



How do I get enrolled for VA care?

By Phone:

You can enroll for VA health care through the **Health Eligibility Center** by calling:

1-877-222-VETS (8387)

Monday through Friday

7:00 a.m. - 5:00 p.m. (Eastern Time).

In Person:

Visit a VA medical center or clinic nearest you to apply for enrollment or update your information.

Already enrolled?

Contact our VA Specialty Care Call Center at 503.220.8262 ext. 50820 to request an appointment with the Clinic. If you are receiving care outside the VA, we will request your medical records for review.

If you have questions or need more information call:

ALS Clinic Nurse Care Coordinator
503-220-8262 ext. 58594



U.S. Department
of Veterans Affairs



**VA Portland Health Care
System**

**3710 SW US Veterans Hospital Rd.
Portland, OR 97239
503-220-8262**

**www.portland.va.gov
<https://www.facebook.com/vaportland>
<https://twitter.com/VAPortland>**

**VA Portland
Multidisciplinary
ALS Clinic**



Providing
comprehensive,
patient centered-care
for Veterans living with
Amyotrophic Lateral
Sclerosis (ALS)

503-220-8262 or 800-949-1004



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Portland Health Care System

ALS Care at the VA



About ALS

Amyotrophic Lateral Sclerosis (ALS) or “Lou Gehrig’s Disease” is a progressive disease that affects nerve cells in the brain and the spinal cord. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed. Although the cause of ALS is not completely understood, the recent years have brought a wealth of new scientific understanding regarding the physiology of this disease.

Most commonly, the disease strikes people between the ages of 40 and 70, and as many as 30,000 American have the disease at any given time. While there is not a cure at this time, there are significant devices, therapies and support that can help manage the symptoms of ALS that help people maintain as much independence as possible and prolong survival.

Reference: www.ALSA.org

Who is on your ALS Team?

Your VA ALS Health Care Team includes the following disciplines:

- Neurologist
- Registered Nurse
- Physical Therapist
- Occupational Therapist
- Speech Pathologist
- Registered Dietitian
- Social Worker
- Pulmonologist
- Pharmacist
- Respiratory Therapist



Choose VA

What services can the VA provide?

Your ALS Clinical Team can assist you in maximizing your benefits, which may include the following:

- Comprehensive medical care
- Assistance with optimizing your VA benefits
- Equipment and services to modify your home to be more accessible
- Equipment and services to assist with your activities of daily living
- Assistance with transportation to/from your medical appointments
- Coordination of care
- Support for caregivers

What happens at my first clinic visit?

Your ALS Clinical Team will meet with you and your loved ones to talk about how ALS is affecting your life and what goals you have for managing your symptoms.

Assessments during your visit may include:

- Swallowing
- Breathing (Pulmonary Function Testing)
- Nutrition
- Daily activities
- Mobility
- Communication
- Physical and Mental Health
- Caregiver Support

If you live a long distance from the VA, arrangements can be made for you to use overnight lodging.

If you need assistance with lodging or transportation, please call:

ALS Clinic Social Worker
503-220-8262 ext. 58594

Helpful Resources:

www.vba.va.gov/VBA/benefits
www.myhealth.va.gov
www.caregiver.va.gov
www.prosthetics.va.gov
www.alsa.org
www.alsforums.com