

We help people, their families, and caregivers find the strength, education, and support to live and maintain wellness in mind, body, and spirit.

**WE SUPPORT PEOPLE IN BEXAR COUNTY AND SURROUNDING AREAS WHO HAVE EXPERIENCED:**

*Traumatic brain injury*

*Spinal cord injury*

*Amputation*

*Stroke, and other related conditions*

## Services

*Our services work comprehensively, addressing a multitude of issues based on the needs of the affected individual, their families, and caregivers.*



### CARE COORDINATION

We'll assess your needs and connect you with community resources, advocating for you every step of the way.



### FAMILY + CAREGIVER SUPPORT

We host workshops and provide resources to ensure both the emotional and physical well-being of those who assist loved ones with disabilities.



### PEER MENTORING

We'll connect you with others who share your journey. A person who has sustained a life-altering injury or condition similar to yours will assist with guidance, support and education.



Our services are offered at no cost, regardless of income or insurance status.



5101 Medical Dr., San Antonio, Texas | (210) 819-4325

[myconnectability.org](http://myconnectability.org)



*ConnectAbility is an initiative of the Warm Springs Foundation. The Warm Springs Foundation is built on a legacy of excellence in caring for people with disabilities. It started by treating children with polio in the 1940's. Since 2008 when the Warm Springs Hospital System was sold, the Warm Springs Foundation has made grants for charity rehabilitation care, research, education and in support of nonprofits that serve children and adults with disabilities.*



A life-altering injury can be devastating, but it doesn't have to be life-ending.

### MONTHLY MEETUPS & EDUCATIONAL EVENTS

We partner with local organizations to provide a variety of events for individuals with life-altering injuries as well as families and caregivers. Connect with others who have shared your journey.

 @ConnectAbility

*Stay up-to-date with our monthly events and other announcements by liking and following our facebook page.*



### How can we help?

Everyone's needs are different. Here are some examples of the support we offer you, your family and caregivers:

- *Finding resources for things like transportation, home modifications, prescription assistance, and counseling.*
- *Working with you to ensure that any barriers to your health and medical needs are addressed.*
- *Navigating assistance programs.*
- *Linking you, your family and caregivers to support groups, counseling resources and workshops.*
- *Matching you with individuals who have experienced a similar journey and who can provide you with the guidance and support you need.*

Recovery from a life-altering injury can be a long road.

You don't have to navigate it alone.



## AACN

ConnectAbility is a proud member of the Alamo Area Community Network.

[yourcommunitynetwork.org](http://yourcommunitynetwork.org)

### Looking for help?

Please reach out if you or a person that you love has experienced a traumatic brain or spinal cord injury, stroke, amputation or a related injury or condition. We serve all, regardless of income or insurance status, who reside in Bexar County and the surrounding areas.

**SUBMIT A FORM**  
[myconnectability.org](http://myconnectability.org)



**GIVE US A CALL**  
**(210) 819-4325**

Questions? Send us an email at [support@myconnectability.org](mailto:support@myconnectability.org).



Linking people with life-altering disabilities to the resources they need.