

Rehabilitation

Rehabilitation services can improve overall functioning and quality of life. Programs for people with disabilities may be focused on areas such as vocational rehabilitation, physical therapy, and recovery from brain injury and spinal cord injury.

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Links

Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

Links

Kakana: Adaptive Fitness and Accessible Workouts

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[Kakana: Adaptive Fitness and Accessible Workouts](#)

Links

disAbility Law Center of Virginia (dLCV): Vocational Rehabilitation Resources

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[disAbility Law Center of Virginia \(dLCV\): Vocational Rehabilitation Resources](#)

Links

Rehabilitation - MedlinePlus

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[Rehabilitation - MedlinePlus](#)

Books & Guides

Vocational Rehabilitation Self-Employment Guide (Multimedia Website)

The VR Self-Employment Guide is a multimedia website designed to help people with disabilities and vocational rehabilitation counselors understand the self-employment process. It provides a way for consumers and counselors to assess self-employment readiness and guides them through the process of developing a business plan. The website is self-directed, and can be used by individuals on their own or with the guidance of a vocational rehabilitation counselor or mentor.

Source

[UM Rural Institute on Inclusive Communities](#)

Books & Guides

Future Planning After Brain Injury: A Guide for Family Caregivers

Brain injury can lead to profound changes for individuals and their families. [Future Planning After Brain Injury: A Guide for Family Caregivers](#) can help you, as a family caregiver, to prepare for the best future possible. Show that you care by planning ahead.

Source

[Archives of Physical Medicine and Rehabilitation \(APMR\)](#)

Article

Spinal Cord Injury Resources and Factsheets

The Model Systems Knowledge Translation Center (MSKTC) has developed a series of Spinal Cord Injury (SCI) Factsheets on various topics.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Links

DARS - Office for Disability Programs, Division for Community Living

Source

[DARS - Office for Disability Programs, Division for Community Living](#)

Links

United Spinal Association

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[United Spinal Association](#)

Links

Christopher and Dana Reeve Foundation

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