

WHO WE ARE

The Rochester Spinal Association (RSA) was formed in 1991 by individuals with spinal cord disabilities, their families, and professionals. Since that time, we have evolved to meet the changing needs of people with spinal cord injuries and similar disabilities. RSA is dedicated to improving the quality of life of all people living with spinal cord disabilities in our region. RSA's programs are free to individuals and their families.



CASE MANAGEMENT

A new spinal cord injury is overwhelming. You don't even know what you don't know. When you leave the hospital, it feels like you are lost at sea. You don't have to do it alone!

Thanks to grants from the Craig H. Nielsen Foundation and the Greater Rochester Health Foundation, RSA has two full-time case managers that can help you deal with all of the paperwork and find the resources you will need to survive and thrive.

Because we are grant funded, there is no lengthy eligibility process. Our case managers are ready to assist you with what you need. If you or a loved one have a spinal cord injury and are in need of assistance, chances are we can help.

RSA's case management team assists people with:

- Finding housing that is accessible and affordable
- Securing accessible transportation
- Securing SSI or SSDI
- Applying for homecare
- Scheduling appointments
- Finding doctors and specialists
- Seeking employment
- Applying for rental assistance
- Applying for SNAP, TANF, and other government benefits
- Finding grants to help purchase needed equipment

With support from RSA's case managers, many people have secured the resources they need to live healthy, fulfilling, long lives. RSA's case management is designed with empowerment in mind. We can't wait until you don't need us anymore!

NY HEALTH EQUITY REFORM WAIVER PROGRAM

RSA is currently providing several services as part of NY's newest Medicaid Waiver program. If you have a spinal cord disability and receive Medicaid, let us know and we can do the state's screening and assessment. For eligible individuals, this program can make a huge impact on your life!

The program can provide financial assistance with:

- Rent, security deposits
- Utilities, back payments

- Groceries, home delivered meals
- Home furnishings

Contact us today to see if you qualify for assistance through this waiver program.



OUR PHILOSOPHY

RSA is rooted in peer connection and support. Our board and staff include individuals living with spinal cord injuries, so all of our services are driven by a deep understanding of the challenges faced on a daily basis. RSA's case managers will meet with you where and when you want and work on what is most important to you. We will assess your needs and work with you to create a plan to meet those needs.

We are committed to helping people with SCI do more than just get by, although that may be an accomplishment early on. RSA is committed to helping people with SCI thrive. Our members include business CEOs, teachers, architects, IT specialists, accountants, doctors, football coaches, entrepreneurs, and more.

GRANTS FOR INDIVIDUALS

Through the generosity of our donors, sponsors, and grantors, RSA can offer grants to individuals with spinal cord disabilities.

Anyone with a spinal cord disability living in the greater Rochester area can request up to \$1500 from the quality-of-life grants. These grants can be used for a wide variety of needs, including home modifications, vehicle modifications, health equipment not covered by your insurance, and other vital needs. We think of these as our crisis grants, helping people deal with the unexpected and sometimes extreme costs of living with a spinal cord disability. Payments are made to the vendors, not to individuals.

RSA has also been successful in assisting many individuals to identify and secure funds from other organizations as well as enrolling in state or federal programs.

SPANISH LANGUAGE SERVICES

RSA's team includes a case manager who is bilingual in Spanish and English. We are excited to be able to better meet the needs of people whose primary language is Spanish. Contact Rut Gonzalez at 585-290-3952 or rgonzalez@rochesterspinalassociation.org for assistance in Spanish.

FOR MORE INFORMATION

Living with a spinal cord injury or other spinal cord disability, or supporting someone who is, can be daunting. No matter the challenges, you can still live a great life. This brochure surely did not answer all your questions, and may have raised more than it answered, so please reach out to us!

Visit: www.rochesterspinalassociation.org
Email: RSA@rochesterspinalassociation.org
Call: (585) 234-3269

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The Rochester Spinal Association is an independent 501c3 non-profit. Your donations are tax deductible. Our United Way donor designee number is 3378.



**Enhancing the quality of life of
people living with spinal cord
disabilities.**

*Our programs and services provide support,
advocacy, and information to individuals with
spinal cord disabilities and their loved ones,
care providers and professionals in the
Greater Rochester region of NY.*