



Allegheny Link



Community Resources for People with Disabilities

1-866-730-2368

Serving the Communities of Allegheny County

March 2019

Introduction:

The Allegheny Link

The Allegheny Link connects people in need to appropriate community resources in an effort to maintain and/or improve quality of life. The Allegheny Link serves persons of any age living with a disability, adults over the age of 60, persons facing a housing crisis, as well as families with children age 0 up to 6 with targeted referrals to home visiting programs.

The Allegheny Link assists these individuals and families by:

- Offering a one-stop resource center that provides information and assistance related to not only resources, but also the expected process to access resources
- Simplifying and streamlining access to long-term living services and supports for those seeking services and/or making long-term living decisions
- Assisting individuals and families who are currently homeless or at risk of homelessness as Coordinated Entry for the Allegheny County Homeless Continuum of Care
- Connecting families and caregivers with children 0 up to 6 as well as women who are pregnant to home visiting programs
- Providing eligibility pre-screening for public and privately funded services and supports
- Assisting individuals and families with completing applications for services when appropriate

The Allegheny Link is staffed Monday through Friday, 8A – 7P. We can be reached by phone 1-866-730-2368, email AlleghenyLink@AlleghenyCounty.us, or by visiting our office located at 1 Smithfield Street, Pittsburgh PA 15222

Allegheny County Department of Human Services (DHS)

The Allegheny County Department of Human Services is devoted to creating an accessible, culturally competent, integrated, and comprehensive human services system that ensures individually tailored, seamless, and holistic services to Allegheny County residents, in particular the county's vulnerable populations. DHS can be accessed online at www.alleghenycounty.us/dhs or via phone at 412-350-5701.

DHS provides human services to County residents primarily through its program offices which include:

- Area Agency on Aging (AAA)
- Children, Youth and Families (CYF)
- Behavioral Health (OBH)
- Intellectual Disability (OID)

Area Agency on Aging (AAA):

The Area Agency on Aging addresses the needs of our County's increasing elderly population. Some of the services provided by the AAA include senior community centers, nursing home alternatives, caregiver support, adult foster care, and many more. To apply for services or receive more information on the AAA services, call the SeniorLine at 412-350-5460 or Toll Free 800-344-4319.

Children, Youth and Families (CYF):

The County’s public agency to protect children from abuse and neglect provides a wide range of prevention and supportive services to children and families. Some of the services provided include prevention, in home family preservation, emergency shelter services, foster/residential care, adoption services, and many more. To find out more about Children, Youth and Families programs call 412-350-5701.

Community Services (OCS): The Office of Community Services offers a wide range of services that address the needs of families and communities through assistance with employment, homelessness, utility assistance and much more. For more information on the programs offered through OCS, call 412-350-6611.

Behavioral Health (OBH):

The Office of Behavioral Health helps people with mental illness, children/youth with serious emotional disturbance and individuals with drug and alcohol dependence. Some of the programs offered include short-term, inpatient psychiatric services, peer support services, community treatment services and more. To find out more about the programs provided by the OBH call 412-350-4457 or the Toll Free 24 hour crisis hotline 888-796-8226 (888-7-YOU-CAN).

Intellectual Disability (OID):

The Office of Intellectual Disability provides intake to supports coordination and funding for home and community based services for eligible individuals. OID offers resource information through the Key Communicator listing and community outreach. Call 412-253-1250 for intake and 412-253-1399 for more information. To read more about OID, please turn to page 41.

Helpful resource & referral information:

Please consider visiting www.alleghenycounty.us/Human-Services/Resources/Publications/Resource-Guides.aspx for a lengthy listing of other guides and directories that may be helpful to you. Some guides of specific interest include:

The DHS I&R Desk, Community Referral Packet

A resource guide for social service professionals to assist in identifying resources, both within the DHS system and throughout the community, for consumers they serve.

The Where to Call Directory of Mental Health and Drug & Alcohol Services

A directory that provides contact information for mental health and drug/alcohol programs throughout Allegheny County.

The Allegheny County Health Department - The Underinsured or Uninsured?

A helpful guide for those in need of healthcare resources in Allegheny County. It can be found at the following link: www.achd.net/chrond/pubs/pdf/Insuredlinked.pdf.

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Disclaimer:

The Allegheny County Department of Human Services and the Allegheny Link does not claim responsibility for any actions taken by the following organizations.

Advocacy

ACHIEVA

www.achieva.info | 412-995-5000, 1-888-272-7229

Provides supports and services for individuals with disabilities and their families such as Early Intervention assessments/therapies, IM4Q (Independent Monitoring for Quality) for quality of life education, family trust services, residential supports, advocacy, government affairs, family support, representative payee services, vocational supports, etc.

ADAPT

www.adapt.org | contactus@adapt.org | Erie #: 814-835-8418 | SW PA #: 724-579-0578 - Kate or 724-223-5115 - Kathleen | Email: cpkate127@gmail.com or kathleen@tripil.com

ADAPT focuses on promoting services in the community for people with disabilities. ADAPT works to get 25% of the Medicaid long term care funds redirected to pay for a national, mandated attendant services program. Housed inside of the Tri-County Patriots for Independent Living.

Community Living and Support Services

www.classcommunity.org | Email: info@classcommunity.org | 412-683-7100

Toll Free: 1-888-954-2424 | TTY: 412-246-2255

CLASS (formerly UCP of Pittsburgh) offers different services to individuals with varying abilities. The organization offers a variety of individualized services ranging from independent living skills training in the classroom to community-based case management for social, recreational, and residential supports.

Disability Rights Pennsylvania

www.disabilityrightspa.org | 412-391-5225, 1-800-692-7443 (Intake) TDD: 1-877-375-7139

Disability Rights Pennsylvania (DRP) is a statewide, non-profit corporation designated as the federally-mandated organization to advance and protect the civil rights of all adults and children with disabilities. DRP is the result of the merger between Pennsylvania Protection and Advocacy, Inc. (PP&A), Disabilities Law Project (DLP) and the Education Law Center. DRP works with people with disabilities and their families to ensure their rights to live in their communities with the services they need (legal advice and representation), to receive a full and inclusive education, to live free of discrimination, abuse and neglect, and to have control and self-determination over their services.

LifeTRUST Planning

www.life-trust.com | 1-800-638-7256 | email: lifetrust@rogers.com

LifeTRUST Planning is recognized as a leader in Tax Planning, Life Planning, Financial Planning, Estate Planning and Future Life Planning for families of people with disabilities. LifeTRUST has established programs and services for families, organizations and professional advisors who have or know, of a person with a disability. LifeTRUST Planning is dedicated to enhancing the lives of individuals with disabilities through counseling and programs that help maximize their financial resources and benefits.

Lighthouse Guild: Vision + Health

www.lighthouseguild.org | 1-800-284-4422, TTY: 711

Lighthouse Guild provides a full spectrum of integrated vision and healthcare services helping people who are blind or visually impaired, including those with multiple disabilities or chronic medical conditions, lead productive, dignified and fulfilling lives.

Mobility International USA

www.miusa.org | Voice/TTY: 541-343-1284

The mission of Mobility International USA (MIUSA) is to empower people with disabilities around the world through international exchange, information, technical assistance and training and to ensure the inclusion of people with disabilities in international exchange and development programs.

National Organization on Disability

www.nod.org | 646-505-1191, ext. 122 | info@nod.org

The NOD focuses on increasing employment opportunities for the 80% of working-age Americans with disabilities who are not employed. To achieve this goal, NOD works with leading employers and partners with educational and philanthropic institutions to pilot innovative approaches to disability inclusion, then scales these up into initiatives with even broader impact.

PaTTAN

www.pattan.net | 412-826-2336, 1-800-446-5607, Video Phone: 412-265-1002

The Pennsylvania Training and Technical Assistance Network (PaTTAN) is an initiative of the Pennsylvania Department of Education, Bureau of Special Education. PaTTAN supports the Department of Education's efforts to lead and serve the educational community by offering professional development that builds the capacity of local educational agencies to meet students' needs. PaTTAN's primary focus is special education. However, services are also provided to support Early Intervention, student assessment, tutoring and other partnership efforts, all designed to help students succeed.

Pennsylvania Client Assistance Program (CAP)

www.equalemployment.org | Voice/TDD: 215-557-7112, 1-888-745-CDLP (2357)

CAP is an advocacy program for people with disabilities administered by the Center for Disability Law and Policy. CAP helps people who are seeking services from the Office of Vocational Rehabilitation, Centers for Independent Living and Bureau of Blindness and Visual Services and provides information and advice about rehabilitation programs, helps resolve any problems that may arise while seeking services from rehabilitation programs, or helps pursue administrative/legal remedies to protect rights.

Pittsburgh Child Guidance Foundation

<http://foundationcenter.org/grantmaker/childguidance/overview.html> | 412-434-1665
info@pcgf.org

The Pittsburgh Child Guidance Foundation is devoted to promoting the mental health and optimal development of children in Allegheny County, Pennsylvania. PCGF's current initiatives focus on children whose parents are incarcerated was from 2003-2012. Current initiative launched in April 2014: Serving families with young children who are experiencing homelessness (direct service providers working in shelter care system).

Ragged Edge Magazine

A successor to the award-winning periodical, The Disability Rag; in Ragged Edge, and on their website, you'll find the best in today's writing about society's "ragged edge" issues: medical rationing, genetic discrimination, assisted suicide, long-term care, attendant services.

Pennsylvania Developmental Disabilities Council

www.paddc.org | 724-933-1655 | TTY: 717-705-0819, Toll free: 1-877-685-4452

PADDC engages in advocacy, systems change, and capacity building for people with developmental disabilities and their families in order to support people with disabilities in taking control of their own lives; ensures access to goods, services, and supports; build inclusive communities; pursue a cross-disability agenda; and change negative societal attitudes towards people with disabilities.

Wrightslaw

www.wrightslaw.com | webmaster@wrightslaw.com

Accurate, up-to-date information about special education law and advocacy for children with disabilities.

Assistive Technology

Augmentative Communication Consultants, Inc.

www.acciinc.com | 412-264-6121, 1-800-982-2248 | email: acci1@earthlink.net

ACCI partners with quality assistive technology and software manufactures to provide assistance with choosing and using assistive technologies needed to communicate, learn, play, socialize and live life as independently as possible. Assistance is provide via their website, catalog and by product demonstrations.

Center for Assistive Technology

www.upmc.com/CAT | 412-647-1310, TDD: 412-647-1325

The Center for Assistive Technology is a joint program of UPMC and the University of Pittsburgh that provides technology assistance based on individual needs and goals for assistive technology in the areas of mobility, communication and comfort.

Disabled Dealer

www.disableddealer.com

Disabled Dealer provides links to information and pricing for adaptive equipment including mobility vehicles, motorized and manual wheelchairs, ramp systems, vehicle lifts, wheelchair accessories, pediatric equipment and scooters. (previously numbers listed are disconnected/no number on website)

Handi-Ramp

www.handi-ramp.com | 1-800-876-7267 (RAMP) | info@handiramp.com

Handi-Ramp provides guidance for selecting ramps, price details and purchase of ramps, as well as additional assistive devices to meet individual needs.

Assistive Media: Expanding the World of Reading

www.assistivemedia.org | info@assistivemedia.org

Assistive Media produces spoken-word recordings of current and back issue articles from periodicals and full length books, including a mixture of interesting and educational material. This online service is offered with no membership sign-on requirements or disability status verification.

Pennsylvania Assistive Technology Foundation (PATF)

www.patf.us | 484-674-0506, TTY/Toll free: 1-888-744-1938 | patf@patf.us

PATF provides financing opportunities in the form of low or 0% interest loans to people with disabilities and older Pennsylvanians to help acquire assistive technology devices and services that improve their quality of life.

Pennsylvania Initiative on Assistive Technology (PIAT)

www.disabilities.temple.edu/programs/assistive/piat | 1-800-204-7428, 215-204-5967

TTY: 1-866-268-0579

PIAT provides access to assistive technology, by providing hands-on demonstrations to help individuals make informed choices, and short term device loan programs so individuals can try assistive technology before purchasing. PIAT also provides Training to service providers to support Assistive Technology knowledge and skills, Technical Assistance to public and private agencies to develop and improve policies related to Assistive Technology, and Public Awareness Activities to educate consumers about their Assistive Technology devices and services.

Recycled Equipment Exchange Program (REEP)

www.disabilities.temple.edu/programs/assistive/reep/ | 1-800-204-7428, TTY: 1-866-268-0579

The REEP classifieds is a free statewide service for people with disabilities, their families, friends, service providers and other interested individuals who want to find, buy, sell or donate previously owned assistive technology. Equipment can include stair glides, adapted vehicles, wheelchairs, vision aids, communication devices and much more. REEP is a program of Pennsylvania's Initiative on Assistive Technology (PIAT).

Rehabilitation Engineering and Assistive Technology Society of North America (RESNA)

www.resna.org | 703-524-6686, TTY: 703-524-6639 (extensions for different departments available online)

RESNA is a professional organization dedicated to promoting the health and well-being of people with disabilities by increasing access to technology solutions. RESNA offers certification, continuing education, and professional development, as well as works toward developing assistive technology standards, promoting research and public policy and sponsoring forums.

Tech Owl (Includes PA Lending Library, PIAT and REEP)

techowlpa.org | 1-800-204-7428 | TTY: 1-215-204-1805

Email: atinfo@temple.edu

The Institute on Disabilities at Temple University is home to many assistive technology programs and projects including Pennsylvania's Initiative on Assistive Technology (PIAT), Used Equipment Exchange, and the PA Lending Library. PIAT is Pennsylvania's Assistive Technology (AT) Act Program. PIAT and the other assistive technology programs and projects create TechOWL – Technology for Our Whole Lives.

Variety the Children's Charity of Pittsburgh

www.varietypittsburgh.org | 724-933-0460 | info@varietypittsburgh.org

Variety: The Children's Charity provides programs, experiences and equipment to help children with disabilities, throughout Southwestern PA, gain the freedom to be active, involved and accepted, and to live life to the fullest.

Disability Specific Organizations

ABOARD Autism Connection of PA

<https://autismofpa.org/> | support@autismofpa.org | 412-781-4116, 1-800-827-9385

ABOARD Autism Connection of PA mission is to help those with autism achieve their maximum social, educational, and vocational potential. This support is provided through an array of support groups, autism resources, conferences and events. Information on signs and symptoms, obtaining an autism diagnosis, and accessing health insurance are also services provided.

Alzheimer's Association

www.alz.org/pa | 24/7 Helpline: 1-800-272-3900

Alzheimer's Association works to enhance care and support for those affected by Alzheimer's disease or related dementias. This is accomplished through a wide range of services including support groups, 24/7 helpline, comprehensive resources, information on clinical studies, educational programs, safety programs, awareness events, advancing research, and advocating.

American Diabetes Association

www.diabetes.org | 1-800-342-2383

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, educational information, and advocacy with a dedication to stop diabetes.

American Foundation for the Blind

general info: (212) 502-7600 | [email: info@afb.net](mailto:info@afb.net)

The American Foundation for the Blind is national non-profit organization with mission to remove barriers, creates solutions, and expand possibilities so people with vision loss can achieve their full potential. We provide resources, knowledge and support, offer publications, and advocate for policy related to the rights of individuals with vision loss.

American Parkinson Disease Association, Inc.

www.apdaparkinson.org | 1-800-223-2732 or Local Info and Referral Line: 717-531-3598
apda@apdaparkinson.org

(Hershey, PA) APDA's improves the lives of those living with Parkinson Disease and their families through patient/caregiver support, education, and raising public awareness of the disease through social events and fundraising.

Amyotrophic Lateral Sclerosis Association

webwpawv.alsa.org | General Contact: (800) 782-4747 | alsinfo@alsa-national.org

The mission of The ALS Association is to lead the fight to treat and cure ALS (Lou Gehrig's disease) through dedicated research while providing patient support, information/education for health care professionals and the general public, and advocacy for ALS research and health care concerns.

The Arthritis Foundation, Central and Western Pennsylvania Chapter

www.arthritis.org/western-pennsylvania | 412-566-1645, HELP: 1-844-571-4357

The Arthritis Foundation's mission is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases through advocacy, research, public health strategies, and educational resources and information surrounding access to care.

Learning Disabilities Association of America

www.ldaamerica.org | 412-341-1515 | info@LDAAmerica.org

LDA's mission is to create opportunities for success for all individuals affected by learning disabilities and reduce the incidence of learning disabilities in future generations. Specialized services including parent support, information and referral networks, legislation advocacy, school program development, and educational resources for adult issues are offered to empower individuals with learning disabilities to thrive and participate fully in society.

Autism Society of Pittsburgh

www.autismsocietypgh.org | 412-856-7223 | info@autismsocietypgh.org

The Autism Society of Pittsburgh's mission is to encourage, expand, and develop excellence in a continuum of service options through providing advocacy, support, and thorough information on care, treatment, and educational services. Unbiased information is provided on ALL options to parents, families, and to the caring professionals who work with those with autism spectrum disorders or affected by autism spectrum disorders.

Blind & Vision Rehabilitation Services of Pittsburgh

www.bvrspittsburgh.org | 412-368-4400

Blind and Vision Rehabilitation Services of Pittsburgh mission is change the lives of persons with vision loss and other disabilities by fostering independence and individual choice. Services include Low Vision Assistance, Personal Adjustment to Blindness Training, Technology Training, Employment Services, Services for Seniors, Services for Youth Services , as well as Support Services.

Cancer Caring Center

www.cancercaring.org | 412-622-1212 | info@cancercaring.org

The mission of the Cancer Caring Center is to help cancer survivors, their families and concerned friends cope effectively with the emotional impact of cancer through a variety of FREE support services. This site offers information for support groups which include general groups, groups for women, groups for children, and specialty groups, as well as resources.

Canine Companions for Independence

www.cci.org | 1-800-572-2275, TTY: 740-548-4447

Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.

Center for the Neural Basis of Cognition

www.cnbc.cmu.edu | 412-268-4000 | cnbcinfo@cnbc.cmu.edu

The CNBC is dedicated to the investigation of neural mechanisms that give rise to human cognitive abilities. CNBC is a joint project of the University of Pittsburgh and Carnegie Mellon, integrating the strengths of the University of Pittsburgh in basic and clinical neuroscience with the strengths of Carnegie Mellon in psychology, computer science, biological sciences, and statistics.

Center for Hearing & Deaf Services

www.hdscenter.org | Voice/TTY: 412-281-1375

The Center for Hearing & Deaf Services mission is to provide diverse and affordable programs of quality diagnostic, rehabilitative and supportive services designed to address the problems experienced by individuals who are deaf or hard of hearing. HDS also serves as an information and referral source for this population and the general public.

Children and Adults with Attention-Deficit/Hyperactivity Disorder

www.chadd.org | 1-800-233-4050 | General Info: 301-306-7070

Email: customer_service@chadd.org

Monday - Friday, 1:00 PM - 5:00 PM

CHADD is a national non-profit organization providing education, advocacy, and support for individuals with ADHD.

CLASS Community Living and Support Services

www.classcommunity.org | 412-683-7100, 1-888-954-2424 | TTY: 412-246-2255

Email: info@classcommunity.org

The mission of CLASS is to support people with disabilities as they explore options, participate in the community and strive toward equality. CLASS serves people of all types of disabilities from the most severe disabilities to those individuals with disabilities who benefit from occasional supervision. CLASS offers an array of services to help people meet their personal goals.

Down Syndrome Association of Pittsburgh

www.dsapgh.org | 412-218-2940 | Email: admin@dsapgh.org

The Down Syndrome Association of Pittsburgh is a group of parents and professionals dedicated to enriching the lives of people with Down syndrome.

They offer educational information to support families and contributions to community resources and national endeavors that focus on improving the well-being of people with Down Syndrome.

Epilepsy Foundation of Western Pennsylvania

www.efwp.org | 412-322-5880, 1-800-361-5885 | Email: staff@efwp.org

The Epilepsy Foundation Western/Central Pennsylvania (EFWCP) is a private, non-profit service organization providing public education and supportive services to individuals and families affected by epilepsy/seizure disorders. Their mission is to lead the fight to stop seizures, find a cure and overcome challenges created by epilepsy.

Federation of Families for Children’s Mental Health

www.ffcmh.org | 240-403-1901 | Email: ffcmh@ffcmh.org

The Federation of Families for Children’s Mental Health is a national parent-run non-profit organization focused on the needs of children and youth with emotional, behavioral or mental disorders and their families. The mission is to provide advocacy at the national level for children’s rights, provide leadership and technical assistance to a nation-wide network of family run organizations, and to collaborate with these organizations to transform mental health in America.

Guiding Eyes for the Blind

www.guidingeyes.org | 1-800-942-0149, for admissions dial ext. 2222

Email: admissions@guidingeyes.org

Guiding Eyes for the Blind is an internationally accredited guide dog school dedicated to enriching the lives of blind and visually impaired men and women by providing them the freedom to travel safely, thereby assuring greater independence, dignity, and new horizon of opportunities.

Hearing Loss Association of America

www.hearingloss.org | 301-657-2248, Local Chapter: 412-767-9769, Email: NellansT@aol.com

The Hearing Loss Association of America is the nation’s leading organization representing people with hearing loss. HAAA provides assistance and resources for people with hearing loss and their families to learn how to adjust to living with hearing loss.

Joslin Diabetes Center

www.joslin.org | 617-309-2440, AGH Network Diabetes Care: 412-578-1724

Through this program, patients are provided state-of-the-art information and the skills necessary for self-management of diabetes, including: nutrition, exercise, medications, blood glucose monitoring, self-management of hyperglycemia and hypoglycemia, complication prevention and treatment, psychosocial adjustment, family involvement, use of healthcare systems, and community resources.

Keystone Paralyzed Veterans of America

www.kpva.org | 412-781-2474, 1-800-775-9323

The Paralyzed Veterans of America, a congressionally chartered veterans’ service organization, has developed a unique expertise on veterans of the armed services who have experienced spinal cord injury or dysfunction. The PVA is the leading advocate for quality health care for its members, research and education addressing spinal cord injury and dysfunction, benefits available as a result of its members’ military service, and civil rights and opportunities which maximize the independence of its members.

Learning Disabilities Association of America

www.ldaamerica.org | 412-341-1515 | info@LDAAmerica.org

LDA is dedicated to identifying causes and promoting prevention of learning disabilities and to enhancing the quality of life for all individuals with learning disabilities and their families. LDA seeks to accomplish this through awareness, advocacy, empowerment, education, service and collaborative efforts.

The Leukemia & Lymphoma Society

www.lls.org | 914-949-5213 | Toll Free: 1-800-955-4572

The Leukemia and Lymphoma Society is the world's largest voluntary health organization dedicated to blood cancer. LLS funds research around the world, offers education and patient services. The Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life and remove barriers to care through policy and advocacy of patients and their families.

Lighthouse Guild: Vision + Health

www.lighthouseguild.org | 1-800-284-4422 | TTY 711

Lighthouse Guild provides a full spectrum of integrated vision and healthcare services helping people who are blind or visually impaired, including those with multiple disabilities or chronic medical conditions lead productive, dignified, and fulfilling lives.

Lupus Foundation of Pennsylvania

www.lupuspa.org | 412-261-5886, 1-800-800-5776 | lupuspaorg@gmail.com

The Lupus Foundation of Pennsylvania's mission is to promote awareness, education, service and research for those affected by Lupus. They offer programs and services including educational programming, support groups, local services and information for County Representatives.

The Myasthenia Gravis Foundation of America

www.myasthenia.org | 1-800-541-5454

MGFA is committed to finding a cure for myasthenia gravis and closely related disorders, improving treatment options, and providing information and support to people with myasthenia gravis. They strive to do this through research, education, community programs, and advocacy.

Multiple Sclerosis Service Society

www.classcommunity.org | www.classcommunity.org/services/adult/msss | 412-683-7100
1-888-954-2424 | TTY: 412-246-2255 | Email: info@classcommunity.org

The mission of the Multiple Sclerosis Service Society (MSSS) is to provide assistance to those diagnosed with Multiple Sclerosis through a variety of services. These services include information and referral, community education, social and recreational activities, an exercise program, lending library, and durable equipment and supplies.

NAMI Southwestern PA

www.namikeystonepa.org/ | 412-366-3788, 1-888-264-7972 | info@namikeystonepa.org

NAMI Southwestern Pennsylvania is dedicated to helping families & individuals affected by mental illness achieve lives of quality & respect, through education and advocacy that supports recovery. NAMI works to combat stigma and stereotyping by providing factual information to the community through education, support, and advocacy.

National Cancer Institute

www.cancer.gov | 1-800-422-6237 (1-800-4-CANCER)

The organization conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

National Center on Deafness

www.csun.edu/ncod | Email: ncod@csun.edu | Voice/TTY: 1-818-677-2054

Video Phone: 1-818-671-4443 | ncod@csun.edu

The NCOD is committed to providing Deaf and Hard of Hearing students in California and throughout the United States with the tools and support needed to succeed. They provide communication access, leadership opportunities, scholarships and direct communication classes for approximately 200 students a year.

National Down Syndrome Society

www.ndss.org | 1-800-221-4602 | Email: info@ndss.org

The mission of the National Down Syndrome Society is to be the national advocate for the value, acceptance and inclusion of people with Down syndrome. NDSS creates the opportunity for all people with Down syndrome to enhance their quality of life, realize their life aspirations, and become valued members of welcoming communities.

National Institute of Mental Health

www.nimh.nih.gov | 1-866-615-6464, TTY: 1-866-415-8051 | Email: nimhinfo@nih.gov

The NIMH vision a world in which mental illnesses are prevented and cured. The mission of NIMH is to transform the understanding and treatment of mental illness through basic and clinical research, paving the way for prevention, recovery and cure. The NIMH site offers information specific to mental health education resources, outreach, and research priorities.

National Multiple Sclerosis Society

www.nationalmssociety.org | 412-261-6347, 1-800-344-4867 | Email: Pax@nmss.org

The National Multiple Sclerosis Society funds research, furthers education, advocates for people with disabilities, and provides a variety of empowering programs for those who have MS and their families. Their site offers educational information about MS, treating MS, resources and support, and more.

PA Tourette Syndrome Alliance, Inc.

www.patsainc.org | 1-800-990-3300, 717-337-1134 | Email: sherrie@patsainc.org

The Pennsylvania Tourette Syndrome Association, Inc. (PA-TSA) is a nonprofit agency whose mission is to identify, support, and advocate for individuals with Tourette Syndrome (TS) in PA, as well as promote awareness of TS through informational outreach and education. PA-TSA offers support for clients, families, and schools. Programs and services include informational packets, consultants for school, consultants for the work place, educators in service, children and teen focused programming, as well as an annual conference with informational sessions.

Paws With A Cause

www.pawswithacause.org | 616-877-7297 | Email: paws@pawswithacause.org

Paws With A Cause® enhances the independence and quality of life for people with disabilities nationally through custom-trained Assistance Dogs. PAWS® promotes awareness through education and advocacy.

Pennsylvania Association for the Blind

www.pablind.org | 717-766-2020

Allegheny County service info:

Blind and Vision Rehab Services of Pittsburgh: 412-368-4400

email: earbogast@pghvis.org | www.bvrspittsburgh.org

A statewide membership organization directed to the provision of quality services to persons who are blind or vision impaired, and to the prevention of blindness. This is accomplished through a network of member agencies with a prime focus of vision-related services. Services include individual training, workshops, seminars, transportation assistance, rehabilitation, employment opportunities, summer instructional programs for children, vision screening, support groups, counseling, and more.

Pennsylvania Society for the Advancement of the Deaf (PSAD)

www.psadweb.org | 570-309-0087 | Email: info@psadweb.org

psadboard@psadweb.org

Pittsburgh Chapter President: noschese235@gmail.com

PSAD mission is to maximize participation and productivity of those who are deaf or hard of hearing through education, advocacy, and services. PSAD provides various workshops and programs such as the Leadership Training Program, Outdoor Leadership Education Program, biennial Miss Deaf Pennsylvania Pageant, NAD Youth Leadership Camp, annual conference, Conference of Chapters, annual statewide Deaf Women's Conference, state government affairs, public information and outreach, and bi-monthly newsletter.

The Pittsburgh AIDS Center for Treatment

Part of the UPMC: Center for Care of Infectious Diseases (CCID)

www.upmc.com/Services/division-infectious-diseases | 412-647-7228

1-877-788-PACT (7228)

CCID provides high-quality, multidisciplinary patient care to those affected by a number of diseases caused by bacteria, fungi, parasites, or viruses. The specialized units include: general infectious diseases, Pittsburgh AIDS Center for Treatment (PACT), HIV Pre-Exposure Prophylaxis (PrEP) clinic, Outpatient Parenteral Antibiotic Therapy (OPAT), transplant infectious diseases, and travel health.

Allies for Health + Wellbeing

<https://alliespgh.org/> | info@alliespgh.org | 1-888-204-8821, 412-345-7457

Allies mission is to improve health and wellbeing. They provide integrated medical care, supportive human services, and community-based education for individuals living with, or at risk of HIV, viral hepatitis, and sexually transmitted infections. Their services include a medical clinic, behavioral health services, PrEP services, medical case management, HIV, hepatitis and STI testing and counseling, a food pantry, transportation, and emergency financial assistance, housing, and prevention and educational outreach.

Prader-Willi Syndrome Association

www.pwsausa.org | 1-800-926-4797

Prader-Willi Syndrome Association (USA) is an organization of families and professionals working to enhance the quality of life of those affected by Prader-Willi syndrome. Their mission is to raise awareness, offer support, provide education and advocacy, and promote and fund research.

Spina Bifida Association of Western Pennsylvania

www.sbawp.org | 724-934-9600, 1-800-243-5787 | Email: info@sbawp.org

The SBAWP offers a wide variety of programs and services that address the needs of individuals with spina bifida and their families. They place special emphasis on offering age appropriate programs and services that support each individual through their developmental milestones. Through every step of life's journey, a person with spina bifida or other related disabilities can depend on the SBAWP to provide them with exceptional services and supportive programs that will help them navigate through their limitations and build on their strengths.

Early Intervention

Allegheny Intermediate Unit, Project DART

www.aiu3.net/site/Default.aspx?PageID=1216 | 412-394-5700

DART Program Director: 412-394-5816

Free Screening/Evaluation: 412-394-5904

Project DART (Discovery, Assessment, Referral and Tracking) provides screening, assessment, education referral and programs for preschoolers with developmental delays. (Children Ages 3-5)

Alliance for Infants and Toddlers, Inc.

www.ait.org | 412-885-6000

Early intervention services designed to build and enhance natural learning available to families with children with developmental concerns. (Children Ages Birth – 3)

ACHIEVA

www.achieva.info | 412-995-5000, 1-888-272-7229

Provides supports and services for individuals with disabilities and their families such as Early Intervention assessments, Parenting Education Program (formerly ESPRIT), residential supports, advocacy, legislative action, and family supports.

Children’s Hospital of Pittsburgh, Child Development Unit

www.chp.edu/CHP/cdu | 412-692-5560 | General Info: 412-692-5325

To Make an Appointment: 412-692-7337

Offers evaluation, diagnosis, and consultation to children ages 7 and under with a wide range of developmental and/or behavioral disorders.

Children’s Institute

www.amazingkids.org | 412-420-2400, TTY/TDD: 412-420-2578

The goal of the organization is to improve the quality of life for children and young people with special needs and their families by providing a specialized continuum of medical services, therapy, education, and child and family services that enable them to realize their fullest potential through various programs.

The Early Learning Institute (TELI)

www.telipa.org | 412-922-8322

Comprehensive early intervention programs and services for children with developmental delays in an inclusive environment. They can provide developmental, occupational, speech/language, and physical therapies along with social work, vision, and nutrition services. (Children Ages Birth – 3)

Easter Seals of Western Pennsylvania

www.easterseals.com/wcpenna | 412-281-7244

Email: development@eastersealswcpenna.org

Provides comprehensive therapeutic, educational and vocational rehabilitation services to children and adults with disabilities and other special needs and their families to ensure equal opportunities to live, learn, work and play in their communities.

Holy Family Institute Parent-Child Home Program

www.hfi-pgh.org | 412-766-4030 ext. 1464 for in-home family services | info@hfi-pgh.org

An early childhood literacy, parenting and school-readiness program that prepares young children for school by increasing language and literacy skills, enhancing social-emotional development and strengthening the parent-child relationship. (Children ages 16 months – 3 years)

Laughlin Center

www.laughlincenter.org | 412-741-4087

Educational, speech and language therapy, psychological services, early education services for children ages 3 – 1st Grade, and academic services for school aged children (Grades 2-12).

Matilda Theiss Center Therapeutic Nursery – UPMC Health System

www.upmc.com/services/behavioral-health/child-development/nursery-preschool/pages/default.aspx | 412-383-1575

Provides early intervention and prevention services for infants and toddlers who have or are high risk of having behavioral health problems, specifically those who have been prenatally exposed to alcohol or illegal substances or have a parent diagnosed with a mental illness. (Children ages 6 weeks – 36 months)

Pittsburgh Public Schools Early Childhood Education Department

www.pghschools.org/domain/1279 | 412-529-4291

Email: earlychildhood@pghschools.org

The District's Early Intervention and Early Childhood Education programs offer a network of services to provide advocacy and leadership for early childhood education, referrals for service, help to determine duplications and gaps in services and to promote parental involvement and education.

PLEA

www.plea-agency.org | 412-243-3464 | Email: plea@plea-agency.org

Preschool, structured social activity, wrap around, in-home respite, and summer camp; for those with Autism, emotional, social & developmental challenges. PLEA programs help individuals with programs for Living, Education, and Advocacy. (Children Ages 3 – 18)

Pregnancy Recovery Center:

www.upmc.com/locations/hospitals/magee/services/perinatal-neonatal-substance-abuse-services/outpatient/Pages/default.aspx | 412-641-1211

Magee-Women's Hospital of UPMC opened its Pregnancy Recovery Center (PRC), provides office-based buprenorphine treatment, behavioral health counseling, social services, and prenatal care to pregnant and postpartum women with Opioid Use Disorder. In the postpartum period, patients are connected with a community provider to continue medicine-assisted treatment.

Project STAR

www.amazingkids.org/Child-and-Family-Services/child-family-services-home | 412-244-3066

Children's Institute of Pittsburgh: 412-420-2400

Project STAR is a program offered by the Children's Institute. Project STAR's mission is to provide children with the opportunity to grow in a safe, nurturing and lasting family, and to empower the family to discover and employ those strengths and resources that will ensure permanency for their children and stability for all family members.

Special Kids Network

www.health.state.pa.us/skn | 1-800-986-4550

The Special Kids Network links callers to a broad range of services for children and youth with special health care needs and disabilities get the services and support they require in order to thrive in their community. These services include health care products, training, recreation and leisure, social services, counseling, support, advocacy and therapy.

The Watson Institute

www.thewatsoninstitute.org 412-741-1800, 1-866-893-4751

The Watson Institute serves exceptional children from 3 to 21 years old with autism, cerebral palsy, muscular dystrophy, spina bifida, neurological impairments, developmental delays, brain injuries, serious emotional challenges and other impairments with diagnostic, educational, and therapeutic support; support to the families of these children through education, counseling, wraparound, outpatient services and respite programs. While their main facility is located in Sewickley, PA, they serve children and families in both Allegheny and 11 other surrounding counties.

Woodlands

<http://mywoodlands.org/> | 724-935-6533, Center classes/schedules: 724-935-5470

The Woodlands is a non-profit organization dedicated to enriching the lives of children and young adults with disability and chronic illness. Using its fully accessible and barrier-free facilities, the Woodlands' programs enable participants to experience social, cultural, environmental, recreational and spiritual growth.

Education

Allegheny County Family Resource Guide

www.familyresourceguide.org/ed-support/index.aspx

Email: familyresourceguide@alleghenycounty.us

The Family Resource Guide is the only comprehensive compilation of services and systems available to Allegheny County families of children ages birth-21 with developmental delays, special health care needs or disabilities. They provide an updated electronic-format guide with information on special education, educational rights, placement and school types, and the transition to adulthood.

Allegheny County, Office of Behavioral Health, Bureau of Child & Adolescent Services, Children's Team

www.alleghenycounty.us/dhs/education/index.aspx

School Based Liaisons are professionally trained to serve as links between educational systems, mental health providers and social services agencies and comprise the Student Assistance Team. They can provide intervention quickly and decisively in situations when a student needs mental health services.

Education Specialists provide consultation to families and schools in order to facilitate the development of appropriate and meaningful Individualized Education Plans (IEPs) for students with special needs. They support families by providing information, initiating contacts and referrals, and attending meetings as an advisor in developing these plans.

Allegheny Family Network

www.alleghenyfamilynetwork.org/ | 1-888-273-2361

Confidential Support Line: 1-888-273-2361, AFN Direct Number: 412-246-2030

Allegheny Family Network (AFN) is a family-run agency - all of their employees are parents or caregivers who have raised a child with mental health and/or emotional challenges. The Family Support Partners have a wealth of knowledge and experience in the areas of mental health and behavioral challenges. They not only understand family and children's rights but also know how and when to advocate on behalf of children with special needs. AFN can assist families through trainings and support in understanding the process of Individualized Education Plans (IEPs), and knowing their rights and responsibilities.

Allegheny Intermediate Unit

www.aiu3.net | 412-394-5700 | Email: webmaster@aiu3.net

Providing Non-Traditional Services to Learners of All Ages. Services include: Education of homeless children and youth including preschoolers; Alternative education for court-adjudicated and disruptive students; Workforce development for economically challenged adults including GED test preparation; Adult Basic Education and English as a Second Language; and DART - Screening, assessment, education referral and programs for preschoolers with developmental delays.

Alliance for Infants and Toddlers

www.aift.org | 412-885-6000, ext. 3108 for outreach information and events

Early Intervention is a variety of supports and services designed to build and enhance the natural learning that occurs in the early years. Supports and services are provided in the home, child care site and other community settings identified by the family. Any child, age birth to three years, living in Allegheny County is eligible for a developmental screen through Early Intervention. The Alliance is available to any Allegheny County family if they have concerns about their child's development, or if their child is at risk for developing delays due to such factors as prematurity or a stay in a Neonatal Intensive Care Unit (NICU).

DePaul School for Hearing and Speech

<http://depaulhearingandspeech.org/> | 412-924-1012

Email: depaulschool@depaulhearingandspeech.com

The DePaul School teaches children from birth to age 15 who are deaf or hard of hearing to listen and speak without using sign language. Using cochlear implants and digital hearing aids to access sound, students receive Listening and Spoken Language (LSL) education, speech therapy, and clinical audiology services. More than 70% of the children who attend DePaul as toddlers and preschoolers are ready to transition to a mainstream classroom by first grade.

Disability Rights Network of PA

www.drnpa.org/ | 1-800-692-7443, 412-391-5225, TDD: 1-877-375-7139

Email: drnpa-pgh@drnpa.org

Disability Rights Network of Pennsylvania (DRN) is a statewide, non-profit corporation designated as the federally-mandated organization to advance and protect the civil rights of all adults and children with disabilities.

DRN works with people with disabilities and their families, their organizations, and their advocates to ensure their right to live in their communities with the services they need, to receive a full and inclusive education, to live free of discrimination, abuse and neglect, and to have control and self-determination over their services. DRN works to ensure that people with disabilities have equal and unhindered access to employment, transportation, public accommodations, and government services; to enforce their rights to vocational, habilitative, post-secondary educational, health, and other services; and to protect them from abuse and neglect.

Education for All Coalition

www.paedforall.org | 267-232-0570 | Email: info@paedforall.org

The Education for All Coalition is a partnership of parents, educators, related professionals and others who believe that children of all backgrounds and abilities should be successfully educated together in their neighborhood schools within the general education curriculum. They work together to promote education that includes ALL children by providing individual support to families, assisting institutions of higher education better prepare teachers to effectively teach all children and influencing and supporting schools, policymakers, and the community to effectively implement inclusive practices and policies.

Greater Pittsburgh Literacy Council

www.gplc.org | 412-393-7600 | Email: info@literacypittsburgh.org

Their mission is to ensure that adults and families acquire reading, writing, math, English language, workforce skills and computer skills so they may reach their fullest potential in life and participate productively in their community. GPLC provides the following types of instructional programs: Basic Skills, GED Preparation and Testing, English as a Second Language, Workplace Skills Development, Family Literacy, Computer Skills Training, Health Literacy, and OASIS Intergenerational Tutoring for children in grades K-3 with reading skills.

Pace School

www.paceschool.org | 412-244-1900 | Email: pace@paceschool.org

The mission of Pace School is to provide educational and therapeutic services that enable any child to thrive. Pace School, a private, non-profit day school, is a placement option for school districts in Allegheny and surrounding counties that serves kids, K-9, with emotional challenges or Autism. Pace School is licensed by the PA Department of Education and the State Board of Private Academic Schools to serve students educationally diagnosed in one of three areas: Emotional disturbance, Autism, and/or Pervasive developmental delay. Each student at Pace also has at least one mental health diagnoses and is enrolled in Pace's School Based Partial Hospitalization Program.

PEAL Center

www.pealcenter.org | 412-281-4404, TTY: 412-281-4409, Toll Free 866-950-1040

Email: info@pealcenter.org

The PEAL Center is Pennsylvania's Parent Training and information Center serving Western and Central PA. The PEAL Center is an organization of parents of children with disabilities who provide individual assistance and referrals, parent training, and leadership development.

The mission of the PEAL Center is to ensure that children, youth, and adults with disabilities lead rich, active lives and participate as full members of their schools and communities by providing training, information, and technical assistance based on best practices to individuals, families and all people who support them.

Pittsburgh-Mount Oliver Intermediate Unit 2

www.pmoiu2.k12.pa.us/ | 412-224-4580

The Pittsburgh-Mount Oliver Intermediate Unit is proud to provide educational support services to private and parochial, non-public schools and institutions in and around the City of Pittsburgh. Services include English as a Second Language (ESL), Speech Services, Remedial Services, Psychological Services, and supplemental services to support at-risk student populations due to abandonment, abuse, or parental neglect, as well as those in correctional facilities and detention centers to transition into education and employment.

Western Pennsylvania School for the Blind Children

www.wpsbc.org | 412-621-0100 | Email: prittsj@wpsbc.org

The Western Pennsylvania School for Blind Children is a one-of-a-kind educational facility committed to training visually impaired students with additional disabilities. The School also provides vital early intervention and outreach services to visually impaired students, with or without additional challenges, throughout western Pennsylvania. Classroom teams consist of a certified teacher of the visually impaired, occupational therapist, physical therapist, speech and language pathologist, orientation and mobility instructor, behavior support specialist, nurse and para-educators. Each student has an individualized educational program (IEP) that is designed to meet his/her specific, unique needs and abilities.

Western Pennsylvania School for the Deaf

www.wpsd.org | Voice/TTY: 1-800-624-3323

The Western Pennsylvania School for the Deaf (WPSD) is a non-profit, tuition free school with high academic expectations. Founded in 1869, WPSD provides quality educational services and a complete extracurricular program to Deaf and hard-of-hearing children from birth through Grade 12. WPSD offers an all-inclusive communication/language environment, mainstream opportunities, after school programs, a Residential Program, and early intervention services through home visits and on-campus activities to deaf and hard of hearing infants, toddlers, and their families.

Employment

AHEDD

www.ahedd.org | 412-381-3313, 1-866-902-4333

Email: Pittsburgh.pa@ahedd.org

AHEDD provides employment services for people with disabilities. AHEDD's services benefit from a customized plan of service that can include: skill assessments, career exploration and development, self-directed job search, job placement, and work site support/training. AHEDD is also the Benefits, Planning, Assistance and Outreach (BPAO) agency for Western PA.

BPAO agencies are agencies that receive grants from the Social Security Administration to provide services to SSI/SSDI beneficiaries who are considering a return to work and have questions about possible changes in his/her benefits. A BPAO Work Incentives Coordinator will provide information the beneficiary may use to make an informed decision about returning to work. For residents of counties not served by AHEDD, please see <https://yourtickettowork.ssa.gov/contact-us/index.html> to look up the BPAO that serves your county or call Maximus: Toll-Free Line 1-866-968-7842; Toll-Free TDD Line 1-866TDD2WORK.

Bureau of Blindness and Visual Services

www.dli.pa.gov/Individuals/Disability-Services/bbvs/Pages/default.aspx

412-565-5240, 1-866-412-4072, TTY: 412-565-3678, 1-877-255-5082

BBVS provides specialized, rehabilitative and prevention of blindness services for Pennsylvania residents who are blind or visually impaired. The mission is to help individuals who are blind or visually impaired gain the skills necessary to live and work independently in their communities. BBVS also has specialized children services to meet maximum educational and vocational potential.

CareerLink

www.pacareerlink.state.pa.us

One-stop shop for employment training, job search, unemployment services, and connection to PA Job Centers.

The Career Development Center

www.careerdevelopmentcenter.org | 412-422-5627 | Email: info@careerdevelopmentcenter.org

Services are focused on helping job seekers land the right job as quickly as possible. They will assist job seekers in exploring options, define objectives, and develop the strategy and tools required to wage an effective job search.

Goodwill Industries of Pittsburgh

www.goodwillswpa.org | 412-481-9005, TTY: 412-632-1438

Offers a variety of programs and services that provide employment-related education, training, counseling and job opportunities for people with disabilities, economic disadvantages and other barriers to employment.

Life's Work of Western PA

www.lifesworkwpa.org | Pittsburgh: 412-471-2600, Belle Vernon: 724-684-3630

Email: PR@LifesWorkWPA.org

The mission of Life's Work is to continue its comprehensive and innovative role of assisting persons with disabilities or other barriers to employment to achieve independence and dignity through productive employment opportunities.

Minority, Women, and Disadvantaged Business Enterprise (MWDBE)

www.alleghenycounty.us/mwdbbe/index.aspx 412-350-4309

MWDBE serves as the catalyst for business development by providing technical assistance, advocating M/W/DBE business concerns, and providing information on opportunities within Allegheny County, as well as other local public agencies. This department works in partnership with all county departments and the community at large, to ensure the inclusion of M/W/DBE firms in meaningful business opportunities throughout Allegheny County.

Office of Vocational Rehabilitation

www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx | 1-800-442-6371

TTY: 412-770-2802, 1-888-870-4474, Voice: 412-392-4950

OVR's purpose is to expand and strengthen employment outcomes, independence, and specialized services for Pennsylvanians with disabilities. OVR provides a wide range of services to eligible applicants. The services are arranged to fit the individual needs of the person.

Pennsylvania Federation of Injured Workers

Email: mak101@pfiw.org

Pennsylvania Federation of Injured Workers can help you understand your rights under the PA Worker's Compensation Act. If you need some information about PA's Worker's Compensation System or you need a little support to make it through tough times the PFIW will be helpful.

Pittsburgh Disability Employment Project for Freedom

www.voapa.org/project-for-freedom | 717-236-1440

Email: info@projectforfreedom.org, brubin@voapa.org

Project for Freedom provides individuals with disabilities technology, professional skills and customer service training that then results in opportunities for competitive employment. Project for Freedom has developed a network of employers, government agencies, and other nonprofit organizations that support this program. The program has explored and developed methods to effectively recruit, market and place qualified individuals with disabilities in jobs that pay competitive wages with benefits.

Protection and Advocacy for Beneficiaries of Social Security (PABSS)

Harrisburg Office: 1-800-692-7443, TTY: 1-877-375-7139

Pittsburgh Office: 412-391-5225 | PABSS email: drnpa-pgh@drnpa.org

PABSS advocates for and advises SSI/SSDI beneficiaries who are interested in working or who want information on participating in the Ticket to Work Program.

Social Security Administration's Ticket to Work Program

www.yourtickettowork.com | 1-866-968-7842, TDD 1- 866-833-2967

Email: support@chooseworkttw.net

This is a new federal work incentives program for SSI and/or SSDI beneficiaries. It is a voluntary program. This program is administered by a company called Maximus.

The Social Security Administration's "Worksite"

www.ssa.gov/work | 1-866-968-7842, TTY: 1-866-833-2967

U.S. Equal Employment Opportunity Commission

www.eeoc.gov | 1-800-669-4000, TTY: 1-800-669-6820, Video Phone: 1-844-234-5122

Email: info@eeoc.gov

EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of race, color, religion, sex, national origin, age, or disability.

Working Order

www.voapa.org/working-order-incubator-pittsburgh | 412-782-5344 ext. 209

Working Order is a nonprofit small business incubator serving a diverse group of entrepreneurs specifically targeting those with disabilities. Business coaching is provided to help participants develop a business concept, test it for feasibility, develop a long-range plan, market, manage and sustain the business.

Financial Assistance

Allegheny Valley Association of Churches

www.avaoc.org | 724-226-0606 | Email: avaoc@avaoc.org

Provides financial assistance to families in emergency situations. (gasoline, clothing, furniture, emergency food vouchers, emergency travel assistance, rent, utilities, and prescriptions).

Provides a food bank, and volunteer caregivers for seniors. Consumers must live in the Allegheny Valley area (Brackenridge, Tarentum, East Deer, Fawn, Frazer, Harrison, Verona, New Kensington, Arnold, and Lower Burrell). Provides a family shelter to any Allegheny County resident.

Catholic Charities / CARELine

www.ccpgh.org | 412-456-6999 | Email: info@ccpgh.org

A small amount of financial aid is given to an individual in crisis. Additional consideration may be given to senior citizens. Funds are used for emergency financial needs and are not applicable to rent or security deposits.

Department of Human Services, Emergency Shelter Allowance

www.dhs.pa.gov/citizens/cashassistance/emergencysHELTERallowanceesa/
412-565-2146

Provides financial assistance in order to prevent eviction or foreclosure, obtain permanent housing, or obtain temporary shelter. Consumers must be receiving public assistance benefits to qualify.

North Hills Community Outreach

www.nhco.org 412-487-6316 (Press 1 @ prompt) Email: help@nhco.org

Provides emergency food and financial assistance to families in crisis (food, energy assistance, budgeting, case management). Consumers must live in school districts of: Hampton, Shaler, North Hills, North Allegheny, Pine-Richland, Northgate, Deer Lakes, Fox Chapel and Avonworth.

Pittsburgh Presbytery – Lazarus Fund

www.pghpresbytery.org/justice/lazarus_fund.htm | 412-697-7390

May provide financial assistance with mortgage foreclosure, rental eviction, utility bills, etc. Consumers can call their local Presbyterian Church or the main phone number listed above and ask if they can apply for the Lazarus Fund. They need not be members of that church as this fund is open to the community. Not all Presbyterian churches are Lazarus Fund sites.

Salvation Army Adult Rehabilitation Center of Pittsburgh

www.wpa.salvationarmy.org/ | 412-446-1500

Vouchers are provided for help with food, clothing, and prescriptions.

A small amount of financial aid is given as a fund of last resort for help with a one-time urgent financial need.

St. Vincent DePaul Society

www.svdppitt.org | 412-321-1071

May possibly provide financial help for a variety of reasons (i.e. utilities, rent, etc.). The main number provides callers with the name of the church or volunteer in their community to call for help.

Food Assistance

Community Human Services Food Pantry

<https://chscorp.org/food-pantry> | 412-246-1688

The pantry's goal is to provide food to families and individuals who need it the most. The pantry also connects people to additional community resources while encouraging them to connect with their neighbors and become advocates for themselves and their community. Assists people under 150% of the FPG.

Downtown Ministries Drop-In Centers

flc@flcpittsburgh.org | 412-471-8125

A ministries of five churches that rotate on a daily basis to provide drop-in services which can include a food pantry or food bag. First Lutheran Church is the main contact to tell you which church is operating that day. The other churches that are in the rotation are:

St. Mary's: 412-261-0110

First Presbyterian: 412-471-3436

First Lutheran: 412-471-8125

Smithfield United: 412-281-1811

Trinity Cathedral: 412-232-6404

Farmers Markets (Department of Agriculture)

<https://www.pameals.pa.gov/mealspublic/farmmarkets/marketsearch.aspx?PC=FMNP>

717-772-2693 | Dept. of Agriculture General Info: 717-787-4737

Food Distribution: 717-787-2940

Satisfy your appetite for fresh-picked fruits and vegetables throughout the summer and fall by visiting Farmer's Markets. All markets will sell farm-fresh fruits, vegetables, meats, cheese and baked goods, while several locations will also sell flowers, small gifts and gardening items. Some farmer's markets take SNAP benefits or farmer's markets vouchers as payment.

Greater Pittsburgh Community Food Bank

www.pittsburghfoodbank.org/ | 412-460-FOOD (3663) ext 456

Email: info@pittsburghfoodbank.org

A non-profit organization that collects and distributes food through a 350+ member network in 11 counties in southwestern Pennsylvania. Through food solicitation, fund raising, special events, and community partnerships, the Food Bank gathers food at a 94,000 square foot warehouse in Duquesne, PA. Also provides access to local food resources including an online food pantry directory, information on programs such as SNAP benefits, Produce to People and the Summer Food Service Program.

Hunger Services Network

<http://ulpgh.org/programs/housing/hunger-services/> | 1-866-395-3663

The Urban League of Greater Pittsburgh shares a deep commitment to ending hunger in the Pittsburgh region. Hunger Services offers three programs to help secure food for your family, including Emergency Food Assistance (EFA), Food for Early Development (FED), and the Supplemental Nutrition Assistance Program (SNAP).

Just Harvest

www.justharvest.org/ | 412-431-8960 ext. 602 (Pittsburgh office)

Just Harvest educates, empowers and mobilizes people to eliminate hunger, poverty, and economic injustice in our communities by influencing public policy, engaging in advocacy, and connecting people to public benefits. Just Harvest can help by screening and applying for SNAP benefits.

Life Span

www.lifespanpa.org | 412-464-1300 ext. 204 (for emergency), TTY: 412-461-0769

Provides senior resource center for meals and social activities, home delivered meal program, frozen meal delivery program, light housekeeping, respite care, senior companion program, health/education programs, transportation registration and lending library for medical equipment.

Meals on Wheels

www.mealsonwheelsamerica.org/ | 1-888-998-6325

Delivers cooked meals to individuals who are homebound, to frail older adults or to those with disabilities who have difficulty cooking and/or shopping for themselves.

Supplemental Nutrition Assistance Program (SNAP)

(formerly known as Food Stamp Program)

<http://dhs.pa.gov/citizens/supplementalnutritionassistanceprogram/index.htm>

412-565-2146 (County Assistance Office) 1-800-692-7462 (Helpline) 1-800-451-5886 (TDD)

SNAP benefits are used to buy food and help low-income households in Pennsylvania obtain more nutritious diets by increasing the food purchasing power at grocery stores and supermarkets for all eligible participants. If you do not have enough money to buy food for yourself and your family

Women, Infants, and Children (WIC)

www.pawic.com/Default.aspx | 412-350-7240 | 1-800-WIC-WINS

Email: bmellott@pa.gov

WIC serves income-eligible and medically or nutritionally at-risk pregnant women, breastfeeding mothers, infants and children under age five. WIC offers nutrition counseling, breast-feeding support and food vouchers.

Health

The Underinsured or Uninsured? *A Guide to Health Care Resources in Allegheny County*
www.achd.net/chrond/pubs/pdf/Insuredlinked.pdf

The Allegheny County Health Department publishes a helpful guide for those in need of healthcare resources in Allegheny County. Please refer to this guide to see a list of zero cost or sliding scale clinics along with other health related resources.

Accessible Dental Services

www.accessible dental.org/ | 724-775-0448 ext. 633 | Email: schedule@accessible dental.org

This team of dentists, anesthesiologist and nurses provide dental care and are sensitive to the needs of patients with intellectual and developmental disabilities. They also have a mobile unit that is equipped with a lift to accommodate wheelchair access and is fully accessible to persons with physical disabilities.

The Affordable Care Act

www.healthcare.gov/ | 1-800-318-2596, TTY: 1-855-889-4325

The Affordable Care Act helps Americans get access to the healthcare coverage they need by putting in place comprehensive health insurance reforms that expand coverage, hold insurance companies accountable, lower healthcare costs, guarantee more choices and enhance the quality of care. The Health Insurance Marketplace is a new way to find health coverage, whether you don't have coverage now or have it but want to look at other options.

APPRISE

<https://wfspa.org/service/apprise/> | Daytime Crisis Line: 412-661-1438

APPRISE is an objective source of information and expertise about Medicare plan choices, benefits and programs available to help beneficiaries keep their health care costs manageable. Beneficiaries, family members and care managers can count on APPRISE for accurate, personalized answer to questions related to Medicare billing, claims, appeals and more. APPRISE, Pennsylvania's State Health Insurance Program (SHIP), is a federally funded service that provides free, objective health care education and counseling. Two of the programs that APPRISE can help screen for are below:

The Medicare Savings Program (MSP) through the Department of Public Welfare can possibly help lower-income seniors and persons with disabilities to pay for their Medicare Part B Premium. Some individuals may also qualify for help with their Medicare deductibles and coinsurance.

The Low Income Subsidy (LIS) or "Extra Help" program *through the Social Security Administration* can possibly help Medicare consumers drastically lower their prescription drug costs and can help individuals save thousands of dollars per year.

Center for Women with Disabilities at Magee Hospital

www.upmc.com/locations/hospitals/magee/services/center-for-women-with-disabilities/Pages/default.aspx

412-641-4030

A designated clinical site staffed by a multidisciplinary team where women with physical disabilities can receive comprehensive health-care.

Charity Care Programs

Most hospitals have a charity care program by some name. These programs provide assistance to patient's that are unable to pay their medical bills due to being un or underinsured. Ask to speak with a hospital social worker to inquire about these programs.

Consumer Health Coalition

www.consumerhealthcoalition.org | 412-456-1877

Consumer Health Coalition's mission is to lead a consumer movement for access to quality, affordable health care in Southwestern Pennsylvania by reaching out to and enrolling at-risk consumers in public health insurance programs, educating the community about the availability of public health insurance programs and pertinent health policy and political issues and organizing at-risk consumers and the organizations that serve them for access to health care and health system reform.

Coordinated Care Network

www.coordinatedcarenetwork.org | 1-888-226-6296, 412-349-6317

Coordinated Care Network (CCN) is a non-profit organization formed in 1996 that provides case management and 340B pharmacy services to underserved populations. CCN's mission is to reduce "system" costs through its case management and prescription discount programs, and in the process, generate sufficient earned income to finance health care for its uninsured population.

Health Care for the Homeless

<http://pchspitt.org/healthcare-services/health-care-for-the-homeless/> | (412) 244-4700

The Health Care for the Homeless Program provides health care at many clinic locations throughout the Pittsburgh area. Some of the services provided are dental services case management, immunizations, etc.

Healthy Baby Help Line

www.health.pa.gov/topics/programs/Pages/Help-in-PA.aspx

1-800-986-BABY(2229)

The statewide (PA) Healthy Baby help line refers callers to programs that offer free or low costs health care services, based on income. Also through this number, the Newborn Screening Program and Newborn Hearing Screening Program can be accessed.

Healthy Kids Help Line

www.health.pa.gov/topics/programs/Pages/Help-in-PA.aspx | 1-800-986-KIDS(5437)

The statewide (PA) Healthy Kids help line refers callers to programs that offer free or low costs health care services to children based on income.

Maternal & Child Health Services – Allegheny County Health Department

www.achd.net/childhth/index.html | 412-247-7950

The goal of the Maternal and Child Health Program is to maximize the quality of life and health of mothers, infants, children and their families in Allegheny County. Works in partnerships to provide comprehensive primary health care services and resources for mothers and children.

Medicaid (*also known as Medical Assistance*)

www.dhs.pa.gov/citizens/healthcaremedicalassistance/ | 1-866-550-4355

Medicaid is a government funded health insurance that helps individuals who can't afford healthcare. Individuals have to meet Medicaid eligibility guidelines to receive the benefit.

Medical Bureau of Pittsburgh

www.medicalbureau.org | 412-539-0990 | Email: info@medicalbureau.org

Provides 0% interest loans for medical, dental, and outpatient services that are \$100 or more. Your physician has to be a member of the Medical Bureau to be able to participate in the loan program. Your physician can make a referral for you to participate in the program.

Medical Assistance for Workers with Disabilities (MAWD)

www.dhs.pa.gov/citizens/healthcaremedicalassistance/medicalassistancebenefitsforworkerswithdisabilities/index.htm

1-800-692-7462, TTY: 1-800-451-5886

MAWD lets Pennsylvanians with disabilities take a fulfilling job, earn more money and still keep their full medical coverage. With MAWD you can keep Medical Assistance while you work, even if your earnings increase above the limits for other Medical Assistance programs. Now you do not have to choose between a job and your health. There are still eligibility guidelines but they are higher than most programs.

Medicare

www.medicare.gov | 1-800-MEDICARE (633-4223), TTY: 1-877-486-2048

Medicare is the federal health insurance program for people age 65 or older. It also covers certain younger people with disabilities and people with End-Stage Renal Disease.

Pennsylvania Donated Dental Services

www.padental.org/Online/Resources_Programs/Dental_Clinic_Directory/Online/Directory/Clinic_Directory.aspx?hkey=d0bc44d4-c2de-46fd-a31a-b647519d9973

717-234-5941

Provides a listing of clinics that provide free dental services to people with disabilities or people who are elderly who meet financial guidelines, have no dental insurance and are in need of major dental care.

The Pittsburgh AIDS Center for Treatment

Part of the UPMC: Center for Care of Infectious Diseases (CCID)

www.upmc.com/Services/division-infectious-diseases | 412-647-7228, 1-877-788-PACT (7228)

CCID provides high-quality, multidisciplinary patient care to those affected by a number of diseases cause by bacteria, fungi, parasites, or viruses. The specialized units include: general infectious diseases, Pittsburgh AIDS Center for Treatment (PACT), HIV Pre-Exposure Prophylaxis (PrEP) clinic, Outpatient Parenteral Antibiotic Therapy (OPAT), transplant infectious diseases, and travel health.

RxMap with Hometown Pharmacy

www.hometownpharm.com | 412-921-7731

RxMap is a medication compliance tool to reduce confusion in managing your medications. The Pharmacists at Hometown Pharmacy will contact your doctor on your behalf if necessary with questions about your prescriptions, they assist with automatic refills and free medication delivery if enrolled in the Rx Map program.

Home Modifications

PA Access Home Modification Program

<http://www.sdhp.org/accessible-housing/> | 1-877-550-7347, 610-873-9595

Provides grants to local entities to carry out home modification programs that will enable low and moderate income persons with permanent disabilities increase accessibility to their homes. Local entity is ACTION Housing—Allegheny County Accessibility Program:
www.actionhousing.org | 412-281-2102 ext. 2036

Allegheny County Accessibility Program - ACTION Housing Inc.

<http://actionhousing.org/index.php/social-services-programs/allegheny-county-accessibility-program>

Andrew Shull: 412-281-2102 x 2036, ashull@actionhousing.org

The Allegheny County Accessibility Program is a program that makes accessibility modifications to the homes of people with permanent physical disabilities. Examples of things assisted by this program are: exterior ramps, lifts, doorway widening, visual doorbells, automatic door openers, interior stair glides, and other adaptive modifications that will enable a person with disabilities to engage in daily living requirements.

Handi-Ramp

www.handi-ramp.com | 1-800-876-7267 (RAMP) | Email: info@handiramp.com

Provides ramps and other accessibility products at a low price to the end users.

Pennsylvania Assistive Technology Foundation (PATF)

www.patf.us | Email: patf@patf.us

Contact for PATF: 1-888-744-1938, 484-674-0506

A non-profit organization that provides low or 0% interest loans and mini-loans for Pennsylvania residents so that they can buy the assistive technology devices and services they need.

Urban Redevelopment Authority of Pittsburgh

www.ura.org/pittsburgh_residents/home_improvement_loans.php | inforequest@ura.org

General phone: 412-255-6600; Linda Hite (Finance Specialist): 412-255-6578

Home Accessibility Program for Independence (HAPI). Funding available to low income homeowners or landlords with low income tenants to assist in making the home accessible to people with disabilities. Limited funding available.

Penn Hills Senior Aid—Rehabilitation Program

Contact the Penn Hills Planning Department to apply: 412-798-2129

Loans and small grant amounts needed for home repairs and accessible home improvements are available to residents of Penn Hills who are 60 and older, or who have a disability, and meet the income eligibility (must have proof of all household income for each person living in the home). Funds may be available for renters in addition to home owners.

Wesley Family Services: In-Service of Seniors Program

www.olderadults.fswp.org | 412-345-7420, TTY: 412-345-0018 | Email: ISOS@fswp.org

No cost home safety checks, installation of smoke alarms, grab bars and handrails, as well as distribution of household safety supplies and referrals to other providers for emergency repairs and major home modifications is provided to Allegheny County residents who are 60 and older.

Variety the Children's Charity of Pittsburgh

www.varietypittsburgh.org | 724-933-0460 | Email: info@varietypittsburgh.org

A non-profit organization that is committed to providing wheelchairs, adaptive bikes, and other mobility equipment for residents, 21 years of age and under, with mental and physical disabilities, who reside in Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington and Westmoreland Counties. The vision of Variety the Children's Charity is to ensure that every eligible child in the ten counties of southwestern Pennsylvania is provided with the mobility equipment that he or she needs. This organization will also provide up to \$5,000 to pay for the balance of a vehicle. Applicants must provide proof of funds to pay for the outstanding balance of the vehicle. Please call their number for more details.

Home Repairs

Allegheny Home Improvement Loan Program AHILP

(through Allegheny County Department of Economic Development)

www.county.allegheny.pa.us/economic-development/residents/ahilp/ahilp.aspx

412-350-1000

Provides emergency/priority loans and general improvement loans at low or 0% interest rate for home improvements needs to Allegheny County residents who own and occupy their home. (Limited and partial grants are available, only as funding is available, and are determined on a case-by-case basis for limited code repairs, lead hazard control repairs, accessibility improvements and public sidewalk repairs).

Urban Redevelopment Authority of Pittsburgh

www.ura.org/pittsburgh_residents/home_improvement_loans.php

General phone 412-255-6600; Linda Hite (Finance Specialist): 412-255-6578, lhite@ura.org

Home Accessibility Program for Independence-Grants and low interest loans to make homes accessible for people with disabilities. Eligible borrowers are low and moderate income City of Pittsburgh homeowners or renters with disabilities, and landlords undertaking modifications for income-qualified disabled tenants.

Habitat for Humanity of Greater Pittsburgh Brush with Kindness

www.habitatpittsburgh.org/home-repair | 412-450-8520 ext. 10 (family services manager)

Email: mmorgan@pittsburghhabitat.org

Helps low income homeowners who struggle to maintain the exterior of their homes.

Volunteers work to improve the condition of homes by painting, landscaping, and performing minor exterior repairs at minimal cost.

Hosanna Industries, Inc.

<http://hosannaindustries.org/potential-client-information/> | 724-770-0262

Provides home construction, repair and rehabilitation services to home owners who meet the income eligibility.

Wesley Family Services: In-Service of Seniors Program

<https://wfspa.org/service/in-service-of-seniors/> | 412-345-7420, TTY: 412-345-0018

No cost home safety checks, installation of smoke alarms, grab bars and handrails, as well as distribution of household safety supplies and referrals to other providers for emergency repairs and major home modifications is provided to Allegheny County residents who are 60 and older.

Nazareth Housing Services - Senior Homeowner Assistance Program

www.chfmanor.org/for-homeowners | 412-931-6996 ext. 6510

Experienced housing counselors visit applicants' homes to determine work needed in relation to home repairs and improvements. Nazareth maintains a list of reliable contractors and provides grants to pay for the work when funding permits. Nazareth also coordinates with the Catholic Heart Work Camp to help seniors connect with volunteers in the summer to assist with painting and yard work

Penn Hills Senior Aid - Rehabilitation Program

<http://pennhills.org/wp-content/uploads/2018/05/Ad-for-rehab-program.pdf>

Penn Hills Planning Department: 412-798-2129

Loans and small grant amounts needed for home repairs and accessible home improvements are available to residents of Penn Hills who are 60 and older, or who have a disability, and meet the income eligibility. (*Funds may be available for renters in addition to home owners)

Pennsylvania Housing Finance Agency - Renovate & Repair Loan Program

www.phfa.org/programs/repairs.aspx (to renovate and repair program) | 1-800-822-1174

Designated to help homeowners renovate and repair in order to ensure that their home is a healthy and comfortable place to live.

Pittsburgh Community Services Inc. - Neighborhood Safety Program

www.pghcsi.org | 412-904-4700

(NSP) is a crime and disaster prevention program that helps at-risk and low to moderate income families who reside within the City of Pittsburgh and the County of Allegheny to have safer homes. City and county residents who meet income eligibility requirements may receive an array of installed home security and safety items "free of charge."

Pittsburgh Project

www.pittsburghproject.org | 412-321-1678 ext. 553 (Homeowner Care Coordinator)

Headquarters@pittsburghproject.org

Nonprofit community development organization that provides no cost assistance with minor home repairs for City of Pittsburgh homeowners (and certain neighboring boroughs) who are 60 and older, or have a documented disability, and meet the income eligibility.

Rebuilding Together Pittsburgh

www.rtpittsburgh.org | 412-247-2700

A non-profit organization dedicated to providing home repair services to Allegheny County and City of Pittsburgh home owners who are 60 and older, have a documented disability or are a military veteran, and meet the income eligibility.

Weatherization Assistance Programs *(operated through Action Housing)*

www.actionhousing.org/index.php/social-services-programs/weatherization-assistance-program

The Weatherization Assistance Program is a federally-funded program that provides eligible homeowners and renters with free-of-charge weatherization services, which refers to the process of reducing the amount of air infiltration into and out of the home. This process should improve energy efficiency, reduce heating and electric bills, and make the home a more comfortable place to live.

City of Pittsburgh Residents:

Mitzi Shannon, 412-281-2102 Ext. 2101

Allegheny County Residents (not in the City of Pittsburgh):

Mitzi Shannon, 412-281-2102 Ext. 2101

Mon Valley Residents (Steel Valley):

Lu Ethel Nesbit, 412-678-8622 Ext. 4

Washington and Greene County Residents:

Joy Satcho, 724-483-2399 Ext. 201, or 800-841-6899

Habitat for Humanity Home Repair Services

(operated through Habitat for Humanity)

www.habitatpittsburgh.org/home-repair | 412-450-8520 Ext. 10

mmorgan@pittsburghhabitat.org

Habitat for Humanity has partnered with the PA Housing Authority (PHFA) to help homeowners with low-cost repairs that make their house more energy efficient. Repairs save homeowners money on utility bills and can help improve the air quality, safety and longevity of the home. Repairs through this partnership are completed by a registered contractor and financed through a loan with PHFA.

Urban Redevelopment Authority of Pittsburgh

www.ura.org/pittsburgh_residents/home_improvement_loans.php

General phone: 412-255-6600 | inforequest@ura.org

URA provides assistance for City of Pittsburgh residents to buy a home or improve their existing home; including no equity home repair term loans with rates as low as 0%; loans with no income limits; grants for down payment and closing costs assistance; and emergency repair programs for low income homeowners. Special 0% deferred mortgages are also available to buyers of URA sponsored newly constructed and renovated single family homes.

Housing

Housing Authorities

Occupants of **subsidized housing** (*also known as public housing*) pay no more than 30% of their income for rent. All housing authorities have handicapped accessible units in their buildings.

Housing Choice Vouchers (Section 8) travel with the renter anywhere in the United States. Any property can be rented if the landlord is willing to participate in the Section 8 program and the property meets certain safety and sanitation standards. Certificate holders pay 30% of their income to rent and there is a ceiling on the total rent amount. With a voucher, the individual pays a set amount and the housing authority pays the difference in rent. Special needs vouchers are available for individuals with disabilities.

Allegheny County Housing Authority

www.achsng.com

Subsidized Housing: 412-355-8940, Housing Choice Voucher Program: 412-402-2546

Housing Authority of the City of Pittsburgh

www.hacp.org | 412-456-5000, TTY 412-201-5384

Subsidized Housing: 412-456-5030, Housing Choice Voucher Program: 412-456-5111 or 412-456-5090

McKeesport Housing Authority

www.mckha.org | 412-673-6942

Fair Housing

Fair Housing Partnership of Greater Pittsburgh

www.pittsburghfairhousing.org | 412-391-2535

The Fair Housing Partnership of Greater Pittsburgh, Inc. is a private, non-profit organization established in 1983 for the purpose of addressing fair housing issues in the Greater Pittsburgh area and assisting those who have been victims of housing discrimination. FHP's mission is to eliminate housing discrimination and to promote fair housing in the Greater Pittsburgh area through collaborative undertakings in education, monitoring and research, legislative reform, testing and enforcement, and community involvement.

Office of Fair Housing and Equal Opportunity

www.hud.gov/program_offices/fair_housing_equal_opp | 412-644-6428, TTY: 202-708-1455
Voice: 202-708-1112

Committed to creating equal housing opportunities for all persons living in America by administering laws that prohibit discrimination in housing on the basis of race, color, religion, sex, national origin, age, disability, and familial status. HUD's Office of Fair Housing and Equal Opportunity administers federal laws and establishes national policies that ensure all Americans have equal access to the housing of their choice.

Pennsylvania Human Relations Commission

www.phrc.state.pa.us | 717-787-4410, TTY: 412-565-5711

The Housing and Commercial Property Division of the PA Human Relations Commission provides enforcement of state laws prohibiting discrimination in housing and commercial property; provides educational programs to promote good will and voluntary compliance; carries out efforts to prevent and/or eradicate civil tension relating to housing and/or commercial property; and, receives and investigates complaints filed under the federal Fair Housing Act with the U.S. Department of Housing and Urban Development.

Financial Housing Assistance

Community Human Services Corporation

www.chscorp.org | 412-246-1600

Supportive Relocation Program is a supportive services program funded by HUD which provides housing location assistance, a one-time rental subsidy and ongoing case management for individuals who are homeless. This program is designed to be the final step in the agency's homeless continuum.

Department of Public Assistance, Emergency Shelter Assistance Fund

<http://dhs.pa.gov/citizens/homelessassistance/> | 412-565-2146

Provides financial assistance in order to prevent eviction or foreclosure, obtain permanent housing, or obtain temporary shelter. Consumers must be receiving public assistance benefits to qualify.

Urban League, Housing Assistance Program

<http://ulpg.org/programs/housing/rental-assistance/> | 412-227-4805

Prevents eviction, addresses homelessness, provides mediation services between tenants and their landlords and other creditors, assist families to find affordable, quality housing, and helps first time home buyers through the mortgage and purchasing process to enable them to own their own homes.

Housing Search Assistance

www.hud.gov/apps/section8/step2.cfm?state=PA%2CPennsylvania

Provides a searchable database of all HUD funded subsidized housing.

www.pahousingsearch.com | 704-334-8722 or 1-877-428-8844/ TTY: 7-1-1

Provides a searchable database, including vacancy information, of all Pennsylvania Housing Finance Agency funded Low Income Housing Tax Credit properties, along with some HUD funded properties.

Information & Referral

ADA & IT Technical Assistance Center

www.adainfo.org | 1-800-949-4232 (V/TTY)

A comprehensive resource for information on the Americans with Disabilities Act and Accessible Information Technology.

Allegheny County Information, Referral and Emergency Services

www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health/Involuntary-Commitment.aspx

412-350-4457, TTY: 412-350-3467, 1-888-796-8226 (telephone and mobile crisis services)

Answers 24/7 and puts callers in touch with Allegheny County staff who can provide information, find someone to provide ongoing help, or help arrange involuntary examination and treatment when needed.

Center for Parent Information

www.parentcenterhub.org/ | malizo@spanadvocacy.org (Myriam Alizo, Project Assistant), 973-642-8100

The Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities.

Department of Justice ADA Home Page

www.ada.gov | 1-800-514-0301, TTY: 1-800-514-0383

Information and Technical Assistance on the Americans with Disabilities Act.

The Library for the Blind and Physically Handicapped (LBPH)

www.carnegielibrary.org/clp_location/library-for-the-blind-and-physically-handicapped/

412-687-2440, 1-800-242-0586, hearing impaired: 412-622-3167

Provides free loan recorded books and magazines, equipment to play the recordings, large print books, and described videos.

Non-Emergency Drug and Alcohol Questions

412-350-3328, TTY: 412-350-3467 (M-F 8am-4pm)

After Hours Access to Drug and Alcohol Services: 1-800-553-7499

Assists with accessing drug and alcohol services. Can assist uninsured Allegheny County residents with information about available services and offer referrals to a wide continuum of drug and alcohol treatment services and providers.

PA 2-1-1 Southwest

www.pa211sw.org | 2-1-1, 1-888-856-2773, Dial 7-1-1 if Hearing Impaired

Email: info@pa211sw.org | Text zip code to: 898-211

PA 2-1-1 Southwest is a free resource and information hub that connects people with community, health and disaster services in 11 counties through a free, 24/7 confidential phone service and website.

PACER Center

www.pacer.org/ | 952-838-9000

PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others.

Re:solve Crisis Crisis Network

www.upmc.com/services/behavioral-health/resolve-crisis-services

1-888-796-8226

More information or on urgent matters: 412-864-5004

Provides 24/7 telephone, mobile, walk-in and residential crisis intervention services for Allegheny County residents-children, adolescents, adults, and older adults.

Special Kids Network

www.health.state.pa.us/skn | 1-800-986-4550

Provides information and referral to services that children with special health care needs and their families may need, community systems development that improves the availability and delivery of services, and an online searchable database of resources for children with special health care needs and their families.

In-Home Services & General Case Management

Allegheny County Area Agency on Aging (AAA)

www.alleghenycounty.us/dhs/aaa.aspx

SeniorLine: 412-350-5460/ 1-800-344-4319, TDD/TTY: 412-350-2727

AAA assists people in Allegheny County over the age of 60. AAA offers programs and services for older adults ranging from the more independent to those who are frail and require assistance to remain at home.

Allegheny County Office of Intellectual Disability (OID)

www.alleghenycounty.us/dhs/oid.aspx

Intake and Registration: 412-253-1250, General Inquiries: 412-253-1399

After hours/24-hour emergency: 412-350-4457

Eligible individuals register with OID to obtain Supports Coordination (case management). As needed and available, funding for home and community based services is provided through Person/Family Directed Services Waiver, Community Living and the Consolidated Waiver. Services can include community participation, in-home and vocational support and transportation. Call OID to learn about eligibility criteria for people with intellectual disability and / or autism, for families of children 0-9 with developmental disability and to start the process to determine eligibility for supports coordination services.

Allegheny Valley Association of Churches

www.avaoc.org | 724-226-0606

Allegheny Valley Association of Churches provides many services including a food bank, emergency assistance including rent and utility payment assistance, emergency food, clothing and shoe vouchers, gasoline vouchers, bus passes, prescriptions and referrals, energy assistance, scholarship opportunities and more.

Community Human Services Corporation

www.chscorp.org/ | 412-246-1600

Community Human Services assists people under the age of 60 in the City of Pittsburgh. The In Home Services Program provides a variety of offerings to individuals with disabilities living in the community. The services help people retain housing in their communities as long as possible. The services include light housekeeping, basic personal care assistance, chore service, meal preparation, completion of simple errands/shopping, motivation and instruction, and social activities. CHS also provides other services including supportive housing and homeless assistance programs, family support services, health station, and a food pantry.

In Service of Seniors (Volunteer Caregiver Program)

<http://olderadults.fswp.org/assistance-older-adults> | 412-345-7420

Family Services of Western PA: Volunteer Caregiver Program: ISOS@fswp.org

This program maximizes independence and overcomes isolation for frail elderly.

Volunteers help with the following: grocery shopping, friendly visiting, escort/transportation to medical appointments or worship services, managing correspondence, snow removal, home safety checks, and providing a break for caregivers.

Human Services Center Corporation

www.hscc-mvpc.org | 412-829-7112

The Human Service Center serves as a collaborative leader by promoting and supporting a network of providers within and outside the walls of its multi-purpose center. It serves as a bridge between human service organizations and those who develop policies and funding that impact the quality of life in the Mon Valley area. Also, it monitors community needs and initiates innovative strategies to fill service gaps.

Landmark Home Care

<http://buildingindependence.org/landmark/> | 412-781-1176*

Landmark Home Care assists eligible consumers under the age of 60 in Allegheny County outside the city. They offer personal care assistance, help with mobility, light housekeeping, shopping assistance, meal preparation, laundry, and escort to doctor's appointments.

North Hills Community Outreach

www.nhco.org | 412-487-6316 (press 1 @ prompt), Ext. 3110

North Hills Community Outreach (NHCO) is an interfaith nonprofit organization serves individuals and families in all of northern Allegheny County and addresses the needs of people in crisis, hardship and poverty. NHCO provides information and education, makes referrals and facilitates access to resources to bring immediate help in a manner designed to preserve the dignity of individuals and families while fostering self-sufficiency and improved quality of life.

Pennsylvania Independent Enrollment Broker (PA IEB or Maximus)

<https://paieb.com/>

1-877-550-4227, TTY: 1-877-824-9346

The PA Independent Enrollment Broker assists people with disabilities who are 18-59 years of age apply for Home and Community Based (HCBS) programs. This includes completing enrollment for the following waivers: Attendant Care, COMMCARE, Independence, OBRA, HIV/AIDS Waivers, and the Act 150 Attendant Care Program. Area Agencies on Aging (AAA) provide eligibility/enrollment services for applicants over age 60.

Legal

ACHIEVA Family Trust

www.achieva.info/family.jsp | 412-995-5000, ext. 565, Toll Free: 1-888-272-7229
familytrust@achieva.info

ACHIEVA Family Trust, a member of the ACHIEVA family of organizations, provides information to individuals and serves as trustee of several kinds of trusts benefiting individuals with disabilities. ACHIEVA Family Trust helps individuals and families plan for services that will be needed in the future. Factors to consider are types of support available from the government, family support that supplements government services and the amount of funding necessary to continue supplemental support.

AIDS Law Project of Pennsylvania

www.aidslawpa.org | 215-587-9377

The AIDS Law Project of Pennsylvania is a non-profit, public interest law firm providing free legal assistance statewide to people with HIV/AIDS and others affected by the epidemic. Bilingual (Spanish-English) staff are available. Attorneys are available for emergency visits to homebound or hospitalized clients.

Allegheny County Bar Association Lawyer Referral Service

www.acbalrs.org | 412-261-5555 | Email: LRS@acba.org

The Lawyer Referral Service (LRS) is a service designed to assist the public in locating lawyers for specific types of legal matters. Through the ACBA Lawyer Referral Service in Pittsburgh, we are able to refer out one attorney practicing in the particular field you need. The referral entitles you to a free, 30-minute consultation. Anything above and beyond that is then between you and the attorney and at his/her normal rate.

Allegheny County Bar Foundation Pro Bono Center

www.pittsburghprobono.org | 412-402-6677

The Pro Bono Center is the nexus between the members of the bar association and its 34 projects and member organizations that provide direct legal services to low-income individuals. The center's mission is to provide well-trained attorney volunteers to help meet the legal needs of the indigent in Allegheny County.

Allegheny County Public Defender's Office

www.alleghenycounty.us/opd | 412-350-2400

The Office of the Public Defender is responsible for furnishing legal counsel to any person who, for lack of sufficient funds, is unable to obtain legal counsel in any situation where representation is constitutionally guaranteed. In general, a person is entitled to legal counsel whenever that individual's personal liberty is at stake. This would include capital crimes, misdemeanor and felony offenses, summary offenses that carry a mandatory sentence of incarceration and commitment proceedings under the Mental Health Procedures Act.

Disability Rights Education and Defense Fund, Inc. (DREDF)

www.dredf.org | 510-644-2555, TTY: 510-841-8645 | Email: info@dredf.org

A national civil rights law and policy center directed by individuals with disabilities and parents who have children with disabilities. Their mission is to advance the civil and human rights of people with disabilities through legal advocacy, training, education, and public policy and legislative development.

Disability Rights Network of PA

www.drnpa.org | Intake: 1-800-692-7443, 412-391-5225, TDD: 412-467-8940

Email: drnpa.pgh@drnpa.org

Disability Rights Network of Pennsylvania (DRN) is a statewide, non-profit corporation designated as the federally-mandated organization to advance and protect the civil rights of all adults and children with disabilities. DRN provides services to Pennsylvanians with disabilities who have legal problems relating to access to services and discrimination.

LifeTRUST Planning

www.life-trust.com | 1-800-638-7256 | Email: lifetrust@rogers.com

LifeTRUST Planning is dedicated to enhancing the lives of individuals with disabilities through counseling and programs that help maximize their financial resources and benefits. They value the full participation of private, non-profit and government sectors.

Neighborhood Legal Services Association

www.nlsa.us | 412-255-6700, 1-866-761-6572

Neighborhood Legal Services Association (NLSA) is a private, nonprofit corporation created in 1966 to provide high-quality, free civil legal services to low-income individuals, the elderly and the abused of Allegheny, Beaver, Butler, and Lawrence Counties. Our mission is to meet the civil legal needs of the poor and vulnerable in our community through effective legal representation and education. Program services include direct representation, advice, assistance in self-representation, brief service/limited legal assistance or referral to a private attorney (including free and reduced-fee).

PA Senior Law Helpline:

<http://seniorlawcenter.org/projects-and-clinics/pennsylvania-seniorlaw-helpline-1-877-pa-sr-law/>
1-877-727-7529

A toll free, statewide telephone service providing legal information, advice, brief services and referrals to Pennsylvania seniors. This is a free and confidential service for adults 60 years of age and older.

Pennsylvania Health Law Project

www.phlp.org | Pittsburgh Office: 412-434-5779, 1-800-274-3258 (helpline)

PHLP provides free legal services to lower-income consumers, seniors, and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services. If you are denied or terminated from enrollment in a publicly funded healthcare program or if you have a service denied, reduced, or terminated, PHLP may provide you free direct representation on your appeal.

Parent Resources

Allegheny County Family Resource Guide

www.familyresourceguide.org/

The Family Resource Guide is the only comprehensive compilation of services and systems available to Allegheny County families of children birth - 21 years of age with developmental delays, special health care needs or disabilities. This is an electronic format resource guide that is accessed through the website listed above.

Allegheny County Family Network

www.alleghenyfamilynetwork.org | 1-888-273-2361 (Chatline), 412-246-2030 (Office)

The AFN is a family-run agency. The staff, known as Family Support Partners, have a wealth of knowledge and experience in the areas of mental health and behavioral challenges. AFN supports parents who are raising children from birth - 21 years of age with information and resources in Allegheny County.

Autism Link

www.autismlinks.co.uk/

A resource for parents of children with autism providing news and information on support, diagnosis, and therapeutic services.

NAMI Southwestern PA

www.namikeystonepa.org | 412-366-3788, 1-888-264-7972

Email: scaban@namikeystonepa.org

If you are the parent, sibling, child, significant other or relative of someone with a severe mental illness, the NAMI Family-to-Family Education Program can help. Family-to-Family is a free, 12-week course that focuses on schizophrenia, bipolar disorder (manic depression), major depression, panic disorder, obsessive compulsive disorder, co-occurring mental illness and addictive disorders, and borderline personality disorder.

Parent to Parent of Pennsylvania

www.parenttoparent.org | 1-888-727-2706 | SW Regional Office: 724-219-2367 or 2368

Parent to Parent of Pennsylvania is a network created by families for families of children and adults with special needs. They connect families in similar situations with one another so that they may share experiences, offer practical information and/or support.

Special Kids Network

www.health.state.pa.us/skn | 1-800-986-4550, TTY: 1-877-986-5432

The Special Kids Network links callers to a broad range of services for children with special health care needs. These services include health care products, training, recreation and leisure, social services, counseling, support, advocacy and therapy.

Personal Emergency Response Systems

Alert One

www.alert-1.com | 1-877-374-0948 to order/for information

Provides emergency response unit, help button, and 24/7 monitoring to individuals who may live alone to give them more security and less anxiety. No home phone line needed. They now have wireless medical alert systems.

Connect American Medical Alert/Mobile Alert/Cellular Alert

<https://medicalalert.com/about-connect-america-medical-alert.html> | 1-800-800-2537

<https://connectamerica.com> (for Connect America)

A sudden fall or medical emergency can threaten health and independence. Connect America offers a range of solutions for keeping individuals safe.

Jewish Family and Children's Services ElderAlert

www.jfcsph.org/services/senior-services/for-seniors/ | 412-422-7200

412-422-0400 or 1-877-243-1530 (for Information and Referral Specialist of personal emergency response)

Offers a personal emergency response system, so individuals can feel secure in their own home knowing that if they need emergency assistance; help is available at the press of a button.

LifeStation

www.lifestation.com | 1-800-554-4600

LifeStation's goal is to give individuals and their family's peace of mind. LifeStation provides an emergency response unit, help button, and a monitoring center that provides 2 agents on every emergency call. LifeStation also has a mobile emergency button to get help anytime, anywhere.

Philips Lifeline

www.lifelinesys.com | 1-855-681-5351

Provides emergency response unit, personal help button or bracelet, and 24/7 response center can help to curb anxiety and help individuals live independently and confidently. No home phone line needed as they now have wireless communicators.

***Link Tip**

There are times that a Home and Community Based Services Waiver can reimburse the cost of a Personal Emergency Response System. If you are enrolled in a waiver, always try to contact your Supports Coordinator first to see if this is something for which you are eligible.

Recreation & Leisure

ACCESS/EBT Card \$1 Carnegie Museums of Pittsburgh Pass

www.carnegiemuseums.org/interior.php?pageID=138

Present your Access/EBT Card and photo ID at any of the Carnegie Museums and you'll receive discounted admission for up to four people: \$1 per person at the Oakland museums and at The Andy Warhol Museum, and \$3 admission at Carnegie Science Center.

Accessible Island Tours

www.accessvi.com | 340-771-5956

Accessible Island Tours is a sightseeing and touring company visiting the best sights in St. Thomas, and USVI. Their tours are designed for those individuals and traveling companions that may be restricted in their mobility, including wheelchair patrons, or people just wanting to experience these destinations at a leisurely pace.

Adaptiveoutdoorsman.com

www.adaptiveoutdoorsman.com/ | 1-877-212-9411 | Email: Renee@adaptiveoutdoorsman.com

Adaptive Outdoorsman's belief is that anyone with a handicap or disability who enjoys hunting, fishing or camping should be able to. Their focus is on providing the best, adaptive hunting equipment, fishing equipment, and camping equipment to those that have a handicap or disability, but more importantly continue to have the drive to enjoy the great outdoors.

Carnegie Library of Pittsburgh-Library For the Blind and Physically Handicapped

www.carnegielibrary.org/clp_location/library-for-the-blind-and-physically-handicapped/
412-687-2440 or 1-800-242-0586

The Library for the Blind and Physically Handicapped (LBPH) provides on free loan recorded books and magazines, equipment to play the recordings, large print books, and described videos.

Exceptional Adventures

www.exceptionaladventures.com/ | 412-466-0713

Exceptional Adventures provides vacation planning for individuals with intellectual and developmental disabilities who are 18 years of age and older and have good self-care skills. Exceptional Adventures can accommodate persons with special needs such as sign language, special dietary restrictions, or visually impaired. Most tours can accommodate persons in wheelchairs. Exceptional Adventures offers 24-hour supervision with staff in guest's rooms, or in the immediate area. Highly trained, caring volunteers are assigned to the same guests for the duration of each tour. Exceptional Adventures normally uses a one-to-four (1:4) staff-to-guest ratio.

PATH International-Professional Association of Therapeutic Horsemanship International

www.pathintl.org | 1-800-369-7433, 412-932-6036 (Bethel Park)

Email: annehwh@gmail.com

PATH Intl. was founded in 1969 as the North American Riding for the Handicapped Association (NARHA) to promote safe and effective therapeutic horseback riding throughout the United States and Canada. Though 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).

PLEA PAL Program

<http://plea-agency.org/programs/adult/pal/> | 412-243-3464

The PAL program is designed for men and women aged twenty-one and over with autism and provides peer socialization opportunities for adults who have developmental or mental health disorders and who exhibit poor communication and social skills as a result. The program offers the opportunity for friendship and group recreation on an on-going, monthly basis. The PAL Coordinator pre-plans group-appropriate activities approximately three times per month.

Special Olympics of Allegheny County

www.so-ac.org/ | 412-279-5450 | Email: specialolympicsallco@verizon.net

Special Olympics is an international organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. Special Olympics offers children and adults with intellectual disabilities year-round training and competition in 26 Olympic-type summer and winter sports. There is no charge to participate in Special Olympics.

SportsVision

<https://sportsvision.nyc/> | 650-6-VISION | Email: DrLaby@sportsvision.nyc

SportsVision's mission is to develop opportunities which enable individuals who are visually impaired to participate in competitive sports and life-long leisure activities.

Therapeutic Riding for the Handicapped of Western PA

724-443-4485 or 412-366-2220

RHWPA is a therapeutic horseback riding program that has helped children and young adults with disabilities for well over 30 years. It is run entirely by volunteers and funded exclusively by donations, fundraising, and grants.

Three Rivers Adaptive Sports

www.traspa.org | 412-848-8896

TRAS, a non-profit organization, is comprised of individuals with physical challenges, health care professionals, and able bodied individuals. These members all volunteer many hours toward one goal - to educate and provide quality year-round sports and recreational opportunities for individuals with disabilities, their families and friends.

Visit Pittsburgh Accessibility Guide

www.visitpittsburgh.com/plan-your-trip/accessibility-guide/ | 1-877-568-3744

Email: info@visitpittsburgh.com

Visit Pittsburgh's website provides general information regarding accessibility for your trip to Pittsburgh, including transportation, parking, medical services and much more.

Woodlands Foundation

www.woodlandsfoundation.org | 724-935-5470 | Email: lmortimer@woodlandsfoundation.org

The Woodlands is a non-profit organization dedicated to enriching the lives of children and young adults with disability and chronic illness. Using its fully accessible and barrier-free facilities, the Woodlands' programs enable participants to experience social, cultural, environmental, recreational and spiritual growth. Serenely nestled in the North Hills of Pittsburgh, the Woodlands' 32-acre site features: an indoor heated pool, 48-bed lodge, dining hall, creative arts and computer center, activity center, camping area, sports court, nature trail, amphitheater, and a par-3 adapted golf course. The Woodlands sponsors a variety of programs and is also available year-round to other organizations that serve individuals with special needs.

Telephone Assistance Programs

Lifeline Service

www.lifelinesupport.org/lis/default.aspx | 1-888-641-8722, 1-800-234-9473 (Support Center)

Email: lifelinesupport@usac.org

Lifeline is a government benefit program that can lower or eliminate your telephone and internet bill. Federal rules prohibit eligible low-income subscribers from receiving more than one Lifeline service per household.

Assurance Wireless

www.assurancewireless.com | 1-888-321-5880 | Email: ourteam@assurancewireless.com

Assurance Wireless is a Lifeline Assistance program. If you qualify for Lifeline Assistance, you can receive a free Assurance Wireless cell phone and 350 free monthly voice minutes and unlimited monthly texts.

Safelink Wireless

www.safelinkwireless.com/Enrollment/Safelink/en/NewPublic/index.html

For Enrollment Support: 1-800-723-3546, For Technical Support: 1-800-378-1684

SafeLink Wireless is a Lifeline Assistance program. If you qualify for Lifeline Assistance, you can receive a free Safelink Wireless cell phone and 250 free monthly voice minutes and unlimited texts.

Budget Mobile

www.fast.org/free-cell-phone-providers/budget-mobile/ | 1-888-777-4007

Budget Mobile is a Lifeline Assistance program. If you qualify for Lifeline Assistance, you can receive a free Budget Mobile cell phone and 250 free voice minutes and unlimited texts.

TerraCom

www.terracomwireless.com/ | 1-888-716-8880

TerraCom Wireless is a Lifeline Assistance program. If you qualify for Lifeline Assistance, you can receive a free TerraComWireless cell phone and 500-750 voice minutes depending on chosen plan.

T-Mobile Lifeline Program

www.t-mobile.com/offers/lifeline-program | 1-800-937-8997

If you are eligible for Lifeline Assistance, you can receive a discount on your monthly bill (at least \$10 off on most plans).

Stand Up Wireless

www.standupwireless.com/index | 1-800-544-4441

Email: support@standupwireless.com

Stand Up Wireless is a Lifeline Assistance Program. If you qualify for Lifeline Assistance, you can receive a free Stand Up Wireless cell phone and an allotment of free voice minutes and texts each month.

Tag Mobile

www.tagmobile.com | 1-866-959-4918

Tag Mobile is a Lifeline Assistance Program. If you qualify for Lifeline Assistance, you can receive a free Tag Mobile cell phone and an allotment of free voice minutes and texts each month.

Lifeline 135

1-800-837-4966, TDD: 1-800-974-6006

The Lifeline 135 program is available for customers of all qualified wireline telephone service providers. It helps customers at or below 135% of Federal Poverty Guidelines or receive help from any of the following programs: SSI, TANF, LIHEAP, Section 8, Medical Assistance, SNAP (Food Stamps), or the National School Lunch Program's Free Lunch Program. Please call your telephone service provider for more information.

Link Up America

1-800-837-4966

This program is available to qualified low-income consumers applying for new telephone service or transferring their telephone service. This program offers a reduction in installation charges.

Universal Telecommunications Assistance Program (UTAP)

1-800-837-4966

UTAP is a financial assistance program offered by Verizon PA. UTAP helps Verizon's existing Lifeline customers and qualified Lifeline applicants restore their basic telephone service and pay overdue bills to avoid shutoffs. Call Verizon PA for more information.

Transportation

ACCESS Transportation Systems, Inc.

www.portauthority.org/paac/RiderServices/ACCESSParatransit.aspx

412-562-5353 or TDD: 1-800-654-5984, TTY: 412-231-7007

ACCESS is a door-to-door, advance reservation, shared ride transportation service provided throughout Port Authority's service area, primarily serving senior citizens and persons with disabilities. Service is provided from 6:00 a.m. to midnight, seven days a week. There are no restrictions on the purpose or number of trips which may be taken by riders, except that riders are required to share their vehicle with other riders who are traveling in the same direction and at the same time.

North Hills Community Outreach Transportation Assistance Program

<http://nhco.org/get-help/transportation-assistance/> | 412-487-6316 | Email: help@nhco.org

Community Auto's mission is to make vehicle ownership affordable and limited repair assistance to low income individuals and families in the Pittsburgh metropolitan area to help families in hardship move from dependency to self-sufficiency.

Keystone Coach Works

www.keystonecoachworks.com | 412-833-1900

The goal at Keystone Coach Works is to assist those with physical challenges in their quest for freedom and independence. Keystone Coach Works rents and sells both full size and lowered floor minivans. They also provide post purchase modifications using adaptive equipment including turning automotive seating, scooter and wheel chair lifts, hand controls and driving aids, as well as raised roofs and raised doors.

The Lighthouse Foundation, Low Income Car Ownership Program (LICO Program)

www.communityautolico.org | 724-586-5554 | Email: info@thelighthousefoundation.com

The Lighthouse Foundation of Butler, PA has a variety of programs. This program is designed to help working families obtain reliable transportation from a trustworthy source at reasonable cost.

Medical Assistance Transportation Program (MATP)

www.alleghenycounty.us/dhs/matp.aspx | 1-888-547-MATP (6287), 412-350-4476

MATP provides non-emergency medical transportation to Allegheny County residents who have a valid Pennsylvania Medical Assistance (MA) card. These services are inclusive of both physical health services (doctor, dentist, pharmacy) and behavioral health services (mental health counseling, and drug & alcohol counseling).

Mobility Works

www.mobilityworks.com

General: 1-877-275-4907, Rental: 1-877-275-4915, Service: 877-275-4912

Mobility Works rents and sells both full-size and lowered floor minivans, through a national owner-operated dealer network. They also provide post-purchase modifications using adaptive equipment including assistive seating, driving aids, scooter and wheel chair lifts, wheelchair tie downs and as well as wheel chair pull ramp assistance.

Port Authority of Allegheny County

www.portauthority.org | 412-442-2000

Port Authority of Allegheny County provides public transportation throughout Pittsburgh and Allegheny County. Special fares are available for seniors 65 and older and people with disabilities.

St. Margaret Foundation Free Medical Shuttle Program

www.stmargaretfoundation.org/programs | 412-784-4205 | Email: smf@upmc.edu

Residents of the Alle-Kiski Valley can receive free, non-emergency medical transportation service to/from St. Margaret's Hospital, UPMC primary care doctor's offices and other UPMC diagnostic centers. "Free Rides for Seniors" shuttle provided to pick up and drop off seniors in the corridor from Sharpsburgh to Blawnox and Route 28 to Allegheny River. To sign up, call 412-449-0151. To get a ride once signed up, call 412-782-2001. The inter-county geographic areas served for pick-up and drop-off are: Arnold, Brackenridge, Creighton, Lower Burrell, Natrona, Natrona Heights, New Kensington (includes Parnassus), Russellton, and Tarentum. Operating hours are 8:00am to 5:00pm Monday thru Friday. Early morning and Saturday transportation provided as needed. Patients of UPMC or their doctor's office must call at least three business days in advance of an appointment to schedule a ride. Follow-up visits from a surgical procedure will be attempted to schedule with less notice. Escorts can also ride for free.

Travelers Aid Pittsburgh

www.travelersaidpgh.org | 412-281-5474 | Email: 1921@travelersaidpgh.org

Travelers Aid is a non-profit United Way agency providing social service programs to people in need of public transportation. Their mission is to provide services to people with transportation crisis or communication needs; stranded travelers and foreign visitors; the homeless; runaway youths; person in need of counseling or referrals; those with healthcare problems or travelers experiencing other disruptive circumstances.

Travel Related

Access-Able Travel Source

<http://access-abletravel.com.au/index.htm> | 040-080-6770 | Email: shaz.wheels60@gmail.com

This website includes information for travel for people with disabilities including a listing of travel professionals experienced in trip planning for those with disabilities, world destinations with accessibility, cruise ships listing for cruise lines that are accessible, as well as other travel related resources.

Accessible Vans of America

708-536-1842

Accessible Vans of America, LLC. (AVA) is a member owned organization made up of independent Mobility Dealers across the United States who rent, sell and service wheelchair accessible vehicles. The purpose of this organization is to consistently provide its customers with the highest standards of product quality, safety and customer service found in the industry. AVA's primary focus is the rental of wheelchair accessible vehicles. We have a nationwide network of dealers who can help with accessible vehicle rentals for business or pleasure.

Utility Assistance

Individuals behind on utility payments can call their utility companies to arrange a payment plan. Most utilities have **Energy Assistance Programs (EAP's)** that may be accessed during times of temporary financial crisis. EAP services may include home visits, budget management, and reduced payments. Some utility companies will also refer customers to **CAP (Customer Assistance Program)** or **CARES (Customer Assistance Referral and Evaluation Service)** programs if asked.

Helping professionals hired within the utility or contracted through other agencies assist individuals/families with either a temporary or long-term reduction in budget payments through CAP and CARES. Contact the utility company directly for information about these programs.

A comprehensive list of utility assistance programs as well as listings for each utility company's customer service program can be found at the following link: www.alleghenycounty.us/dhs/utility.aspx.

Step one: Contact Your Utility Company to Arrange a Reduced Payment Plan

EAP (Energy Assistance Programs)

CAP (Customer Assistance Program)

CARES (Customer Assistance Referral and Evaluation Service)

CAP and CARES

Most utility companies have Customer Assistance (CAP) or Customer Assistance Referral and Evaluation Services (CARES) programs that will assist low-income or otherwise needy households with either temporary or long term reduction in budget payments through CAP and CARES. Contact your utility company for information:

Peoples Natural Gas: 1-800-400-9276

Duquesne Light Company: 1-888-393-7600

Equitable Gas: 1-800-654-6335

Dollar Energy Fund

www.dollarenergy.org | 412-431-2800, 1-800-683-7036

The \$1 Energy Fund provides cash assistance to utility customers to help them pay their utility bills. Hardship funds provide assistance grants to customers who “fall through the cracks” of other financial assistance programs, or to those who still have a critical need for assistance after other resources have been exhausted. The fund makes payments directly to companies on behalf of eligible customers.

LIHEAP Crisis Assistance

www.alleghenycounty.us/dhs/utility.aspx | 412-770-3677 or 412-770-3678

Income-eligible households can apply for crisis assistance when service has been turned off or are in danger of being without heat. Emergency situations include having broken heating equipment such as a furnace or leaking lines, a fuel shortage that may leave you without heat or having utility service shut off. The program normally opens around November each year.

Low-Income Home Energy Assistance Program (LIHEAP)

www.dhs.pa.gov/citizens/heatingassistanceliheap/

412-565-0330, 1-866-857-7095

Income-eligible households can apply for an energy assistance grants. The program is based on income and number in a household. LIHEAP Provides cash assistance to help utility customers pay residential energy bills. The program normally opens around November each year.

Apply online at: www.compass.state.pa.us or request an application by calling the Statewide LIHEAP Hotline 1-866-857-7095 or TDD 1-800-451-5886. Applications are also available at your local county assistance offices.

Northern Area Multi-Service Center, Fuel Assistance

412-441-4393 (Shevawn Timko, Tarentum Office)

Provides a one-time grant to help with winter fuel bills. Consumers must live in North Central Allegheny County (i.e. McCandless, Glenshaw, Sharpsburg, Etna, O’Hara, Millvale).

Public Utility Commission (PUC) Consumer Services

www.puc.state.pa.us | 1-800-692-7380

May intervene to assist an individual in stopping a utility shut off or in setting up a payment plan. All attempts to make payment arrangements through utility companies should be made prior to contacting PUC.

Information updates

Please send organization information changes or updates to the Allegheny Link at alleghenylink@alleghenycounty.us