

# Bridge Resource Library

for the Disability Community



**RESOURCE LIBRARY**  
for the disability community

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# Supports

Organization	Website	Phone
<b>Aktion Club:</b> Service club for adults with disabilities	<a href="http://aktionclub.org">aktionclub.org</a>	(800) 549-2647 ext. 411
<b>ALS Association</b>	<a href="http://TheALSAssociation.org">The ALS Association</a>	(800) 782-4747
<b>Arthritis Foundation</b>	<a href="http://arthritis.org">arthritis.org</a>	(800)-283-7800
<b>Audiobook Ministries</b>	<a href="http://audiobookministries.org">audiobookministries.org</a>	(206) 243-7377
<b>Banchero Disability Partners:</b> Seattle Case Managers	<a href="http://banchero.org">banchero.org</a>	(206) 367-7795
<b>Be My Eyes:</b> virtual support for the visually impaired	<a href="http://bemyeyes.com">bemyeyes.com</a>	No number Available
<b>Bridge of Promise</b>	<a href="http://BridgeofPromise.org">Bridge of Promise</a>	No number Available
<b>Caring.com:</b> Resources for Disabled Seniors and Their Caregivers	<a href="http://Caring.com">Caring Web Link</a>	Listed by Region on Website

# Supports (Cont'd)

Organization	Website	Phone
<b>Disability 101: Let's Talk About Disability</b>	<a href="http://Joinusonmainstreet.org">Joinusonmainstreet.org</a>	No number Available
<b>Disability Empowerment Center</b>	<a href="http://DisabilityEmpowermentCenter">Disability Empowerment Center</a>	(866) 545-7055
<b>Friendship Adventures</b>	<a href="http://friendshipadventures.org">friendshipadventures.org</a>	(425) 444-3132
<b>Innerbody: Resources for Caregiving for Loved Ones</b>	<a href="http://Innerbody.com">Innerbody.com</a>	No Number Available
<b>Joni and Friends</b>	<a href="http://joniandfriends.org">joniandfriends.org</a>	(818) 707-5664
<b>Meyer Medical Equipment Center</b>	<a href="http://MMECWebLink">MMEC Web Link</a>	(425) 628-1751 (Bellevue)
<b>Multiple Sclerosis Society</b>	<a href="http://NationalMultipleSclerosisSociety">National Multiple Sclerosis Society</a>	No Number Available
<b>Providence Live Well Local: Snohomish County Community Resources</b>	<a href="http://LiveWellLocalLink">Live Well Local Link</a>	No Number Available



# Supports (Cont'd)

Organization	Website	Phone
Resumé Writing Guide	<a href="#"><u>Resumé Guide Link</u></a>	No Number
Service Opportunities by and for Disabled Adults (SODA)	<a href="#"><u>SODA.com</u></a>	Phone number not available
The Tavon Learning Center	<a href="#"><u>The Tavon Center</u></a>	(425) 999-2269
Washington Autism Alliance and Advocacy (WAAA)	<a href="#"><u>Washington Autism Alliance</u></a>	(425) 836-6513

# Support Groups & Social Media

Name/Title	Web Link
<b>Creaky Joints: Community and Resources for Arthritis Sufferers</b>	<u><a href="http://creakyjoints.org">creakyjoints.org</a></u>
<b>The Mighty: Articles &amp; Online Community</b>	<u><a href="http://themighty.com">themighty.com</a></u>

# Accessible Outdoor Recreation

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



# Accessible City Recreation

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



# Accessibility Products

## MEYER MEDICAL EQUIPMENT CENTER

The Meyer Medical Equipment Center provides many types of assistive devices. These items are received through donation and are sterilized, refurbished, and made available to a new owner for a suggested donation. You can look for available equipment by clicking the link below:

[bridgemin.org/medical-equipment/](http://bridgemin.org/medical-equipment/)

Or contact us at:

[equipment@bridgemin.org](mailto:equipment@bridgemin.org)

(425) 628-1751

# 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**  
*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](mailto:jackiek@bridgemin.org)

**Disability Visibility**  
*Alice Wong*

**Living with Rheumatoid Arthritis**  
*Tammi Schlotshauer*

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

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

## Trauma:

Complex PTSD: From  
Surviving to Thriving  
*Pete Walker*

## Dissociative Disorders:

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

Dissociation Made Simple  
*Jamie Marich*

Healing the Fragmented Selves  
of Trauma Survivors  
*Janina Fisher*



# Book Recommendations

for those who are neurodiverse or living with  
mental health conditions

## Addiction:

Trauma and the 12 Steps  
*Jamie Marich*

## Autism:

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

## Depression & Anxiety:

If You Feel Too Much  
*Jaime Tworowski*

## Bipolar Disorder:

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

Welcome to the Jungle  
*Hilary Smith*

# Book Recommendations

For family support and encouragement

**Unexpected Blessings:  
The Joys & Possibilities of Life  
in a Special Needs Family**  
*Sandra Peoples*



# Book Recommendations

picture books featuring characters with disabilities

**All The Things We Can Do!**  
*Georgette Kores*

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

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

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

**The Adventures of Frank and Mustard**  
*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. Contact:

[jackiek@bridgemin.org](mailto:jackiek@bridgemin.org)

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



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