

# Bridge Resource Library

for the Disability Community



## Key

⊕ = Religious

\$ = For Profit

underlined = Web Link

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**RESOURCE LIBRARY**  
for the disability community

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for the Disability Community



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

# Supports

Organization	Website	Phone
<b>Aktion Club:</b> service club for adults with disabilities	<a href="http://aktionclub.org">aktionclub.org</a>	1 (800) 549-2647 ext. 411
<b>Arthritis Foundation</b>	<a href="http://arthritis.org">arthritis.org</a>	1-800-283-7800
<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 to call, but smartphone app exists
<b>Friendship Adventures</b>	<a href="http://friendshipadventures.org">friendshipadventures.org</a>	(425) 444-3132
<b>Innerbody:</b> Resources for Caregiving for Loved Ones	<a href="#">Innerbody Web Link</a>	No Number Available

# Supports

Organization	Website	Phone
Meyer Medical Equipment Center	<a href="#">MMEC Web Link</a>	(425) 628-1751 (Bellevue) (253) 277-2041 (Tukwilla)
Multiple Sclerosis Society	<a href="#">National MS Society Link</a>	No Number Available
Providence Live Well Local: Snohomish County Community Resources	<a href="#">Live Well Local Link</a>	No Number Available
Resumé Writing Guide	<a href="#">Resumé Guide Link</a>	No Number Available
Caring.com: Resources for Disabled Seniors and Their Caregivers	<a href="#">Caring Web Link</a>	Listed by Region on Website
Joni and Friends	<a href="http://joniandfriends.org">joniandfriends.org</a>	(818) 707-5664

# Support Groups & Social Media

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

# 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>Adaptive Activities Web Link</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

# 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

# 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, in exchange for a suggested donation.

Willing to work with any budget.

Repairs are also available.

Bellevue: (425) 628-1751

Tukwilla: (253) 277-2041



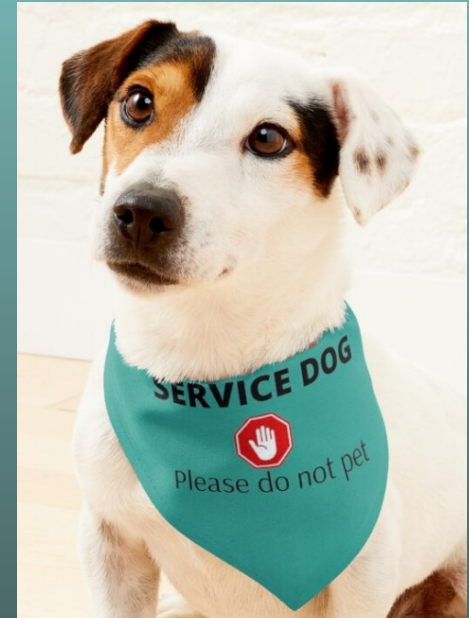
# Accessibility Products

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

Pain Scale Pin



Removable

Wheelchair Ramp



Decorative Wheel Covers



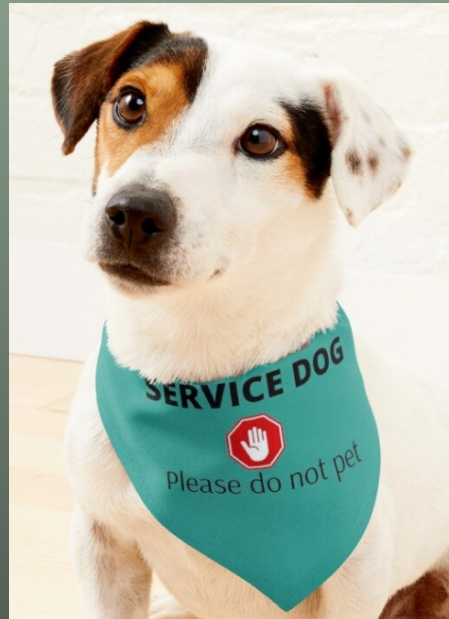
Memory Foam Chair Pads

# Accessibility Products

For sensory and communication disabilities



Sound Dampening  
Panels for Wall



“DO NOT  
PET”  
Bandana  
for Service  
Animals



Noise-Cancelling  
Headphones

Dry Erase Boards-  
Custom Sizes  
& Features



# Accessibility Products

For sensory and communication disabilities



Overstimulation Scale Pin



Speech Ability Scale Pin

Braille Label Maker



# Accessibility Products

For allergy and immune system related disabilities

## Customizable Allergy Alert Tag



## “EpiPen Inside” Tag



## “Love Thy Neighbor” pin featuring an image of a disposable mask



## Exhaustion Scale Pin



## “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*

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

**Disability Visibility**  
*By Alice Wong*

**Anti-Inflammatory Eating Made  
Easy**  
*By Michelle Babb*

**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*

Disabled and Devoted  
[Free Audiobook Link](#)

## 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*

# Bridge Resource Library

for the Disability Community



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](mailto:jackiek@bridgemin.org)

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



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