

Resource Information from Allegheny County Department of Human Services Office of Intellectual Disability (AC DHS OID)

A representation of commonly requested resources. Some will have eligibility requirements. Inclusion does not imply special endorsement.



Resources from the Allegheny County Department of Human Services Office of Intellectual Disability (OID) webpage here

www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx

Find this and additional resource lists on the OID webpage

Community and service systems (this document)	Free clothing and other assistance	Social, recreation and lifelong learning <i>Includes camp information</i>
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Available Fact Sheets:

Eligibility for ID/Autism Services	Registering for Intellectual Disability/Autism Services	Supports Coordination	ISP Individual Support Plan
PUNS Prioritization of Urgency of Need for Services	HCBS and Waivers	ID A Waiver Services, Providers and Delivery	Participant Directed Services – Financial Management Services
Employment and Day Activities	Transition to Adult Life	Life Sharing	Services for Individuals with Complex Needs
Appeals Options	Incident Management	Communication with PA DHS CAO	

Join the OID Key communicators to receive information, resources and event notifications from Allegheny County (AC) Office of Intellectual Disability (OID) through emails. Information also available on the [AC Department of Human Services \(DHS\) Facebook page](#) and on the [OID Key Communicators Announcement page](#).

Learn more about Key Communicator announcements and the Office of Intellectual Disability at www.alleghenycounty.us/dhs/ID

If you want to be added to the Key Communicators email list, please call 412-253-1251 or email mevrard@alleghenycounty.us



In addition to reviewing general information, resources and advocacy headings consider using the links below or searching key words when using this document.

advocacy	assistive technology (AT)	autism	after-school programs	basic needs	behavioral health	benefits counseling
caregiver support	child care	children with special	deaf	deaf-blind	dental	down syndrome

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		medical needs					
early intervention	emergency and emergency preparedness	employment	financial wellness	future planning	grandchildren	general information	
grief	guardianship	hard of hearing	home modification	home visits	housing	identification	
in home services	kincare support	legal	meaningful days	Medicare	medical assistance	mental health	
monetary assistance	other assistance	parent support	respite	resources	safety	seniors	
smoke alarms	social security	special education	testing (IQ/psychological)	secondary transition	transportation	volunteering	
voting	young children		Help Lines				

General information, resources and advocacy

Information and resources Includes sites allowing search for human services and basic needs by zip code	Allegheny County Department of Human Services (DHS)	Services include for the older adults; mental health and drug and alcohol services; at-risk child development and education; food assistance; shelters and housing; non-emergency medical transportation.	For DHS supports and services information call the Allegheny LINK 1-866-730-2368 www.alleghenycounty.us/DHS/index.aspx
	DHS Publications and Resource Guides	Publications and resource guides covering every aspect of DHS services as well as contacts to other agencies and programs throughout the community. Those without internet can call Allegheny Link.	www.alleghenycounty.us/dhs/publications.aspx
	Allegheny County Family Resource Guide	A web-based collection of services and systems available to families of children 0-21 with, special health care needs, disabilities or delays.	www.familyresourceguide.org/

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	United Way PA 2-1-1 SW	Resource navigators answer questions regarding a wide range of services and supports.	Dial 2-1-1 (calls are answered 24 hours a day) Search and on line chat at http://pa211sw.org/
	PA Link to Community Care	The website is designed to help persons with disabilities and seniors find information that will connect them to supports and services in their community.	www.carelink.pa.gov/ To speak about services... or receive counseling on services... call 1-800-753-8827
	Aunt Bertha	Connecting People and Programs ...all listings are for free services, with minimal requirements.	www.auntbertha.com/
	BigBurgh Social Service Listings	Search for free or reduced cost services like medical care, food, job training, and more.	www.Bigburgh.com
	Community Inclusion for All	Pennsylvania Community Inclusion for All, highlights the importance of and provides resources for meaningful Community Inclusion, geared towards Pennsylvania children, ages birth to grade 6, and their families. The materials can be used to increase opportunities of meaningful interaction between families and children with and without disabilities. It also provides professionals the resources for Community Inclusion to share with the families they serve and use the resources when practicing coaching in the community with families.	https://papromiseforchildren.com/
Information and resources including housing and home visits	Allegheny Link	Can connect caller to resources that include DHS offices, human services, community and other systems and housing and home visits for eligible families.	1-866-730-2368 email allylink@dhs.county.allegheny.pa.us www.alleghenylink.org
Information, resources and home visits	PA Elks Home Service Program	Provides support and advocacy services to individuals of any age who have a developmental disability. Services are provided by a nurse and/or medical care coordinator in the person's home environment. This case management is offered at no charge.	724-632-6392 www.paelkshomeservice.org
	Special Kids Network (SKN)	Helps children and youth with special health care needs and disabilities get services and support.	1-800-986-4550 www.health.pa.gov/My%20Health/Infant%20and%20Toddler%20Health

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		Includes a helpline, free in-home service coordination and a system of community and regional support.	20Childrens%20Health/Special%20Kids%20Netwo rk/Pages/default.aspx#.WYHLdJ3D_DA
	LEND Center of Pittsburgh (Leadership Education in Neurodevelopmental Disabilities and Related Disorders)	Families of children with disabilities visit the LEND Clinic along with their child to receive support through an evaluation that results in recommendations in a variety of areas. A team works with the family and may make home, school, and/or community visits related to the child.	412-692-6538 412-692-6300 www.lend.pitt.edu/
	Robert Morris University Trees Network	Established to create a system of interconnections for families of children or young adults with intellectual disabilities. <ul style="list-style-type: none"> • Connections to special services, resources, consultation, and counseling • Specialized education for future special education teachers • Professional development for educators, service providers, and families • Information about important services, resources, and assistive technology • Family support group facilitation Provides a e-newsletter.	www.rmu.edu/academics/provost/trees
Information and advocacy	SAU1 (Self-Advocates United As One)	The SAU1 Mission: Our mission is to support the self-advocacy of people with disabilities for positive impact in our communities and in people’s lives.	http://sau1.org/ Email: info@sau1.org 1-877-304-7730
	Empowered Voices	ACHIEVA’s Empowered Voices leadership group is comprised of self-advocates from around the Pittsburgh area. Meetings are once monthly. Driven by the voices and interests of the members, each meeting will be an opportunity to learn new things, develop leadership and self-advocacy skills and meet new people.	Julie Trbovich, Director of Advocacy and Family Supports 412-995-5000 x579 jtrbovich@achieva.info

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	<p>The Arc www.thearc.org/</p>	<p>National organization advocating for and serving people with intellectual and developmental disabilities and their families. Includes all ages and many different diagnoses.</p>	<p>Local chapters:</p> <ul style="list-style-type: none"> • The Arc of Pennsylvania, www.thearca.org • The Arc of Greater Pittsburgh (ACHIEVA) 412-995-5000, www.achieva.info
	<p>Disability Rights Pennsylvania (DRP)</p>	<p>DRP provides help to Pennsylvanians with disabilities who are experiencing problems or who have questions related to their disability. Formerly Disability Rights Network of Pennsylvania (DRN)</p>	<p>412- 391-5225 www.drnpa.org</p>
	<p>Disability Options Network (DON)</p>	<p>The Center for Independent Living (CIL) for Allegheny County.</p>	<p>1-866-652-5121 https://doninc.org/company/disability-options-network/</p>
	<p>The Pennsylvania Health Law Project (PHLP)</p>	<p>PHLP is a nationally recognized expert and consultant on access to health care for low-income consumers, the elderly, and persons with disabilities. Many helpful publications regarding health insurance and other public benefits are available on the website.</p>	<p>1-800-274-3258 www.phlp.org/</p>
	<p>Pennsylvania Client Assistance Program</p>	<ul style="list-style-type: none"> • Obtain pre-employment transition services • Access the services you need to pursue a meaningful career and live independently • Understand how the Office Of Vocational Rehabilitation (OVR) and Centers for Independent Living (CIL) provide these services • Know your rights and responsibilities under these programs, and Title 1 of the ADA • Navigate The OVR program to achieve a successful employment outcome • Resolve any concerns you may have with OVR or CIL 	<p>1-888-745-2357 www.equalemployment.org/</p>
<p>Information</p>	<p>Pennsylvania Department of Human Services</p>	<p>ODP Mission: to support citizens with developmental disabilities and their families to achieve greater independence, choice and</p>	<p>www.myODP.org</p>

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	(PA DHS) Office of Developmental Programs (ODP)	opportunity in their lives. MyODP resource center is the home for ODP’s training, communications, and informational resources.	
	MyODP trainings and College of Direct Support (CDS)	There are many trainings that may be of interest on the MyODP website as well as a link to the CDS. The CDS is a nationally recognized web-based training curriculum that provides learning opportunities on many topics of importance to people with developmental disabilities and those who support them.	www.myodp.org

Assistive Technology (AT)

TechOWL – Technology for Our Whole Lives	Technology for Our Whole Lives (TechOWL) is a program through the Institute on Disabilities at Temple University. TechOWL works to increase access to devices and services offered throughout the state. Services include: Public Awareness, Information and Referral, Advocacy, and Training and Technology. CLASS is the TechOWL Assistive Technology Resource Center (ATRC) for Allegheny County.	https://techowlpa.org/ 412-683-7100 x2179 www.classcommunity.org/services/adult/tech-owl
PATF (Pennsylvania Assistive Technology Foundation)	Statewide, non-profit organization that helps individuals with disabilities and seniors acquire AT devices and services. Includes low-interest and 0% interest financial loans. Also, information and assistance about possible funding resources. <i>Access Funding Your Assistive Technology: A Guide to Funding Resources in Pennsylvania</i> , the first of its kind to be compiled for people with disabilities and seniors in PA, on the web site.	1-888-744-1938 www.patf.us
Variety – the children’s charity*	Strives to enable children with disabilities to live life to the fullest with a focus on mobility, communication, and social interaction / inclusion.	724- 933-0460 www.varietypittsburgh.org/

***Variety’s “My Bike” Program** currently provides Rifton adaptive bikes that are individually customized to eligible children with disabilities, so that they can experiences the joy, freedom, and belonging that’s creating through riding a bike.

***Variety’s “My Voice” Program** provides communication devices (currently an iPad with a prescribed communication app) to eligible children

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with a communication disorder to give them a voice at all times.

***Variety’s “My Stroller” Program** currently provides Kid Kart Mighty Lite adaptive strollers to eligible kids with disabilities. Typically, a family must choose between having a wheelchair or adaptive stroller. So, as a wheelchair is more necessary, an adaptive stroller allows for easier “on-the-go” mobility and participation in daily activities.

Also ask helping professionals and consider benefits form medical assistance, Medicare and waivers.

Autism

ODP Bureau of Supports for Autism and Special Populations (BSASP)	Administers the Adult Autism Waiver (AAW) in PA that provides home and community based services for persons with autism 21 and over. BSASP was formerly the Bureau of Autism Services (BAS).	1-877-231-4244 Or call ASERT for information www.dhs.pa.gov/citizens/autismservices/index.htm
ASERT	The ASERT (Autism Services, Education, Resources and Training) Collaborative is a key component of the BSASP strategy for supporting individuals with autism and their families throughout PA. Website has many helpful materials and resources.	1-877-231-4244 www.paautism.org/
Autism Connection of PA	Support to individuals with autism and parents. Includes support groups, resources, learning opportunities and events. Also, information on the signs and symptoms of autism, getting an autism diagnosis, and applying for medical assistance and health insurance.	412-781-4116 1- 800-827-9385 email support@autismofpa.org www.autismofpa.org
Autism Caring Center	<ul style="list-style-type: none"> •Consultations by telephone or in-person to support individuals and families in their need for resources and information •Autism training for schools, community groups, and businesses... Training is provided at no charge to non-profit organizations. •Monthly support groups for parents and individuals... •Social events for individuals with ASD, their families and friends. •Advocacy services including IEP meeting support and court testimony. 	412-915-4492 www.autismcaringcenter.com
Autism support groups, family activities,	<ul style="list-style-type: none"> • Autism Society of Pittsburgh, 412-856-7223, www.autismsocietypgh.org/ • Autism Speaks Pittsburgh, 1-888-288-4762, www.autismspeaks.org/pittsburgh • Autism Urban Connections Support Group, 412-853-0115, www.aucofpggh.org/, ...priority placed on the African 	

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supports, trainings	American, minority, and economically disadvantaged members of the community.	
The Pittsburgh Center for Autistic Advocacy (PACC)	A grassroots self-advocacy project run by Autistic people for Autistic people. Includes: Social opportunities (for example Community Hangouts and Sensory Friendly Silent Disco at the Warhol) - Training, supporting, and consulting - Empowering and educating autistic community leaders - Working with policy makers.	info@autisticpgh.org https://autisticpgh.org/
evolve coaching	Providing support to individuals with disabilities and their communities through education, employment, and the arts. Includes academic & organizational coaching, employment coaching & interview prep and social and self-advocacy groups.	412-744-9017 www.evolve-coaching.org/
Family + Fun Pittsburgh	Fun Things to Do with Kids in Pittsburgh. Includes a Guide to Sensory-Friendly and Autism Activities In Pittsburgh.	http://familyfunpittsburgh.com/
Pittverse Magazine	A quarterly publication written exclusively by adults diagnosed with autism spectrum disorder. www.pittverse.org/	
Behavioral Health / Mental Health (MH)		
Allegheny County DHS Office of Behavioral Health (OBH)	Mental Health services for children to adults. Includes substance abuse and justice related services. OBH Education Specialists can meet with all families regarding special education services and attend school meetings. No specific diagnosis is need. <i>Where to Call Directory of MH and Drug and Alcohol Services</i> www.alleghenycounty.us/dhs/resource-guides	For information call the Allegheny LINK 1-866-730-2368 www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health.aspx
NAMI (National Alliance on Mental Illness) Keystone PA	NAMI raises awareness about mental illness and provides support, education, and advocacy for people living with mental illness and their loved ones. Family-to-Family is a 12-session education program for family, partners, friends, and significant others of adults with mental illness.	412-366-3788 www.namiswa.org/
Familylinks Mobile MH Treatment (MMHT)	For eligible clients 55 and older who suffer from depression, anxiety, hoarding or other disorders that make it difficult to go out and seek treatment, therapists travel to homes.	1-866-583-6003 www.familylinks.org/get-help/MHSA/MMHT
Allegheny Family	Supports families raising children with mental health or behavioral health concerns.	412-246-2030 www.alleghenyfamilynetwork.org/

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Network (AFN)	AFN Chat Line for families raising children who have emotional and mental health needs.	1-888-273-2361
CCBH	For those with medical assistance benefits Community Care Behavioral Health (CCBH) assists with mental health/behavioral health services and physical health coordination.	1-800-553-7499 www.ccbh.com
Guidebook for Caregivers	Circle of Care: A Guidebook for Mental Health Caregivers. Includes fact sheets on specific topics.	www.caregiving.org/circleofcare/
Crisis support	<ul style="list-style-type: none"> • re:solve Crisis Network, Provides round-the-clock, mental health crisis intervention. 1-888-796-8226, www.upmc.com/resolvecrisis • Crisis text line Crisis Counselors. 24/7. Free and confidential. Text “PA” to 74174 	

Benefits Counseling

The PA Work Incentives Planning and Assistance (WIPA) Program	A program to enable beneficiaries with disabilities to receive accurate information and use that information to make a successful transition to work. Community Work Incentive Coordinators (CWIC) can discuss how work impacts benefits.	1-866-833-2967 https://choosework.ssa.gov/ www.ssa.gov/work/WIPA.html Locally: WIPA www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa
ACHIEVA Family Trust	If you are concerned about how your employment income could affect your government benefits, we can help. Discover a one-stop resource to help you to achieve your employment goals.	412-995-5000 x565 http://achievafamilytrust.org/our_services/employment-benefits-counseling/
AHEDD	Work Incentive Counseling (WIC)	https://www.ahedd.org/services

Caregiver and KinCare Support

Including grandparents and kinship caregivers

Allegheny County DHS Caregiver Support Programs	Includes programs that provides eligible participants reimbursement for legal and finance counseling, pest control / fumigation, respite, and training. Criteria is inclusive of caregivers of those with disabilities and a Caregiver Resource Guide.	412-350-5460 www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx
Parent to Parent of Pennsylvania	Linking families of children and adults with disabilities or special needs.	1-888-727-2706 www.parenttoparent.org

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Hope Grows	Care for caregivers includes phone support, online support, awareness, support groups, respite opportunities and counseling. Garden & Nature Walk, monthly May through October, free self-guided walk through the gardens and trails of Hope Grows Healing and Restorative Gardens. Open to caregivers, care recipients, and the community. Registration for events requested.	412-369-4673 www.HopeGrows.net
NAMS Caregiver Solutions™	Provides informal caregivers and care recipients a proactive and realistic approach for reducing stress and improving outcomes. Consultations are done by phone or email. Care Consultants act as organizers, helping you to prioritize your concerns and will help you develop a step-by-step plan that steers you through your caregiving journey.	412.781.5002 http://buildingindependence.org/caregiversolutions/
Caregivers First Initiative	Caregivers over 18 caring for an adult age 60 or over living in Allegheny County. The Caregivers First Initiative is a free service that helps caregivers manage stress and learn strategies to cope and care for themselves.	412-343-7166 https://familylinks.org/get-help/SC/CFI
PA KinConnector	A resource for grandparents and other relative or non-relative caregivers who are raising children in the state of Pennsylvania. Connecting caregivers to health, financial, and legal services Connecting Caregivers to training and parenting support Identifying local physical or behavioral health services Identifying support groups Guiding caregivers on how to apply for federal, state, and local benefits such as CHIP and Social Security, and other services designed to support caregivers Providing access to a compassionate KinConnector who will listen and provide supportive guidance.	1-866-KIN-2111 (1-866-546-2111) www.KINCONNECTOR.ORG KINSUPPORT@KINCONNECTOR.ORG
The Mighty	Online resource for information and to connect with others. Communities talk each day about more than 6,000 topics — from health conditions to weekly challenges	https://themighty.com/

*To find respite services and funding information for your state or community, please visit the [National Respite Locator](#)
Find State Lifespan Respite Tools and Resources at the [Lifespan Respite Technical Assistance Center](#)*

Child Care / After-school programs

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Early Learning Resource Center (ELRC)	The ELRC will provide a single point-of-contact for families, early learning service providers, and communities to gain information and access services that support high-quality child care and early learning programs in Allegheny county. As a single point of contact through the ELRC, families can access information about quality child care and apply for subsidized child care funding at the same location.	Early Learning Resource Center for Region 5 412-350-3572 or 1-888-340-3572
Allegheny Partners for Out-of-School Time (APOST)	A partnership of funders, intermediaries and providers dedicated to building a quality Out-of-School Time (OST). Find opportunities in your neighborhood on the website.	www.afterschoolpgh.org/
Pittsburgh Public Schools Office of Out-of-School Time	Connecting families to after-school and summer experiences that effectively complement the academic instruction received during the school day, to promote better academic, social, and emotional outcomes for youth.	412-529-3926 Outofschooltime@pghschools.org www.pghschools.org/Page/4724
Child Care and Early Learning Programs	Find child care and other Early Learning Programs near you. Also help paying for child care and Keystone STARS information. Type in your address and children's ages, or search by provider name, then click "find a provider" and filter your results by ratings, hours, languages and more.	www.dhs.pa.gov/citizens/childcarearlylearning/index.htm and www.compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch
Art Expression, Inc.	Programs are fully inclusive, serving children with mental, behavioral, and physical health challenges such as ADD, ADHD, autism, and physical limitations as well as students who experience trauma, neglect and hardship at home. All classes take place in the students' usual school building. Also offer some programs in homeless shelters and community organizations.	Contact your school to ask if they have a partnership with Art Expression Inc. http://artexpressioninc.org/
Children with Special Medical Needs		
Special Kids Network (SKN)	Helps children and youth with special health care needs and disabilities get services and support. Includes a helpline, free in-home service coordination and a system of community and regional support.	1-800-986-4550 www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Special%20Kids%20Network/Pages/default.aspx#.WYHLdJ3D_DA
ACCESS medical coverage	Contact your Special Needs Unit for assistance with benefits and utilizing the EPSDT program Special Needs Units assist medical assistance participants This information sheet from ASERT provides information on special needs units and the supports and services they can	

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provider	provide. The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) The EPSDT benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid (Medical Assistance/MA).	
Child's Way	<ul style="list-style-type: none"> • “Helping Medically-Fragile Children and Their Families Thrive” • A day care center for medically-fragile children ages 0-21. • Before and after school program and summer programs. 	412-441-4884 www.childrenshomepgh.org/childs-way
Down Syndrome		
Down Syndrome (DS) Association of Pittsburgh	Mission to enrich the lives of individuals with DS, their families and communities in which they live through communication, education, advocacy, fellowship and support for community members' well-being through our alliance with the Pediatric and Adult DS Centers of W. PA.	412-218-2940 https://dsapgh.org/
Deaf, Deafblind, Or Hard Of Hearing		
Pennsylvania Deaf-Blind Project through PaTTAN	Offers a variety of training, technical assistance, and resources to assist educators and families in the areas of assessment, instruction, and family involvement activities.	www.pattan.net/Educational%20Initiatives/Deaf-Blind National Center on Deaf-Blindness: https://nationaldb.org/
PA Secondary Transition Guide for Deaf-Blindness	Online resource	www.secondarytransition.org/disability/deaf_blindness
Information and resources	HealthBridges A website based in Pittsburgh which is managed by a coalition of people who are Deaf, DeafBlind, Hard of Hearing and hearing impaired. Provides information segments and resources to people who are Deaf and Hard of Hearing and providers who serve this population. Information on the website is made available in American Sign Language, oral English and English.	http://healthbridges.info/
Resource Guide and Directory of Behavioral Providers	For persons who are deaf, deafblind, or hard of hearing by the Behavioral Health Task Force for Persons who are Deaf, Deafblind and Hard of Hearing of Allegheny County.	www.alleghenycounty.us/Human-Services/Resources/Publications/Resource-Guides.aspx

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Dental Care Providers		
<ul style="list-style-type: none"> University of Pittsburgh School of Dental Medicine Center for Patients with Special Needs, Pittsburgh 15213, 412-648-3039 Accessible Dental Services (ADS), www.accessibledental.org, 412-820-1015 x633 Federally Qualified Health Centers (FQHCs) such as North Side Christian Health Center (Pittsburgh 15212, 412-321-4001) and Alma Illery Medical Center (Pittsburgh 15208, 412- 244-4700). Contact your medical provider 		
Early Intervention and Young Children		
(0-3) Alliance for Infants and Toddlers (AFIT)	Provides families a service coordinator to support them in decisions of what services are best for their baby, where to find them and assist in coordinating those services. Also provides no cost evaluations.	412-885-6000 www.afit.org/
CONNECT Helpline	Helpline for parents who have questions about their child's development, families looking for resources and information regarding child development for children ages birth to age 5. Can help parents by make a direct link to their county early intervention program or local preschool early intervention program.	1-800-692-7288 www.dhs.pa.gov/citizens/earlyinterventionservices/index.htm
Home Visitation (0-6)	The Allegheny Link assists residents who are pregnant, or parents and caregivers of children to six years with referrals to home-visiting programs.	1-866-730-2368
Education (infant to preschool)	Provides infants, toddlers and preschoolers with a program designed to promote school readiness, increase academic awareness and enhance social interactions.	1-866-214-5437
LICC	Members of the Pittsburgh/Allegheny County Local Interagency Coordinating Council (LICC) include parents have a common interest in children who are involved in early intervention services. Holds regular meetings and trainings.	412- 885-6000
Family Support Centers of Allegheny County	Families gather for learning and fun and have access to resources and supports to help raise a healthy and happy child.	1-866-730-2368 (Allegheny Link) www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Parent-Caregiver-Support/Family-Support-Centers.aspx
Jeremiah's	Provides emergency care for children for a few hours or a few days.	412-924-0726

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Place	(can include overnight)	
Child's Way	Child's Way is a Pediatric Extended Care Center (PECC) which offers an alternative or supplement to in-home nursing and therapy care for medically fragile children. Child's Way is for medically fragile children ages birth to 21. Located at The Children's Home of Pittsburgh	412-441-4884 www.childrenshomepgh.org/childs-way/

Financial Wellness

ASERT The Autism Services, Education, Resources, and Training Collaborative (ASERT) is a statewide initiative funded by the Office of Developmental Programs (ODP)	<p><i>From results for financial in resources,</i> https://paautism.org/?s=financial</p> <p>Managing Your Money This step-by-step plan will help you get a handle on your finances and reclaim your financial independence.</p> <p>Guides on Managing Someone Else's Money Millions of Americans manage money or property for a loved one who's unable to pay bills or make financial decisions. To help financial caregivers, they've released easy-to-understand guides.</p> <p>Personal Finance Guide for People with Disabilities Due to financial constraints, it is essential for people with disabilities to have the personal finance skills that will help them manage their money so that they can live fulfilling lives.</p> <p>What to Know About Bank Accounts Bank accounts help individuals save money and pay for goods and services. Having and managing a bank account is an important step to becoming more independent. This information sheet provides general tips and information about bank accounts.</p> <p>Disability Advisor Articles discuss money management skills to maximize disability benefits; others show how disabled persons can use tax-free savings plans like the ABLE Program or a Special Needs Trust to help meet their disabled child's expenses without reducing Medicaid eligibility.</p>	https://paautism.org/
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<p>Cents and Sensibility</p>	<p>To provide financial education, Pennsylvania Assistive Technology Foundation (PATF) developed a financial education booklet, <i>Cents and Sensibility: A Guide to Money Management</i>, to respond to a need in the disability community.</p> <p>An important part of our mission is providing financial education to people with disabilities. Our education efforts help people make more informed decisions about managing their personal finances, which allows them to take control of their financial future.</p>	<p>https://patf.us/who-we-are/publications/cents-sensibility/</p> <p>Visit our Financial Education page to download <i>Cents and Sensibility</i></p> <p>Cents and Sensibility Website</p>
<p>National Disability Institute (NDI) Financial Resilience Center</p>	<p>Website provides answers to questions, including assistance to help you manage your finances.</p>	<p>www.nationaldisabilityinstitute.org/financial-resilience-center/</p>
<p>Future Planning</p> <p>Learn about planning including supported decision making, power of attorney and guardianship</p>		
<p>ASERT The Autism Services, Education, Resources, and Training Collaborative (ASERT) is a statewide initiative funded by the Office of Developmental Programs (ODP)</p>	<p>Estate Planning Special Needs Alliance</p> <p>Providing the best quality of life requires informed decisions. The best way to provide your special needs child with compassionate care and a comfortable life is to support your legal and financial decisions with reliable information and proven expertise. That’s why America’s finest disability attorneys have combined their talents to create the Special Needs Alliance. As attorneys in the field of Disability and Public Benefits Law, we help to enhance your child’s quality of life. Every member of the alliance has the resources and legal expertise to help you maintain public benefits for your child and develop effective estate plans that protect your assets.</p>	<p>https://paautism.org/</p>

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The Arc Build Your Plan®	The Build Your Plan ® tool helps people with intellectual and developmental disabilities (I/DD) think about and plan for their future. The interests, preferences, and skills of the person with I/DD are the main focus. The tool guides you through important topics.	https://thearc.org/our-initiatives/future-planning/
ACHIEVA Family Trust	Information, resources, assistance, in person presentations and webinars.	http://achievafamilytrust.org/
Grief Support		
Caring Place	A center for grieving children, adolescents and their families. Includes peer support, education, consultation, and referrals.	www.HighmarkCaringPlace.com
Resources from UPMC	Resources for support for grief and bereavement over the loss of a loved one or close friend.	www.upmc.com/services/aginginstitute/resources-for-caregivers/grief-and-loss
ACHIEVA archived webinar	Grief and Loss in the Lives of People with Intellectual and Developmental Disabilities	www.achieva.info/
Hope Grows	Caregiver supports include a <i>Life After Caregiving Group</i> open and free to all.	412-369-4673 https://hopegrows.net/
<i>Consider local faith-based organizations, local funeral homes and palliative / hospice care agencies and agencies such as the Jewish Community Center (JCC) of Pittsburgh.</i>		
Home Modification		
Allegheny County Accessibility Program	A program through ACTION-Housing that makes accessibility modifications to the homes of people with permanent physical disabilities. Allegheny County residents that meet the eligibility requirements listed below can apply.	412-281-2102 http://actionhousing.org/index.php/social-services-programs/allegheny-county-accessibility-program
<i>Consider possible medical assistance/EPSTDT, waiver and Office of Vocational Rehabilitation (OVR) benefits</i>		
Identification		
PA DMV, “Beginning October 1, 2020, Pennsylvanians will need a REAL ID-compliant driver’s license, photo ID card, or another form of federally-acceptable identification (such as a valid passport or military ID) to board a domestic commercial flight or enter a federal building or		

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military installation that requires ID.”, https://www.dmv.pa.gov/REALID/pages/default.aspx		
In Home Services		
Community Human Services (CHS)	Provides a variety of offerings to individuals with disabilities living in the community including light housekeeping, basic personal care assistance, chore service, meal preparation, and completion of simple errands/shopping, motivation and instruction, and social activities.	412-246-1600 https://chscorp.org/
Legal Information and Assistance		
Neighborland Legal Services Association (NLSA)	Established in 1966 as a non-profit, public interest law firm to provide civil legal assistance to poor and vulnerable residents of Allegheny...	1-866-761-6572 https://nlsa.us/
PALawHELP	A guide to legal information and free civil legal services for low-income persons and seniors.	www.PALawHELP.org
Pa SeniorLAW Helpline	A free and confidential telephone service providing legal information, advice, brief services and referrals. For those 60 years of age and older.	1-877-727-7529 http://seniorlawcenter.org/
Pro Bono Center	Allegheny County Bar Foundation Formerly known as the Center for Volunteer Legal Resources.	www.pittsburghprobono.org/
Meaningful days, Employment, Volunteering		
<p>“Everyday Lives in Action: My Life, My Way: Employment/Meaningful Contribution: I want to work and/or have other ways to contribute to my community. My family, supporters, and community support me to find and keep a real job that I like with good wages and benefits or start and run my own business, and/or volunteer the way I want in my community.”</p> <p>www.myodp.org , www.myodp.org/mod/page/view.php?id=7775</p>		
MyODP Employment Resources	MyODP now features a resource page dedicated to employment, with resource bundles categorized by individuals and families per waiver, as well as by provider roles in the service system.	www.myodp.org/ Click on <i>Resources</i> and then <i>Employment</i>
Office of Vocational Rehabilitation (OVR)	Provides vocational counseling, training and advocacy for individuals with disabilities to obtain gainful employment and maintain independence. Adult services may be based on incomes. Services may include those needed to support a person to get and keep a job: hearing aids, transportation assistance, tools/equipment/clothes, home	412- 392-4950 www.dli.state.pa.us/landi (keyword search: OVR)

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	modifications.	
<p>For benefit counseling:</p> <ul style="list-style-type: none"> • WIPA (Work Incentives Planning and Assistance) funded exclusively by the Social Security Administration. www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa • AHEDD www.ahedd.org/ • ACHIEVA Family Trust Employment Benefits Counseling Program http://achievafamilytrust.org/our_services/ 		
<p>For volunteer opportunities consider libraries, faith based organizations and neighborhood efforts / agencies (i.e. Meals on Wheels), animal shelters, pet rescues, food pantries, nursing homes.</p>		
<p>Volunteer opportunity finding:</p> <ul style="list-style-type: none"> • Pittsburgh Cares works to advance a culture of volunteerism and widespread civic engagement. www.pittsburghcares.org/ • Volunteer Match connects volunteers with causes and opportunity. www.VolunteerMatch.org • United Way of Southwestern PA offers volunteer opportunities. https://uwsdpa.org/be-a-volunteer/ 		
<h3>Medical Assistance (MA) and Medicare</h3>		
<p>Allegheny County Assistance Office (CAO)</p>	<p>Helps people apply for benefits such as food, medical insurance and utility bills.</p>	<p>412-565-2146 www.alleghenycounty.us/dhs/CAO-locations.aspx</p>
<p>Medical Assistance (MA) Managed Care Organization (MCO) Special Needs Unit (SNU)</p>	<p>Designed to help individuals with special needs navigate medical care. Staff can assist with explanations, coordination and EPSDT. Current AC physical health MA MCOs are Aetna Better Health, Gateway Health Plan, Inc., UnitedHealthcare Community Plan and UPMC Healthplan, UPMC <i>for You</i></p>	<p>Call your health coverage member services number on the back of your card and ask for a member of the special needs unit. www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/3006/Special-Needs-Units</p>
<p>EPSDT (Early and Periodic Screening, Diagnostic, and Treatment)</p>	<p>A benefit that provides comprehensive and preventive health care services for children under age 21 who are enrolled in MA. EPSDT can ensure they receive preventive, dental, mental health, developmental, and specialty services. May cover house ramps, stair glides, chiropractor services, eyeglasses and nutritional supplements. Call your health coverage member services number on the back of your card and ask for a member of the special needs unit to assist you.</p>	<p>Learn more at these links: www.medicaid.gov/medicaid/benefits/epsdt/index.html and https://mchb.hrsa.gov/maternal-child-health-initiatives/mchb-programs/early-periodic-screening-diagnosis-and-treatment</p>

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HealthChoices PA Department of Human Services	Information on Physical HealthChoices, Behavioral HealthChoices and Community HealthChoices on one website.	www.healthypa.com/
Health Insurance Premium Payment (HIPP) Program	The HIPP Program is a program developed to help families, who have at least one person enrolled in Medical Assistance (MA), pay for private health insurance through an employer. HIPP is administered by Pennsylvania’s Department of Human Services (DHS). It was designed as a cost containment program in order to save taxpayers money by purchasing cost effective employment related health insurance available to a Medical Assistance recipient.	www.dhs.pa.gov/provider/medicalassistance/healthinsurancepremiumpaymenthippprogram/index.htm
APPRISE	Counselors are specially trained to answer consumer questions and offer education about Medicare, HMOs, long-term care insurance, supplemental insurance, and Medicaid benefits. Services are free, objective and confidential.	412-661-1438 www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Health-Insurance-Counseling.aspx
Consumer Health Coalition	Resources and one-on-one assistance for people seeking health coverage, including through public benefits and consumer driven advocacy.	412-456-1877 http://consumerhealthcoalition.org/
Dental, Vision, and Hearing Help Beyond Medicare	Traditional Medicare covers many services, but routine oral health, vision, and hearing care are not among them. This National Council on Aging fact sheet highlights alternative resources that may be able to help low-income seniors and person with disabilities receive free or discounted dental, vision, and hearing services.	https://www.ncoa.org/resources/dental-vision-and-hearing-help/?utm_source=newsletter&utm_medium=email&utm_campaign=05282019_NCOAWeek
Respite		
Allegheny County DHS Caregiver Support Programs	Includes programs that provides eligible participants reimbursement for respite. Criteria is inclusive of caregivers of those with disabilities and of grandparents.	412-350-5460 www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx
Alliance for Community Respite Care	The ADRC identifies resources and supports for families of people with special needs of all ages.	412.683.7100 www.classcommunity.org/services/adult/acrc
Hope Grows Care for	Respite opportunities.	412-369-4673 www.HopeGrows.net

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Caregivers		
Watson Institute	Watson's day respite program is designed for children with autism spectrum disorder, developmental delays and neurological impairments and their siblings. School age children with special needs ages 3-21 and their siblings ages 3-13 may be eligible for the day respite care program.	412-741-1800 www.thewatsoninstitute.org/programs/respiteservices/
Epilepsy Association of Western and Central PA	Offers a temporary respite care program in an effort to assist the primary care takers of children and adults who have uncontrolled seizures.	1-800-361-5885 www.eawcp.org/programs/RespiteCare/
Christopher and Dana Reeves Foundation	Individual must be living with paralysis and have an unmet respite need or an emergency that requires respite care.	412.246.2245 www.classcommunity.org/community/news-events/now-accepting-referrals-respite-stipends
ACHIEVA Charitable Residual Account	Provides supplemental supports and services for children and adults with disabilities and a demonstrated need.	412-995-5000 x 493 http://achievafamilytrust.org/charitable-residual-account/
Allegheny County Music Festival Fund (ACMFF)	Can provide children and youth / families receiving services through Allegheny County DHS (including those registered with OID) with life-enriching items and opportunities otherwise unavailable through traditional government funding.	www.alleghenycounty.us/Human-Services/News-Events/Events/Using-the-ACMFF.aspx

Safety and Emergency Preparedness

Alerting first responders of special needs - Remember to update

PROJECT LIFESAVER A no-cost program offered by law enforcement and other emergency responders in 41 states, using proven radio technology and specially trained search and rescue teams, to find citizens enrolled in the program when they become lost.

- Do you have a loved one who wanders away from your residence?
- Have you had to call 911 when a loved one cannot be found?
- Do you know a loved one who often “escapes” from home? If you answer “yes” to one or more of these questions, you may wish to enroll.

Persons enrolled in the program wear a small transmitter, about the size of a wristwatch, which emits a unique tracking signal. If a person goes missing, search teams use their signal receiving equipment to track and locate the missing person.

412-350-3138, <http://alleghenycountyda.us/project-lifesaver/>

Yellow Dot Program This program assists citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate their needs themselves. Placing a Yellow Dot decal in your vehicle's rear window alerts first responders to check your glove

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compartment for vital information to ensure you receive the medical attention you need. The program is a cooperative effort between PennDOT, the state departments of Health and Aging, the Pennsylvania State Police, the Pennsylvania Turnpike Commission, first responders, and local law enforcement. www.penndot.gov/TravelInPA/Pages/Yellow-Dot.aspx

Special Needs Registry Is a volunteer registry of information by those with a mental or physical disability that would be helpful for emergency personnel to know when responding to a crisis. Persons that can use the registry: Anyone who requires additional assistance during a police, fire or medical emergency and lives in their own home/apartment. If the person with special needs is unable to submit the information, a person who is authorized to act on his/her behalf may do so (guardian, power of attorney, etc.). If you are in a nursing home, hospital or independent living facility, you do not need to register. 412- 473-2550, www.alleghenycounty.us/emergency-services/911/special-needs-registry.aspx

Envelope of Life *This program is for City of Pittsburgh residents – reach your community services entity to ask about similar programs in your area* The Envelope of Life is a standardized form that provides lifesaving information to emergency personnel in times of crisis or medical uncertainty. Tips include: •Display the envelope with the City of Pittsburgh seal facing OUT so that it is visible.

- Attach the envelope to a prominent place in your house – a refrigerator, a door or somewhere else a paramedic can easily find it.
- Keep a copy at home and one with you. 412-622-6930, <http://pittsburghpa.gov/ems/special-programs/envelope-life.html>

Pittsburgh Poison Center (PPC) For emergencies: 1-800-222-1222 (Line is staffed 24 hours per day.), www.upmc.com/services/poison-center

Emergency Preparedness resources www.alleghenycounty.us/Human-Services/Resources/Safety-and-Consumer-Protection/Emergency-Preparedness.aspx

Search *Home Safety Checklist* and *Home Safe Home tools and tips for seniors* for several options that may be helpful

Seniors

Allegheny County Department of Human Services Area Agency on Aging (AAA)	Helps older adults aged 60 years and older to live quality lives. Works with agencies in the community to provide programs and needed services. Can include senior activity centers, transportation, home help, and home delivered meals. Connection to Senior Centers. Some centers offer appointments to assist with future planning. Carrier Alert: U.S. Postal Service mail carriers will alert a designated agency if mail begins to accumulate in your mailbox.	SeniorLine at 412-350-5460 The care manager who answers the telephone will discuss your situation with you and if needed, start the application process for an in-home assessment of your need for services.
Age Well	Meal, transportation and career services; health; recreation and wellness; care and safety	1-877-243-1530 www.agewellpgh.org
Venture Outdoors Again	Beginner-friendly experiences free to those 50 and older. For example: Budding Naturalist Walk, Fit With A Physician and Introduction to Biking	412-255-0564 ext. 0.
Familylinks Mobile Mental Health	For eligible clients 55 and older who suffer from depression, anxiety, hoarding or other disorders that make it difficult to go out and seek treatment, therapists travel to homes.	1-866-583-6003 www.familylinks.org/get-help/MHSA/MMHT

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Treatment (MMHT)		
Family Links Caregivers First Initiative	A free service that helps caregivers (caring for an adult age 60 or over living in Allegheny County) manage stress and learn strategies to cope and care for themselves	412-924-0400 https://familylinks.org/get-help/SC/CFI
CheckMates	Offered in the South Hills. Weekly, confidential phone calls from SHIM Center that provide friendship, reassurance and a check-in.	412-854-9120 ex 116
Eldercare Locator Administration on Aging (AoA)	A nationwide service that connects older Americans and their caregivers with trustworthy local support resources. Includes resource documents such as Fact Sheets.	1-800-677-1116 https://eldercare.acl.gov/Public/index.aspx
Senior Ride Programs	Listing on the United Way 211 website. Also call 2-1-1 and ask for the information.	https://pa211sw.communityos.org/zf/taxonomy/detail/id/633921
In Service of Seniors	The mission of Wesley Family Services In Service of Seniors: ...to maximize the independence older adults in the Pittsburgh area	https://wfspa.org/service/in-service-of-seniors/
Raising grandchildren <ul style="list-style-type: none"> Caregiver Support Programs, www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx Go Go Grandparent Connects seniors to ride sharing services like Lyft or Uber at an affordable price. 1-855-464-6872 https://gogograndparent.com/ A Second Chance Inc. (ASCI), www.asecondchance-kinship.com, 412-342-0600, (Pittsburgh office) Also refer to the caregiver section of this document 		
For a variety of assistance programs: North Hills Community Outreach for Seniors, 412-307-0069, https://nhco.org/get-help/for-seniors/ South Hills Interfaith Movement, 412-854-9120 ext. 107, https://shimcares.org/ NAMS (the Northern Area Multi Service Center), 412-781-1176, http://buildingindependence.org/nams/support-for-seniors/ United Way 2-1-1 Allegheny Link, 1-866-730-2368 <i>Also ask 2-1-1 and the link about transportation services like St. Margaret Foundation provides transport for Seniors within the Sharpsburg to Blawnox area and route 28 to the Allegheny River</i>		
Smoke Alarms		
American Red Cross Home Fire Campaign	Installation of new and checks of existing smoke alarms along with education with no cost.	1-888-217-9599 www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us/our-work/home-fire-

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		safety.html
Social Security (SS)		
Social Security Administration (SSA)	Services include getting or replacing a SS card and applying for disability, SSI, retirement, survivors or family benefits and for Medicare	1-800-772-1213 www.socialsecurity.gov/
The PA Work Incentives Planning and Assistance (WIPA) Program	A program to enable beneficiaries with disabilities to receive accurate information and use that information to make a successful transition to work. Community Work Incentive Coordinators (CWIC) can discuss how work impacts benefits.	1-866-833-2967 www.ssa.gov/work/WIPA.html https://choosework.ssa.gov/
	Locally: WIPA www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa	
Special Education		
ACHIEVA Education Advocates	ACHIEVA Education Advocates provide information and support to families.	412-995-5000
Allegheny County DHS Education Specialists	Education specialists assist any family with a child receiving special education services.	412-350-4456
Autism Caring Center	...Advocacy services including IEP meeting support...	412-915-4492 www.autismcaringcenter.com
LTF	Local Taskforces on the Right to Education (LTF) provides parent information, support and monitors special education programs. Each group holds regular meetings and offers an assistance hotline.	LTF2, City of Pittsburgh: 412- 323-3996 LTF3, Allegheny County: 412- 394-5930
PEAL Center (Parent Education and Advocacy Leadership Center)	The mission of the PEAL Center is to educate and empower families to ensure that children, youth and young adults with disabilities and special health care needs lead rich, active lives as full members of their schools and communities. Includes Youth Leadership Development, preparing youth and young adults with disabilities and special healthcare needs for successful	412-281-4404, email info@pealcenter.org www.pealcenter.org/

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	transition to adulthood.	
Transition (Secondary)		
21 and Able	Helps young adults with disabilities transition from high school to adult life and beyond. 21 and Able is increasing employment and housing opportunities and supports. An initiative of the United Way of Allegheny County.	https://uwsdpa.org/21-and-able/
Planning for the Future Checklist	21 and Able, in collaboration with the Pennsylvania Department of Education, Bureau of Special Education, PaTTAN, local school districts, family members, youth, and community agencies created the Planning for the Future Checklist . Information and example videos: www.pattan.net/Graduation-Post-Secondary-Outcomes/Educational-Initiatives/What-is-Secondary-Transition/Planning-for-the-Future-Checklist Download: www.pattan.net/Publications/Planning-for-the-Future-Checklist App: https://uwsdpa.org/download-pa-planning-for-the-future-checklist/	
Transition Coordinating Council (TCC)	Allegheny County and City of Pittsburgh parents and professionals working together to improve transition services for young adults graduating from high school. Holds regular meetings.	www.secondarytransition.org/page/pa_local_transition_coordinating_councils
AC DHS / NCJW Project Prom	The Project Prom Gown Giveaway, open only to young adults who are eligible for free attire occurs several days each spring. May also provide tuxedos.	https://alleghenycounty.us/Human-Services/News-Events/Events/Project-Prom-Gown-Giveaway.aspx
Helpful websites	<ul style="list-style-type: none"> • Bureau of Special Education (BSE), Pennsylvania Department of Education (PDE), <ul style="list-style-type: none"> ○ PaTTAN, PA Training and Technical Assistance Network: www.pattan.net/ ○ PA Secondary Transition Guide: http://secondarytransition.org/ • ASERT, #ASDNext: www.paautism.org/transitionagecommunication • PA Family Network Lifecourse Tools: www.visionforequality.org/pa-family-network/ 	
Post-secondary Education information	<ul style="list-style-type: none"> • Community College of Allegheny County (CCAC) <ul style="list-style-type: none"> ○ Continuing Education for Special Needs Adults www.ccac.edu/Continuing_Education_for_Special_Needs_Adults.aspx ○ Vocational Education Training for People Who Need Learning Support www.ccac.edu/Vocational_Education_Training_for_People_Who_Need_Learning_Support.aspx • Hiram G. Andrews Center and the Commonwealth Technical Institute • Think College, https://thinkcollege.net/, College options for people with intellectual disability 	

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Pittsburgh Promise	<ul style="list-style-type: none"> • Pittsburgh Promise funds (Promise scholarships) are available to eligible Pittsburgh Public School (or a school chartered by Pittsburgh Public) graduates to help with tuition, fees, room, board and books. Students and education / training institutions / programs need to meet Pittsburgh Promise requirements. Call Pittsburgh Promise at 412-281-7605 for information.
OVR (Office Of Vocational Rehabilitation) PETS (Pre-employment transition services)	<ul style="list-style-type: none"> • Continuum includes career exploration & preparations, career engagement and career experience & planning for students starting at age 14. • Contact the schools transition staff or an Early Reach Coordinator at RA-LI-OVRPGHPETS@pa.gov www.pattan.net/Graduation-Post-Secondary-Outcomes/Educational-Initiatives/Additional-Resources/Office-of-Vocational-Rehabilitation
CHANGE (Children’s Hospital Advisory Network for Guidance & Empowerment)	<ul style="list-style-type: none"> • Supports youth 14-26 • A youth-led and youth-driven initiative that advises youth, families, and professionals about the transition process. • Works to support interdependence and success for individuals who have faced, currently face, or will face transitional barriers in health care. • www.chp.edu/our-services/aya-medicine/change

Transportation

<p>Information about many options on the AC DHS website. They include</p> <ul style="list-style-type: none"> • ACCESS ADA Program and 65 Plus Program • ACCESS Connections Program • Older Persons Transportation (OPT) • Persons with Disabilities Half-Price Bus, Mon Incline and T Rides • Medical Assistance Transportation Program (MATP) 	<p>www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Transportation.aspx</p>
<p>Other places to request assistance around transportation are your health plan, hospitals and health centers. Some neighborhoods have shuttles and faith based organizations have programs. Travelers Aid provides some programs, 412- 281-5474 Also, contact 2-1-1 or the Allegheny Link 1-866-730-2368.</p>	
<p>For assistance in obtaining a PA Driver’s License</p> <ul style="list-style-type: none"> • Practice App: App available to practice PennDOT driver’s license knowledge test, https://www.pa.gov/apps/ • Penn Dot Drivers License (DL) Center: The DL Center provides assistance in the form of a staff who will read the test questions and explain them. Must call ahead to request an appt., 1-800-932-4600 	

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Voting

www.votespa.com/Pages/default.aspx

Accessible Voting for Citizens with a Disability, www.votespa.com/Voting-in-PA/Pages/Accessible-Voting.aspx

Other assistance, including monetary. Contact each separately for eligibility requirements.

Also, refer to the OID Resource List [Free clothing, furniture and basic needs resources](#)

Focus Pittsburgh, 412-261-1234, <https://focuspghcommunications.wordpress.com/>

Transportation Program – The FOCUS Pittsburgh Bus Ticket program helps participants get to job interviews, doctor’s appointments and other essential meetings. The program also provides bus passes for community members to travel to and from work until they receive their first paycheck. Document Recovery – This program is a vital entry point to secure housing, employment and other programs. Assistance with acquiring IDs, birth certificates and licenses.

Allegheny County Music Festival Fund (ACMFF), www.alleghenycounty.us/Human-Services/ACMFF/

Children receiving services through DHS, a DHS-contracted provider, or Allegheny County Juvenile Probation are eligible. Requests must be made by a social service professional working for DHS, a DHS-contracted provider or AC Juvenile Probation on behalf of a child receiving services. Requests have included dance lessons, computers and age-appropriate software, developmental toys, graduation expenses, summer camp tuition, registration fees for recreational activities.

ACHIEVA Charitable Residual Account, 412-995-5000 x 565, <http://achievafamilytrust.org/charitable-residual-account/>

The Charitable Residual Account provides supplemental supports and services for children and adults with disabilities and a demonstrated need.

City of Pittsburgh residents

- **Pgh Community Action Partnership** includes next step fund emergency assistance, home weatherization, GED preparation and testing and neighborhood safety program, 412-697-4687, www.PGHCSI.org

Call the **311** Response Center for information about:

- **City Cuts**, free grass cutting for those who own their homes and are 62 or older, a veteran or disabled
- **Snow Angels** pairs volunteers with elderly or disabled residents to assist with snow removal
- **Pittsburgh Fire Bureau** will supply and install smoke detectors to any City resident that requests one.

<https://triblive.com/local/allegheny/14560368-74/pittsburgh-is-again-offering-free-grass-cutting-services-for-seniors-and-disabled>

If not a city of Pittsburgh resident contact your municipality / borough / city for offerings near you.

Neighborhood / regional assistance

- North Hills Community Outreach for Seniors, 412-307-0069, <https://nhco.org/get-help/for-seniors/>
- South Hills Interfaith Movement, 412-854-9120 ext. 107, <https://shimcares.org/>
- NAMS (the Northern Area Multi Service Center), 412-781-1176, <http://buildingindependence.org/about-us/>

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Financing

- Hebrew Free Loan Association of Pittsburgh Interest-free loans on a nonsectarian basis 412-422-8868
- CareCredit healthcare financing www.carecredit.com/

Financial Empowerment Centers

Pittsburgh's Financial Empowerment Center (FEC) offers one-on-one, professional financial counseling as a free public service. The FEC helps clients take control of their debt, deal with debt collectors, improve their credit, create a budget, save, connect to safe and affordable financial products, and much more. 1-800-298-0237, http://apps.pittsburghpa.gov/redtail/images/5330_FEC_Basics_Handout.pdf

Vision To Learn, Pittsburgh Public School (PPS) Students

In June 2018, Vision To Learn launched a program...PPS students in need. Through this initiative, PPS nurses provide vision screenings to students; and Vision To Learn provides eye exams and glasses, free of charge, to PPS students.

<https://visiontolearn.org/where-we-work/pennsylvania/>

IQ / Psychological Testing

- **Allegheny General Hospital**, 412-330-4000
- **University of Pittsburgh**, 412-624-8822
- **Allegheny Mental Health Associates**, 412-967-0610
- **Summit Psychological Services**, 412-406-7734
- **Allegheny Mental Health Associates**, Jessica Weister, PsyD, 412-967-0610
- **Down Syndrome Center of Western PA (DSC)**, Dr. Santamaria, psychologist available to see pediatric DSC patients, 412-692-7963

Help Lines

Are you feeling lonely? Are you feeling anxious? The **Statewide Support & Referral Helpline** 1-855-284-2494. For TTY, dial 724-631-5600.

[Trans Lifeline](#) is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. Check out [their website](#) or call them at 877-565-8860

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

Crisis Text Line: "PA" to 741741

Veteran Crisis Line: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990

Resource Information from Allegheny County Department of Human Services Office of Intellectual Disability (AC DHS OID)

A representation of commonly requested resources. Some will have eligibility requirements. Inclusion does not imply special endorsement.

Get Help Now Substance Abuse Hotline: 1-800-662-4357

Pennsylvania Sexual Assault Helpline: 1-888-772-7227

National Domestic Violence Helpline: 1-800-799-7233

National Council for Behavioral Health, www.thenationalcouncil.org/