

Bridge Resource Library

for the Disability Community



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RESOURCE LIBRARY
for the disability community

These resources will be updated quarterly,
so be sure to check back!

Supports

Organization	Website	Phone
Aktion Club: service club for adults with disabilities	aktionclub.org	1 (800) 549-2647 ext. 411
Arthritis Foundation	arthritis.org	1-800-283-7800
Audiobook Ministries	audiobookministries.org	(206) 243-7377
Banchero Disability Partners: Seattle Case Managers	banchero.org	(206) 367-7795
Be My Eyes: virtual support for the visually impaired	bemyeyes.com	No number to call, but smartphone app exists
Friendship Adventures	friendshipadventures.org	(425) 444-3132
Innerbody: Resources for Caregiving for Loved Ones	Innerbody Web Link	No Number Available

Supports (Cont'd)

Organization	Website	Phone
Meyer Medical Equipment Center	MMEC Web Link	(425) 628-1751 (Bellevue)
Multiple Sclerosis Society	National MS Society Link	No Number Available
Providence Live Well Local: Snohomish County Community Resources	Live Well Local Link	No Number Available
Resumé Writing Guide	Resumé Guide Link	No Number Available
Caring.com: Resources for Disabled Seniors and Their Caregivers	Caring Web Link	Listed by Region on Website
Joni and Friends	joniandfriends.org	(818) 707-5664
Disability Empowerment Center Assisting Disabled persons who live in King County, WA	Disability Empowerment Center	(866) 545-7055

Supports (Cont'd)

Organization	Website	Phone
Washington Autism Alliance and Advocacy (WAAA)	<u>Washington Autism Alliance</u>	(425) 836-6513
Service Opportunities by and for Disabled Adults (SODA)	<u>SODA.com</u>	Phone number not available

Support Groups & Social Media

Name/Title	Web Link
Creaky Joints: Community and Resources for Arthritis Sufferers	<u>creakyjoints.org</u>
Stuff That Works: Data about effective medical treatments	<u>stuffthatworks.health</u>
The Mighty: Articles & Online Community	<u>themighty.com</u>

Accessible Outdoor Recreation

Program	Web Link	Phone Number
Disabled Hiker's Guide	DisabledHikers.com	No Phone Number Available
Mount Rainier– Wheelchair Accessible Vacation Planner	Mount Rainier Web Link	No Phone Number Available
Outdoors for All Foundation	Outdoors for All Web Link	(206) 838-6030
Trail Accessibility Rating System	Trail Rating System Link	No Phone Number Available
NOC Society Offering free outdoor trips for those living in the PNW	NOC Society.com	No Phone Number Available

Accessible City Recreation

Program	Web Link	Phone Number
Auburn– Specialized Recreation	<u>Specialized Recreation Web Link</u>	(253) 931-3043
Bellevue– Adaptive Recreation	<u>Adaptive Recreation Web Link</u>	(425) 452-7686
Federal Way Community Center	<u>Community Center Web Link</u>	(253) 835-6900
Kirkland- Human Services	<u>Human Services Web Link</u>	(425) 587-3325
Redmond–Adaptive Activities	<u>Adaptive Activities Web Link</u>	(425) 556-2300
Renton– Adaptive Recreation	<u>Renton Recreation Web Link</u>	(425) 430-6748
Seattle Parks & Recreation	<u>Seattle Parks Web Link</u>	(206) 684-7548
Shoreline– Specialized Recreation	<u>Specialized Recreation Web Link</u>	(206) 801-2600

Accessibility Products

Many of the products that are linked in the following pages are available through our:

Meyer Medical Equipment Center

Our equipment center sterilizes and refurbishes second-hand equipment that is received by donation. The refurbished medical equipment and mobility aids are offered to the public through the equipment center for a suggested donation.

Willing to work with any budget.

Repairs are also available.

Bellevue: (425) 628-1751
bridgemin.org/medical-equipment/

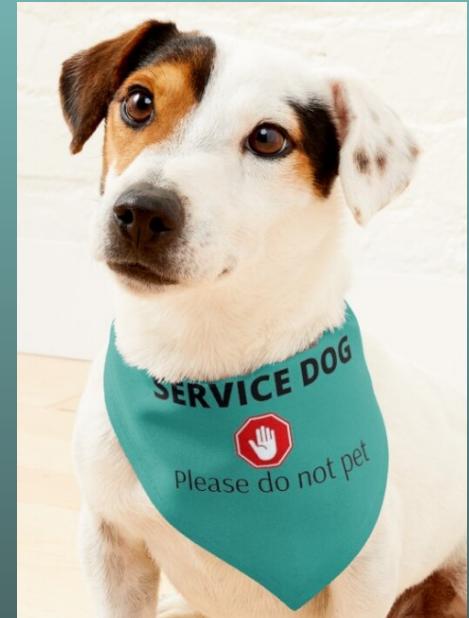
Accessibility Products

For mobility and pain-related disabilities



Transfer Boards

Compression Gloves
and Sleeves



“DO NOT PET”
Bandana for
Service Animals



Pour Thing– helps
pour heavy gallon jugs

Accessibility Products

For mobility and pain-related disabilities

Removable
Wheelchair Ramp



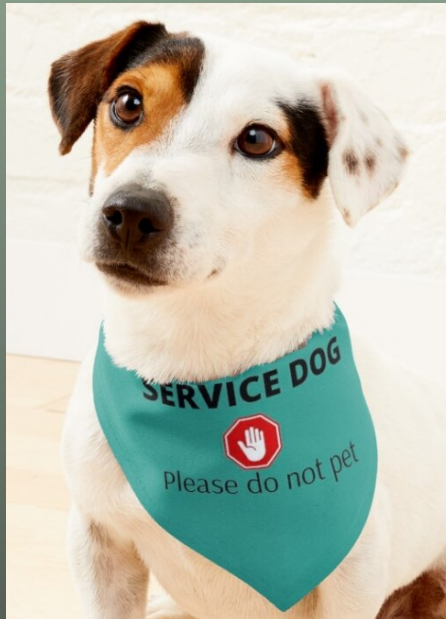
Memory Foam Chair Pads

Accessibility Products

For sensory and communication disabilities



Sound Dampening
Panels for Wall



“DO NOT
PET”
Bandana
for Service
Animals



Noise-Cancelling
Headphones



Braille Label Maker

Accessibility Products

For allergy and immune system related disabilities

Customizable Allergy Alert Tag



“EpiPen Inside” Tag

“High Risk” Cloth Mask



Book Recommendations

The following pages include book recommendations.

The books are listed first by title, then author. This should be enough information to bring to a library, or to type into the computer for online shopping.

Many of these books have e-book and audio recorded versions available.

[King County Library System Web Link](#)

Book Recommendations

for those with painful disabilities and/or chronic conditions

**Demystifying Disability:
What to Know, What to Say, and
How to Be An Ally**
By Emily Ladau

Bridge Devotionals
Disabled and Devoted Vol 1
**[Free Audiobook Link](#)*

Disabled and Devoted Vol 2
**[Free Audiobook Link](#)*

*Free Devotional copies available-Contact
jackiek@bridgemin.org

Disability Visibility
By Alice Wong

Living with Rheumatoid Arthritis
By Tammi Schlotshauer

**The Disabled Hiker's Guide to
Western Washington and
Oregon**
By Syren Nagakyriel

**This Too Shall Last:
Finding Grace When
Suffering Lingers**
By KJ Ramsey

Book Recommendations

for those who are neurodiverse or living with
mental health conditions

Faith-Based Perspectives:

**This Too Shall Last:
Finding Grace When
Suffering Lingers**
By KJ Ramsey

Trauma:

**Complex PTSD: From
Surviving to Thriving**
By Pete Walker

Dissociative Disorders:

**Amongst Ourselves: A Self-
Help Guide to Living with
Dissociative Identity
Disorder**
By Tracy Alderman

Dissociation Made Simple
By Jamie Marich

**Healing the Fragmented
Selves of Trauma Survivors**
by Janina Fisher

Book Recommendations

for those who are neurodiverse or living with
mental health conditions

Addiction:

Trauma and the 12 Steps
By Jamie Marich

Autism:

A Full Life with Autism
*By Chantal and Jeremy
Sicile-Kira*

Depression & Anxiety:

If You Feel Too Much
By Jaime Tworkowski

Bipolar Disorder:

Rock Steady: Brilliant
Advice from my Bipolar Life
By Ellen Forney

Welcome to the Jungle
By Hilary Smith

Book Recommendations

picture books featuring characters with disabilities

All The Things We Can Do!
By Georgette Kores

Demystifying Disability:
What to Know, What to
Say, and How to Be
an Ally
By Emily Ladau

I am Not a Label:
34 Disabled Artists,
Thinkers, Athletes, and
Activists from Past and
Present *By Carrie Burnell*

Just Ask: Be Different, Be
Brave, Be You
By Sonia Sotomayor

The Adventures of Frank
and Mustard
By Simon Calcavecchia

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We hope these links and ideas
have been helpful to you!

We are eager to learn of more
resources to feature here.

Recommendations are always
welcome via jackiek@bridgemin.org

We will continue to update these
resources quarterly— so be sure to
check back!



RESOURCE LIBRARY
for the disability community