



**MAYOR'S ADVISORY  
COUNCIL FOR  
PEOPLE WITH  
DIVERSE ABILITIES**

MAYOR'S ADVISORY COUNCIL FOR PEOPLE WITH  
DIVERSE ABILITIES (MACPDA)

1000 28TH AVUNUE  
TUSCALOOSA, AL 35401  
(205) 349-0498 CITY HALL  
[WWW.CI.TUSCALOOSA.AL.US/DOCK.HTML](http://WWW.CI.TUSCALOOSA.AL.US/DOCK.HTML)

MAYOR'S ADVISORY COUNCIL FOR PEOPLE  
WITH DIVERSE ABILITIES (MACPDA)

## COMMUNITY RESOURCES

TUSCALOOSA COUNTY, ALABAMA



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### **Vance Fire Department**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 553-6084

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### **Vance Town Hall**

**TYPE(S) OF SERVICES:**

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 553-8278  
PO Box 193  
Vance, AL 35490 Fax: (205) 553-8270

**Emergency**

TYPE(S) OF SERVICES

**Eligibility Requirements:**

**Cost:**

**Address:**

Phone: 911

---

**Vance Police Department**

TYPE(S) OF SERVICES: PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**

Phone: (205) 553-9917

10902 Public Safety Drive  
Vance, AL 35490

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## MAYOR'S ADVISORY COUNCIL FOR PEOPLE WITH DIVERSE ABILITIES (MACPDA)

The Mayor's Advisory Council for People with Disabilities (MACPD) was established in 1985, and is made up of people with disabilities, representatives of agencies serving people with disabilities, and other members of the community. In September 2007, MACPD changed its name to The Mayor's Advisory Council for People with Diverse Abilities (MACPDA).

The purpose of the MACPDA includes educating the public on disability awareness and serves as a community resource for people with disabilities.

The MACPDA is also involved in working with the Mayor of Tuscaloosa and The Tuscaloosa City Council to make recommendations on legislation that affects persons with disabilities.

This resource guide is designed to assist people in need, including people with disabilities. It was updated by the MACPDA with the assistance of Brian Burrows, Disability Program Navigator at the Tuscaloosa Career Center. If you have information to add or change to this document, please contact:

Brian Burrows  
Disability Program Navigator  
Tuscaloosa Career Center  
202 Skyland Drive  
Tuscaloosa, AL  
(205) 441-6650  
brianburrows@bellsouth.net

### **Brookwood Fire Department**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**  
15689 Highway 216  
Brookwood, AL 35444

**Phone:** (205) 556-7411  
**Web:**  
www.brookwoodalabama.com

### **Brookwood Town Hall**

**TYPE(S) OF SERVICES:** CITY SERVICES

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**  
15689 Highway 216  
Brookwood, AL 35444

**Phone:** (205) 556-1300  
**Fax:** (205) 556-2674  
**Web:**  
www.brookwoodalabama.com

**Emergency**

TYPE(S) OF SERVICES

Eligibility Requirements:

Cost:

Address:

Phone: 911

---

**Brookwood Police Department**

TYPE(S) OF SERVICES: PUBLIC SAFETY

Eligibility Requirements: N/A

Cost: N/A

Address:

15689 Highway 216  
Brookwood, AL 35444

Phone: (205) 556-0103

Web:

[www.brookwoodalabama.com](http://www.brookwoodalabama.com)

# SECTION 1

# HEALTH, MENTAL HEALTH & REHABILITATION



MAYOR'S ADVISORY  
COUNCIL FOR  
PEOPLE WITH  
DIVERSE ABILITIES

**Ability Alliance of West Alabama**

**TYPE(S) OF SERVICES:** CASE MANAGEMENT, FOLLOW ALONG, SELF-DIRECTED SUPPORTS FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES

**Eligibility Requirements:** Diagnosis of Mental Retardation  
Age 3-Adult/Elderly

**Cost:** None

**Address:** 1002 McFarland Blvd. #K  
Tuscaloosa, AL 35476  
**Phone:** (205) 333-1577  
**Web:** www.abilityalliance.info  
**E-mail:**  
vturnage@abilityalliance.info

**AIDS Outreach-West Alabama**

**TYPE(S) OF SERVICES:** INFORMATION, EDUCATION, TESTING,  
TRANSPORTATION, SUPPORT GROUPS

**Eligibility Requirements:** Individual with HIV/AIDS

**Cost:** None

**Address:** 2720 6th Street  
Tuscaloosa, AL 35401  
**Phone:** (205) 759-8470  
**Toll Free:** 800-722-2437  
**Web:** www.waao.info

**Northport Fire Department**

**TYPE(S) OF SERVICES:** FIRE SAFETY, PREVENTION & RESCUE

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 333-3024  
**Web:** www.cityofnorthport.org

**Northport City Hall**

**TYPE(S) OF SERVICES:** CITY SERVICES

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** 3500 McFarland Blvd.  
Northport, AL 35476  
**Phone:** (205) 339-7000  
**Fax:** (205) 333-3046  
**Web:** www.cityofnorthport.org

**Emergency**

**TYPE(S) OF SERVICES**

**Eligibility Requirements:**

**Cost:**

**Address:** Phone: 911

---

**Northport Police Department**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 339-6600  
3721 26th Avenue Fax: (205) 333-3046  
Northport, AL 35473 Web: www.cityofnorthport.org

**Alabama Department of Rehabilitation Services (ADRS)**

**TYPE(S) OF SERVICES:** PROVIDES COUNSELING & GUIDANCE, JOB DEVELOPMENT, JOB PLACEMENT, AND JOB COACHING SERVICES.

**Eligibility Requirements:** Individual must have a certified disability.

**Cost:** None

**Address:** Phone: (205) 554-1300  
1305 37th Street East Toll Free: 800-331-5562  
P.O. Drawer 1610 Fax: (205) 554-1369  
Tuscaloosa, AL 35403-7608 Web: www.rehab.state.al.us

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**Alabama Head Injury Foundation**

**TYPE(S) OF SERVICES:** INFORMATION, EDUCATION, & ADVOCACY

**Eligibility Requirements:** None

**Cost:** None

**Address:** Phone: (205) 823-3818  
3100 Lorna Road, Suite 200 Toll Free: 800-433-8002  
Hoover, AL 35216 E-mail: LBParsons@juno.com  
Web: www.ahif.org Lucia Parsons-Tuscaloosa

**Alabama Institute for Deaf & Blind**

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY, SIGN LANGUAGE CLASSES, & INTERPRETERS

**Eligibility Requirements:** Diagnosed hearing or vision loss of 25%

**Cost: None**

**Address:** Tuscaloosa Regional Center  
2412 Slyland Blvd., East  
Tuscaloosa, AL 35405

Voice/TDD: (205) 345-2883  
Web: [www.aidb.org](http://www.aidb.org)

**Tuscaloosa County Sheriff's Department**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** 714 1/2 Greensboro Avenue  
Tuscaloosa, AL 35401

Phone: (205) 752-0616  
Web: [www.tuscaloosaso.com](http://www.tuscaloosaso.com)

**Alabama Lions Sight Conservation Association**

**TYPE(S) OF SERVICES:** EYE EXAMS, SURGERY, PROTHESIS, GLASSES, MEDICATION, ETC.

**Eligibility Requirements:** Individuals without insurance and in need eye care.

**Cost: None**

**Address:** 700 South 18th Street  
Birmingham, AL 35233

Phone: (205) 325-8519  
Toll Free: 800-967-4448  
E-mail: [sight@alsca.org](mailto:sight@alsca.org)  
Web: [www.alsca.org](http://www.alsca.org)

**TYPE(S) OF SERVICES:**

**Eligibility Requirements:**

**Cost:**

**Address:**

**Emergency**

**TYPE(S) OF SERVICES**

**Eligibility Requirements:**

**Cost:**

**Address:** Phone: 911

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**Tuscaloosa County Courthouse**

**TYPE(S) OF SERVICES:** DRIVER'S LICENSE, PROBATE JUDGE,  
TAX ACCESSOR,

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 349-3870  
714 Greensboro Avenue  
Tuscaloosa, AL 35401  
**Web:** www.tusco.com

**Alcoholics Anonymous**

**TYPE(S) OF SERVICES:** HELP PEOPLE GET AWAY FROM  
ALCOHOL ADDICTION

**Eligibility Requirements:** Individuals that think they have a  
drinking problem and need help

**Cost:** None

**Address:** Phone: (205) 290-0060  
Birmingham Intergroup  
242 West Valley Avenue  
Birmingham, AL 35209  
**Web:** www.alcoholics-  
anonymous.org

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**American Council for the Blind-West Alabama Chapter**

**TYPE(S) OF SERVICES:**

**Eligibility Requirements**

**Cost:**

**Address:** Phone: (205) 758-8949  
Phone: (205) 349-0125

**ARC of Tuscaloosa**

**TYPE(S) OF SERVICES:** IN-HOME, DAY TRAINING AND SUPPORTED EMPLOYMENT FOR ADULTS WITH INTELLECTUAL DISABILITIES

**Eligibility Requirements:** Individuals with Intellectual Disabilities 21 and older

**Cost: None**

**Address:**  
1330 University Blvd. East  
Tuscaloosa, AL 35404

**Phone:** (205) 556-4900  
**Web:** www.dbtech.net

**Tuscaloosa Fire Department**

**TYPE(S) OF SERVICES:** FIRE SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**  
3801 Millcreek Avenue  
Tuscaloosa, AL 35401

**Phone:** (205) 349-1100  
**Web:** www.ci.tuscaloosa.al.us

**Arthritis Foundation**

**TYPE(S) OF SERVICES:** INFORMATION AND EDUCATION, SUPPORT GROUPS, AQUATIC PROGRAMS, ETC.

**Eligibility Requirements:** Individuals with Arthritis

**Cost: None**

**Address:**  
2700 Highway 280 E., Ste. 180  
Birmingham, AL 35223

**Phone:** 205-979-5700  
**Toll Free:** 800-879-7896  
**E-mail:** info.al@arthritis.org  
**Web:** www.arthritis.org

**Tuscaloosa City Hall**

**TYPE(S) OF SERVICES:**

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**  
2201 University Blvd.  
Tuscaloosa, AL 35401

**Phone:** (205) 349-2010  
**Fax:** (205) 349-0147  
**Web:** www.ci.tuscaloosa.al.us

**Emergency**

**TYPE(S) OF SERVICES**

**Eligibility Requirements:**

**Cost:**

**Address:** Phone: 911

**Tuscaloosa Police Department**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:** Phone: (205) 349-2121  
3801 Millcreek Avenue Web: www.ci.tuscaloosa.al.us  
Tuscaloosa, AL 35401

**Autism Society of Alabama**

**TYPE(S) OF SERVICES:** EDUCATION, ADVOCACY & SUPPORT

**Eligibility Requirements:** Individuals with Autism

**Cost:** None

**Address:** Toll Free: 877-428-8476  
4778 Overton Road Web:  
Birmingham, AL 35210 www.autism-alabama.org

**Bradford Health Service**

**TYPE(S) OF SERVICES:** SUBSTANCE ABUSE COUNSELING

**Eligibility Requirements:** Individuals with a substance abuse problem and need help

**Cost:** None

**Address:** Phone: (205) 750-0227  
515 Energy Center Blvd. Toll Free: 800-891-9673  
Northport, AL 35473 Web: www.bradfordhealth.com

**Brain Trauma Foundation**

**TYPE(S) OF SERVICES:** INFORMATION, EDUCATION,  
RESOURCES

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
708 3rd Avenue  
New York, NY 10017

**Phone:** (212) 722-0608  
**Web:** [www.braintrauma.org](http://www.braintrauma.org)

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**Brewer Porch Children's Center**

**TYPE(S) OF SERVICES:** RESIDENTIAL AND DAY TREATMENT,  
EVALUATION

**Eligibility Requirements:** Individuals with behavior disorders

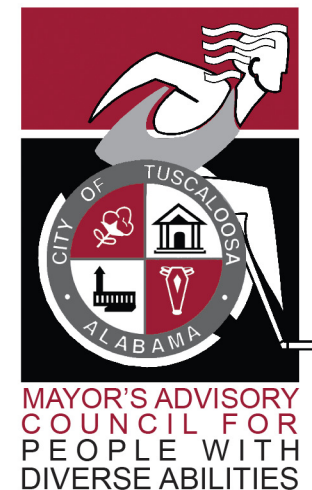
**Cost:** None

**Address:**  
2501 Woodland Road  
Tuscaloosa, AL 35404

**Phone:** (205) 348-7236  
**Web:** [www.as.ua.edu/bp](http://www.as.ua.edu/bp)

## SECTION 9

# GOVERNMENT NUMBERS



**United Way Information & Referral**

**TYPE(S) OF SERVICES** INFORMATION & REFERRAL

**Eligibility Requirements:** Anyone-varies on need

**Cost:** None

**Address:**  
2720 6th Street  
Tuscaloosa, AL 35402  
  
Web: [www.uwwa.org](http://www.uwwa.org)

Phone: (205) 345-6640  
Fax: (205) 345-6681  
E-mail: [miles@uwwa.org](mailto:miles@uwwa.org)

**Youth Emergency Services**

**TYPE(S) OF SERVICES:** TUTORING, MENTORING, ANGER  
MANAGEMENT

**Eligibility Requirements:** Juveniles

**Cost:** None

**Address:** Phone: (205) 345-4340

**Caring Days**

**TYPE(S) OF SERVICES:** ENRICHMENT CENTER FOR PEOPLE WITH  
ALZHEIMER'S DISEASE

**Eligibility Requirements:** Individuals with Alzheimer's  
Disease

**Cost:** None

**Address:**  
1110 6th Avenue East  
Tuscaloosa, AL 35401  
In Easter Seals Building

Phone: (205) 752-6840  
Web: [www.caringdays.org](http://www.caringdays.org)

**Children's Rehabilitation Services**

**TYPE(S) OF SERVICES:** PROVIDE MEDICAL, REHABILITATIVE,  
COORDINATIONS AND SUPPORTS SERVICES.

**Eligibility Requirements:** Children with special health care  
needs

**Cost:** None

**Address:**  
1110 6th Avenue, East  
P.O. Drawer 2817  
Tuscaloosa, AL 35403-2817

Phone: (205) 759-1279  
Toll Free: 800-723-0490  
Fax:(205) 344-4072

**DCH Medical Center**

**TYPE(S) OF SERVICES:** MEDICAL SERVICES

**Eligibility Requirements:** None

**Cost:** Varies

**Address:**  
700 University Blvd.  
Tuscaloosa, AL 35401

**Phone:** (205) 348-1770

**Temporary Emergency Services**

**TYPE(S) OF SERVICES:** LIFE SUPPORTING MEDICATIONS,  
TOOTH EXTRACTION, SCHOOL SUPPLIES

**Eligibility Requirements:** Individuals in need

**Cost:** None

**Address:**  
2208 7th Street  
Tuscaloosa, AL 35401

**Phone:** (205) 758-5535  
**Web:**  
[www.temporaryemergencyservices.org](http://www.temporaryemergencyservices.org)

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**DCH Emergency Department**

**TYPE(S) OF SERVICES:**

**Eligibility Requirements:**

**Cost:**

**Address:**

**Phone:** (205) 759-7122

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**Turning Point**

**TYPE(S) OF SERVICES:** HELP WITH DOMESTIC ABUSE

**Eligibility Requirements:**

**Cost:**

**Address:**  
2110 McFarland Blvd. East #G  
Tuscaloosa, AL 35404

**Phone:** (205) 758-0808  
**Web:**  
[www.turningpointservices.org](http://www.turningpointservices.org)

**Poison Control**

**TYPE(S) OF SERVICES:** INFORMATION, EMERGENCY HELP

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**  
2503 Phoenix Drive  
Tuscaloosa, AL 35405

**Toll Free Emergency Number:**  
800-222-1222  
**Web:** [www.alapoissoncenter.org](http://www.alapoissoncenter.org)

**Salvation Army**

**TYPE(S) OF SERVICES:** DISASTER RELIEF, SHELTER

**Eligibility Requirements:** Anyone in need

**Cost:** None

**Address:**  
2902 Greensboro Avenue  
Tuscaloosa, AL 35401

**Phone:** (205) 758-2804

**DCH Speech & Hearing Clinic**

**TYPE(S) OF SERVICES:** SCREENING, EVALUATION, HEARING AID FITTING.

**Eligibility Requirements:** Individuals with speech or hearing disabilities

**Cost:** None

**Address:**  
DCH Medical Center  
Phelps Outpatient Center, 2nd Floor  
809 University Blvd. East  
Tuscaloosa, AL 35401

**Phone:** (205) 759-7305  
**Web:** [www.dchsystem.com](http://www.dchsystem.com)

**Office of Disability Services-University of Alabama**

**TYPE(S) OF SERVICES:** ACCOMMODATIONS TO ASSIST STUDENTS WITH DISABILITIES SUCCEED IN COLLEGE

**Eligibility Requirements:** Students with disabilities that attend UA

**Cost:** None

**Address:**  
133B Martha Parham East  
Box 870185  
Tuscaloosa, AL 35487

**Phone:** (205) 348-4285  
**TTY:** (205) 348-3081  
**Fax:** (205) 348-0804  
**Web:** <http://ods.ua.edu>

**Early Intervention**

**TYPE(S) OF SERVICES:** ASSISTIVE TECHNOLOGY, AUDIOLOGY, PARENT TRAINING, COUNSELING, MEDICAL SERVICES, ETC.

**Eligibility Requirements:** Infants and toddlers from birth to 2 years if they are delayed by 25% or more in cognitive, physical, social, emotional, or adaptive development, or if they have a diagnosis of a physical and/or medical condition

**Cost: None**

**Address:** 1110 Dr. Edward Hilliard Drive  
P.O. Drawer 2817  
Tuscaloosa, AL 35403-2817  
Web: [www.rehab.state.al.us](http://www.rehab.state.al.us)  
**Phone:**(205) 759-1279  
**Toll Free:** 800-723-0490  
**Fax:** (205) 344-4072

**Easter Seals Rehabilitation Services-West Alabama**

**TYPE(S) OF SERVICES:** VOCATIONAL, SOCIAL SECURITY REPRESENTATIVE PAYEE, OUTPATIENT

**Eligibility Requirements:** Individual with a disability

**Cost: None**

**Address:** 1110 Dr. Edward Hilliard Drive  
Tuscaloosa, AL 35401  
Web: [www.eastersealswestal.org](http://www.eastersealswestal.org)  
**Phone:** (205) 759-1211  
**E-mail:** [eswa@eastersealswestal.org](mailto:eswa@eastersealswestal.org)

**Civil Defense & Emergency Management**

**TYPE(S) OF SERVICES:** INFORMATION, RELIEF, SUPPORT

**Eligibility Requirements:** Anyone

**Cost: None**

**Address:** 2201 University Blvd.  
Tuscaloosa, AL 35401  
Web: [www.tuscoema.org](http://www.tuscoema.org)  
**Phone:** (205) 349-0150  
**Fax:** (205) 349-0198

**Community Soup Bowl**

**TYPE(S) OF SERVICES:** DAILY LUNCH MEAL FROM 11:00-1:00

**Eligibility Requirements:** Low income

**Cost: None**

**Address:** 1711 23rd Avenue  
Tuscaloosa, AL 35401  
**Phone:** (205) 752-2421

**Alabama State Troopers**

**TYPE(S) OF SERVICES:** PUBLIC SAFETY, HIGHWAY PATROL

**Eligibility Requirements:** N/A

**Cost:** N/A

**Address:**

301 South Ripley Street  
Montgomery, AL 36104

General Info: (334) 242-4371

Driver's License: (334) 424-4400

E-mail: info@dps.alabama.gov

**American Red Cross**

**TYPE(S) OF SERVICES:** DISASTER RELIEF, BLOOD DONATIONS

**Eligibility Requirements:** Varies

**Cost:** None

**Address:**

1100 Veteran's Memorial Pkwy  
Tuscaloosa, AL 35404

Phone: (205) 758-3608

Fax: (205) 758-4869

Toll Free: 800-516-3387

E-mail: info@bamareddcross.org

Web: www.westalarc.org

**Gerry Fullen House**

**TYPE(S) OF SERVICES:** PROVIDES RESIDENTIAL HOUSING

**Eligibility Requirements:** People with multiple disabilities

**Cost:** None

**Address:**

Phone: (205) 592-0221

**Hospice of West Alabama**

**TYPE(S) OF SERVICES:** PROVIDE HOSPICE SERVICES UNDER MEDICARE,  
MEDICAID, AND BLUE CROSS/BLUE SHIELD

**Eligibility Requirements:**

**Cost:** None

**Address:**

3851 Loop Road  
Tuscaloosa, AL 35404

Phone: (205) 523-0101

Fax: (205) 523-0102

Toll Free: 877-362-7522

**Indian Rivers Mental Health & Mental Retardation Center**

**TYPE(S) OF SERVICES:** MENTAL ILLNESS, MENTAL RETARDATION, &  
SUBSTANCE ABUSE

**Eligibility Requirements:** Individuals that need mental  
health, mental retardation or substance abuse treatment

**Cost:** None

**Address:**  
3701 Loop Road East, Bldg. 39  
Tuscaloosa, AL 35404

**Phone:** (205) 562-3700  
**Crisis Line:** (205) 345-1600

P.O. Box 2190  
Tuscaloosa, AL 35403-2190

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**Medicaid District Office**

**TYPE(S) OF SERVICES:** MEDICAD SERVICES

**Eligibility Requirements:** Individuals on Medicaid

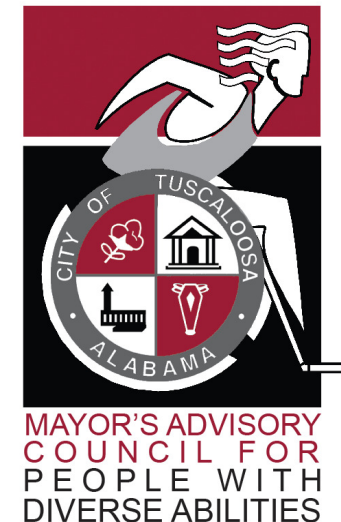
**Cost:** None

**Address:**  
907 22nd Avenue  
Tuscaloosa, AL 35401-5822

**Phone:** (205) 391-6760

## SECTION 8

# EMERGENCY NUMBERS



**Tuscaloosa Transit Authority**

**TYPE(S) OF SERVICES:**

DEMAND RESPONSE VANS 6 AM-6 PM  
FIXED ROUTES 5 AM- 6 PM MONDAY-FRIDAY

**Eligibility Requirements:** Individuals with disabilities that reside in the city of Tuscaloosa

**Cost:** \$2.00 per ride

**Address:**

2450 Hargrove Road East  
Tuscaloosa, AL 35405

**Phone:** (205) 556-3876

**E-mail:** info@uatrolley.org

**Web:** www.uatrolley.org

**TYPE(S) OF SERVICES:**

**Eligibility Requirements:**

**Cost:**

**Address:**

**Phone:**

**Fax:**

**Mental Health Association**

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY, EDUCATION

**Eligibility Requirements:** None

**Cost:** None

**Address:**

2123 9th Street #112  
Tuscaloosa, AL 35401

**Phone:** (205) 752-2689

**Web:** www.nmha.org

**Multiple Sclerosis Society**

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY, EDUCATION,  
SUPPORT GROUPS

**Eligibility Requirements:** None

**Cost:** None

**Address:**

3840 Ridgeway Drive  
Birmingham, AL 35209

**Phone:** (205) 879-8881

**Toll Free:** 800-344-4867

**E-mail:** ALC@NMSS.ORG

**Web:** www.nationalmssociety.org

**Muscular Dystrophy Association**

**TYPE(S) OF SERVICES:** INFORMATION, CLINICS, SUPPORT GROUPS,  
RESEARCH

**Eligibility Requirements:** None

**Cost:** None

**Address:** 700 Century Park South #129  
Birmingham, AL 35226  
**Phone:** (205) 823-8191  
**Fax:** (205) 823-1057  
**E-mail:** Birmingham@mdusa.org  
**Web:** www.mda.org

**Mustard Tree Thrift Store-Phoenix House Inc.**

**TYPE(S) OF SERVICES:** CLOTHING, HOUSEHOLD ITEMS

**Eligibility Requirements:** Referral from non-profit organizations

**Cost:** Sliding scale

700 35th Avenue  
Tuscaloosa, AL 35401  
**Phone:** (205) 758-3867  
**Fax:** (205) 758-3803  
**Web:**  
www.phoenixhousetuscaloosa.com

**Accessible Parking Decals**

**TYPE(S) OF SERVICES:** PROVIDE ACCESSIBLE PARKING DECALS

**Eligibility Requirements:** Individual with a disability

**Cost:** Varies

**Address:** Tuscaloosa County Courthouse  
714 Greensboro Avenue  
Tuscaloosa, AL 35401  
**Phone:** (205) 349-3870

**FOCUS on Senior Citizens**

**TYPE(S) OF SERVICES:** TRANSPORTATION

**Eligibility Requirements:** Age 60 and above

**Cost:** None

**Address:** 1920 6th Avenue  
Tuscaloosa, AL 35401  
**Phone:** (205) 758-3393  
**Fax:** (205) 758-3395  
**Web:** www.focustuscaloosa.org

## SECTION 7

# TRANSPORTATION



MAYOR'S ADVISORY  
COUNCIL FOR  
PEOPLE WITH  
DIVERSE ABILITIES

### National Alliance for Mental Illness

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY, SUPPORT GROUPS,

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
University of Alabama  
Tuscaloosa, AL

**Phone:** (205) 752-5774  
**E-mail:** [claurie@bama.us.edu](mailto:claurie@bama.us.edu)

**Web:** [www.nami.org](http://www.nami.org)

### National Center for Stuttering

**TYPE(S) OF SERVICES:** ANSWERS QUESTIONS REGARDING  
STUTTERING

**Eligibility Requirements:** None

**Cost:** None

**Phone:** 800-221-2483

**E-mail:** [executivedirector@stuttering.com](mailto:executivedirector@stuttering.com)

**Web:** [www.stuttering.com](http://www.stuttering.com)

**North Harbor Pavilion**

**TYPE(S) OF SERVICES:** SHORT-TERM INPATIENT PSYCHIATRIC FACILITY

**Eligibility Requirements:** Referral by a credentialed psychiatrist

**Cost:** None

**Address:**  
Northport Medical Center  
2700 Hospital Drive  
Northport, AL 35476

Phone: (205) 330-3000  
Web: [www.dchsystem.com](http://www.dchsystem.com)

**Phoenix House Inc.**

**TYPE(S) OF SERVICES:** SUBSTANCE ABUSE REHABILITATION, 90 DAY RESIDENTIAL REHABILITATION FACILITY

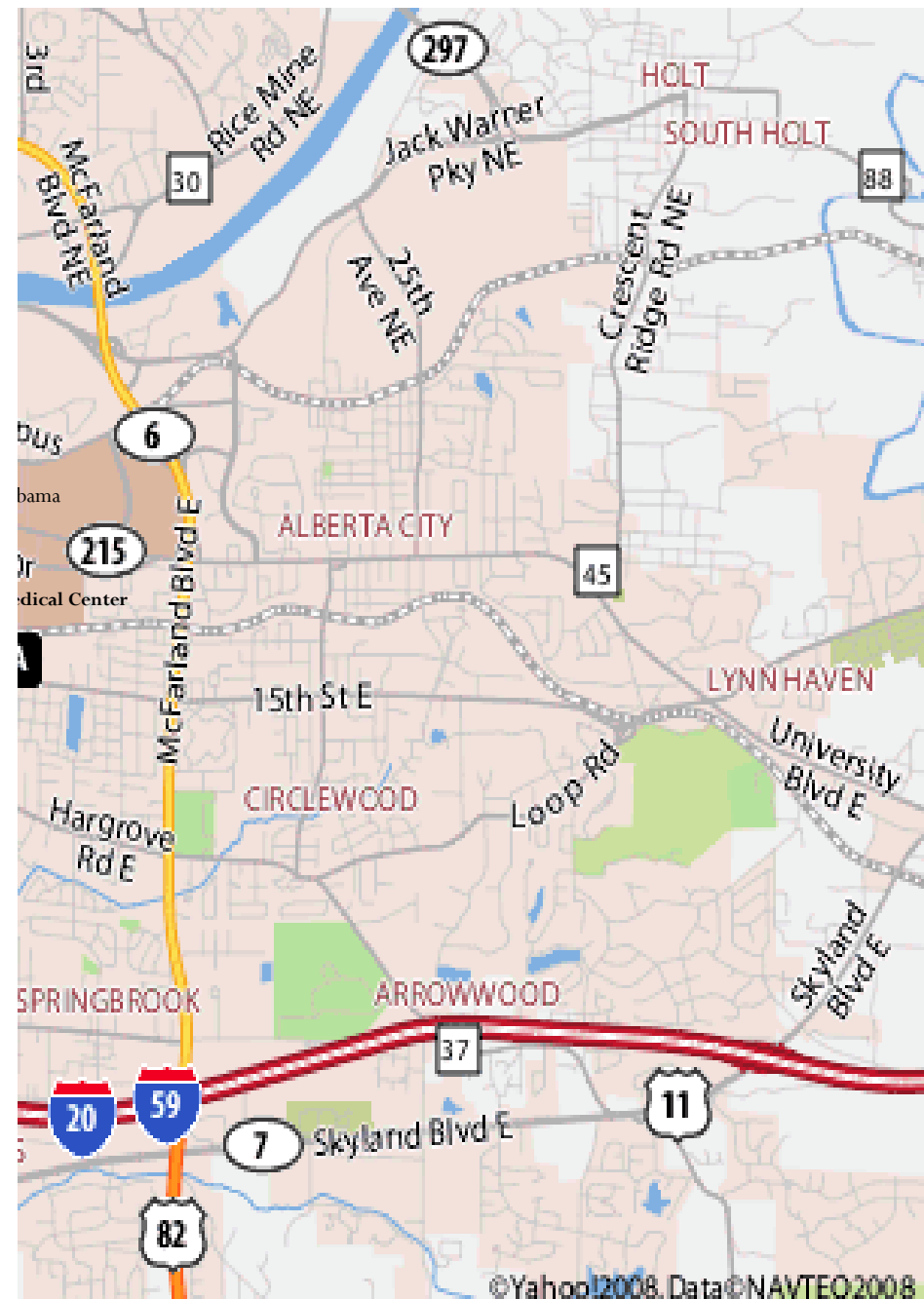
**Eligibility Requirements:** Completion of a Primary Treatment Center or Crisis Stabilization Unit for drug/alcohol abuse within the past 6 months

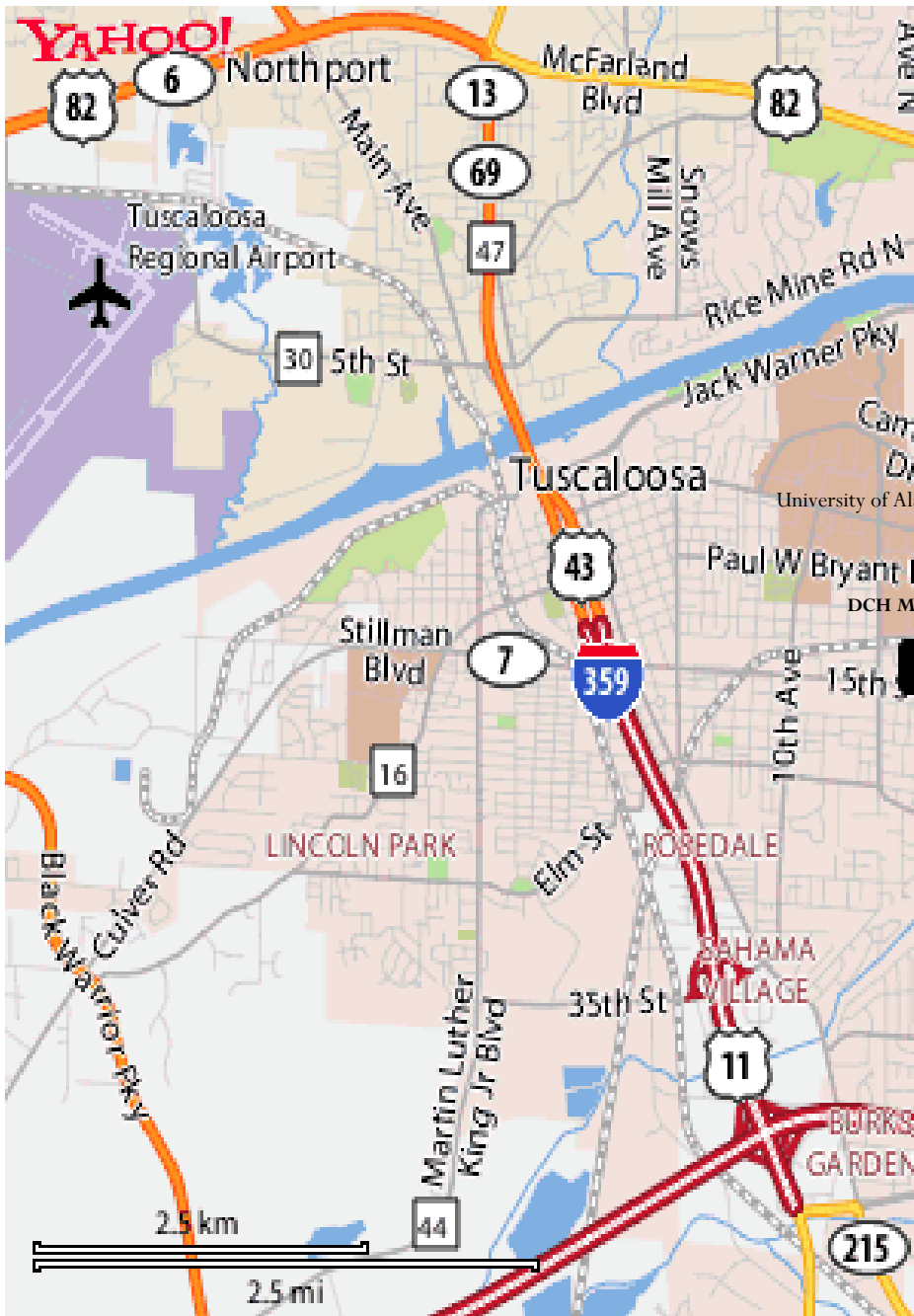
**Cost:** Sliding scale

**Address:**  
700 35th Avenue  
Tuscaloosa, AL 35401

Phone: (205) 758-3867  
Admissions: (205) 750-0906  
Fax: (205) 758-3803

Web:  
[www.phoenixhousetuscaloosa.com](http://www.phoenixhousetuscaloosa.com)





**Psychological Clinic-University of Alabama**

**TYPE(S) OF SERVICES:** PROVIDES PSYCHOLOGICAL EVALUATIONS AND THERAPY.

**Eligibility Requirements:** Individuals with emotional, behavioral and/or learning disabilities

**Cost:** Varies

**Address:**  
 Dr. Melissa Jackson, Director                      Phone: (205) 348-5000  
 Psychology Clinic  
 Gordon Palmer Hall (UA Campus)  
 Box 870356  
 Tuscaloosa, AL 35487-0356

**Recording for the Blind and Dyslexic**

**TYPE(S) OF SERVICES:** LENDS BOOKS ON TAPE

**Eligibility Requirements:** Individuals with documented evidence of a print disability

**Cost:** None

**Address:**  
 National HQ  
 20 Roszel Road  
 Princeton, NJ 08540

**Phone:** 888-732-3585  
**Web:** [www.rfbid.org](http://www.rfbid.org)

**Rural Infant Stimulation Program-RISE**

**TYPE(S) OF SERVICES:** EDUCATION, THERAPY

**Eligibility Requirements:** Infants & children with disabilities

**Cost:** None

**Address:** Phone: (205) 348-7931  
Web: [www.riseschool.org](http://www.riseschool.org)

**University of Alabama-Continuing Studies Division**

**TYPE(S) OF SERVICES:** CONTINUING EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

**Address:** The University of Alabama  
Tuscaloosa, AL 35487  
**Web:** <http://continuingstudies.ua.edu>

**Phone:** (205) 348-6331  
**Fax:** (205) 348-9246  
**E-mail:** [mkirk@ccs.ua.edu](mailto:mkirk@ccs.ua.edu)

**Sickle Cell Foundation-West Alabama**

**TYPE(S) OF SERVICES:** INFORMATION, EDUCATION, RESEARCH

**Eligibility Requirements:**

**Cost:** None

**Address:** 3011 5th Street  
Northport, AL 35476  
**Phone:** (205) 758-1761  
**E-mail:** [sicklewestal@aol.com](mailto:sicklewestal@aol.com)

**Tuscaloosa's One Place, A Family Resource Center**

**TYPE(S) OF SERVICES:** ADULT EDUCATION, PARENT EDUCATION, AFTER SCHOOL TUTORING, JOB READINESS PROGRAM

**Eligibility Requirements:** None

**Cost:** None

**Address:** 867 Redmont Drive  
Tuscaloosa, AL 35404  
**Phone:** (205) 462-1000  
**Web:** www.etfrc.org

**University of Alabama-Adult Student Office**

**TYPE(S) OF SERVICES:** ADULT EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

**Address:** The University of Alabama  
Tuscaloosa, AL 35487  
Web: <http://academicoutreach.ua.edu>  
**Phone:** (205) 348-6010  
**Toll Free:** 800-467-0227

**Speech & Hearing Clinic-University of Alabama**

**TYPE(S) OF SERVICES:** EVALUATION, THERAPY

**Eligibility Requirements:** Individual with speech and/or hearing disorders

**Cost:** None

**Address:** 700 University Blvd East  
Tuscaloosa, AL  
**Phone:**(205) 348-7131  
**Web:** [www.as.ua.edu/comdis](http://www.as.ua.edu/comdis)

**Tuscaloosa County Health Department**

**TYPE(S) OF SERVICES:** INFORMATION, ASSESSMENTS, IMMUNIZATION

**Eligibility Requirements:** None

**Cost:** Varies

**Address:** 1101 Jackson Avenue  
Tuscaloosa, AL 35401  
**Phone:** (205) 345-4131  
**Web:** [www.adph.org](http://www.adph.org)

**Tuscaloosa Sub-Regional Library  
for the Blind & Physically Disabled**

**TYPE(S) OF SERVICES:** BOOKS ON AUDIOCASSETTE AND LARGE PRINT,  
MANUAL BRAILLEWRITER, CC TV

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
1801 Jack Warner Parkway  
Tuscaloosa, AL 35401

**Phone:** (205) 345-3994  
**E-mail:** [bjordan@tuscaloosa-library.org](mailto:bjordan@tuscaloosa-library.org)

**Web:** [www.tuscaloosa-library.org](http://www.tuscaloosa-library.org)

**United Cerebral Palsy of West Alabama**

**TYPE(S) OF SERVICES:** CHILDRENS SERVICES, ADULT SERVICES,  
EDUCATION, ASSISTIVE TECHNOLOGY, FAMILY SUPPORT

**Eligibility Requirements:** Individuals with Cerebral Palsy

**Cost:** None

**Address:**  
1100 UCP Parkway  
Tuscaloosa, AL 35476

**Phone:** (205) 345-3031  
**Fax:** (205) 345-3035  
**E-mail:** [tfrankucp@comcast.net](mailto:tfrankucp@comcast.net)  
**Web:** [www.ucpwa.org](http://www.ucpwa.org)

**Tuscaloosa County Board of Education**

**TYPE(S) OF SERVICES:** K-12 EDUCATION

**Eligibility Requirements:** Children in grades K-12

**Cost:** None

**Address:**  
2314 9th Street  
Tuscaloosa, AL 35403

**Phone:** (205) 758-0411  
**Web:** [www.tcass.net](http://www.tcass.net)

**Tuscaloosa City Board of Education**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Children in grades K-12

**Cost:** None

**Address:**  
1210 21st Avenue  
Tuscaloosa, AL 35401

**Phone:** (205) 759-3700  
**Web:** [www.tusc.k12.al.us](http://www.tusc.k12.al.us)

**Shelton State Community College**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

<b>Address:</b> 9500 Old Greensboro Road Tuscaloosa, AL 35405	<b>Phone:</b> (205) 247-7722 <b>Toll Free:</b> 800-211-7722 <b>Web:</b> www.sheltonstate.edu
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**Shelton State-CA Fredd**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

<b>Address:</b> 3401 Martin Luther King Jr. Blvd. Tuscaloosa, AL 35401	<b>Phone:</b> (205) 247-7722 <b>Toll Free:</b> 800-211-7722 <b>Web:</b> www.shletonstate.edu
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**Veterans Administration (VA) Medical Center**

**TYPE(S) OF SERVICES:** PRIMARY CARE, LONG-TERM CARE, MENTAL HEALTH CARE

**Eligibility Requirements:** Veterans

**Cost:** Varies

<b>Address:</b> 3701 Loop Road East Tuscaloosa, AL 35404	<b>Phone:</b> (205) 554-2000 <b>Toll Free:</b> 888-269-3045 <b>Web:</b> www.tuscaloosa.va.gov
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**Whatley Health Services, Inc.-Crescent East**

**TYPE (S) OF SERVICES:** HEALTH CARE FOR THE HOMELESS, MEDICAID, WIC, HIV/AIDS PRIMARY CARE, WOMEN'S HEALTH CARE, TRANSPORTATION, PRESCRIPTION ASSISTANCE, ENT PRENATAL, MENTAL HEALTH, CHIROPRACTIC, AND HEALTH PROMOTION DISEASE PREVENTION.

**Eligibility Requirements:** Individuals that are medically underserved

**Cost:** Minimum fee required, sliding scale available

<b>Address:</b> J.O Ellis Court Tuscaloosa, AL 35476	<b>Toll Free:</b> 866-783-2283 <b>Web:</b> www.whatleyhealth.org
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**Whatley Health Services, Inc.-Tuscaloosa Metro Jail**

**TYPE(S) OF SERVICES:** HEALTH CARE FOR THE HOMELESS, MEDICAID, WIC, HIV/AIDS PRIMARY CARE, WOMEN'S HEALTH CARE, TRANSPORTATION, PRESCRIPTION ASSISTANCE, ENT PRENATAL, MENTAL HEALTH, HIROPRACTIC, AND HEALTH PROMOTION DISEASE PREVENTION.

**Eligibility Requirements:** Individuals that are medically underserved

**Cost:** Minimum fee required, sliding scale available

**Address:**  
Tuscaloosa Metro Jail

Toll Free: 866-783-2283  
Web: [www.whatleyhealth.org](http://www.whatleyhealth.org)

**Plus Literacy Program**

**TYPE(S) OF SERVICES:** READING EDUCATION

**Eligibility Requirements:** Anyone needing assistance with reading

**Cost:** None

**Address:**  
9500 Old Greensboro Road  
Tuscaloosa, AL 35405

Phone: (205) 391-2671  
Fax: (205) 391-2669

**Stillman College**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

**Address:**  
P.O. Box 1430  
Tuscaloosa, AL 35403

Phone: (205) 349-4240  
Toll Free: 800-841-5722  
Web: [www.stillman.edu](http://www.stillman.edu)

**FOCUS on Senior Citizens**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Individuals 60 and older

**Cost:** None

**Address:**  
1920 6th Avenue  
Tuscaloosa, AL 35401

**Phone:** (205) 758-3393  
**Fax:** (205) 758-3395

**Web:** [www.focustuscaloosa.org](http://www.focustuscaloosa.org)

**Mental Health Association**

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY,  
EDUCATION, COUNSELING

**Eligibility Requirements:** Individuals with Mental Health  
Disabilities

**Cost:** None

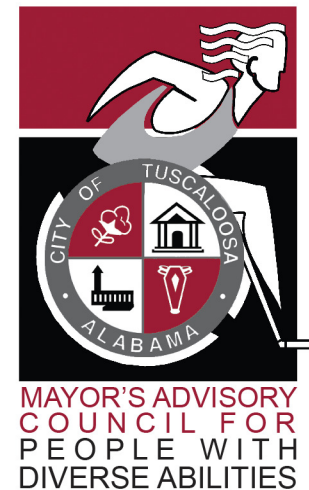
**Address:**  
2123 9th Street  
Tuscaloosa, AL 35401

**Phone:** (205) 752-2689  
**Fax:** (205) 758-5773  
**E-mail:** [mhatusc@dbtech.net](mailto:mhatusc@dbtech.net)

**Web:** [www.nmha.net](http://www.nmha.net)

## SECTION 2

# HOUSING, FOOD, CLOTHING, & ENERGY ASSISTANCE



**Alabama Gas Company**

**TYPE(S) OF SERVICES:** GATEKEEPER PROGRAM-OFFERS ASSISTANCE TO THOSE IN NEED

**Eligibility Requirements:** Low income

**Cost:** None

**Address:**  
1824 University Blvd.  
Tuscaloosa, AL 35401

**Phone:** (205) 759-2501  
**Web:** [www.alagasco.com](http://www.alagasco.com)

**Alabama Power Company**

**TYPE(S) OF SERVICES:** PROJECT SHARE-ASSISTANCE PAYING ELECTRIC BILLS

**Eligibility Requirements:** Individual with a disability or elderly

**Cost:** None

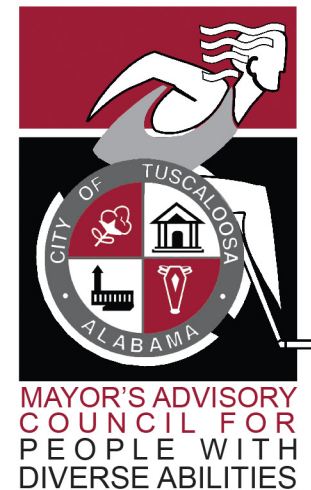
**Address:**  
915 Queen City Avenue  
Tuscaloosa, AL 35401

**Customer Service:**  
800-245-2244  
**Power Outage Reporting:**  
800-888-2726

**Web:** [www.alabamapower.com](http://www.alabamapower.com)

## SECTION 6

## EDUCATION



**Sunrise Center**

**TYPE(S) OF SERVICES:** INDIVIDUAL AND FAMILY COUNSELING,  
AND GRIEF COUNSELING

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
3851 Loop Road  
Tuscaloosa, AL 35404

**Phone:** (205) 523-0101  
**Toll Free:** 877-362-7522

**University of Alabama Psychology Clinic**

**TYPE(S) OF SERVICES:** PROVIDES COUNSELING SERVICES TO  
WEST ALABAMA

**Eligibility Requirements:** Individuals in need of counseling

**Cost:** None

**Address:**  
Dr. Jean Spruill, Director  
Psychology Clinic  
Box 870348  
Tuscaloosa, AL 35487-0348

**Phone:** (205) 348-5000  
**E-mail:** jspruill@gp.as.ua.edu

**American Red Cross-Project Share**

**TYPE(S) OF SERVICES:** DISASTER PREPAREDNESS, DISASTER  
RELIEF, BLOOD DONATION, FIRST AID

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
1110 Veterans Memorial Pkwy  
Tuscaloosa, AL 35404

**Phone:** (205) 758-3608  
**Fax:** (205) 758-4869

**Web:** www.westalarc.org

**E-mail:** info@bamareddcross.org

**Catholic Family Services**

**TYPE(S) OF SERVICES:** EMERGENCY FOOD AND FINANCIAL  
ASSISTANCE

**Eligibility Requirements:** Low Income

**Cost:** None

**Address:**  
608 37th Street, East  
Tuscaloosa, AL 35405

**Phone:**(205) 759-1268  
**Fax:** (205) 759-1224

**Christian Ministry Center**

**TYPE(S) OF SERVICES:** MEDICAL/DENTAL RELIEF, HUNGER  
RELIEF, LITERACY

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
4300 Highway 69 North  
Northport, AL 35476

**Phone:**(205) 339-4563  
**Web:** www.namb.net

**Gamblers Anonymous**

**TYPE(S) OF SERVICES:** COUNSELING, INFORMATION

**Eligibility Requirements:** Individual that has a gambling  
issue or family member

**Cost:** None

**Address:**  
Hillcrest Hospital  
6869 5th Avenue South  
Birmingham, AL

**Hotline:** (205) 824-2473

**Community Service Program of West Alabama**

**TYPE(S) OF SERVICES:** LOW INCOME HOME ENERGY  
PROGRAM, MEALS ON WHEELS

**Eligibility Requirements:** Low Income

**Cost:** Varies

**Address:**  
Cynthia Burton  
601 17th Street  
Tuscaloosa, AL 35401

**Phone:** (205) 752-5249  
**Fax:** (205) 758-7229  
**E-mail:** cburton@cspwal.com

**Web:** www.cspwal.com

**Mental Health Association**

**TYPE(S) OF SERVICES:** INFORMATION, ADVOCACY,  
EDUCATION, COUNSELING

**Eligibility Requirements:** Individuals with Mental Health  
Disabilities

**Cost:** None

**Address:**  
2123 9th Street  
Tuscaloosa, AL 35401

**Web:** www.nmha.net

**Phone:** (205) 752-2689

**Fax:** (205) 758-5773

**E-mail:** mhatusc@dbtech.net

**Child Abuse Prevention Services of Tuscaloosa**

**TYPE(S) OF SERVICES:** INFORMATION, COUNSELING,  
ADVOCACY

**Eligibility Requirements:** Children that are abused or ne-  
glected

**Cost:** None

**Address:** Phone: (205) 758-1159  
618 14th Street  
Tuscaloosa, AL 35401

**Family Counseling Services of Tuscaloosa County**

**TYPE(S) OF SERVICES:** COUNSELING FOR FAMILY, PARENTING,  
AND INDIVIDUAL

**Eligibility Requirements:** None

**Cost:** \$65 May be lower based on income

**Address:** Phone: (205) 752-2504  
2020 Paul Bryant Drive Toll Free: 866-916-2504  
Tuscaloosa, AL 35401 E-Mail:  
Web: www.counselingservice.org office@counselingservices.org

**Community Soup Bowl**

**TYPE(S) OF SERVICES:** DAILY LUNCH MEAL FROM 11:00-1:00

**Eligibility Requirements:** Low income

**Cost:** None

**Address:** Phone: (205) 752-2421  
1711 23rd Avenue  
Tuscaloosa, AL 35401

**Community Service Projects Village**

**TYPE(S) OF SERVICES:** HOUSING

**Eligibility Requirements:** Low Income

**Cost:** None

**Address:** Phone: (205) 752-5249  
Stan Shambley Fax: (205) 752-7229  
601 17th Street E-mail: sshambley@cspwal.com  
Tuscaloosa, AL 35401 Web: www.cspwal.com

**Department of Human Resources**

**TYPE(S) OF SERVICES:** FAMILY & CHILD SERVICES, FOOD STAMPS

**Eligibility Requirements:** Low income

**Cost:** None

**Address:**  
3716 12th Avenue East  
Tuscaloosa, AL 35407

**Phone:** (205) 554-1100  
**Fax:** (205) 554-0354

**Caring Hands Hospice, Inc.**

**TYPE(S) OF SERVICES:** PROVIDES IN HOME CARE, GRIEF COUNSELING TO INDIVIDUALS UNDER 18 YEARS OLD

**Eligibility Requirements:** Individuals that are terminally ill

**Cost:** None

**Address:**  
225 University Blvd. East  
Tuscaloosa, AL 35401

**Phone:** (205) 349-3065  
**Fax:** (205) 349-3295

**E-mail:**  
**Web:** [www.caringhandshospice.org](http://www.caringhandshospice.org) [info@caringhandshospice.org](mailto:info@caringhandshospice.org)

**Food Stamp Office**

**TYPE(S) OF SERVICES:** FOOD STAMPS

**Eligibility Requirements:** Low Income

**Cost:** None

**Address:**  
3716 12th Avenue East  
Tuscaloosa, AL 35407

**Phone:** (205) 554-1100  
**Fax:** (205) 554-0354

**Catholic Family Services**

**TYPE(S) OF SERVICES:** INDIVIDUAL, FAMILY & MARRIAGE COUNSELING

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
608 37th Street, East  
Tuscaloosa, AL 35405

**Phone:** (205) 759-1268  
**Fax:** (205) 759-1224

**Alabama Veterans Affairs Department-Tuscaloosa County Courthouse**

**TYPE(S) OF SERVICES:** AWARENESS, ASSIST WITH BENEFITS

**Eligibility Requirements:** Veterans, their families, and survivors

**Cost:** None

**Address:** Tuscaloosa Co. Courthouse  
714 Greensboro Avenue, Room 241  
Tuscaloosa, AL 35401  
**Phone:** (205) 349-3870 Ext. 360  
**Fax:** (205) 758-6170

**Alabama Cares-Caregivers Support Group**

**TYPE(S) OF SERVICES:** INFORMATION, ASSISTANCE, AND RESOURCES

**Eligibility Requirements:** Caregiver must provide care at least 2 times per week. Recipient 60 or older

**Cost:** Sliding Scale

**Address:** Phone: 800-243-5463

**Web:** [www.alarc.org/tarcog/cares.htm](http://www.alarc.org/tarcog/cares.htm)

**Goodwill**

**TYPE(S) OF SERVICES:** EMPLOYMENT, TRAINING, COUNSELING & GUIDANCE

**Eligibility Requirements:** Individual with Disabilities

**Cost:** None

**Address:** 1118 Greensboro Avenue #B14  
Tuscaloosa, AL 35401  
**Phone:** (205) 752-1895

**Friendship House**

**TYPE(S) OF SERVICES:** HOT LUNCH AT 12 NOON

**Eligibility Requirements:** Individuals with Mental Illness

**Cost:** None

**Address:** 505m 19th Avenue  
Tuscaloosa, AL 35401-1509  
**Phone:** (205) 345-1534

**Habitat for Humanity**

**TYPE(S) OF SERVICE:** HOUSING

**Eligibility Requirements:** Low income

**Cost:** None

**Address:**  
1020 McFarland Blvd.  
Northport, AL 35476

**Phone:** (205) 349-5343  
**Fax:** (205) 349-4620

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**Housing Authority-Tuscaloosa**

**TYPE(S) OF SERVICES:** HOUSING

**Eligibility Requirements:** Low Income

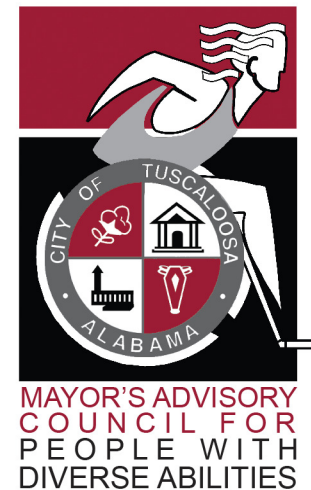
**Cost:** Sliding Scale

**Address:**  
2700 MLK Jr Blvd.  
Tuscaloosa, AL 35401

**Phone:** (205) 758-6619  
**Fax:** (205) 759-5099

## SECTION 5

# COUNSELING



**University of Alabama Law Clinic**

**TYPE(S) OF SERVICES:** CLINIC TYPES: COMMUNITY DEVELOPMENT, ELDER LAW, DOMESTIC VIOLENCE, CIVIL LAW

**Eligibility Requirements:** Anyone

**Cost:** None

**Address:**  
101 Paul Bryant Drive  
Tuscaloosa, AL 35401

**Phone:** (205) 348-4960  
**Web:** www.law.ua.edu/clinics

**West Alabama Regional Commission-Ombudsman Program**

**TYPE(S) OF SERVICES:** PROMOTE WELL-BEING AND QUALITY OF LIFE FOR LONG-TERM CARE RESIDENTS

**Eligibility Requirements:** Senior Citizens

**Cost:** None

**Address:**  
4200 Highway 69 North, Suite 1  
Northport, AL 35476

**Phone:** (205) 333-2990  
**E-mail:**  
warc@adss.alabama.gov

**Web:** www.warc.info

**Housing Authority-Northport**

**TYPE(S) OF SERVICES:** HOUSING

**Eligibility Requirements:** Low Income

**Cost:** Sliding Scale

**Address:**  
39 West Circle  
Northport, AL 35476  
**Web:**  
www.northporthousingauthority.org

**Phone:** (205) 752-8171  
**Fax:** (205) 345-1506  
**E-mail:**  
houing@NorthportHousingAuthority.org

**Meals on Wheels**

**TYPE(S) OF SERVICES:** FOOD

**Eligibility Requirements:** Individuals that are homebound

**Cost:** None

**Address:**  
601 17th Street  
Tuscaloosa, AL 35401

**Phone:** (205) 752-5249  
**Fax:** (205) 752-7229

**Salvation Army**

**TYPE(S) OF SERVICES:** DISASTER RELIEF, ADULT REHABILITATION,

**Eligibility Requirements:** Low income, disaster victims

**Cost:** None

**Address:** Phone: (205) 758-2804  
2902 Greensboro Avenue  
Tuscaloosa, AL

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**Tuscaloosa County Extension Service**

**TYPE(S) OF SERVICES:** 4-H, HEALTH AND WELLNESS, EMERGENCY PREPAREDNESS

**Eligibility Requirements:** Anyone

**Cost:** None

**Address:** Phone: (205) 349-4630  
2513 7th Street Fax: (205) 752-2349  
Tuscaloosa Co. Courthouse Annex  
Tuscaloosa, AL 35401

**Mental Health Association in Tuscaloosa County**

**TYPE(S) OF SERVICES:** INFORMATRION, ADVOCACY, EDUCATION, COUNSELING

**Eligibility Requirements:** Individuals with Mental Health Disabilities

**Cost:** None

**Address:** Phone: (205) 752-2689  
2123 9th Street Fax: (205) 758-5773  
Tuscaloosa, AL 35401 E-mail: mhatusc@dbtech.net  
Web: www.nmha.net

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**People First of Tuscaloosa**

**TYPE(S) OF SERVICES:** ADVOCACY, SUPPORT, EDUCATION

**Eligibility Requirements:** Individual with a disability

**Cost:** None

**Address:** Phone: (205) 333-7863  
11407 Huntington Place E-mail: mmarion@pfofal.org  
Northport, AL 35475-4647 Web: www.pfofal.org

**Legal Counsel for the Elderly**

**TYPE(S) OF SERVICES:** LEGAL ASSISTANCE

**Eligibility Requirements:** Individuals over the age of 60

**Cost:** None

**Address:** University of Alabama Law School  
Clinical Service Program  
**Phone:** (205) 348-0392  
**Fax:** (205) 348-6851  
**Web:** www.uaelderlaw.org

**Legal Services Corporation**

**TYPE(S) OF SERVICES:** COUNSEL AND ADVICE, MEDIATION,  
ADMINISTRATIVE AND JUDICIAL REPRESENTATION, APPEALS IN  
APPROPRIATE CASES, AND LEGAL SELF-HELP MATERIALS AND FORMS.

**Eligibility Requirements:** Helps low-income people with disability  
benefits, Social Security, food stamps, Medicaid, educational problems, IEPs

**Cost:** None

**Address:** 2315 9th Street, Suite 3A  
Tuscaloosa, AL 35401  
**Phone:** (205) 758-7503

**Tuscaloosa County Individual & Family Support Council**

**TYPE(S) OF SERVICES:** GRANTS FOR EXTRAORDINARY NEEDS  
TO FAMILIES OR INDIVIDUALS WITH AN INTELLECTUAL  
DISABILITY

**Eligibility Requirements:** Diagnosis of developmental dis-  
ability, low income

**Cost:** None

**Address:** Phone: 888-759-5600

**Temporary Emergency Services**

**TYPE(S) OF SERVICES:** LIFE SUPPORTING MEDICATIONS,  
TOOTH EXTRACTION, SCHOOL SUPPLIES

**Eligibility Requirements:** Low income

**Cost:** None

**Address:** 2208 7th Street  
Tuscaloosa, AL 35401  
**Phone:** (205) 758-5535  
**Web:** www.temporayemergencyservic  
es.org

**Tuscaloosa Housing Counseling Program**

**TYPE(S) OF SERVICES:** COUNSELING, EDUCATION, MONEY MANAGEMENT,

**Eligibility Requirements:**

**Cost:** None

**Address:**  
1802 41st Avenue  
Tuscaloosa, AL 35401

**Phone:** (205) 349-0175  
**E-mail:** ddrake@tuscaloosa.com

**Alabama Early Intervention System– Child Find**

**TYPE(S) OF SERVICES:** ASSISTIVE TECHNOLOGY, AUDIOLOGY, PARENT TRAINING, COUNSELING, MEDICAL SERVICES, ETC

**Eligibility Requirements:** Infants and toddlers from birth to 2 years if they are delayed by 25% or more in cognitive, physical, social, emotional, or adaptive development, or if they have a diagnosis of a physical and/or medical condition

**Address:**  
1110 6th Avenue, East  
P.O. Drawer 2817  
Tuscaloosa, AL 35403-2817

**Phone:** (205) 759-1279  
**Toll Free:** 800-723-0490  
**Fax:** (205) 344-4072

**United Way-Information & Referral**

**TYPE(S) OF SERVICES:** VARIOUS SERVICES

**Eligibility Requirements:** Anyone/varies

**Cost:** None

**Address:**  
2720 6th Street  
Tuscaloosa, AL 35403

**Phone:** (205) 345-6640  
**Fax:** (205) 345-6681  
**Web:** www.uwwa.org

**Crime Prevention-Public Information**

**TYPE(S) OF SERVICES:** DARE, CHILD SAFETY, PEDESTRIAN SAFETY

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
City Hall  
2201 University Blvd.  
Tuscaloosa, AL 35401

**Phone:** (205) 349-2010

**Ability Alliance of West Alabama**

**TYPE(S) OF SERVICES:** ADVOCACY EDUCATION

**Eligibility Requirements:** Individuals with Mental Retardation

**Cost:** None

**Address:**

1002 McFarland Blvd. #K  
Northport, AL 35476

**Phone:** (205) 333-1577

**Web:** [www.abilityalliance.info](http://www.abilityalliance.info)

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**Alabama Disabilities Advocacy Program**

**TYPE(S) OF SERVICES:** PROTECTION AND ADVOCACY

**Eligibility Requirements:** Individuals with disabilities

**Cost:** None

**Address:**

Box 870395  
Tuscaloosa, AL 35487-0395

**Phone:** (205) 348-4928

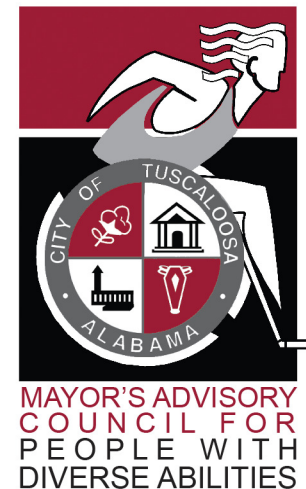
**Toll Free:** 800-826-1675

**E-mail:** [adap@adap.ua.edu](mailto:adap@adap.ua.edu)

**Web:** [www.adap.net](http://www.adap.net)

## SECTION 3

# INCOME, EMPLOYMENT, AND TRAINING



**Alabama Work Incentives Network ALAWIN**

**TYPE(S) OF SERVICES:** PROVIDES INFORMATION ABOUT WORK INCETIVES, HELPS PLAN HOW TO USE WORK INCENTIVES, HELP USE YOUR TICKET TO WORK

**Eligibility Requirements:** SSI Recipients or SSDI beneficiaries ages 14-64.

**Cost:** None

**Address:**  
P.O. Box 434  
300 Birmingham Avenue  
Jasper, AL 35502

**Phone:** (205) 387-0159 ext. 103  
**Toll Free:** 866-259-1745  
**Fax:** (205) 387-0162  
**Web:** www.ilrgb.org

**Alabama Commission on Aging**

**TYPE(S) OF SERVICES:** NUTRITION & WELLNESS, LEGAL AID, LONG TERM CARE, ELDER ABUSE

**Eligibility Requirements:** Senior Citizens

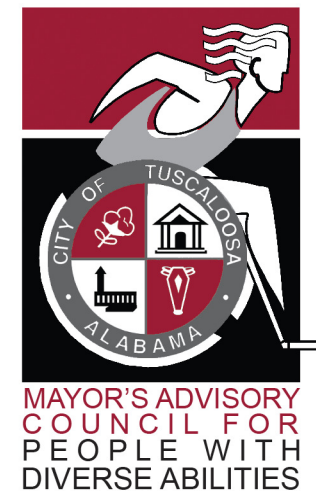
**Cost:** None

**Address:**  
770 Washington Avenue  
RSA Plaza, Suite 470  
Montgomery, AL 36130  
**Web:** www.ageline.net

**Toll Free:** 800-243-5463  
**Toll Free:** 877-425-2243  
**E-mail:** age-  
line@adss.alabama.gov

## SECTION 4

# LEGAL SERVICES AND ADVOCACY



**Alabama Department of Rehabilitation Services**

**TYPE(S) OF SERVICES:** GUIDANCE & COUSELING, JOB DEVELOPMENT, JOB PLACEMENT, JOB COACHING

**Eligibility Requirements:** Individual must have a certified disability

**Cost:** None

**Address:**  
1305 37th Street, East  
P.O. Drawer 1610  
Tuscaloosa, AL 35403-1610

**Phone:** (205) 554-1300  
**Toll Free:** 800-331-5562  
**Fax:** (205) 554-1369

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**Alabama's Career Center System**

**TYPE(S) OF SERVICES:** STATE EMPLOYMENT SERVICE, TUSCALOOSA CAREERLINK, VOCATIONAL REHABILITATION, EASTER SEALS, ADULT EDUCATION, VETERANS SERVICES

**Eligibility Requirements:** None

**Cost:** None

**Address:**  
202 Skyland Drive  
Tuscaloosa, AL 35405

**Phone:** (205) 758-7591  
**Web:** [www.joblink.alabama.gov](http://www.joblink.alabama.gov)

**Eagles' Wings of Tuscaloosa Inc.**

**TYPE(S) OF SERVICES:** DAY HABILITATION

**Eligibility Requirements:** Individual with an intellectual or physical disability

**Cost:** None

**Address:**  
2205 9th Avenue  
Northport, AL 35476

**Phone:** (205) 345-5484

**E-mail:**

eagleswingsin634@bellsouth.net

**Web:** www.eagleswingsoftuscaloosa.org

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**FOCUS on Senior Citizens**

**TYPE(S) OF SERVICES:** SUPPORT SERVICES, TRANSPORTATION, NUTRITION, ETC.

**Eligibility Requirements:** Age 60 and above

**Cost:** None

**Address:**  
1920 6th Street  
Tuscaloosa, AL 35401

**Phone:** (205) 758-3393

**E-mail:**

focus\_on\_senior\_citizens@hotmail.com

**Web:** www.focustuscaloosa.org

A diagnosis may also become an avenue for services, entitlements, or legal protections. Thus, medical, educational, legal, or similar settings are the only places where the use of a diagnosis is relevant.

People First Language puts the person before the disability, and describes what a person has, not what a person is. Are you “cancerous” or do you have cancer? Is a person “handicapped/disabled” or does she “have a disability”? Using a diagnosis as a defining characteristic reflects prejudice, and robs the person of the opportunity to define himself.

Let’s reframe from “problems and into “needs.” Instead of, “He has behavior problems,” we can say, “He needs behavior supports.” Instead of, “She has reading problems,” we can say, “She needs large print.” “Low-functioning” or high-functioning” are pejorative and harmful. Machines “function;” people live! Let’s also eliminate the “special needs” descriptor—every person’s needs are “special.”

A person’s self-image is tied to the words used about him. People First Language reflects good manners, not “political correctness,” and it was started by individuals who said, “We are not our disabilities!” We can create a new paradigm of disability and change the world in the process.

Taken with permission from Kathie Snow’s “A Few Words about People First Language”  
www.disabilityisnatural.com

## The Importance of Person First Language

People with disabilities constitute our nation's largest minority group. It is also the most inclusive: all ages, genders, religions, ethnicities, sexual orientations, and socioeconomic levels are represented.

Yet the only thing people with disabilities have in common is being on the receiving end of societal misunderstanding, prejudice, and discrimination. This largest minority group is the only one which anyone can join, at any time: at birth, in the split second of an accident, through illness, or during the aging process. If and when it happens to you, how would you want to be described?

Words matter! Old and inaccurate descriptors perpetuate negative stereotypes and reinforce an incredibly powerful attitudinal barrier, which is the greatest obstacle facing individuals with disabilities. A disability is, first and foremost, a medical diagnosis. Using medical diagnosis incorrectly—as a measure of a person's abilities and potential—can ruin people's lives.

Embrace the new paradigm: "Disability is a natural part of the human experience..." (U.S. Developmental Disabilities/ Bill of Rights Act). Yes, disability is natural, and it can be redefined as a "body part that works differently." A person with spina bifida has legs that work differently, a person with Down Syndrome learns differently, and so forth. People can no more be defined by their medical diagnosis than others can be defined by gender, ethnicity, religion, or other traits.

### **Jobs Program-Department of Human Resources (DHR)**

**TYPE(S) OF SERVICES:** COUNSELING, TRAINING AND SUPPORT

**Eligibility Requirements:** Individuals being served by DHR

**Cost:** None

**Address:**  
3716 12th Street  
Tuscaloosa, AL 35407

**Phone:** (205) 554-1100

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### **Shelton State Community College**

**TYPE(S) OF SERVICES:** EDUCATION

**Eligibility Requirements:** Varies

**Cost:** Varies

**Address:**  
9500 Old Greensboro Road  
Tuscaloosa, AL 35405

**Phone:** (205) 247-7722

**Toll Free:** 877-211-7722

**Web:** [www.sheltonstate.edu](http://www.sheltonstate.edu)

**Social Security Administration**

**TYPE(S) OF SERVICES:** SSI SSDI

**Eligibility Requirements:** Varies

**Cost:** None

<b>Address:</b> 1118 Greensboro Avenue Federal Building, Suite 111 Tuscaloosa, AL 35401	<b>Phone:</b> (205) 349-4863 <b>Toll Free:</b> 800-772-1213 <b>Web:</b> www.ssa.gov
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**Tuscaloosa YMCA**

**TYPE(S) OF SERVICES:** HEALTH AND WELLNESS, CAMPS, YOUTH SPORTS, TEEN LEADERSHIP PROGRAMS

**Eligibility Requirements:** None

**Cost:** Varies

<b>Address:</b> 2405 Paul W. Bryant Drive Tuscaloosa, AL 35401	<b>Phone:</b> (205) 345-9622 <b>Web:</b> www.ymcatusc.org
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**Veterans Employment Service-Operation Grateful Heart**

**TYPE(S) OF SERVICES:** ASSISTANCE WITH RE-ENTRY TO WORKFORCE, HEALTH BENEFITS AND OTHER SUPPORTS

**Eligibility Requirements:** Veterans

**Cost:** None

<b>Address:</b> 649 Monroe Street Montgomery, AL 36131	<b>Phone:</b> (334) 353-1173 <b>Toll Free:</b> 866-452-4944 <b>E-mail:</b> ogh@governor.alabama.gov
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**West Alabama Regional Commission-Senior Aid Program**

**TYPE(S) OF SERVICES:** ADVICE ON HEALTH INSURANCE, LEGAL COUNSELING, DISCOUNT PRESCRIPTONS

**Eligibility Requirements:** Senior citizens

**Cost:** None

<b>Address:</b> 4200 Highway 69 North, Suite 1 Northport, AL 35476	<b>Phone:</b> (205) 333-2990 <b>E-mail:</b> warc@adss.alabama.gov
<b>Web:</b> www.warc.info	