

Community Resources

Chattanooga Area, Statewide, Nationwide

Adaptive Recreation & Arts

Chattanooga Therapeutic Recreation

- **Services:** Inclusive recreation opportunities; subscribe to newsletter or follow on Facebook
- **Phone:** (423) 643-7866
- **Website:** chattanooga.gov/things-to-do/athletic-therapeutic/therapeutic-recreation

Hart Gallery

- **Services:** Art therapy and adapted art with community events
- **Website:** hartgallery.org

Our House Fitness

- **Services:** Wheelchair-accessible gym; hosts Rock Steady Boxing
- **Website:** <https://ourhousetudiosinc.com/>

SPARC (Adaptive Sports & Recreation)

- **Services:** Adapted sports/recreation with opportunities to attend events and trial equipment
- **Website:** sparctn.org

Adult Day Programs

Abide at First Centenary (Downtown Chattanooga)

- **Eligibility:** Individuals with dementia
- **Website:** firstcentenary.com/abide

Adult Day Care at Standifer Place

- **Address:** 2636 Walker Road, Chattanooga, TN 37421
- **Phone:** (423) 290-8537

Alexian Brothers PACE

- **Address:** 425 Cumberland Street, Chattanooga, TN 37404
- **Phone:** (423) 698-0802
- **Eligibility:** Must qualify for PACE (Medicaid/Medicare, Tennessee resident)

Ascension Living Valley Residence – Adult Day Program

- **Address:** 1164 Mountain Creek Road, Chattanooga, TN 37405
- **Phone:** (423) 875-6110
- **Website:** ascensionliving.org

Sharon's Adult Day Center

- **Address:** 2000 Raulston Street, Chattanooga, TN 37404
- **Phone:** (423) 698-2611
- **Notes:** Accepts CHOICES and all major insurances; must attend at least 2 days/week

Signal Center Adult Day Services

- **Eligibility:** Physical and cognitive needs manageable without one-on-one assistance; does not exceed 8:1 staff ratio
- **Website:** signalcenters.org/programs/adult-day-services

Tennessee Government Licensed Adult Day Programs

- <https://share.google/EyoxslVibkY1e8ZjA>

Diagnosis-Specific Organizations

Brain Injury Association of Tennessee / Brain Links

- **Phone:** (800) 882-0611
- **Services:** Education, support resources, referrals, toolkits
- **Website:** tndisability.org/programs/brain-injury

Christopher & Dana Reeve Foundation

- **Services:** Funding assistance programs, research, information, equipment resources for people with paralysis (SCI)
- **Website:** christopherreeve.org

Muscular Dystrophy Association (MDA) — National

- **Services:** Care Centers; clinical trials info; support groups; DME grants; summer camps; education; referrals
- **Website:** mda.org/care/mda-resource-center

MDA Durable Medical Equipment Grant Program

- **Services:** Grants for essential medical equipment (wheelchairs, lifts, mobility aids, etc.) for people with neuromuscular diseases
- **Website:** mda.org/care/resource-list/equipment-assistance

MSKTC Spinal Cord Injury Resources (Free Guides)

- **Services:** Research-based SCI resources, education booklets, rehabilitation info
- **Website:** msktc.org

National Multiple Sclerosis Society

- **Services:** Resource navigation, financial assistance programs, support groups, advocacy
- **Website:** nationalmssociety.org

National Spinal Cord Injury Association (NSCIA)

- **Services:** Education, community connections, and support for individuals living with SCI/D

- **Website:** spinalcord.org

Orange Grove Center – For Individuals with IDD

- **Services:** Adult, Children, and Enrichment services
- **Website:** <https://www.orangegrovecenter.org/>

Parent Project Muscular Dystrophy — Tennessee Resources

- **Services:** State-specific family support connections and advocacy info
- **Website:** parentprojectmd.org/care/for-families/community-resource-center/state-specific-resources/tennessee/

TN Council on Developmental Disabilities

- **Services:** Exists to improve services and supports to make life better for people with developmental disabilities and their families.
- **Website:** <https://www.tn.gov/cdd/who-we-are.html>

United Spinal Association of Tennessee

- **Phone:** 629-395-7102
- **Services:** Peer support, advocacy, independence resources, wheelchair user support, referrals
- **Website:** unitedspinal.org/chapter/united-spinal-association-of-tennessee/
- **Email:** unitedspinaltn@gmail.com

Exercise & Fitness Programs

Catoosa County Senior Center & Fitness

- **Services:** Senior fitness and leisure activities
- **Website:** catoosacountyga.gov/departments/view-all-departments/senior-center

City of Chattanooga Community Centers (19 locations)

- **Phone:** (423) 643-7300
- **Services:** Adult and family programs: arts, education, fitness, camps, senior activities, and more
- **Website:** chattanooga.gov/services/community-centers

Faith Factor Fitness @ Untethered Church (Fort Oglethorpe)

- **Services:** Free with senior programming in the mornings
- **Phone:** (423) 991-6067
- **Website:** untetheredchurch.org/media/d9swxkz/faith-factor-fitness

Fitness Center at Siskin Hospital

- **Services:** Adapted exercise programs and classes
- **Website:** www.siskinrehab.org/fitness-center-1

Warner Park

- **Services:** Gym free to Chattanooga residents
- **Website:** chattanooga.gov/things-to-do/athletic-therapeutic/fitness-center

YMCA (various locations)

- **Services:** Adapted exercise programs and classes for physical and cognitive disabilities
- **Website:** www.ymcachattanooga.org

Grants & Financial Support

ABLE TN (Achieving a Better Life Experience Accounts)

- **Phone:** (844) 602-7368
- **Eligibility:** Individuals with qualifying disabilities (onset before age 26)
- **Services:** Tax-advantaged savings for disability-related expenses (equipment, therapy, transportation)
- **Website:** ablenrc.org/what-is-able/able-states/tennessee

Tennessee Disability Coalition — Small Grants Program

- **Phone:** (615) 383-9442
- **Eligibility:** Nonprofits/community orgs supporting people with disabilities
- **Services:** Capacity-building grants (not direct individual funding)
- **Website:** tndisability.org/programs/small-grants

Tennessee Grant & Resource Portal (Rural Development)

- **Eligibility:** Individuals, nonprofits, and community organizations
- **Services:** Searchable database of state and federal grants (including health- and disability-related funding)
- **Website:** ext.glb.mytn.gov/rural/search-for-grants---resources.html

Local Disability Advocacy

Mayor's Council for Disabilities – City of Chattanooga

- **Services:** Connects people with city and community resources, Advocates for better access to community resources
- **Website:** <https://chattanooga.gov/government/mayors-office-council-for-disability>

Low Vision Resources

Chattanooga Lions Club

- **Website:** <https://e-clubhouse.org/sites/chattanoogatn/page-10.php>
- **Services:** Provides vision aids, resources and in some cases financial assistance to deaf and blind individuals.

Mountain View Low Vision Services (Cheryl Saucier)

- **Phone:** (423) 763-7118
- **Services:** Assistive technology, products, and education for people with low vision
- **Website:** mvlvs.com

ScriptTalk

- **Phone:** (309)452-3088
- **Website:** <https://www.scriptability.com/scriptalk-talking-labels>
- **Services:** Reads medication out loud to patients with visual impairments.
 - Contracted with Walmart and working towards Walgreens
 - CVS has Spoken Rx

Signal Centers

- **Phone:** (423) 698-8528
- **Website:** signalcenters.org
- **Email:** info@signalcenters.org

Tennessee Library for Accessible Books and Media

- **Services:** Free membership for eligible individuals; audiobooks to Tennessee residents
- **Phone:** 800-342-3308
- **Website:** sos.tn.gov/tsla/labm

Neuro-Optometry Services

Allied Eye (Dr. Herron, OD & Dr. Matzkin, MD)

- **Address:** 7405 Shallowford Rd. Suite 420; Chattanooga, TN 37421
- **Phone:** (423) 855-8522
- **Website:** <https://www.alliedeye.com/>
- **Email:** unknown

Chattanooga Vision Therapy at Crowder Eye Center (Dr. Crowder, OD & Prodan, OD)

- **Address:** 7329 Shallowford Rd, Chattanooga, TN 37421
- **Phone:** (423) 822-5698
- **Website:** chattvt.com

Southeastern Vision Rehabilitation (Dr. McBryar, OD)

- **Address:** 1043 Executive Drive, Suite 102; Hixson, TN 37343
- **Phone:** (423) 710-3965
- **Website:** sevisionrehab.com
- **Email:** Info@sevisionrehab.com

Rehabilitation Psychology Services

Dr. Gina Del Gardo

- **Phone:** (423) 427-6822
- **Website:** gina-delgado.clientsecure.me

Dr. Rebecca Cicha

- **Phone:** (423) 295-8335
- **Website:** www.renew-psychology.com

Dr. Beth Capecchi

- **Phone:** (423) 648-5862
- **Website:** groundedcounseling.com/page3.html

Dr. Teresa Young

- **Phone:** (615) 437-9972
- **Website:** generationpsych.com

Dr. Sara Otis

- **Phone:** (423) 414-4997
- **Website:** www.sarahotisphd.com

Online Options

- **Services:** BetterHelp; Talkspace; Cerebral; Headspace; Talkiatry

Statewide Disability Services

Disability Rights Tennessee (DRT)

- **Phone:** (800) 342-1660
- **Eligibility:** Individuals with disabilities statewide
- **Services:** Resource referral, advocacy, assistance locating funding and equipment programs
- **Website:** disabilityrightstn.org

Family Support Program (TN Department of Disability & Aging)

- **Phone:** (615) 253-5368
- **Eligibility:** Diagnosis-based; income guidelines apply
- **Services:** Equipment, respite care, home modifications, transportation, assistive technology
- **Website:** tn.gov/disability-and-aging/disability-aging-programs/family-support.html

Southeast Tennessee Area Agency on Aging & Disability (SETAAAD)

- **Phone:** (866) 836-6678
- **Website:** <https://setaaad.org/>
- **Eligibility:** 60 years old and older
- **Services:** benefits assistance, caregiver support, in-home support, healthy aging services, transportation assistance

Spark (East Tennessee)

- **Phone:** (865) 544-3290

- **Eligibility:** Individuals with disabilities (all ages)
- **Services:** Loan closet for medical equipment (wheelchairs, walkers, hospital beds); assistive technology; toy adaptation
- **Website:** sparktn.org

Tennessee ADA Network (via Tennessee Disability Coalition)

- **Phone:** (800) 949-4232
- **Eligibility:** Individuals with disabilities, families, professionals
- **Services:** ADA guidance, service navigation, community resource referrals
- **Website:** tndisability.org/programs/tn-ada-network

Tennessee Technology Access Program (TTAP)

- **Phone:** 1-833-772-8347
- **Services:** Help acquiring, demonstrating, loaning, and reusing assistive technology devices and services (statewide)
- **Website:** tn.gov/humanservices/ds/ttap.html
- **Email:** TN.TTAP@tn.gov

Support Groups

Tennessee Disability Pathfinder

- **Website:** [Search Results - Tennessee Disability Pathfinder](#)
- **Services:** List of 143 support groups in Tennessee

TennCare (CHOICES) & PACE Programs

CHOICES (TennCare)

- **Eligibility:** Enrolled in Medicaid; age 21+; meet nursing facility level of care; complete pre-admission evaluation
- **Services:** Personal care assistance; homemaker services; light housekeeping, laundry, meal prep; in-home nursing; assistive technology & medical equipment; home modifications (ramps, grab bars, widened doorways); Personal Emergency Response Systems (PERS); respite care; community-based adult day services; transportation; meals
- **Website:** www.tn.gov/tenncare/long-term-services-supports/choices.html

PACE (Program of All-Inclusive Care for the Elderly)

- **Eligibility:** Live in Hamilton County; age 55+; enrolled in Medicaid; meet nursing facility level of care and choose to live in the community
- **Services:** Primary and specialty medical care; prescription medications; hospital & emergency services; labs & imaging; preventive care; PT/OT/SLP; rehab after illness or hospitalization; mental health & psychiatry; memory care/dementia support; help with ADLs; door-to-door transportation (medical appointments, PACE center visits, therapy &

social activities); PACE day program services (meals, nutrition, social, health monitoring, recreational/cognitive activities)

- **Website:**

www.tn.gov/tenncare/long-term-services-supports/the-program-for-all-inclusive-care-for-the-elderly-pace-program.html

Transportation

CARTA Care-a-van

- **Phone:** (423) 698-9038
- **Website:** www.gocarta.org/using-carta/services/care-a-van/

Catoosa County Trans-Aid

- **Phone:** (706) 937-8627
- **Notes:** Will travel to Hamilton County for medical appointments at Erlanger, Parkridge, and Memorial locations.

LITE Transport

- **Phone:** (423) 208-1104
- **Website:** lite-trans.com

MyRide TN Southeast

- **Phone:** (423) 424-4201
- **Website:** myridetnse.org

Ride2Care

- **Phone:** (423) 777-1111
- **Website:** ride2careus.com
- **Email:** Ride2CareTrans@gmail.com

Vocational Rehabilitation

Tennessee Division of Rehabilitation Services (VR)

- **Phone:** (423) 634-6700
- **Services:** Vocational assessment; career counseling and planning; job readiness training; work adjustment programs
- **Website:** www.tn.gov/humanservices/ds/vocational-rehabilitation.html