oak Terrace Ste #3
Scarborough, ME 04074
Phone: (207) 883 -4284

Togus Veterans Administration

VAMROC
Togus, ME 04330
Phone: (207) 623-8411 ext. 4051

Waterville

Maine General Hospital
30 Chase Ave, Seton Unit
Waterville, ME 04901-4635
Phone: (207) 872-4303
Anne Uecker, PhD (Works with children and adolescents)

Cornerstone Behavioral Health Services
32 College Avenue
Waterville, ME 04901-4635
Phone (207) 680-2065
Sharon Smith PsyD

Yarmouth

Coastal Neurobehavioral Center
46 Main St.
Yarmouth, ME 04096
Phone: (207) 846-3023
Howard Kessler, PhD (geriatric and adults) David Marks, PhD (children and adolescents)

Maine Neurobehavioral Services, P.A.
PO Box 302
Yarmouth, ME 04096
Phone: (207) 781-8977
Heather McClelland, PhD

New Hampshire

Lakeview NeuroRehabilitation
101 Highwatch Rd
Effingham Falls, NH 03814
Phone: (603) 539-8888 or toll free (800) 473-4221
Tina Trudel PhD, James Taylor PhD, Stephanie Griffin, PhD



Need more information please call or email

Brain Injury Information Network of Maine

www.biin.org or toll free 888 893-0123

**OTHER ASSESSMENTS AND
CONSULTANTS**

Neuropsychiatry

Mona Lisa Schulz MD, PhD PA
P.O. Box 1020
Yarmouth, ME 04096
Phone: (207) 846-0010

Neuro Optometrists

Dr. Colin R. Robinson, ODFAAO
584 Roosevelt Trail Windham
Medical Park
Windham, ME 04062
Phone: (207) 892-3216

Dr. Douglas J. Henry, O.D.,
Ph.D.

168 East Avenue
Lewiston, ME 04240
Phone: (207) 784-3564

**Speech, Hearing and Assistive
Technology Evaluations**

Mark R. Hammond Associates, Inc.
Phone: (207) 797-8255 or toll free
(888) 477 -3324

*Phone numbers are the same for all
locations*

Offices located in:

Portland: 222 Auburn St., Portland,
Biddeford: 7 Pomerleau Drive,
Sanford: 5 Dunaway Drive,
Augusta: 164 Spring Rd., Augusta

DRIVING EVALUATIONS

Driving in Maine is important we are a rural state with few options for public transportation. Yet returning to driving after a brain injury cannot be taken for granted. It is not just about the individual's safety but other drivers and pedestrians. The organizations below offer evaluations to assess the safety of returning to driving.

New England Rehabilitation Hospital
335 Brighton Ave
Portland, ME
Phone: (207) 662 -8377

Westside NeuroRehab Services
618 Main St.
Lewiston, ME 04240
Phone: (207) 795-6110 or toll free
(800) 352-9547

Bayside NeuroRehab Services
26 Portland St, P.O. Box 879
Portland, ME 04101
Phone: (207) 761-8402 or toll free
(800) 341-4516

Alpha One
127 Main Street
South Portland, ME 04106
Phone: (207) 767-2189 or toll free
(800) 640-7200
TTY: (207) 767-5387 or toll free
(866) 906-5375



Vision/ Hearing and other
REHABILITATION/SUPPORT SERVICES

Alpha One (Independent Living Center)

Provides statewide information and referral, peer support, Independent Living assessments, AT financing-low interest loans, home access, and adapted driver assessment and public policy development.

Website: www.alphaonenow.org

South Portland Office

127 Main Street

South Portland, ME 04106

Phone: (207) 767-2189 or toll free (800) 640-7200

TTY: (207) 767-5387 or toll free (866) 906-5375

Bangor Office

1048 Union Street, Suite 2

Bangor, ME 04401

Phone: (207) 941-6553

TTY: toll free (877) 229-8954

Iris Network – Provides a low vision clinic and rehabilitation services, housing, information and resources.

189 Park Avenue

Portland, ME 04102

Phone: (207) 774-6273

Email: info@theiris.org

Website: www.theiris.org

Maine Center on Deafness -

Equipment Program provides telephone equipment for people that are deaf, hard-of-hearing, have a speech disability or other physical disability that interferes with that person's ability to use a regular telephone.

68 Bishop Street, Suite 3

Portland, ME 04103

Phone and TTY: (207) 797-

7656 or toll free (800)-639-

3884

Website: www.mainemcd.org

BRAIN INJURY REHABILITATION

Cognitive Rehabilitation or Neuro Rehabilitation

The goal of this kind of care is to improve an individual's ability to perform cognitive tasks. This may be accomplished through re-teaching skills that they learned previously or by learning to use a different method to accomplish the same task. Each individual's treatment plan is unique to his or her needs. Several different specialized health care professionals may be involved in providing cognitive rehabilitation and include: neurophysiologists, speech language pathologists, occupational therapists or psychological health professionals.

SPECIALIZED NEUROREHAB TREATMENT PROGRAMS (outpatient)

Center for NeuroRehab

The Aroostook Mental Health Center (AMHC)
7 Russ St.
Caribou, ME 04736
Phone: (207) 498-3820

Green Ridge NeuroRehab

The Aroostook Medical Center
146 Academy St
Presque Isle, ME 04769
Phone: (207) 768-4735
Contact: Renee Guerrette

Lakeview NeuroRehabilitation Center

244 Highwatch Road
Effingham Falls, NH, 03882
Toll free: (800) 473-4221

Maine Center for Integrated Rehabilitation

Twin City Plaza, 248 State Street
Brewer, ME 04412
Toll free (800) 942-5822

95 Skowhegan Road

Fairfield, ME 04937

Phone (207) 453-1330 Contact: Scott Mayo or Barbara Mansir

11 Lime Street
Rockland, ME 04841
Phone: (207) 596-7555

Also available CARF accredited for stroke rehabilitation and Concussion Clinic for individuals with mild traumatic brain injury

NeuroRehabilitation Services at Goodwill

Bayside NeuroRehab Services

26 Portland Street
Portland, ME 04101
Phone: (207) 761-8402 or toll free (800) 341-4516
Contact: Terry Roy

Westside NeuroRehab Services

618 Main Street
Lewiston, ME 04240
Phone: (207) 795-6110 or toll free (800) 352-9547
Contact: Terry Roy

RiverRidge

3 Brazier Lane
Kennebunk, ME 04043
Phone: (207) 985-3030
Contact: Stephanie Fecko

**HOSPITAL BASED BRAIN
INJURY SERVICES AND
REHABILITATION**

The services provided by these medical centers include both in-patient and various outpatient services.

Central Maine Medical Center

300 Main Street
Lewiston, ME 04240
Phone: (207) 795-0111

Eastern Maine Medical Center

489 State Street
Bangor, ME 04401
Phone: (207) 945-7000

Maine Medical Center

22 Bramhall Street
Portland, ME 04102
Phone: (207) 871-0111

**New England Rehabilitation
Hospital of Portland**
335 Brighton Avenue
Portland, ME 04102
(207) 662-8422
Contact: Penny McGonagle

**The Rehabilitation Institute at
MGMC**
30 Chase Avenue
Waterville, ME 04901
Phone:(207) 872-4337
Contact: Jeanna Hayden-Ireland

RESIDENTIAL

SPECIALIZED SKILLED NURSING FACILITIES FOR BRAIN INJURY

These services maybe available shortly after a serious brain injury and are designed to prepare the individual to return home or to a long-term care facility.

Brewer Rehab and Living Center
74 Parkway South
Brewer, ME 04412
Phone: (207) 989-7300

RiverRidge
79 Cat Mousam Road
Kennebunk, ME 04043
Phone: (207) 985-3030
Contact: Stephanie Fecko

ASSISTED LIVING FACILITIES

These are long-term care facilities with 24/7 specialized brain injury care

Charlotte White Center
138 Church Road
Bangor, ME 04401
Phone: (207) 990-1510
Contact: Chris Gaudet

**Creative Work Systems
Butler House**
15 Nott Street
Saco, ME 04072
Phone: (207) 283-4967

Lakeview NeuroRehab Services and Supported Residential HealthCare Homes

244 Highwatch Road
Effingham Falls, NH, 03882
Toll free: (800) 473-4221
Locations in: Freedom, NH and Center Ossipee, NH

NeuroRehabilitation Services at Goodwill

353 Cumberland Avenue

Portland, ME 04101

Phone:(207) 774-6323

Contact: Matt Hickey

Locations in: Gorham, Portland, South Portland, Leeds and Winthrop

RiverRidge

79 Cat Mousam Road

Kennebunk, ME 04043

Phone: (207) 985-3030

Contact: Stephanie Fecko

Sebago Place

Sebago, ME 04075

Phone: (207) 787 2017

Contact: Linda Hay

OUT OF STATE PROVIDERS (Will not accept MaineCare)

Crotched Mountain Rehab

1 Verney Drive

Greenfield, NH 03047

Phone: (603) 547-3311

Robin Hill Farm

PO Box 1067

Hillsboro, NH 03244

Phone:(603) 464-3841 Contact: Tim Donovan

Website: www.robinhillfarm.com



VETERANS and SERVICE MEMBERS

Hotlines

National Suicide Prevention Hotline:	(800) 273-TALK (8255)
Military One Source Hotline:	(800) 342-9647
Army One Source Hotline:	(800) 464-8107
Community Counseling Center Hotline:	(207) 874-1030
NAMI Maine Hotline:	(800) 464-5767

Bureau of Veterans' Services (State)

117 State House Station Augusta, ME 04333-0117

Phone: (207) 626-4464

Email: mainebvs@maine.gov

Togus VA HealthCare (Federal)

1 VA Center Augusta, ME 04330

phone: (207) 623-8411 or toll-free (877) 421-8263

Family Assistance Centers (888) 365-9287

Maine Military and Community Network

Website: www.mainemcn.org

Maine Veterans Centers

Caribou	Charles Smith, Team Leader	Phone: (207) 496-3900
Lewiston	Roy Driver, Team Leader	Phone: (207) 783-0068
Sanford	Amy Marcotte, Team Leader	Phone: (207) 490-1513
Bangor	Ralph Grover, Team Leader	Phone: (207) 947-3391
Portland	Patricia Riker, Team Leader	Phone: (207) 780-3584

Stateside Legal

A new national website specific to the legal needs of low-income veterans, service members and their families. Their goal is to provide military members, veterans and their families with the ability to find solutions to common legal problems and to locate resources.

Website: www.statesidelegal.org

STATE OF MAINE

Department of Health and Human Services

Do you want to apply for MaineCare or other programs such as food stamps?
Call or visit the Department of Health and Human Services (DHHS) closest to where you live, they are listed below. Ask to talk to an eligibility specialist. They will help determine if you are eligible for MaineCare and can answer questions about the MaineCare and can answer questions about the MaineCare application process.

**DHHS Pharmacy Help Desk
(866) 796-2463**

DHHS District Offices

Augusta District Office

35 Anthony Avenue
Augusta ME 04333
(207) 624-8000
TDD: (800) 606-0215

Bangor District Office

Cognitive and Physical
Disabilities/Adult Mental
Health
176 Hogan Road
Bangor ME 04401
(207) 941-4360
TDD: (800) 606-0215

Bangor District Office

396 Griffin Road
Bangor ME 04401
(207) 561-4100
TDD: (800) 606-0215

Biddeford District Office

208 Graham Street
Biddeford ME 04005
(207) 286-2400
TDD: (800) 606-0215

Calais District Office

392 South Street
Calais ME 04619
(207) 454-9000
TDD: (800) 606-0215

Caribou District Office

30 Skyway Drive Unit 100
Skyway Plaza
Caribou ME 04736
(207) 493-4000
TDD: (800) 606-0215

Ellsworth District Office

17 Eastward Lane
Ellsworth ME 04605
(207) 667-1600
TDD: (800) 606-0215

Farmington District Office

114 Corn Shop Lane
Farmington ME 04938
(207) 778-8211
TDD: (800) 606-0215

Fort Kent District Office

137 Market Street
Fort Kent ME 04743-1447
TDD: (800) 606-0215

Houlton District Office

11 High Street
Houlton ME 04730
(207) 532-5000
TDD: (800) 606-0215

Lewiston District Office

200 Main Street
Lewiston ME 04240
(207) 795-4300
TDD: (800) 606-0215

Machias District Office

38 Prescott Drive
Machias ME 04654
(207) 255-2000
TDD: (800) 606-0215

Portland District Office

Cognitive and Physical
Disabilities/Adult Mental
Health
175 Lancaster Street
Portland ME 04101
(207) 822-0347

Portland District Office

161 Marginal Way
Portland ME 04101
(207) 822-2000
TDD: (888) 720-1925

Rockland District Office

91 Camden Street
Rockland ME 04841
TDD: (800) 606-0215

Sanford District Office

890 Main Street, Suite 208
Sanford ME 04073
(207) 490-5400
TDD: (800) 606-0215

Skowhegan District Office

98 North Avenue Suite 10
Skowhegan ME 04976
(207) 474-4800
TDD: (800) 606-0215

South Paris District Office

243 Main Street, Suite 6
South Paris ME 04281
(207) 744-4800
TDD: (800) 606-0215

Adult Protective Services

11 State House Station
32 Blossom Lane, Augusta, Maine 04333
Phone: (207) 287-9200 or toll free (800) 262-2232
TTY: (800) 606-0215

OACPDS/Central Office (Brain Injury Services)

**32 Blossom Lane, SHS 11 2nd Floor Marquardt
Augusta ME 04333
Phone: (207)-287-4242**

Office of Child and Family Services District Office

11 State House Station
2 Anthony Ave.
Augusta ME 04333-0011
TDD toll free: (800) 606-0215

Office of Integrated Access and Support (Maine Care Disability)

11 State House Station
442 Civic Center Dr.
Augusta, ME 04333
Phone: (207) 287-2826
TTY toll free: (800) 606-0215

Children's Special Health Care Needs

11 State House Station, Key Bank Plaza
286 Water Street, 7th Floor
Augusta, ME 04333
Phone: (207) 287-5139 or toll free (800) 698-3624
TTY toll free: (800) 606-0215
Website: www.maine.gov/dhhs/boh/cshn/index.html

Children's Behavioral Health

Office of Child and Family Services
2 Anthony Avenue
Augusta, ME 04333-0011
Phone: (207) 624-7900
TTY toll free: (800) 606-0215

State of Maine

Department of Education (DOE)

Child Development Services (Birth to 5)

146 State House Station

Augusta, ME 04333

Phone: (207) 624-6660

Website: <http://www.maine.gov/education/speced/cds/index.html>

Special Education Services (Kindergarten through Graduation)

23 State House Station

Augusta, ME 04333-0023

Phone: (207) 624-6644

TTY toll free: (888) 577-6690

Website: www.maine.gov/education/speced/index.htm

Department of Labor, Bureau of Rehabilitation Services

Vocational Rehabilitation

Provides opportunity, evaluation and supports for individuals who are disabled to reach employment goals.

150 State House Station

Augusta, 04333-0150

Toll free: (800)-698-4440

Toll Free TTY: (888) 755-0023

Website: www.state.me.us/rehab

Maine Bureau of Insurance

Regulates the insurance industry to protect and to serve the public.

34 State House Station

Augusta, ME 04333 -0034

Phone: (207) 624-8475 or toll free (800) 300-5000

Toll free TTY (888) 577-6690

Email: insurance.PFR@maine.gov

Maine Housing

Offers programs and services that make housing more affordable for Maine people.

353 Water Street

Augusta, ME 04330

Phone: (207) 626-4600 or toll free (800) 452-4668

Toll free TTY: (800) 452-4603

Website: www.mainehousing.org

Maine State Office of Professional Licensing and Registration

76 Northern Ave

Gardner, ME 04345

Phone: (207) 624 8603

This office maintains the active licenses for many medical, rehabilitation specialists and social services professional. Requests for help with a professional license.

This office can also help the public if you questions or problems with a professional you are working with it.

www.maine.gov/pfr/olr/

Maine Department of Transportation

Phone: (207) 624- 3000 or Toll free TDY (888) 516- 9364

<http://www.exploremaine.org/bus/adaservices.htm> this lists public transportation services that are ADA compliant

<http://www.exploremaine.org/bus/MaineDOT-TransitToolkit.pdf> this document has a list to review to help anticipate needs you may have when looking for transportation. It was written for the elderly but it works for individuals with disabilities also.

<http://www.exploremaine.org/bus/mtadirectory06.pdf>

(this is from 2006 so may not be completely accurate).

Bureau Of Motor Vehicles Driver License Services

Medical Division

Division 29 State House Station

Augusta, ME 04333-0029

Phone: (207) 624- 9000 ext. 52124

The Medical Advisory Board is a professional unit composed of physicians and motor vehicle department staff to advise on medical criteria and vision standards for licensing drivers. Rules governing medical conditions and operations of motor vehicles are online at

www.maine.gov/sos/bmv/licenses/medical.html or from the address above.

Worker's Compensation Board

27 State House Station

Augusta, ME 04333-0027

Phone: (207) 287-3751

Toll free TTY (877) 832-5525

Website: www.Maine.gov/wcb

211 Maine

Dial 211 you will connect to a resource specialist to find services
Or www.211maine.org to use their statewide directory



OTHER RELATED RESOURCES

This is an incomplete listing of important services we hope these are helpful. The phone numbers and websites listed below may change. Please let us know if you encounter a problem.

ADVOCACY

CARES, Inc. - Provides training and advocacy services, public policy development, case management and AT device demonstrations and loans for veterans with disabilities.

47 Water Street

Hallowell, ME 04347

Phone: (207) 622-7055 or toll free (800) 773-7055

Email: steve.beam@caresinc.org

Website: www.caresinc.org

Disability Rights Center - Maine's federally funded protection and advocacy agency providing legal and other advocacy services for people with disabilities.

24 Stone Street, PO Box 2007

Augusta, ME 04338

Phone: (207) 626-2774 or toll free (800) 452-1948

Website: www.drcme.org

Maine Developmental Disabilities Council - to ensure that individuals with developmental disabilities incurred before age 18 and their families have access to, individualized supports, and other forms of assistance that promote self determination, independence, productivity, integration, and inclusion.

139 State House Station

Augusta, ME 04333-0139

Phone: (207) 287-4213 or toll free (800) 244-3990 Voice & TTY

Website: www.maineddc.org

Maine Equal Justice Partners - Advocates for low-income people to assure access to basic rights and services.

126 Sewall Street

Augusta, ME 04330

Phone: (207) 626-7058 or toll free (866) 626-7059

Website: www.mejp.org

Maine Legal Services for the Elderly – Provide free legal help for Maine seniors.

Toll Free Helpline: (800) 750-5353

Website: www.mainelse.org

Maine Long-Term Care Ombudsman Program - Federally mandated advocacy program for long-term care consumers that serves consumers who reside in nursing facilities, residential care and assisted living as well as consumers who receive hospice, home care, homemaker and adult day services. Investigate and resolve complaints made by or on behalf of consumers.

P.O. Box 128

Augusta, Me. 04332

Phone: (207) 621-1079 or toll free (800) 499-0229

Email: mltcop@maineombudsman.org

Website: www.maineombudsman.org

Pine Tree Legal - Provide free legal services to low-income Maine people.

88 Federal Street, PO Box 547

Portland, ME 04112

Phone: (207) 774-8211 (Open for intake M-Th 8:30 am to 12:30 pm)

Website: www.ptla.org

211 Maine

Dial 211 you will connect to a resource specialist to find services

Or www.211maine.org to use their statewide directory

AGING AND DISABILITY RESOURCE CENTERS (ADRC)

There are five Resource Centers in Maine that offer people with disabilities and the elderly, information, and assistance with connecting to resources and services. Call from anywhere in Maine to contact with the Aging and Disability Resource Center that serves the town you live in. Toll Free: **(877) 353-3771**

National Caregivers Support Program – Located at all Aging and Disability Resource Centers, providing support and education for caregivers (family or friends providing any kind of support for a loved one).

Aroostook Aging and Disability Resource Center

(Aroostook County)

33 Davis Street, PO Box 1288

Presque Isle, Maine 04769

Phone: (207) 764-3396 or toll free (800) 439-1789

TTY: (207) 992-0150

Office Hours: Monday – Friday 8am – 4:30pm

Eastern Aging and Disability Resource Center

(Hancock, Penobscot, Piscataquis and Washington Counties)

450 Essex Street

Bangor, Maine 04401-3937

Phone: (207) 941-2865 or toll free (800) 432-7812

TTY: (207) 992-0150

Office Hours: Monday – Friday 8am – 4:30pm

Spectrum Generations (Formerly Senior Spectrum)

(Kennebec, Knox, Lincoln, Sagadahoc, Somerset and Waldo Counties, Brunswick and Harpswell)

One Weston Court, PO Box 2589

Augusta, Maine 04338-2589

Phone: (207) 622-9212 or toll free (800) 639-1553

TTY: (207) 623-0809 or toll free TTY: (800) 464 -8703

Seniors Plus

(Androscoggin, Franklin and Oxford Counties)

8 Falcon Road, PO Box 659

Lewiston, Maine 04243-0659

Phone: (207) 795-4010 or toll free (800) 427-1241

TTY: (207) 795-7232

Office Hours: Monday – Friday 8am – 5pm

Southern Maine Aging and Disability Resource Center
(Cumberland, except Brunswick and Harpswell, and York Counties)
136 U.S. Route 1
Scarborough, ME 04074
Phone: (207) 396-6500 or toll free (800) 427-7411
TTY: (207) 883-0532
Office Hours: Monday – Friday 8am – 4:30pm

ASSISTIVE TECHNOLOGY

Alpha One (Independent Living Center)

Provides statewide information and referral, peer support, Independent Living assessments, AT financing-low interest loans, home access, adapted driver assessment and public policy development.

Website: www.alphaonenow.org

South Portland Office

127 Main Street

South Portland, ME 04106

Phone: (207) 767-2189 or toll free (800) 640-7200

TTY: (207) 767-5387 or toll free (866) 906-5375

Bangor Office

1048 Union Street, Suite 2

Bangor, ME 04401

Phone: (207) 941-6553

TTY: toll free (877) 229-8954

AT Maine - Provides assistive technology training, consultation, development and support.

Toll free: (800) 873-0190

Email: steve@atmaine.com

Website: www.atmaine.com

Disability Rights Center - Maine's federally funded protection and advocacy agency providing legal and other advocacy services for people with disabilities.
24 Stone Street, PO Box 2007
Augusta, ME 04338
Phone/TTY: (207) 626-2774 or toll free (800) 452-1948
Email: advocate@drcme.org
Website: www.drcme.org

Iris Network – Provides a low vision clinic and rehabilitation services, housing, information and resources.
189 Park Avenue
Portland, ME 04102
Phone: (207) 774-6273
Email: info@theiris.org
Website: www.theiris.org

Maine CITE Coordinating Center- provides information, technical assistance, training on assistive and accessible information technology. Provides web-based classified ads of used AT devices.
Phone: (207) 621-3195 TTY (207) 621-3482
Website: www.maine cite.org
www.getatstuff.com free or low cost assistive technology

Maine Center on Deafness - Equipment Program provides telephone equipment for people that are deaf, hard-of-hearing, have a speech disability or other physical disability that interferes with that person's ability to use a regular telephone.
68 Bishop Street, Suite 3
Portland, ME 04103
Phone and TTY: (207) 797-7656 or toll free (800)-639-3884
Website: www.mainemcd.org

Mainely Access
Provides comprehensive access evaluations, training in the use of adaptive hardware and software, and workplace integration of access technology.
89 Auburn Street #1182
Portland, ME 04103
Phone: (207) 650-8151
Website: www.mainelyaccess.com

mPower - Provides low-interest financing to buy AT devices, access modifications at home and business.

Individual Loans:

Alpha One

127 Main Street

South Portland, ME 04106

Phone: (207) 767-2189 or toll free (800) 640-7200

TTY: (207) 767-5387 or toll free (866) 906-5375

Website: www.mpowerloans.org or www.alphaonenow.com

Business Loans:

Finance Authority of Maine

5 Community Drive

P.O. Box 949

Augusta, ME 04332-0949

Phone: (207) 623-3263 or toll free (800) 228-3734

TTY: (207) 626-2717

Website: www.famemaine.com

Pine Tree Society - Communications Pathways provides services for AT assessment, device demonstration and short-term loans. The Kid's Project makes adaptive furniture.

149 Front Street, P.O. Box 518

Bath, Maine 04530

Phone: (207) 443-3341

Email: info@pinetreesociety.org

Website: www.pinetreesociety.org

Rehabilitation Engineering and Assistive Technology Society Of North America

This is a professional organization for individuals and organizations interested in technology and disability.

Website: www.RESNA.org

Speech, Hearing and Assistive Technology Evaluations

Mark R. Hammond Associates, Inc.

Phone: (207) 797-8255 or toll free (888) 477 -3324

Phone numbers are the same for all locations

Offices located in:

Portland: 222 Auburn St., Portland, ME 04103

Biddeford: 7 Pomerleau Drive, Biddeford, ME 04005

Sanford: 5 Dunaway Drive, Sanford, ME 04073

Augusta: 164 Spring Rd., Augusta, ME 04330

ALL Tech – works to identify and provide technology solutions experienced by people of all ages and abilities. Promotes the use of technology that enables individuals to lead full and independent lives

400 Riverside St

Portland, ME 04105

Phone: (207) 321-6080

Website: <http://alltech-tsi.org>

**Listing of Companies selling Durable Medical Equipment
such as wheelchairs, canes etc.**

Company Name	Address	City	ST	Zip	Phone Number
Kennebec Pharmacy & Home Care	43 Leighton Road	Augusta	ME	04330	(207) 626-2726
American Home Patient	16 White Pine Road, Suite D	Bangor	ME	04401	(800) 287-6415
Black Bear Medical	113 Stillwater Avenue	Bangor	ME	04412	(207) 989-9849
Miller Drug	210 State Street	Bangor	ME	04401	(207) 947-8369
Sleep Well, Inc.	41 Acme Road, Suite 6	Brewer	ME	04412	(207) 992-2660
Medical Home Care Services, Inc.	29 Centre Street	Brunswick	ME	04530	(207) 442-8898
Waltz Pharmacy, Inc.	183 Elm Street	Camden	ME	04843	(207) 236-2240
Community Oxygen Service	661 Main Street	Damariscotta	ME	04543	(207) 563-5191
Coastal Med Tech, Inc	P.O. Box 791	Ellsworth	ME	04605	(207) 667-2508
Lincare, Inc.	230 Rt. 201	Fairfield	ME	04937	(207) 453-4987
Farmington Medical Supplies	407 Wilton Road, Suite 3	Farmington	ME	04938	(207) 778-2520
Acadia Medical Supply	274 Main Street	Fort Fairfield	ME	04742	(207) 472-1234
Seacoast Sleep Solutions	122 State Road	Kittery	ME	03904	(207) 439-4706
Bedard Medical, Inc.	1125 Lisbon Street	Lewiston	ME	04240	(207) 784-3700
Invacare Corp.	373 Main Street	Lisbon	ME	04252	(800) 333-6900
Machias Home Health	467 Dublin Street	Machias	ME	04654	(207) 255-8505
Black Bear Medical, Inc.	275 Marginal Way	Portland	ME	04101	(207) 871-0008
National Sleep Therapy	498A Woodford Street	Portland	ME	04103	(888) 867-8840
JC Mobility Solutions, LLC	51 B Main Street	Raymond	ME	04071	(207) 655-2000
Goodnows Pharmacy	33 Park Street, Suite 101	Rockland	ME	04841	(207) 594-5131
Home Care Services, Inc.	650 Main Street	S.Portland	ME	04106	(207) 774-4201
Majors Mobility	49 Topsham Fair Mall Rd.	Topsham	ME	04086	(207) 729-6990
Maclin Medical	146 Kennedy Memorial Dr.	Waterville	ME	04901	(207) 873-6151
Waterville Home Oxygen	84 College Avenue	Waterville	ME	4901	(207) 872-0500
Apria Healthcare	14 Yarmouth Jct.	Yarmouth	ME	04096	(207) 846-8500

Need more information please call or email

Brain Injury Information Network of Maine

www.biin.org or toll free 888 893-0123

Community Action Programs

CAPs are community- based networks for social and economic development. Please contact your local agency for more information. Sample of projects and services in communities:

- Child care program
- Fix ME Home Improvement program
- Weatherization projects
- Affordable ownership homes
- Temporary homeless assistance
- Home-based or micro business loan programs
- Headstart and pre-school program
- Job Training and GED completion
- Home energy assistance
- Religious Community Volunteers for Elderly and Disabled People

Androscoggin and Oxford Counties

Community Concepts, Inc. (CCI)

P.O. Box 278

16-19 Market Square

South Paris, ME 04281

Phone: (207) 743-7716

911/2 Military Road

Houlton, ME 04730

Phone: (207) 532-9526

2 Court Street

Auburn, ME 04210

Phone: (207) 795-4065

66 Fox Street

Madawaska, ME 04756

Phone: (207) 728-6345

Aroostook County

Aroostook County Action Program
(ACAP)

P.O. Box 1116

444 Main Street

Presque Isle, ME 04769

Phone: (800) 432-7881 or (207) 764-
3721

Cumberland County

Peoples Regional Opportunity
Program (PROP)

510 Cumberland Avenue

Portland ME 04101

Phone: (207) 874-1140 or toll-free

(Maine only): (800) 698-4959

TTY: (207) 874-1013

Website: www.propeople.org

87 W. Main Street

Fort Kent, ME 04743

Phone: (207) 834-5135

Franklin County

Western Maine Community Action
(WMCA)

P.O. Box 200, Church Street

East Wilton, ME 04234

Phone: (207) 645-3764

Website: www.wmca.org

Knox County

Coastal Community Action Program
(CCAP)

4 Union Street, P.O. Box 808

Rockland, ME 04841

Phone: (207) 596-0361

Penobscot and Piscataquis Counties

Penquis Community Action Program
(PCAP)

262 Harlow Street, P.O. Box 1162

Bangor, ME 04402-1162

Phone: (207) 973-3500

119 Main Street

Lincoln, ME 04457

Phone: (207) 794-3093

Website: www.penquiscap.org

Sagadahoc and Lincoln Counties

Coastal Economic Development
Corp. (CED)

38 Wing Farm Parkway

Bath, ME 04530

Phone: (207) 442-7963 or (800) 221-
2221

Somerset and Kennebec Counties

Kennebec Valley Community Action
Program (KVCAP)

97 Water Street, P.O. Box 1529

Waterville, ME 04903

Phone: (207) 873-2122

Route 7 Box 1103

Augusta, ME 04330

Phone: (207) 622-4761

50 Water Street

Skowhegan, ME 04976

Phone: (800) 452-8227 or (207) 474-
8487

Website: <http://www.kvcap.org/>

Waldo County

Waldo County Committee for Social
Action (WCCSA)

9 Field Street Suite 435, P.O. Box 130
Belfast, ME 04915

Phone: (207) 338-6809 or toll free
(800) 498-3025

Washington and Hancock Counties

Washington-Hancock Community
Agency (WHCA)

P.O. Box 280 (Corner of Maine and
Maple)

Milbridge, ME 04658-0280

Phone: (207) 546-7544

York County

York County Community Action
Corporation (YCCAC)

P.O. Box 72

11 Cottage Street

Sanford, ME 04073

Phone: (207) 324-5762

Biddeford: (207) 283-144 Kittery:
(207) 748-1766 Waterboro: (207)
247-3665

CHILDREN

211 Maine

Dial 211 you will connect to a resource specialist to find services
Or www.211maine.org to use their statewide directory

Barbara Bush Children's Hospital

22 Bramhall Street
Portland, ME 041021
Phone: (207) 662-0111
Website: www.mmc.org

Children's Special Health Care Needs

11 State House Station, Key Bank Plaza
286 Water Street, 7th Floor
Augusta, ME 04333
Phone: (207) 287-5139 or toll free (800) 698-3624
TTY toll free: (800) 606-0215
Website: www.maine.gov/dhhs/boh/cshn/index.html

Children's Behavioral Health

Office of Child and Family Services
2 Anthony Avenue
Augusta, ME 04333-0011
Phone: (207) 624-7900
TTY toll free: (800) 606-0215

Department of Education (DOE)

Child Development Services (Birth to 5)
146 State House Station
Augusta, ME 04333
Phone: (207) 624-6660
Website: www.maine.gov/education/speced/cds/index.html

Special Services (Kindergarten through Graduation)

23 State House Station
Augusta, ME 04333-0023
Phone: (207) 624-6644
TTY toll free: (888) 577.6690
Website: www.maine.gov/education/speced/index.htm

Disability Rights Center - Maine's federally funded protection and advocacy agency providing legal and other advocacy services for people with disabilities.
24 Stone Street, PO Box 2007, Augusta, ME 04338
Phone: (207) 626-2774 or toll free (800) 452-1948
Website: www.drcme.org

Injury Prevention

Maine Center for Disease Control & Prevention (ME CDC)
Division of Family Health
11 State House Station
286 Water Street
Augusta, ME 04333-0011
Phone: (207) 287-9917
Website: www.maine.gov/dhhs/bohdcfh/inj/

Iris Network – Provides a low vision clinic and rehabilitation services, housing, information and resources.
189 Park Avenue, Portland, ME 04102
Phone: (207) 774-6273
Email: info@theiris.org
Website: www.theiris.org

Maine Children Alliance - Advocate for sound public policies to improve the lives of all Maine's Children, Youth and Families.
303 State Street, Augusta, ME 04330
Phone: (207) 623-1868
Website: www.mekids.org

Maine Parent Federation/SPIN – Provides information for families and educators on early childhood and special education services
12 Shuman Ave, Ste. 7, PO Box 2067
Augusta, ME 04338
Phone: (207) 623-2144 or toll free (800) 870-7746 (in state only)
Email: parentconnect@mpf.org
Website: www.mpf.org

Maine Equal Justice Partners - Advocates for low-income people to assure access to basic rights and services.

126 Sewall Street

Augusta, ME 04330

Phone: (207) 626-7058 or toll free (866) 626-7059

Website: www.mejp.org

Pine Tree Legal - Provide free legal services to low-income Maine people.

88 Federal Street, PO Box 547, Portland, ME 04112

Phone: (207) 774-8211 (Open for intake Monday –Thursday 8:30 am to 12:30 pm)

Website: www.ptla.org



Need more information please call or email

The Maine Brain Injury Information Network

www.biin.org or toll free 888 893-0123

Free or Low Cost Health Care

Community Clinic and Healthcare Centers in Maine provide different services at each center. These programs will not turn anyone away even if you have no insurance. Many accept insurance coverage or have sliding scales for fees many provide free services if you have no insurance and can not afford to pay.

CALL AHEAD to find out what they offer and how to make appointments.

Lovejoy Health Clinic - Albion

7 School St. Ste 1
Albion, Maine
207 437-9388

York County Shelter – Alfred

147 Shaker Hill Rd.
Alfred, ME
207 490-6900

Penobscot Dental Clinic -Bangor

048 Union St. Ste 4
Bangor, Maine
207 945-5247

Family Medical and Specialty Services- Bangor

1012 Union St. Ste 2
Bangor, ME
207 945-5247

Penobscot Community Health Center- Bangor

1048 Union St. Ste 5
Bangor, ME
207 945-5247 x401

Stillwater Family Medicine-Bangor

78 Ridgewood Dr.
Bangor, ME
207 945-5247

Capehart Community Health Clinic- Bangor

86 Davis Rd.
Bangor, ME
207 945-5247

Summer St Health Clinic-Bangor

34 Summer St.
Bangor, ME
207 945-5247

Summer Street Clinic- The Out Back- Bangor

30 Summer St.
Bangor, ME
207 945-5247

Bangor Area Homeless Shelter

26 Cedar St.
Bangor, ME
207 992-2636

Penobscot Pharmacy Center-Bangor

1048 Union St. Ste 3
Bangor, ME
207 945-5247

Philips-Strickland House-Bangor

21 Boyd St.
Bangor, ME
207 945-5247

Leavitt Mill Health Center- Bar Mills

63 Main St
Bar Mills, ME
207 929-6455

Belgrade Regional Health- Belgrade

4 Clement Way
Belgrade, ME
207 495-3323

Bethel Family Health Center- Bethel

32 Railroad St.
Bethel, ME
207 824-2193

Biddeford Free Clinic -Biddeford

189 Alfred St #3
Biddeford, ME
207 282 -1138

Bingham Area Health Center- Bingham

237 Main St.
Bingham, ME
207 672-4187

Oasis Health Network, Inc- Brunswick

66 Baribeau Dr
Brunswick, ME
207 721-9277

**Bucksport Regional Health Center-
Bucksport**

110 Broadway
Bucksport, ME
207 469-7371

**Bucksport Regional Dental Center-
Bucksport**

74 Main St.
Bucksport, ME
207 469-7371

St Croix at Calais

5 Lowell St. Ste 6
Calais, ME
207 796-5503

Regional Medical Center -Calais

5 Lowell St.
Calais, ME
207 733-1090

Eastport Health Care- Calais

55 Franklin St.
Calais, ME
207 853-6001

Eastport Health Care- Calais

10 Palmer St.
Calais, Maine
207 853-6001

Family Doctors Canaan-Canaan

333 Main St.
Canaan, ME
207 368-4213

Pine Health Services-Caribou

74 Access Hwy
Caribou, ME
207 498-2359 x2022

Sheepscot Valley Health-Coopers Mills

47 Main St.
Coopers Mills, ME
207 549-3439

East Grand Health Care- Danforth

201 Houlton Rd.
Danforth, ME
207 448-2347

Family Doctors- Dexter

29 Church St.
Dexter, ME
207368-4213

**Sebasticook Family Doctors – Dover
Foxcroft**

1008 W. Main St.
Dover Foxcroft, ME
207 368-4213

Eagle Lake Heath Center

10 Carter St.
Eagle Lake, ME
207 444-5973 x218

East Machias

879Main St
East Machias, ME
207 733-1090

Eastport Healthcare Center

30 Boynton St.
Eastport, ME
207 853-6001

Fort Kent Healthcare Center

194 E. Main St.
Fort Kent, ME

207 444-5973 x218

Harrington Family Health

50 E. Main St.
Harrington, ME
207 483-4502 x230

SFD -Hartland

10 Great Moose Dr.
Hartland, ME
207 368-4213

Katahdin Health Center-Houlton

59 Bangor St.
Houlton, ME
207 528-2285

Katahdin Valley Health Center-Houlton

20 Hartford St.
Houlton, ME
207 528-2285 x302

**Katahdin Valley Health Partnership-
Houlton**

40 Court St.
Houlton, ME
207 528-2285

Katahdin Valley Health Ctr –Island Falls

1300 Crystal Rd.
Island Falls, Maine
207 528-2285

SMMC Nursing Clinic-Kennebunk

72 Main St
Kennebunk, ME
800 794 3546

**Kennebunkport Public Health and
Nursing**

101 Main St
Kennebunkport, ME
207 967- 4401

**Mt Abram Regional Health Center-
Kingfield**

25 Depot St.
Kingfield, ME
207 265-4555

DFD Russell Medical Center – Leeds

180 Church Hill Rd.
Leeds, ME
207 524-3501

Loring Health Center -Limestone

6 N. Carolina Rd. Ste B
Limestone, ME
207 498-2359 x2022

HAN –North Lincoln

880 Main St.
Lincoln, ME
207 794-6700

Health Access Network (HAN)-Lincoln

51 Main St.
Lincoln, ME
207 794-6700

HAN family Dental-Lincoln

9 Main St.
Lincoln, ME
207 794-6700

**Western Maine Family Health Center-
Livermore Falls**

80 Main St.
Livermore, Falls, ME
207 897-4345

Regional Medical Center- Lubec

43 S. Lubec Rd.
Lubec, ME
207 733-1090

Eastport Health Care- Machias

11 Fremont St.
Machias, ME
207 853-6001

Madison Area Health Center

8 S. Main St.
Madison, ME
207 696-399

Matinicus via Telemedicine

Matinicus, ME
207 863-4109

HAN -Medway

1930 Medway Rd.
Medway, ME
207 794-6700

Katahdin Health Center- Millinocket

180 Aroostook Ave.
Millinocket, ME
207 528-2285

**Katahdin Valley Health Center -
Millinocket**

50 Summer St.
Millinocket, ME
207 528-2285

HAN- Millinocket

200 Somerset St.
Millinocket, ME
207 794-6700

**DFD Russell Medical Center –
Monmouth**

11 Academy Rd.
Monmouth, ME
207 524-3501

Sebasticook Family Doctors-Newport

118 Moosehead Trail Ste 5
Newport, ME
207 355-3103

The Meadows –Old Town

101 Perkins Ave.
Old Town, ME
207 945-5247

Helen Hunt Health Center –Old Town

242 Brunswick St.
Old Town, ME
207 945-5247

Katahdin Valley Health Center- Patten

30 Houlton St.
Patten, ME
207 528-2285

Sacopee Valley Health Center -Porter

70 Main St.
Porter, ME
207 625-8126

Portland Street Public Health Center

20 Portland St.
Portland, ME
207 874-8445

Greater Portland Care Partners

241 Oxford St
Portland, ME
207 626-1684

**Maine Medical Center -Brighton First
Care-Portland**

335 Brighton Ave.
Portland, ME
207 662- 811

Portland Community Health Center

180 Park Ave. 1st floor
Portland, ME
207 874-2141

Portland Free Clinic

103 India St
Portland, ME
207 874-8982

The Root Cellar-Portland

94 Washington Ave
Portland, ME
207 774-3197

**Turn the Tide Health Collaborative-
Portland Area**

This is a network of alternative and
complimentary medicine and is designed for
accessing on-line or call: **(207) 699-4199**

Pines Family Health Center –Presque isle
66 Spruce St. Ste 4
Presque Isle, ME
207 498-2359 x2022

**St Croix Regional Family Health Center -
Princeton**
136 Mill St.
Princeton, ME
207 796-5503

DFD Russell Medical Center –Turner
7 Main St.
Turner, ME
207 524-3501

Rangeley Family Medicine
42 Dallas Hill Rd.
Rangeley, ME
207 861 3400

Knox County Health Clinic -Rockland
Bok Medical Arts Building
22 White St.
Rockland, ME
207 594- 6996

Richmond Area Health Center
24 Gardiner St.
Richmond, Maine
207 737-4359

Eastside Acres Public Housing
127 Emery St.
Sanford, ME
207 490-6900

Spruce Street Health Center -Sanford
32 Patriots Ln.
Sanford, ME
207 490-6900

Strong Area Health Center
177 N. Main St.
Strong, ME
207 684-4010

St John Valley Health Center
4 Main St
Van Buren, ME
207-498-2359 x2022

Island Community Medical Services
15 Medical Center Loop
Vinalhaven, Maine
207-863-4109

Vinalhaven Eldercare Services
17 Beaver Dam Rd.
Vinalhaven, Maine 04863-3915
207 863-4109



FINANCIAL/INSURANCE

Consumers for Affordable Health Care - All calls are confidential.

Helpline: (888) 965 7476

Website: www.maine cahc.org

You might qualify for free or low-cost coverage. The Help Line staff will talk through your options for accessing health coverage programs or services, whether you are calling for yourself, your family, and your business. The Help Line staff can also answer questions about your rights regarding health care programs and insurance. And, they may be able to help you resolve disputes with state programs or insurance companies.

Maine State Health Insurance (Maine SHIP) – Provides free information, counseling and assistance on health insurance programs such as Medicare supplemental insurance and MaineCare.

Toll free: (800) 262-2232

TTY toll free: (800) 606-0215

Office of Integrated Access and Support (OIAS)

Responsible for determining eligibility for a number of programs and administering programs including but not limited to:

- Food Stamps
- General Assistance
General Assistance is a program administered through municipalities, which purchases basic necessities for individuals who are without means to pay for such services.
- Medical Assistance
Medical Assistance, including the MaineCare, Cub Care and Medically Needy programs, provides payment to health care providers.

35 Anthony Avenue, 11 SHS

Augusta, Maine 04333

Voice: (207) 624-8090

TTY: 808-606-0215

RECREATION

Maine Handicapped Skiing

8 Sundance Lane
Newry, ME 02461
Phone: (207) 824-2440
Website: www.skimhs.org

VA Togus Adaptive Sports Program

1 VA Center
Augusta, ME 04330
Phone: (207) 623-8411 x5369

Veterans/No Boundaries

Provides free adaptive recreation opportunities to any veteran with a physical disability, service related or otherwise.
Summer- 3 day paddling, cycling, fishing, target range, tennis, and more
Winter- at Sunday River –x country and alpine skiing, snowshoeing and more
Program of Maine Handicapped Skiing
8 Sundance Lane
Newry, ME 02461
Phone: (207) 824-2440
Website: www.skimhs.org

Lifetime pass to parks and federal recreation sites for people with disabilities

<http://store.usgs.gov/pass/access.html>



Social Security Administration

Toll free: (800) 772-1213

TTY: (800) 325-0778

Website: www.ssa.gov

Maine Ticket to Work is a social security program that provides information on all Work Incentives Improvement activities in Maine for those trying to get to work and is concerned about their benefits.

Website: www.maineticket.org

Local social security offices

AUBURN

PO Box 740, 1 Great Falls
Plaza
Auburn, ME 04212
Voice: (207) 782-5157 or
(800) 772-1213
TTY: (207) 783-3870

AUGUSTA

PO Box 1075, 330 Civic
Center Drive
Augusta, ME 04333
Voice: (207) 622-1451 or
(800) 772-1213
TTY: (207) 623-4190

BANGOR

202 Harlow Street
Bangor, ME 04401
Voice: (207) 990-4530 or
(800) 772-1213
TTY: (207) 941-8698

PORTLAND

550 Forest Ave., Ste. 150
Portland, ME 04101
Voice: (207) 771-2851 or
(800) 772-1213
TTY: (207) 773-3981

PRESQUE ISLE

365 Main Street
Presque Isle, ME 04769
Voice: (207) 764-3771 or
(800) 772-1213
TTY: (207) 764-2925

ROCKLAND

231A Park Street
Rockland, ME 04841
Voice: (207) 596-6633 or
(800) 772-1213
TTY: (207) 594-4984

RUMFORD

3 Canal Street
Rumford, ME 04276
Voice: (207) 364-3731 or
(800) 772-1213
TTY: (207) 369-0563

SACO

110 Main Street,
Ste. 1450
Saco, ME 04072
Voice: (207) 282-5956 or
(800) 772-1213
TTY: (207) 282-6404

WATERVILLE

46 Front Street
Waterville, ME 04901
Voice: (207) 872-2723 or
(800) 772-1213
TTY: (207) 873-3490

**Need more information please call or
email:**

Maine Brain Injury Information Network
www.biin.org or toll free 888 893-0123

STATE HOTLINES

Maine Poison Control Hotline

Phone: (800) 222-1222

TTY: (877) 299-4447

Suicide Prevention Hotline

Maine Crisis Hotline: (888) 568-1112.

Child Abuse Hotline

The State of Maine's child abuse hotline is staffed 24 hours a day.

Phone: (800) 452-1999

TTY: (800) 963-9490

Adult and Elder Abuse Hotline

The Office of Elder Services provides or arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect or exploitation. Calls may be made anonymously.

Phone: (800) 624-8404

TTY: (800) 624-8404

TTY (After hours): (800) 963-9490

Domestic Violence Hotline

Statewide Domestic Violence Helpline. Visit www.mcedv.org - Information, crisis counseling, emotional support and advocacy.

Phone: (866) 834-4357

Alcoholics Anonymous Hotline

During business hours, a member of Alcoholics Anonymous who knows exactly what you are going through and can give you all the information you need. At night, we have a well qualified answering service, who can give meeting information, or put you in touch with a recovering alcoholic, in your area, who will speak with you about your problem.

Phone: (800) 737-6237

Narcotics Anonymous Hotline

Call their helpline and talk to a recovering addict. Visit www.namaine.org

Phone: (800) 974-0062

SUPPORT GROUPS

The purpose of a support group is to learn more about brain injury and meeting with other who are facing or have faced similar challenges. Please call ahead to check that meeting times and locations have not changed.

Christ Church

Gardiner, ME

Last Monday of every month 7:00 – 8:30pm

Contact: Gina Temple (207) 582-4315 or
Myra Champagne (207) 582-6692

Maine Center for Integrated Rehabilitation –Brewer

248 State St.

3rd Monday of the month 4:30-5:30

Contact: Corrine (207) 989- 2034

New England Rehabilitation Hospital

335 Brighton Avenue, Portland ME – Conference Briggs Room

1st Tuesday of the month 11:30- 1:00 and

3rd Monday of the month 10:00- 12:00

Contact: Kathy Kroll (207) 662-8589 if you are new to the group

Waterville Brain Injury Support Group

Maine General Medical Center – Thayer Campus

149 North Street, Waterville ME

3rd Saturday of every month 10:00 – 11:30 am

Contact: Jimmy or Barbara Mansir (207) 441-7100

Westside NeuroRehab Services

618 Main Street, Lewiston ME

1st Monday of every month 6:00 – 8:00 pm

Contact: Deb Hamner (207) 795-6110 or (800) 352-9547



PREVENTION websites and resources

Bicycle Coalition of Maine www.bikemaine.org (207) 623-4511

Maine Concussion Management Initiative –protecting high school athletes

www.colby.edu/mcemi for more information call 859-5314 or e-mail concussionmanagement@gmail.com.

Maine Child Passenger Safety

http://www.town.falmouth.me.us/Pages/FalmouthME_Fire/carseat

Maine Injury Prevention

Website: <http://www.maine.gov/dhhs/bohdcfh/inj/>

Injury is the leading cause of death among our youngest citizens, accounting for approximately 30% of all years of life lost before age 65. It surpasses all major diseases as a cause of prematurely lost years of life, exceeding losses from heart disease, cancer, and stroke combined. Injuries and injury related deaths, both unintentional and intentional, account for millions of dollars of health care costs and immeasurable pain, suffering and diminished quality of life.

SAFE KIDS <http://www.safekids.org>

Safety in and around the House the Home Safety Council a leading source for home safety tips, checklists and information about fire safety, poison safety, water, and child safety in addition to disaster preparedness. www.homesafetycouncil.org

Consumer Product Safety Commission www.cpsc.gov

National Children's Center for Rural and Agricultural Health & Safety

<http://research.marshfieldclinic.org/children/ProgSumm.htm>

Northern New England Poison Center www.aapcc.org/Centers/mepc.htm

National Program for Playground Safety

www.cdc.gov/ncipc/res-opps/playgrnd.htm

Traffic Safety:

- National Highway Traffic Safety Administration www.nhtsa.gov
- Child Safety Seat Ease of Use Rating
- www.nhtsa.dot.gov/CPS/CSSRating/Index.cfm
- Fitting Station Locator www.nhtsa.gov/cps/cpsfitting
- Recall List www-odi.nhtsa.dot.gov/cars/problems/recalls/childseat.cfm
- National Child Safety Board www.cpsboard.org
- Parents Against Tired Truckers (P.A.T.T.) www.patt.org

- Bike Helmet Safety Institute www.bhsi.org
- Insurance Institute for Highway Safety www.hwysafety.org
- Safety Belt Safe USA www.carseat.org
- The American Academy of Pediatrics www.aap.org
- The Federal Aviation Administration www.faa.gov/passengers/fly_children/
- Safe Kids Worldwide www.safekids.org
- The Maine Transportation Safety Coalition www.themtsc.org

WEBSITES

We hope these websites will be helpful. We do not control contents or agree with all content. Please use care when using the web.

Ability Maine

www.abilitymaine.org

Calendars and information about Maine disability events, resources and issues.

American Brain Tumor Association

www.abta.org

American Headache Society

www.achenet.org

American Headache Society (AHS) is a professional society of health care providers *dedicated* to the study and treatment of headache and face pain.

Benefits Check Up

www.benefitscheckup.org

Includes more than 2,000 public and private benefits programs from all 50 states. Prescription drugs, Nutrition (including Supplemental Nutrition Assistance (SNAP)/Food Stamps), Energy assistance, Financial, Legal, Health care, Social Security, Housing, In-home services, Tax relief, Transportation, Educational assistance and Employment.

Brain Aneurysm Foundation

www.bafound.org

The Brain Aneurysm Foundation provides support, research and educational material to the medical community , families and individuals.

Brain Injury Association of America

www.biausa.org

Vision Statement: A world where all preventable brain injuries are prevented, all unpreventable brain injuries are minimized, and all individuals who have experienced brain injury maximize their quality of life.

Brain Injury Directory

www.braininjurydirectory.net/

This site provides a large variety of resources for ABI and TBI and articles on wide ranging topics.

Brain Injury Eyes

www.braininjuries.org/

Neuro Optometrist network provides information and resources for people who are having trouble with their vision after brain injury.

Brain Injury Partners

<http://adult.braininjurypartners.com>

This site is for families to help learn advocacy skills and support their loved one and care for themselves as caregivers.

Brain Injury Partners Navigating the School System

<http://free.braininjurypartners.com>

This site is for parents to help plan and advocate for their children in the school system.

Brain Injury Resource Center –this is a busy site with too much information it is full of checklists and tools for individuals who have a brain injury and their families. www.headinjury.com hint pick one topic and stick to it.

BrainLine

www.brainline.org

A useful online resource for information for individuals, families and professionals who want to know more about traumatic brain injury.

Brain and Spinal Cord.org

www.brainandspinalcord.org/traumatic-brain-injury-types/anoxic-brain-injury/index.html

Anoxic and Hypoxic Brain Injuries this site provides a wide range of information but has good information related to brain injuries that result from loss of oxygen to the brain.

Brain Tumor Association

www.braintumor.org

A useful online resource for information for individuals, families and caregivers make informed decisions and develop strong support systems.

Defense and Veterans Brain Injury Resource Center

www.dvbic.org

Provides information and resources for active duty military and veterans with TBI.

Epilepsy Foundation

www.epilepsyfoundation.org

Provides user -friendly information about seizures, medications, and issues related to the challenges of living with seizures.

Lash and Associates

www.lapublishing.com

Publish and sell a wide array of books pamphlets and other information for children and adults with brain injury.

Maine Concussion Management Initiative

www.colby.edu/mcmi

Maine Housing

www.MaineHousingSearch.org

A great website to look for apartments and housing.

Maine Regional Transportation Providers

www.exploremaine.org/bus

Lots of info if you are looking for transportation

Missouri Green Book

<http://health.mo.gov//living/families/sch/pdf/TBIGuideGreenBook/pdf>

Your thinking Missouri ? This link actually will provide a free download of this great resource. It gives you info from hospital to home , kids , work and more. Some of the information and resources are strictly for Missouri but the content about the hospital, doctors, rehabilitation and home is very useful.

National Institute of Neurological Disorders and Strokes

www.ninds.nih.gov/disorders/tbi/tbi.htm

Information and statistics and research about a variety of neurological illnesses and injuries.

National Resource Center for Traumatic Brain Injury

<http://www.neuro.pmr.vcu.edu>

Good articles from marriage to strategies.

Neuroscience For Kids

<http://faculty.washington.edu/chudler/introb.html>

This fun, educational site is maintained by Eric H. Chudler, Ph.D., and has been created for all students and teachers who would like to learn more about the nervous system. Enjoy the activities and experiments on your way to learning more about the brain and spinal cord.

National Alliance for Caregiving

www.caregiving.org

Caregiver information and support.

National Family Caregivers Association

www.nfcacares.org

National Institute of Neurological Disorders and Stroke

Meningitis, Encephalitis and Lyme disease

www.ninds.nih.gov/disorders/encephalitis_meningitis/detail_encephalitis_meningitis.htm

This site talks about causes, diagnosis and treatment of these dangerous diseases that can have devastating outcomes if left untreated.

Optometrists Network- provides information and resources for people who are having trouble with their vision due to brain injury. www.braininjuries.org

Project Learn is for helping students to identify procedures for helping students with brain injury in school and at home. www.projectlearn.org

SafeLink

www.SafeLink.com

A program to assist the poor to access free or low cost cell phones. The numbers of minutes are limited and there are different ways to qualify. Learn more or apply by calling 1-800-SAFELINK or visiting their website.

Social Security disability benefits

www.ssa.gov/pgm/links_disability.htm

Traumatic Brain Injury Survival Guide

www.tbiguide.com

This Book, by Dr. Glen Johnson Clinical Neuropsychologist, is a free download. Nearly all of the survivors of a traumatic head injury and their families with whom I have worked have had one complaint: There is nothing written that explains head injury in clear, easy to understand language. The goal of this online book is to better prepare the head injured person and family for the long road ahead.

TBI Community the Rehabilitation and Research and Training Center (RRTC)

www.tbicommunity.org

Focus in areas of community integration, including traditionally under-emphasized areas such as friendship, intimacy, and creative expression. That attitudinal barrier to community integration of persons with TBI is reduced.

TBI Survivors Network

www.tbisurvivorsnetwork.ning.com

This site is very different and a little confusing but in there are blogs, videos and Brain Injury Radio very cool.

Websites For Professionals

Academy of Certified Brain Injury Specialists (ACBIS) offers a voluntary national certification program for both entry-level staff and experienced professionals working in brain injury services. ACBIS provides staff and professionals the opportunity to learn and demonstrate their knowledge in a written examination and to earn a nationally recognized credential. To find more information www.acbis.com

Brain Trauma Foundation www.braintrauma.org

BTF is dedicated to improving outcomes of traumatic brain injury (TBI) patients worldwide by developing best practice guidelines, research and educating medical professionals and consumers.

Center for Outcomes Measurements in Brain Injury (COMBI) an online resource for those needing detailed information and support in regards to assessment tools and outcomes measures. The measures are commonly used in the field of brain injury rehabilitation and assessment. www.tbims.org/combi

Brief Guide for Primary Care Physicians assisting patients with brain injury. This is a series of 4 podcasts and powerpoints designed to inform primary healthcare professionals about the healthcare and community integration needs of persons with brain injury. Topics covered 1) BI basics 2) diagnostic issues and neuropsych reports 3) co morbid emotional and behavioral conditions 4) strategies for modification to primary care clinical practice to accommodate patients with brain injury. www.tbicommunity.org/resources/podcast/index.htm

International Brain Injury Association www.internationalbrain.org is dedicated to the development and support of medical and clinical professional, advocates, policy makers consumers and others who work to improve outcomes and opportunities for persons with brain injury.

North American Brain Injury Society www.nabis.org is composed of professional members involved in the care or issues surrounding brain injury.



Blogs are like journals on line they frequently express personal experiences and opinions. BIIN is not endorsing any of the opinions but hope you find these interesting.

www.braininjury.blogs.com by Michael Kaplan Esq. with up to date news, he is from New York but most of is information is from all over.

<http://Karaswanson.wordpress.com> Kara was injured in 1996 and wrote a book called *I'll Carry the Fork "Recovering a Life After Brain Injury"*

<http://wordpress.com/tag/brain-injury> This site has a variety of blogs by different people with a whole assortment of attitudes, experiences and styles. You don't have to agree but some are interesting reading.

Specialized Physicians

Neurologists, Psychiatrist and Neurosurgeons

NEUROLOGISTS

A neurologist is a medical doctor with specialized training in diagnosing, treating, and managing disorders of the brain and nervous system. Neurologists do not perform surgery.

This list **is not** a recommendation and is not complete; the purpose is to provide information. Please contact us with any corrections.

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York, ME 03909
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Scarborough, ME 04074
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Brunswick, ME 04011
Phone: (207) 729-7800

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Neurology Assoc of Eastern ME
498 Essex St Ste 105
Bangor, ME 04401
Phone: (207) 947-0558

Saint Andrews Family Care
19 Saint Andrews Lane
Boothbay Harbor, ME 04538
Phone: (207) 729-7800

David Burke MD

Neurology Associates
99 Campus Ave Ste 402
Lewiston, ME 04240
Phone: (207) 777-4455

325 Kennedy Memorial Dr., Bldg C
Waterville, ME 04901
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Scarborough, ME 04074
Phone: (207) 883-1414

John Dolan DO

SMMC PrimeCare Physicians
26A West Cole Rd.
Biddeford, ME 04005
Also in Sanford
Phone: (207) 282-5509

Edward Drasby DO

Port City Neurology
7 Portland Farms Rd Ste 2
Scarborough, ME 04074
Phone: (207) 885-1400

Jutta Eichelman MD

Redington Neurology
46 Fairview Ave. Ste 114
Skowhegan, ME 04976
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26A West Cole Rd.
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394 Bar Harbor Rd
Trenton, ME 04605
Phone: (207) 667-5899

Annette Goodman DO

Mayo Neurology Clinic
891 West Main St. Ste 500
Dover Foxcroft, ME 04426

Phone: (207) 564-4476

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46 Fairview Ave., Ste 114
Skowhegan, ME 04976
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NeuroCare of Maine

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MGHA Neurology

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PHYSIATRISTS

A Physiatrist is a medical doctor, MD or DO, who specializes in maximizing function through the combined use of medications, various forms of physical energy interventions, and experiential training approaches. A physiatrist works to identify strengths and understand the problems of an individual with an acquired brain injury to minimize the impact in the person's daily life. This involves a holistic approach that includes not only the motivation and learning new skills but also environmental accommodations including therapists, caregivers or attendants who are able to provide physical, supervisory and emotional assistance and direction to provide support.

*This list **is not** a recommendation and is not complete; the purpose is to provide information. Please contact us with any corrections.*

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Need more information please call or email

Brain Injury Information Network of Maine

www.biin.org or toll free 888 893-0123

NEUROSURGEONS

A physician trained in surgery of the nervous system and who specializes on the brain and other parts of the nervous system. Sometimes called a “brain surgeon”.

*This list **is not** a recommendation and is not complete; the purpose is to provide information. Please contact us with any corrections.*

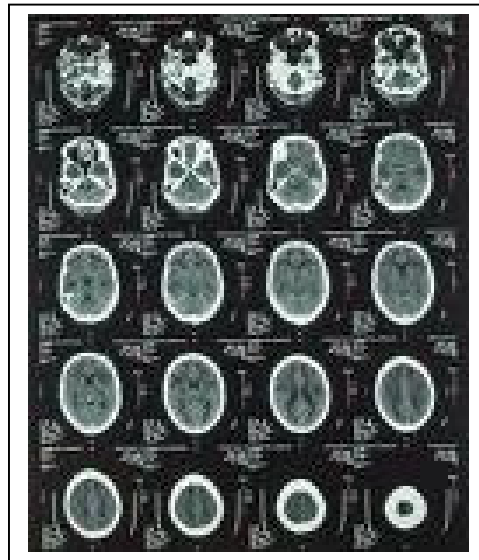
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