

Resources

The resources listed below do not include all of the resources available in the Dallas area, but provide helpful information to get you started in your physical activity program. We will keep the list updated, and if you have any information that you think should be included please let us know! Many of the descriptions below are directly from the vendor.

ACCESSIBLE GYMS

REACT www.neuroreaction.org/

REACT, a 501(c)3 non-profit organization, aims to inspire and self-empower all people living with neurological disabilities through intense exercise and advocacy.

Neurofitness Foundation <http://www.neurofitnessfoundation.org/>

Mission is to maintain a facility that promotes the strengthening of the mind and body through exercise and education for the neurologically impaired individual and others who can benefit from using our specialized equipment.

Moody Family YMCA https://www.ymcadallas.org/locations/moody_family_ymca/membership/

6000 Preston Rd
Dallas, TX 75205
(214) 526-7293

Membership Costs

All membership plans require a Joiners fee, montly costs are listed below

Adult Branch \$59/mo

Family \$88/mo

Senior \$49/mo

Facility opened in September of 2016 and includes a lap pool and warm water pool, both with state of the art lifts, warm water pool also has zero-depth entry and water wheelchair available. Facility has 2 SciFit arm crank ergometers for use.

Bachman Lake Dallas County Parks and Recreation facility

For 30 years, the facility has served the needs of people living with cognitive, physical, and emotional disabilities as well as serving the neighborhood surrounding Bachman Recreation Center.

<http://www.dallasparks.org/facilities/facility/details/Bachman-Recreation-Center-362>

RECREATION

RISE Adaptive Sports <http://www.riseadaptivesports.org/wp/>

To assist persons with physical challenges to Recover, Inspire, Succeed, and Empower themselves and others by providing inclusive adaptive recreational sports programs. All activities for persons with disabilities are free.

INFORMATION AND RESOURCE REFERRAL CENTERS

National Center on Health, Physical Activity, and Disability <http://www.nchpad.org/>

The National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.

REACH (ILC) <http://www.reachcils.org/>

Our mission is to provide services for people with disabilities so that they are able to lead self-directed lives and to educate the general public about disability-related topics in order to promote a barrier free community.

GOVERNMENTAL RESOURCES

Department of Assistive and Rehabilitative Services (DARS) <http://www.dars.state.tx.us/>

DARS provides services to Texans who are disabled and to families with children who have developmental delays.

Vocational Rehabilitation (VR) Services <http://www.twc.state.tx.us/jobseekers/vocational-rehabilitation-services>

Texas Workforce Commission vocational rehabilitation services for people with physical or cognitive disabilities, including blindness or visual impairment.

EQUIPMENT

DME Exchange of Dallas, Inc <http://www.dfwdmeexchange.org/>

DME Dallas will collect, refurbish, sanitize and distribute used durable medical equipment (DME) to residents of Dallas County who cannot afford to purchase or rent it.

Gripping Gloves/Wheelchair push Gloves <http://www.activehands.co.uk/>

Gripping gloves are great for those with impaired hand movement or strength. The glove allows you to hold an object to perform a lift or pull when using dumbbells or a weight machine. Push gloves are perfect for someone in a wheelchair that's using wheelchair pushing for cardio. These gloves allow you to work on speed and quick movement in your manual chair while decreasing your risk of injury to your hands.

Neuro Assistance Foundation <http://www.neuroassistance.org/>

Neuro Assistance Foundation is dedicated to assisting spinal cord injured and disabled individuals in the Dallas/Fort Worth & Lubbock areas to achieve self-sufficiency and mobility through assistive vehicles, equipment, technology and home modifications. NAF will strive to ensure that every spinal cord injured or disabled person in our community has the equipment necessary to be mobile and independent.

SOCIAL RESOURCES

New Mobility <http://www.newmobility.com/>

Magazine for active wheelchair users