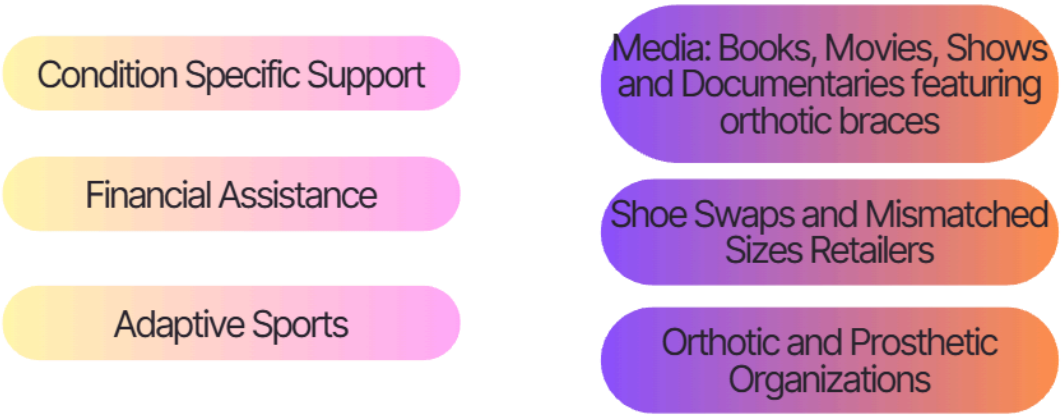
EmBrace More Resources

Finding the right orthotic care is only one part of the journey. Families may also benefit from financial assistance, condition-specific education, peer support, adaptive recreation, and practical resources for everyday life.

EmBrace recommends using these links as starting points. Eligibility, services, and funding availability vary by organization.



Condition-Specific Resources & Support

Whether your child has recently received a diagnosis or your family has been navigating orthotic care for years, connecting with knowledgeable organizations and other families can make a difference. Explore these resources for condition-specific education, peer support, treatment information, and community connections.



Clubfoot

- Ponseti International Association — treatment education and parent-network links.
- Clubfoot Research Foundation — education, research, and community support.
- Clubfoot Connect — peer connections, mentorship, and personal stories.
- Clubfoot World — international network of clubfoot organizations and support communities.

Cerebral palsy

- Cerebral Palsy Foundation — educational resources for individuals and families.
- Cerebral Palsy Research Network — research, education, and community resources.
- MyChild / CerebralPalsy.org — information about cerebral palsy, treatment, and family resources.



Craniosynostosis and plagiocephaly

- CAPPS — family support and education for craniosynostosis and positional plagiocephaly.

- Cranio Care Bears — encouragement and care packages for families facing craniosynostosis surgery.
- myFace — virtual support groups for people and families affected by craniofacial conditions.
- Children's Craniofacial Association — resources and support for families affected by facial differences.
- FACES — craniofacial education and eligible travel assistance.



Scoliosis

- Scoliosis Research Society — medical and treatment education.
- Scolios-us — peer mentorship and support for young people navigating scoliosis and brace wear.
- Curvy Girls Scoliosis — peer support for girls with scoliosis.



Spina bifida

- Spina Bifida Association — education, community connections, and resources for individuals and families.



Ehlers-Danlos syndromes and hypermobility

- The Ehlers-Danlos Society — condition education, support resources, and community connections.



Limb Difference

- Amputee Coalition — peer support and resources for limb loss and limb difference.

Charities and financial assistance

Friends of Man

Provides assistance nationally for adaptive equipment, medical and mobility equipment, orthopedic braces and shoes, and prostheses.

- Who: Children and adults who qualify for assistance.
- How to apply: A professional referral is required; families generally cannot apply directly.
- Website: friendsofman.org



First Hand Foundation

Provides grants for eligible children with medical needs, including medical equipment, orthotics, prostheses, and mobility devices.

- Who: Children age 18 or younger, subject to income and other eligibility requirements.
- Important: Requests must meet medical-necessity criteria and generally must not be covered by existing insurance. Grants are paid to the provider or supplier, not directly to the family.
- Website: firsthandfoundation.org/grants



UnitedHealthcare Children's Foundation (UHCCF)

Offers medical grants to help families pay for eligible healthcare expenses not covered, or not fully covered, by commercial health insurance. Eligible expenses can include orthotics.

- Who: Eligible children age 16 or younger with qualifying commercial health insurance; families must also meet financial and other eligibility rules.
- Important: Families do not have to be insured by UnitedHealthcare. Medicaid-only coverage does not satisfy the commercial insurance requirement.
- Website: uhccf.org



Shriners Children's

Provides specialized pediatric medical care, including custom orthoses, AFOs, KAFOs, scoliosis braces, shoe inserts, and, at select locations, cranial remolding helmets.

- Who: Children with eligible medical conditions, from infants through teenagers and young adults, depending on the service and location.
- Financial assistance: Care is provided regardless of a family's ability to pay or insurance status. Financial assistance may be available, depending on the location and circumstances.
- How to access care: Request an appointment and discuss your child's diagnosis and orthotic needs with the intake team.
- Important: Shriners is a healthcare provider, not simply a grant program. Families generally need to receive care through its system, and services vary by location.
- Website: shrinerschildrens.org
- Orthotic and prosthetic services: Pediatric Orthotic and Prosthetic Services (POPS)

- Request an appointment: Call 800-237-5055 in the United States.

Adaptive sports groups

Orthoses should not automatically prevent someone from participating in sports. Adaptive sports organizations can help families discover activities, coaching, equipment, and opportunities suited to different abilities.



Move United

A national adaptive sports network offering ways to find community programs, recreational opportunities, and competitive sports. Its member directory is a good starting point for finding local options.

Special Olympics

Sports training and competition for people with intellectual disabilities, with programs available through local chapters.



Before participating, ask the child's orthotist, physical therapist, or sports medicine provider about brace compatibility, footwear, and any activity-specific precautions.

Abilities Expo

An accessibility event featuring assistive technology, mobility products, adaptive sports, inclusive recreation, and educational workshops. It can be a useful opportunity for families to discover equipment and connect with disability-related organizations.

Media: Books, Movies, Shows, and Documentaries

Books and films can help children and adults see themselves in stories. Note that Embrace has not watched or read all of the below resources to screen content.

Disability Books Resources

- National Education Association: Books to Uplift Perspectives and Experiences of Disability — a searchable booklist featuring disability perspectives.
  NEA
- Disability Equality Education: Disability-Inclusive Book List — recommended books organized by reading level.
  Disability Equality Education
- National Council on Independent Living: Disability and Independent Living Book & Movies List — a selection of books and films related to disability and independent living.
  National Council on Independent Living

Books Featuring Orthotic Braces

- Children's books:
  - Scoliosis
    - *Ally's Scoliosis Adventure* by Bridget Yang
    - *My Back Brace and Me* by Danielle Moskow
    - *Being Grace* by June Hyjek
  - Leg Braces
    - *Beau and His New AFO: A Children's Guide to Ankle Foot Orthoses* by Stephanie Blunt
    - *Some Kids Wear Leg Braces* by Lola M. Schaefer
    - *Kennedy Gets Leg Braces* by Emily Hunter
    - *Step by Step: Logan's Leg Braces* by Carri B. Levine
    - *My Friend Uses Leg Braces* by Kaitlyn Duling
    - *Pool Pals: Our Friend Maya Uses Leg Braces* by Kirsten McDonald
    - *Some Kids Wear Leg Braces* by Lola M. Schaefer

        - I*n My Feet: Mason's Clubfoot Story* by Mason Wienke
    - Cranial Helmets
        - *Ben's New Hat* by Paola Curley
        - *Helmet Head* by Shanae Skillern
        - *My Little Blue Helmet* by Abby Blackburn
        - *Devin's Helmet Adventure* by Marjoriet Matute
        - *A Cranial Crown for Capri* by Cher Checchio
        - *Fixing My Crown* by Karah Piepkorn
    -
- Middle Grade books:
    - *Scoliosis*
        - *Braced* by Alyson Gerber
        - *The Curve Club: Emma's Story* by Lauren Higginson
        - *There's an S on My Back* by Mary Mahony
        - *The Bravest Thing* by Donna Jo Napoli
    - Leg Braces
        - *Out of My Mind* by Sharon Draper (CP)
        - *Roll With It* by Jamie Sumner (CP)
- Teen books:
    - Scoliosis
        - *Deenie* by Judy Blume
- Adult/Parent books: Includes memoirs and nonfiction
    - Scoliosis
        - *Scoliosis and the Human Spine* collections and patient memoirs
    - Leg Braces
        - *Clubfoot Connections: Stories, Essays, and Poetry from the Clubfoot Community*

<u>Documentaries</u>

- *Crip Camp: A Disability Revolution*
    - A documentary about disability activism and the disability rights movement.

<u>Movies Featuring Orthotic Braces</u>

- *The Hill* (2023, PG)
    - Based on the true story of Rickey Hill, who wears leg braces because of a degenerative spinal condition.
- *Forrest Gump* (PG-13)
    - Historically important because Forrest wears leg braces, but the famous "breaking free" scene is very unrealistic.

Shows Featuring Orthotic Braces

- *Arcane* (TV-14)
    - The character Viktor wears a KAFO leg brace and uses a cane
- *The 100* (TV-14)
    - The character Raven Reyes wears a KAFO leg brace in seasons 2-7

Shoe swaps and mismatched size shops

Children often outgrow shoes before they wear them out, and AFO-friendly footwear can be expensive. Exchanging gently used shoes may help families find affordable options.

Shoe Swapping Sites

- www.oddshoe.org
- www.oddshoefinder.com
- Soles4Souls | Creating opportunity for people through shoes and clothing.

Retailers for mismatched sizes

- IIFit - Ascent Footwear
- Healthy Feet Store | Orthopedic Shoes | Healthy Feet Store
- Unpaired | Single Shoes for Left, Right & Unique Needs
- www.zappos.com

Orthotic and Prosthetic Organizations

Learn more about orthotic and prosthetic care, professional standards, finding providers, and patient advocacy.

American Orthotic & Prosthetic Association (AOPA)

Patient education, information about O&P care, and resources for finding a provider.

[American Academy of Orthotists and Prosthetists (AAOP)]

Professional education, research, and resources related to quality orthotic and prosthetic care.

[American Board for Certification (ABC)]

Information about certification and accreditation, including directories for locating certified individuals and accredited facilities.



National Association for the Advancement of Orthotics & Prosthetics (NAAOP)

Advocacy for policies that support access to orthotic and prosthetic care.