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## **DISABILITIES SUPPORT GROUPS**

Support groups play an important role for persons with disabilities, as it provides for a learning environment and gives them the opportunity to meet with other disabled individuals. This is especially important for newly disabled individuals. Support groups offer social, educational, and advocacy opportunities for persons with disabilities.

### **All Disabilities**

#### **Access to Independence Oahu**

Phone: 808.347.7944

Website: <http://accesstoindependence.org/our-organization/>

The Access to Independence Oahu support groups comprise of adults with various disabilities. These groups allow persons with disabilities to socialize, share interests, make friends, and be supportive to each other.

*(Non-Profit Organization)*

#### **Aloha Independent Living Hawaii - Statewide**

Oahu: 1.800.385.2454

Maui: 808.866.3783

Molokai: 808.866.3792

Kauai: 808.652.6092

Website: <http://alohailhawaii.org>

The Aloha Independent Living Hawaii support groups are located in all counties. These groups allow persons with disabilities to socialize, share interests, make friends and be supportive to each other. *(Non-Profit Organization)*

## **Developmental and Intellectual Disabilities Support Group**

### **The Arc in Hawaii**

Phone: 808.737.7995

Website: [www.thearcinhawaii.org](http://www.thearcinhawaii.org)

The Arc in Hawaii is a membership organization consisting of parents, relatives, friends, and community supporters of individuals with intellectual and developmental disabilities. (*Non-Profit Organization*)

## **Mental Illness and Psychiatric Disabilities Support Groups**

### **Mental Health America of Hawaii**

Phone: 808.521.1846 (Oahu) • 808.242.6461(Maui)

Website: [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org)

The Mental Health America of Hawaii has programs to provide education to enhance mental wellness for all Hawaii residents. (*Non-Profit Organization*)

### **National Alliance on Mental Illness Hawaii**

Phone: 808.591.1297

[www.namihawaii.org](http://www.namihawaii.org)

The National Alliance on Mental Illness (NAMI) Signature Family Support Groups are free and confidential. In NAMI Family Support Groups, individuals help one another by utilizing their collective experiences and learned wisdom about living with mental health. (*Non-Profit Organization*)

## **Blind Support Groups**

### **Hui Kupuna VIP**

Phone: 808.295.3575

The Hui Kupuna VIP organization meets monthly to discuss issues related to persons with visual impairments. (*Non-Profit Organization*)

### **National Federation of the Blind (NFB) of Hawaii**

Phone: 808.595.6123

Website: <http://hawaii.nfb.org>

The National Federation of the Blind Hawaii meets monthly to discuss issues related to persons with visual impairments. (*Non-Profit Organization*)

### **Hawaii Association of the Blind**

Phone: 808.521.1402

Website: [www.acb.org](http://www.acb.org)

The Hawaii Association of the Blind is the state affiliate of the American Council of the Blind (ACB). The ACB is an organization of people who are blind in the United States. The ACB improves the lives of people who are blind through advocacy, education, research, technology, and encouraging independence and self-confidence. (*Non-Profit Organization*)

### **Helen Keller National Center**

Phone: 858.578.1600 (V/TTY)

Phone: 858.397.5522 (VP)

Website: <http://hknc.org/>

Helen Keller National Center (HKNC) provides consumer advocacy and support, consultation, and technical assistance to schools and agencies, and information and referral in Hawaii via the HKNC SW Regional Office. HKNC is also a rehabilitation training program. (*Non-Profit Organization*)

## **Deaf Support Groups**

### **Aloha State Association of the Deaf (ASAD)**

Phone: 808.951.1040 (TTY)

Website: [www.deafaloha.org](http://www.deafaloha.org)

The Aloha State Association of the Deaf is an organization that helps support Hawaii residents who are deaf through advocacy, education, and social events. *(Non-Profit Organization)*

### **Hands & Voices Hawaii (Oahu)**

Phone: 808.223.9229

Website: <http://hvhawaii.weebly.com/>

The Hands & Voices Hawaii organization offers parent to parent support and resources for families who have deaf, hard of hearing or deaf/blind children, regardless of your child's language choices, school placement, technology use, or age. *(Non-Profit Organization)*

### **Signs of Self (Oahu)**

Phone: 808.392.3881 (voice/text)

Video Phone: 808.442.6449

Website: [www.signsofself.org/](http://www.signsofself.org/)

The Signs of Self organization provides independent living services for people who are deaf, hard-of-hearing, and deaf-blind. *(Non-Profit Organization)*

## **Other Disabilities**

### **Alzheimer's Association – Aloha Chapter**

Big Island: Chris Ridley - 808.443.7360

Kauai: Humberto Blanco - 808.245.3200

Oahu: Pamela Ah-Nee - 808.591.2771

Maui: Lynsey Capone - 808.242.8636

Website: [www.alz.org/hawaii](http://www.alz.org/hawaii)

The Alzheimer's Association offers a variety of support groups for all individuals living with Alzheimer's disease. Groups are facilitated by trained volunteers. Many locations offer specialized groups for children, those with early-onset and early-stage Alzheimer's, adult caregivers, and others with specific needs.

*(Non-Profit Organization)*

**American Cancer Society Hawaii Pacific, Inc.**

Phone: 808.595.7500

Website:

[www.cancer.org/myacs/highplainshawaiiipacific/programsandservices/hawaii-and-your-american-cancer-society](http://www.cancer.org/myacs/highplainshawaiiipacific/programsandservices/hawaii-and-your-american-cancer-society)

The American Cancer Society offers free support groups for cancer patients, survivors, and their families. Support groups offer the chance for people to talk about their experiences with others living with cancer which can help reduce stress. Group members can share feelings and experiences that may seem too strange or too difficult to share with family and friends.

*(Non-Profit Organization)*

**American Heart Association of Hawaii**

Phone: 808.961.2825

Website:

[www.heart.org/HEARTORG/Affiliate/Honolulu/Hawaii/Home\\_UCM\\_WSA048\\_AffiliatePage.jsp](http://www.heart.org/HEARTORG/Affiliate/Honolulu/Hawaii/Home_UCM_WSA048_AffiliatePage.jsp)

The American Heart Association in Hawaii has support groups and outreach programs that bring together heart disease patients, their families, caregivers, and medical professionals. *(Non-Profit Organization)*

**American Lung Association in Hawaii**

Phone: 808.537.5966

Website: [www.lung.org/associations/states/hawaii/](http://www.lung.org/associations/states/hawaii/)

The American Lung Association in Hawaii has support groups that meet regularly. These support groups give people a chance to learn ways to better cope with COPD while getting the support of others who share in their struggles. *(Non-Profit Organization)*

**Brain Injury Association of Hawaii**

Phone: 808.436.8977

Website: [www.biausa.org/hawaii/](http://www.biausa.org/hawaii/)

The Brain Injury Association of Hawaii (BIA-HI) supports survivors of brain injury and their family and friends. BIA-HI has support groups in various locations across the state which meet to allow survivors and their loved ones an opportunity to share in the coping process. BIA-HI also has regular educational meetings and volunteers who can answer questions and provide information regarding resources available in Hawaii. *(Non-Profit Organization)*

**Easter Seals Hawaii**

Phone: 808.536.1015

Website: [www.easterseals.com/hawaii/our-programs/adult-services/](http://www.easterseals.com/hawaii/our-programs/adult-services/)

The Easter Seals Hawaii provides one-to-one support that will enable persons with disabilities to reach individual personal goals of independence. This includes helping the participant learn various skills such as job skill development, socialization, and the ability to form relationships. *(Non-Profit Organization)*

**Hemophilia Foundation of Hawaii**

Phone: 808.638.2910

Website: <http://hihemo.org/>

The Hawaii Hemophilia Foundation supports Hawaii residents living with bleeding disorders through educational programs, camp, and providing direct services to families. HHF advocating for a safe blood supply and in helping families meet the emotional and psychosocial needs. *(Non-Profit Organization)*

**The Learning Disabilities Association of Hawaii (LDAH)**

Phone: 808.536.9684

Website: [www.ldahawaii.org](http://www.ldahawaii.org)

The Learning Disabilities Association of Hawaii (LDAH) supports parents of children with any disability and the professionals who serve them throughout Hawaii in a variety of ways: Information/Referral; Education and Training; Mentoring and Advocacy; Persons-In-Need Program (PIN) (small grant awards to benefit children with disabilities); School Readiness Project. *(Non-Profit Organization)*

**Life Foundation**

Phone: 808.521.2437

Website: <http://lifefoundationorg.ipage.com/>

The Life Foundation offers support groups two times a week to help clients cope with living with HIV. The support groups provide a safe environment to discuss feelings about disclosure of HIV status, health and medication, community building, and other relevant issues. *(Non-Profit Organization)*

**Muscular Dystrophy Association Hawaii**

Phone: 808.593.4454

Website: [www.mda.org/services/finding-support/support-groups](http://www.mda.org/services/finding-support/support-groups)

The Muscular Dystrophy Association (MDA) offers support groups, including many that are disease-specific and others that are topic-focused, such as groups for caregivers, parents, etc. In the support group setting, individuals can share everything from tears and laughter, to medical and financial tips, and travel stories and recipes. (*Non-Profit Organization*)

**United Cerebral Palsy Association of Hawaii**

Phone: 808.532.6744

Website: [www.ucpahi.org/](http://www.ucpahi.org/)

The United Cerebral Palsy Association of Hawaii has programs that provide, information, services referrals, and sports/recreation. UCP networks with other agencies to access appropriate services and provide advocacy for persons with cerebral palsy and their families in order to increase independence in daily living and integration into the community/society. (*Non-Profit Organization*)