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# ADDITIONAL RESOURCES



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*"ONE OF THE MOST IMPORTANT STEPS OF ADVOCACY IS FOLLOWING UP, IT IS BEING PROACTIVE ABOUT THE CHANGES WE NEED MOST, EVEN WHEN IT'S DIFFICULT."*

**BROOK MCCALL (OR)**  
UNITED SPINAL SENIOR DIRECTOR, TECH ACCESS INITIATIVE  
FORMER GRASSROOTS ADVOCACY MANAGER

Click below for resources used throughout the *Advocacy in Action: A Toolkit for the Rolling Revolution*.

## Websites

- [www.unitedspinal.org](http://www.unitedspinal.org)
- [www.vetsfirst.org](http://www.vetsfirst.org)
- [www.newmobility.com](http://www.newmobility.com)

## VetsFirst

- [Ask VetsFirst](#)
- [Veterans Knowledge Books](#)
- [Veterans Guide to VA Benefits](#)

## Roll on Capitol Hill (ROCH)

- [www.unitedspinal.org/roll-on-capitol-hill](http://www.unitedspinal.org/roll-on-capitol-hill)

## United Spinal Association Grassroots Advocacy Network (GAN)

- [GAN and District Mobilization Registration Form](#)
- [Action Center and Action Alerts](#)
- [Find Your Representatives](#)
- [Advocacy Etiquette Guide](#)
- [Grassroots Advocacy Network Leadership Responsibilities](#)

## Social Media/Virtual Advocacy

- [United Spinal Association Social Media Guide](#)
- [United Spinal Association Social Media Basics](#)
- [Virtual Advocacy in a Pandemic World: A Guide](#)

## Chapter Leader Zone

- [www.unitedspinal.org/chapterleaderzone](http://www.unitedspinal.org/chapterleaderzone)



**United Spinal  
Association**

# RESOURCES

For additional resources and information, you can contact United Spinal Association at:

Phone: 718-803-3782

Fax: 718-803-0414

[www.unitedspinal.org](http://www.unitedspinal.org)

**[Click here to visit the Spinal Cord Resource Center.](#)**



United Spinal's AbleThrive curated resources make it easier for you to find what you need so you're able to thrive and live life to the fullest.

Visit the **[United Spinal Association Blog here.](#)**

We are grateful to United Spinal Association's Corporate Members who have invested in our mission, programs, and advocacy to improve the quality of life for all people with spinal cord injury and disease. **[Click here to learn more about United Spinal's Corporate Members.](#)**

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Follow the United Spinal Association Grassroots  
Advocacy Network

