



US Equestrian Resource Guide: Persons with Disabilities (updated 7/20/20)

Disclaimer: This Resource Guide is provided for informational purposes only. The lists included herein do not constitute complete lists of entities in existence. USEF does not endorse or have a relationship with any of the entities included in the lists. All USEF members are encouraged to conduct their own research and due diligence on this topic.

What You Can Do to Drive Change

- Contact your state and federal representatives (find out who they are via [Common Cause](#))
- Contact your local government officials and representatives (city councils, mayors, superintendents, etc.)
- Vote! [Check voter registration status](#)

Equestrian Resources/Programs

[US Equestrian Para-Equestrian Information and Programs](#)

The primary focus of para-equestrian sport is to provide educational and competitive opportunities for athletes with permanent, measurable, physical disabilities. Many athletes with impairments compete, and excel, in disciplines designed for able-bodied individuals. Para-equestrian programs open a whole world of competition to riders and drivers with disabilities that might preclude them from other forms of sport, and does so while providing a structured, focused, and highly competitive environment. Learn more about Para-Equestrian Dressage and Driving through these [USEF webinars](#).

[United States Para-Equestrian Association](#)

The United States Para-Equestrian Association (USPEA) provides leadership for equestrian sport in the United States of America for athletes with an eligible physical impairment, promoting the pursuit of excellence from the grassroots to the Paralympic Games.

[USEF/USPEA Para-Dressage Centers of Excellence](#)

The Centers of Excellence (COEs) are the focus for trainer/coach identification and development of athletes and programs to expand the availability of quality para-equestrian sport programs. The COEs are hubs for delivering the USEF Para-Equestrian Dressage Emerging through High Performance Programs.



[US Equestrian Para-Dressage Coach Directory](#)

Contact information for US Equestrian-certified para-dressage coaches.

[PATH International](#)

Professional Association of Therapeutic Horsemanship International (PATH Intl.) began with a focus on horseback riding as a form of physical and mental therapy. The organization and its dedicated members have since developed a multitude of different equine-related activities for therapeutic purposes, collectively known as equine-assisted activities and therapies (or EAAT).

Federal Resources (listed alphabetically)

[Americans with Disabilities Act \(ADA\) Introduction](#)

The ADA was signed into law on July 26, 1990. The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life. Modeled after the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, the ADA is an "equal opportunity" law for people with disabilities.

[Centers for Disease Control and Prevention: Disability and Health](#)

The CDC provides information and resources related to disability and health, including disability inclusion, research findings, and promoting public health, education, policies, and intervention strategies for the integration and improved quality of life of persons with disabilities.

[Federal ADA and Disability Resources](#)

List of agencies with ADA responsibilities and resources related to employment, local/regional information, businesses, victims of crime, and more.

[Guide to Disability Rights Laws](#)

From the U.S. Department of Justice, Civil Rights division, this guide provides an overview of Federal civil rights laws that ensure equal opportunity for people with disabilities. To find out more about how these laws may apply to you, contact the agencies and organizations directly.

[National Council on Disability Resources](#)

The NCD, an independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities, has compiled a list of resources to assist individual inquiries seeking such services that are most likely found at the city or state level.

General Advocacy (listed alphabetically)

[ADA National Network](#)

Guidance and training on how to implement the Americans with Disabilities Act (ADA) in order to support the mission of the ADA to “assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.”

[American Association of People with Disabilities](#)

Largest national nonprofit cross-disability member organization in the United States, dedicated to ensuring economic self-sufficiency and political empowerment for the more than 56 million Americans with disabilities.

[National Organization on Disability](#)

Raises disability awareness through the dissemination of disability-related news, information, and resources.

[TASH](#)

TASH is an international leader in disability advocacy. Founded in 1975, TASH advocates for human rights and inclusion for people with significant disabilities and support needs – those most vulnerable to segregation, abuse, neglect, and institutionalization.

Intellectual, Developmental, and Learning Disabilities

[American Association on Intellectual and Developmental Disabilities](#)

The AAIDD provides information and advocacy for people with intellectual and developmental disabilities.

[The Arc](#)

Promotes the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

[National Autism Center](#)

Disseminates evidence-based information about the treatment of autism spectrum disorder (ASD) and promotes best practices.

[National Down Syndrome Society](#)

Advocacy organization provides a helpful language guide and other research and facts on Down Syndrome.

[National Center for Learning Disabilities](#)

Provides information to parents, professionals, and individuals with learning disabilities, promotes research and programs to foster effective learning, and advocates for policies to protect and strengthen educational rights and opportunities.

[Special Olympics](#)

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

[VOR](#)

A national, nonprofit organization advocating for high-quality care and human rights for persons with intellectual and developmental disabilities. It champions individual choice based on need, supporting individuals and their families as primary decision-makers.

Psychiatric Disabilities/Mental Health (listed alphabetically)

[American Psychological Association](#)

The leading scientific and professional organization representing psychology in the United States, with more than 121,000 researchers, educators, clinicians, consultants, and students as its members.

[Bazelon Center for Mental Health Law](#)

The Judge David L. Bazelon Center for Mental Health Law has advocated for the civil rights, full inclusion, and equality of adults and children with mental disabilities.

[National Alliance on Mental Illness](#)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[National Center on Domestic Violence, Trauma, and Mental Health](#)

Provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers as they work to improve agency and systems-level responses to survivors and their children.

[National Institute of Mental Health](#)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

Physical, Vision, and Hearing Impairments

[American Council of the Blind](#)

The American Council of the Blind strives to increase the independence, security, equality of opportunity, and quality of life for all blind and visually impaired people.

[American Deafness and Rehabilitation Association](#)

A national organization that brings together professionals from vocational rehabilitation, mental health, chemical health, education, interpreting, and related fields to share best practices in working with individuals who are deaf, hard of hearing, and deafblind.

[American School for the Deaf – Online Resources](#)

The American School for the Deaf is dedicated to serving deaf and hard of hearing infants, youth, and their families in development of intellect and the enhancement of quality of life.

[Paralyzed Veterans of America](#)

Congressionally chartered veterans service organization serving the special needs of veterans of the armed forces who have experienced spinal cord injury or dysfunction.

Neurological Disabilities

[The American Brain Foundation](#)

The American Brain Foundation promotes and invests in research across the whole spectrum of brain disease.

[Brain Injury Association of America](#)

Through advocacy, education, and research, the BIAA brings help, hope, and healing to millions of individuals living with brain injury, their families, and the professionals who serve them.

[National Institute of Neurological Disorders and Stroke](#)

The National Institute of Neurological Disorders and Stroke is an Institute within the National Institutes of Health that aims to seek fundamental knowledge about the brain and nervous system and to use that knowledge to reduce the burden of neurological disease.

[World Health Organization – About Neurological Disorders](#)

WHO, as the directing and coordinating authority on international health within the United Nations system, adheres to the UN values of integrity, professionalism, and respect for diversity. The values of the WHO workforce furthermore reflect the principles of human rights, universality, and equity.

Multimedia Resources

The Inclusion Playbook

- The Inclusion Playbook is a Sports Impact project led by a civil rights advocate and former Division 1 athlete with the goal of empowering social change agents to transform communities in and through sports.
- The Inclusion Playbook is hosting a series of free webinars this summer, beginning June 11, at <https://www.inclusionplaybook.com/webinar>.

Podcasts (Listed alphabetically)

- [Behaviorally Speaking](#)
- [Disabled Girls Who Lift](#)
- [The Disability Lectures](#)
- [Disability Visibility](#)
- [The DISabled to Enabled Podcast](#)
- [The HEAR ME OUT! \[CC\] Podcast](#)
- [The Happiness Lab](#)
- [Human Potential At Work](#)
- [Living Adaptive](#)
- [Power Not Pity](#)
- [Psychology in Seattle](#)

Books and Articles (Listed alphabetically)

- A Disability History of the United States (Kim E. Nielsen)
- Austerity's Victims: Adults with a Learning Disability (Neil Carpenter)
- Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital (David Oshinsky)
- NeuroTribes: The Legacy of Autism and the Future of Neurodiversity (Steve Silberman)
- No Pity: People with Disabilities Forging a New Civil Rights Movement (Joseph P. Shapiro)
- Crip Theory: Cultural Signs of Queerness and Disability (Robert McRuer)
- Nothing About Us Without Us: Disability Oppression and Empowerment (James I. Charlton)
- [20 Books About Mental Health for World Mental Health Day](#)
- [Fourteen More Insightful Memoirs/Non-Fiction Books about Mental Illness and Addiction](#)

Film and Television (Listed alphabetically)

- [Autism: The Musical](#) (HBO)
- [Crip Camp: A Disability Revolution](#) (Netflix)
- [Emmanuel's Gift](#) (Vimeo)
- [I Can't Do This But I Can Do That](#) (HBO)
- [Lives Worth Living](#) (Storyline Motion Pictures)