

Bridge Resource Library

for the Disability Community



RESOURCE LIBRARY
for the disability community

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Supports

Organization	Website	Phone
Aktion Club: Service club for adults with disabilities	aktionclub.org	(800) 549-2647 ext. 411
ALS Association	The ALS Association	(800) 782-4747
Arthritis Foundation	arthritis.org	(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 Available
Bridge of Promise	Bridge of Promise	No number Available
Caring.com: Resources for Disabled Seniors and Their Caregivers	Caring Web Link	Listed by Region on Website

Supports (Cont'd)

Organization	Website	Phone
Disability 101: Let's Talk About Disability	Joinusonmainstreet.org	No number Available
Disability Belongs	Disability Belongs™	202-517-6272
Disability Empowerment Center	Disability Empowerment Center	(866) 545-7055
Friendship Adventures	friendshipadventures.org	(425) 444-3132
Innerbody: Resources for Caregiving for Loved Ones	Innerbody.com	No Number Available
Joni and Friends	joniandfriends.org	(818) 707-5664
Meyer Medical Equipment Center	MMEC Web Link	(425) 628-1751 (Bellevue)
Multiple Sclerosis Society	National Multiple Sclerosis Society	No Number Available

Supports (Cont'd)

Organization	Website	Phone
Providence Live Well Local: Snohomish County Community Resources	Live Well Local Link	No Number Available
Resumé Writing Guide	Resumé Guide Link	No Number Available
Service Opportunities by and for Disabled Adults (SODA)	SODA.com	Phone number not available
The Tavon Learning Center	The Tavon Center	(425) 999-2269
Washington Autism Alliance and Advocacy (WAAA)	Washington Autism Alliance	(425) 836-6513
Wonderful Works Ministry	wonderfulworksministry.org	No Number Available

Support Groups & Social Media

Name/Title	Web Link
Creaky Joints: Community and Resources for Arthritis Sufferers	<u>creakyjoints.org</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 Outdoor Recreation

Program	Web Link	Phone Number
Barrier Free Trails	<u>Barrier-Free Trails</u>	Number not Available
Accessible Trails	<u>Trail Link Accessible Trails</u>	Number not Available
Wheelchair Accessible	<u>All Trails for Wheelchairs</u>	Number not 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
Issaquah Accessible Recreation	<u>Adaptive Recreation</u>	(425) 837-3388
Kirkland- Human Services	<u>Human Services Web Link</u>	(425) 587-3325
Redmond–Adaptive Activities	<u>Activities Redmond, WA</u>	(425) 556-2300
Renton– Adaptive Recreation	<u>Adaptive Recreation City of Renton</u>	(425) 430-6748
Seattle Parks & Recreation	<u>Seattle Parks Web Link</u>	(206) 684-7548

Accessible City Recreation

Program	Web Link	Phone Number
Shoreline— Specialized Recreation	<u>Specialized Recreation Web Link</u>	(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/

Or contact us at:

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

Various Topics

**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**

The Pretty One
Keah Brown

Living with Rheumatoid Arthritis
Tammi Schlotshauer

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

Different Not Less
Temple Grandin PhD

**Disability Visibility: First Person
Stories from the 21st Century**
Alice Wong

A Paintbrush for Joni
Joni Eareckson Tada

Book Recommendations

Various Topics

Healing Ableism: Stories About
Disability and Religious Life
Darla Schumm

A Good and Perfect Gift: Faith,
Expectations, and a Little Girl Named
Penny
Any Julia Becker

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 Tworkowski

Bipolar Disorder:

Rock Steady: Brilliant
Advice from my Bipolar Life
Ellen Forney

Welcome to the Jungle
Hilary Smith

Bipolar Faith
Monica Coleman

Book Recommendations

For family support and encouragement

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

Growing Up with the
Disabled Child
Amanda Apgar

The Disabled Child: Memoirs
of a Normal Future
Amanda Apgar

Finding My Place Devotional
Milton Keys

PODCASTS

Take the Next Step

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

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



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