

Resource Information

Allegheny County Department of Human Services Office of Developmental Supports (AC DHS ODS)

This is a representation of commonly requested resources, especially for Allegheny County. Some will have eligibility requirements.

Inclusion does not imply special endorsement.

Most text directly from websites.

Find this document along with the ones below on the ODS webpage at

- ❖ Diagnosis Eligibility Requirements, ODS Registration and Intake Process, Why connect with the Allegheny County DHS Office of Developmental Supports and get to know a Supports Coordinator now? and Listing of Supports Coordination Organizations (SCOs)
- ❖ ODS Brochure, Palm Card and Palm Card in Spanish
- ❖ Fact Sheets: FS Supports Coordination, FS ISP Individual Support Plan, FS HCBS and Waivers, FS Waiver Services, Providers and Delivery, FS Participant Directed Services – Financial Management Services, FS Employment and Day Activities, FS Transition to Adult Life, FS Life Sharing, FS Services for Individuals with Complex Needs and FS Communication with PA DHS CAO
- ❖ PUNS Prioritization of Urgency of Need for Services and Details of ODP Waivers Administered by ODS
- ❖ Wondering who the PA DHS ODP and AC DHS ODS are? Learn about them and how to receive regular communications at links included here.
- ❖ Resource lists: Social, recreation and lifelong learning opportunities including specialized programs and ideas for the Community Participation Supports waiver service., Community and Service Systems, Connecting People Across PA to Information and Resources and Resource Hubs

Join the **ODS Key Communicator email list** to receive information, resources and event notifications from Allegheny County (AC) Office of Developmental Supports (ODS) through emails. Information also available on the [AC Department of Human Services \(DHS\) Facebook page](#) and on the [ODS Key Communicators Announcement page](#).

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

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



Contact ODS:



General information, resources, and advocacy

Information and resources Includes sites allowing search for human services and basic needs by zip code.	Allegheny County Department of Human Services (DHS)	Services include for older adults; mental health and drug and alcohol services; at-risk child development and education; food assistance; shelters and housing; non-emergency medical transportation.	For DHS supports and services information call the Allegheny LINK 1-866-730-2368 www.alleghenycounty.us/DHS/index.aspx
	DHS Publications and Resource Guides	Publications and resource guides covering every aspect of DHS services as well as contacts to other agencies and programs throughout the community. Those without internet can call Allegheny Link.	www.alleghenycounty.us/dhs/publications.aspx
	Aunt Bertha	Connecting People and Programs ...all listings are for free services with minimal requirements.	www.auntbertha.com/
	Allegheny Connect	Allegheny Connect is a place to find resources and support in Allegheny County. The site features a Get Help Now page for those in need of immediate assistance, quick clicks into nine topic pages, and access to additional support and information through the Director's Action Line, 2-1-1, and AccessMyInfo. Connect is built to allow the user to quickly navigate the site and find resources and/or help by need, and it is mobile-friendly.	https://connect.alleghenycounty.us/
	United Way PA 2-1-1 SW	Resource navigators answer questions regarding a wide range of services and supports.	Dial 2-1-1 (calls are answered 24 hours a day) Search and online chat at http://pa211sw.org/
	PA Link to Community Care	The website is designed to help persons with disabilities and seniors find information that will connect them to supports and services in their community.	www.carelink.pa.gov/ To speak about services... or receive counseling on services... call 1-800-753-8827 Publications: http://www.carelink.pa.gov/publications/index.htm
	BigBurgh Social Service Listings	Search for free or reduced cost services like medical care, food, job training, and more.	www.Bigburgh.com
Information and resources	Allegheny Link	Can connect caller to resources that include DHS offices, human services, community and other	1-866-730-2368 email allylink@dhs.county.allegheny.pa.us

including housing and home visits		systems and housing and home visits for eligible families.	www.alleghenylink.org
Information, resources, and home visits	PA Elks Home Service Program	Provides support and advocacy services to individuals of any age who have a developmental disability. Services are provided...in the person's home. This case management is free.	724-632-6392 www.paelkshomeservice.org
	Special Kids Network (SKN)	Helps children and youth with special health care needs and disabilities get services and support. Includes a helpline, free in-home service coordination and a system of community and regional support.	1-800-986-4550 www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Special%20Kids%20Network/Pages/default.aspx#.WYHLdJ3D_DA
	LEND Center of Pittsburgh (Leadership Education in Neurodevelopmental Disabilities and Related Disorders)	LEND CARES Program (Connection, Advocacy, Resources, Empowerment, Support) ...affiliated with UPMC Children's Hospital of Pittsburgh (CHP) and the University of Pittsburgh...connects families to resources, builds advocacy skills, empowers individuals/caregivers, and supports individuals with neurodevelopmental and related disabilities in our region...provides free patient- and family-centered care to help children and young adults with neurodevelopmental and related disorders, and their families meet their goals...runs on Wednesday afternoons from October – April.	412-692-6300 www.lend.pitt.edu/ www.lend.pitt.edu/lend-cares-program
	Robert Morris University Trees Network	Established to create a system of interconnections for families of children or young adults with intellectual disabilities. <ul style="list-style-type: none"> • Connections to special services, resources, consultation, and counseling • Specialized education for future special education teachers • Professional development for educators, service providers, and families • Information about important services, resources, and assistive technology • Family support group facilitation Provides an e-newsletter.	www.rmu.edu/academics/provost/trees

Information and advocacy	SAU1 (Self-Advocates United As One)	The SAU1 Mission: Our mission is to support the self-advocacy of people with disabilities for positive impact in our communities and in people's lives.	1-877-304-7730 http://sau1.org/ Email: info@sau1.org
	Empowered Voices Leadership Group	A group comprised of self-advocates learning new things, have fun, and meet new people. Future topics will include Person-Centered Planning, Self-Advocacy Skills, and Overall Wellness. Meets virtually.	Melissa Skiffen, Achieva, Advocacy and Family Supports mskiffen@achieva.info 412-995-5000 x579
	The Arc www.thearc.org/	National organization advocating for and serving people with intellectual and developmental disabilities and their families. Includes all ages and many different diagnoses.	Local chapters: <ul style="list-style-type: none"> • The Arc of Pennsylvania, www.thearcpa.org • The Arc of Greater Pittsburgh (ACHIEVA) 412-995-5000, www.achieva.info
	Disability Rights Pennsylvania (DRP)	DRP provides help to Pennsylvanians with disabilities who are experiencing problems or who have questions related to their disability. Formerly Disability Rights Network of Pennsylvania (DRN)	412- 391-5225 www.drmpa.org
	Disability Options Network (DON)	The Center for Independent Living (CIL) for Allegheny County. Advocacy – Transition (major life changes) – Peer Supports – Information and referral – Skill training. <i>DON also supports Armstrong, Beaver, Butler, Lawrence, Mercer and Westmoreland counties.</i>	1-866-652-5121 https://doninc.org/company/disability-options-network/
	The Pennsylvania Health Law Project (PHLP)	PHLP is a nationally recognized expert and consultant on access to health care for low-income consumers, the elderly, and persons with disabilities. Many helpful publications regarding health insurance and other public benefits are available on the website.	1-800-274-3258 www.phlp.org/
	Pennsylvania Client Assistance Program (CAP)	If you have a question or concern about OVR services, CAP can help. CAP is a federally mandated program that provides assistance and advocacy to applicants for and recipients of OVR services. CAP is not a part of OVR and its services are provided at no cost to the client.	1-888-745-2357 www.equalemployment.org/

Information from the PA Department of Human Services (DHS)	Pennsylvania Department of Human Services (PA DHS) Office of Developmental Programs (ODP)	ODP Mission: to support citizens with developmental disabilities and their families to achieve greater independence, choice and opportunity in their lives.	www.dhs.pa.gov/contact/DHS-Offices/Pages/default.aspx
	MyODP	Provides a single place for people to access ODP's virtual trainings, resources and communications, as well as to register to attend face-to-face events.	www.myodp.org
	Health Care Quality Units (HCQUs)	Work to support and improve the health information and knowledge for the intellectual disabilities community service system by building capacity and competency within the physical and behavioral health care systems as well as the stakeholders of the ID system.	https://paautism.org/resource/health-care-quality-units-hcqu/ KEPRO is the Allegheny County HCQU https://hcqu.kepro.com/media/2837/pa-hcqu-brochure-082520.pdf
	PA Family Network	Provides information, connections and support through Family Advisors and networking opportunities. Supports families' to use the "Charting the LifeCourse Tools.	www.visionforequality.org/pa-family-network/
	Vision for Equality	To assist and empower people with disabilities and their families to seek quality and satisfaction in their lives as well as equal access to supports and services.	www.visionforequality.org/ps://sau1.org/
	ASERT The Autism Services, Education, Resources, and Training Collaborative	A statewide initiative funded by the Office of Developmental Programs (ODP). The goal of the ASERT Collaborative is to provide streamlined access to information for Pennsylvanians living with autism. Website has many helpful materials and resources. Find support groups here https://paautism.org/support-groups/ Find events here https://paautism.org/events/	https://paautism.org/
	HCSIS (Home Community Services Information)	The HCSIS SSD is a tool for individuals with intellectual disabilities or autism (ID/A), their families, and circle of support to locate services and service providers in the Commonwealth of	www.hcsis.state.pa.us/hcsis-ssd/

	System) SSD (Services and Supports Directory)	Pennsylvania.	
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Assistive Technology (AT) and durable medical equipment (DME)

For those with waiver funded Home and Community Based services, ask your case manager.
Registered with ODS? Ask your Supports Coordinator.


Also, check with your health care coverage. If you are covered by medical assistance (MA / Medicaid) Contact your Special Needs Unit (SCU) through your membership services number to inquire about coverage.

The Office of Developmental Programs (ODP) is excited to announce the third annual publication of the Resource Guide for Supporting Deaf, DeafBlind, and Hard of Hearing Individuals - The purpose of this guide is to offer resources in one central location for those who support or care for someone who is Deaf, Hard of Hearing, or DeafBlind and receives supports from ODP. The Guide provides some of the most frequently accessed resources to assist in addressing the unique needs of these populations, such as information about American Sign Language (ASL) courses, home modifications, assistive technology, a foundational organizations directory, and so much more!
<https://home.myodp.org/2023/07/27/communication-corner-resource-guide-for-supporting-deaf-deafblind-and-hard-of-hearing-individuals-3rd-annual-publication/>

Resources related to Assistive Technology in Pennsylvania can all be found in ASERT's (The Autism Services, Education, Resources, and Training Collaborative, <https://paautism.org/>) resource collection here <https://paautism.org/resources#resources-section>

<p>TechOWL – Technology for Our Whole Lives</p> 	<p>Technology for Our Whole Lives (TechOWL) is a program through the Institute on Disabilities at Temple University. Visit the website or call to learn more about</p> <ul style="list-style-type: none"> • A statewide lending library – try before you buy • Answering questions and providing information about assistive technology • Demonstrations to help people find the best technology to fit their needs • Training and events • ReUse – accepting donations and finding homes for lightly used equipment <ul style="list-style-type: none"> ○ Equipment can be lent out to sometimes include Hoyer lifts • Free Special Phones for people who are unable to use typical telephones 	<p>https://techowlpa.org/</p> <p>CLASS is the TechOWL Assistive Technology Resource Center (ATRC) for Allegheny County. 412-683-7100 x2179 www.classcommunity.org/services/adult/tech-owl</p>
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	<ul style="list-style-type: none"> iCanConnect – for people with both vision and hearing loss 	
PATF (Pennsylvania Assistive Technology Foundation)	<p>Statewide, non-profit organization that helps individuals with disabilities and seniors acquire AT devices and services. Includes low-interest and 0% interest financial loans. Also, information and assistance about possible funding resources.</p> <p><i>Access Funding Your Assistive Technology: A Guide to Funding Resources in Pennsylvania</i>, the first of its kind to be compiled for people with disabilities and seniors in PA, on the web site.</p>	<p>1-888-744-1938</p> <p>www.patf.us</p>
	<p>Top 5 Funding Resources for Assistive Technology for Children with Physical Disabilities</p>	<p>https://patf.us/top-5-funding-resources-for-assistive-technology-for-children-with-physical-disabilities/</p>
Inglis Assistive Tech Solutions (IATS)	<p>provides customized, goals-based assistive technology services for people with disabilities and older adults who are seeking to increase independence, social engagement, or life management through technology (AT) is any low, mid, or high-tech tool, piece of equipment, software program, or system used to increase, maintain, or improve a person's ability to navigate their world more independently. AT can be anything from an angled stand for a keyboard to voice technology. Assistive recognition software and everything in between. At Inglis, we include education related to software programs and internet use and safety also part of what Assistive Technology services can provide.</p>	<p>www.inglis.org/programs-and-services/assistive-technology-program/inglis-assistive-tech-solutions</p>
Durable medical equipment	<p>Hiland Presbyterian Church,</p>	<p>https://hilandchurch.org/mission/hands-on/</p>
Durable medical equipment	<p>Disability Options Network (DON) DME Reuse Program</p>	<p>www.doninc.org/don/resources/dme-reuse-program/</p>
UPMC Center for Assistive Technology (CAT)	<p>CAT helps individuals locate specific products and services based on their individual needs and goals. They may help with mobility products, communication devices, and environmental controls.</p>	<p>412-647-1310</p> <p>www.upmc.com/services/rehab/rehab-institute/services/cat</p>
Center for Hearing & Deaf Services	<p>Mission to provide a diverse and affordable program of quality diagnostic, rehabilitative and supportive services to meet the unique challenges of children and adults who are deaf or hard of hearing, or have other communication needs, and to serve as an information and</p>	<p>412-281-1375</p> <p>www.hdscenter.org/</p>

	referral source for these populations and the general public. Language Interpreting Services, Audiology Services, Life Skills Development Program, Deaf Youth Program	
Variety – the children’s charity*	Strives to enable children with disabilities to live life to the fullest with a focus on mobility, communication, and social interaction / inclusion. 	724- 933-0460 www.varietypittsburgh.org/

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

***Variety’s “My Voice” Program** provides communication devices (currently an iPad with a prescribed communication app) to eligible children with a communication disorder to give them a voice at all times.

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

Assistive Technology Devices and Services for Children with Disabilities Under the IDEA
On January 22, 2024, the Office of Educational Technology and the Office of Special Education Programs published guidance in support of children with disabilities who need assistive technology (AT) devices and services for meaningful access and engagement in education. View the AT guidance and accompanying Dear Colleague Letter available in English and Spanish.
<https://osepideasthatwork.org/federal-resources-stakeholders/topical-issues/assistive-technology>

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


- Comcast is offering the “Internet Essentials” program to qualified households. This program offers internet service for just \$10/ month and low-cost computers. To apply call 1-855-846-8376 from 8am – midnight
- Affordable Connectivity Program (ACP) Formerly Emergency Broadband Benefit A benefit program that helps households afford internet service through a discount of up to \$30 per month. Eligible households can receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute between \$11 and \$50 toward the purchase price.
For questions about your eligibility or application status, call the ACP Support Center at (877) 384-2575 or email: ACPSupport@usac.org .
- Reach out to your local library to ask about internet hot spots and computer availability.

Accessible Vehicles

- Wheelchair Van Grants and Funds in Pennsylvania www.braunability.com/us/en/help-me-buy/grants-funding/wheelchair-vehicle-grants-and-funding-by-state/pennsylvania-wheelchair-van-grants.html

- Adaptive Driving Alliance – Resources to assist in mobility product financial aid www.adamobility.com/consumers/resources
- Allegheny Link and Tech OWL
- Disability Options Network www.doninc.org/don/
- AGOR Enterprises www.agorenterprises.com/serving/pennsylvania-wheelchair-vans/
- National Mobility equipment dealers’ association <https://nmeda.org/how-to-find-funding-for-your-mobility-vehicle/>
- Accessible Vans of America 1-708-536-1842

Autism


ODP Bureau of Supports for Autism and Special Populations (BSASP)	Administers the Adult Autism Waiver (AAW) in PA that provides home and community-based services for persons with autism 21 and over. BSASP was formerly the Bureau of Autism Services (BAS).	1-877-231-4244 Or call ASERT for information www.dhs.pa.gov/citizens/autismservices/index.htm
ASERT (Autism Services, Education, Resources and Training)	The ASERT Collaborative is a key component of the BSASP strategy for supporting individuals with autism and their families throughout PA. A statewide initiative funded by the Office of Developmental Programs (ODP). The goal of the ASERT Collaborative is to provide streamlined access to information for Pennsylvanians living with autism. Website has many helpful materials and resources. Find support groups here https://paautism.org/support-groups/ Find events here https://paautism.org/events/	1-877-231-4244, www.paautism.org/ https://paautism.org/resource/waivers/ 
PA Autism Insurance Act (Act 62)	“In Pennsylvania, your child’s autism-related services may be covered by private health insurance, Medical Assistance (MA), or the Children’s Health Insurance Program (CHIP) under Pennsylvania’s Autism Insurance Act (ACT 62). ACT 62 is a statewide insurance mandate specific to services provided to children and adolescents with Autism Spectrum Disorder (ASD).”	https://paautism.org/resource/act62/ including downloads
Autism Connection of PA	Support to individuals with autism and parent support s. Includes support groups, resources, learning opportunities and events. Also, information on the signs and symptoms of autism, getting an autism diagnosis, and applying for medical assistance and health insurance.	412-781-4116 1- 800-827-9385 email support@autismofpa.org www.autismofpa.org

	Find support groups at https://autismofpa.org/support-groups/	
Autism Pittsburgh	Autism-Pittsburgh is a free resource for information and referral of local autism services.	412-856-7223 www.autismpittsburgh.org/
Autism Urban Connections Inc.	“...African American, minority, family focused Autism 501(c)(3) Nonprofit Organization in the Commonwealth of Pennsylvania. “...education, support, advocacy and empowerment, with an emphasis on self-care to families of those diagnosed with Autism,”	412-856-7223 www.aucofpg.org/ ,
The Pittsburgh Center for Autistic Advocacy (PACC)	The Pittsburgh Center for Autistic Advocacy is a grassroots self-advocacy project run by Autistic people for Autistic people. Goals: Building Autistic Community, Educating Service Providers, Empowering Autistic Leaders and Advocating for Inclusive Policy	info@autisticpgh.org https://autisticpgh.org/
evolve coaching	“Evolve is committed to helping adults with autism and other developmental disabilities and differences show the world what they have to offer. Our individual and group coaching services encourage college students and job seekers to feel confident in their abilities. We empower our clients to advocate for themselves, manage their workloads, lead more independent lives, and achieve self-defined success.”	412-744-9017 www.evolve-coaching.org/
Wesley Family Services WonderKids (WK)	Providing social skills groups for children ages 5-21 with Autism Spectrum Disorder or Social (Pragmatic) Communication Disorder in an Autism center. A referral is required for enrollment.	https://wfspa.org/service/wonderkids/
Wesley Family Services Autism Caregiving Guide	In this guide, you’ll find detailed checklists and schedules to help you build a strong routine and support system as a caregiver and a family, as well as space to record valuable information necessary to provide the best possible care.	https://wfspa.org/autism-caregivers-guide/
Family + Fun Pittsburgh	Fun Things to Do with Kids in Pittsburgh. Includes a Guide to Sensory-Friendly and Autism Activities In Pittsburgh.	http://familyfunpittsburgh.com/
Pittverse Magazine	“Our content is written exclusively by adults diagnosed with autism spectrum disorder. This website aims to increase inclusion and broaden the general understanding of autism for potential employers, and society, through a demonstration of each creator’s individual skills and talents.”	www.pittverse.org/
Milestones Autism	MAP Tool “where we share lessons learned from families, autistic individuals and professionals. Learning life skills starts at an early age	www.milestones.org/map/get-started

Planning (MAP) Tool	and builds over time step by step to help children and teens gain the skills they need for adulthood and to reach their unique potential. We believe in lifelong learning throughout adulthood. While we have grouped tasks by age range, think about what is the right age and stage for you or your child. Different children and teens will be ready for learning different skills at different paces and ages.”	
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Behavioral Health / Mental Health (MH)
Intensive Behavioral Health Services (IBHS) was formerly wraparound

Intensive Behavioral Health Services (IBHS)
 support children, youth, and young adults with mental, emotional, and behavioral health needs. IBHS offers a wide array of services that meet the needs of these individuals in their homes, schools, and communities. IBHS has three categories of service: 1) Individual services which provide services to one child; 2) Applied Behavior Analysis (ABA) which is a specific behavioral approach to services; and 3) Group services which are most often provided to multiple children at a specific place. Evidence-based treatment (EBT) can be delivered through individual services, ABA services, and group services. www.dhs.pa.gov/HealthChoices/HC-Providers/Pages/BHProvider-IBHS.aspx

Allegheny County DHS Office of Behavioral Health (OBH)	Services for children to adults. OBH Education Specialists can meet with all families regarding special education services and attend school meetings. No specific diagnosis is needed. 412-350-3716. <i>Where to Call Directory of MH and Drug and Alcohol Services</i>  www.alleghenycounty.us/dhs/resource-guides	For information call the Allegheny LINK 1-866-730-2368 www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health.aspx
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Certified Peer Specialists (CPS)	Persons who work as CPSs tap into their personal experience with mental illness to help others who are working through their recovery.	https://www.alleghenycounty.us/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6442454843
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NAMI (National Alliance on Mental Illness) Keystone PA	NAMI raises awareness about mental illness and provides support, education, and advocacy for people living with mental illness and their loved ones. Family-to-Family is a 12-session education program for family, partners, friends, and significant others of adults with mental illness.	412-366-3788 www.namispwpa.org/
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AID in PA is a collaborative effort between ASERT and its subsidiary	Individuals with intellectual disabilities or autism are at an increased risk of experiencing trauma, however, few therapists are skilled in both trauma and ID/A support. To bridge this gap, psychologists with the ASERT team created the TRAIN program – 12 weeks of self-guided learnings and live webinars to equip therapists across Pennsylvania currently working with the ID/A populations, with the skills to support	https://aidinpa.org/train-2/ includes TRAIN Directory... a map showing where past participants of the TRAIN program currently work and practice.
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teams #ASDNext and the Philly Autism Project, the HCQUs across the state and Temple University's department of Disability Resources and Services, all operating under Pennsylvania's ODP.	clients through trauma experiences. Participants have direct supervision from psychologists with backgrounds in both trauma and ID/A and interactive discussions with fellow participants, as well as receive Continuing Education (CE) credits provided through the National Board for Certified Counselors (NBCC) upon completion of the program.	
Familylinks Mobile MH Treatment (MMHT)	For eligible clients 55 and older who suffer from depression, anxiety, hoarding or other disorders that make it difficult to go out and seek treatment, therapists travel to homes.	1-866-583-6003 www.familylinks.org/get-help/MHSA/MMHT
Allegheny Family Network (AFN)	Parents and caregivers who would benefit from Family Peer Support or would like more information can contact Allegheny Family Network on the Parent Support Line. AFN is a peer-to-peer model organization offering a variety of services for parents and caregivers raising children with mental health, emotional or behavioral concerns.	1-888-273-2361 www.AlleghenyFamilyNetwork.org
CCBH Community Care Behavioral Health	For those with medical assistance benefits CCBH assists with mental health/behavioral health services and physical health coordination.	1-800-553-7499 www.ccbh.com
Guidebook for Caregivers	Circle of Care: A Guidebook for Mental Health Caregivers. Includes fact sheets on specific topics.	www.caregiving.org/circleofcare/
PA Parent and Family Alliance	Mission to elevate and connect the voices of parents of children (to age 26) who have social, emotional, behavior, and mental health challenges (including substance use disorders and learning challenges) to resources, to trained family peer support, to each other, and collaborative community partners across PA. Website includes helpful resources, newsletter sign up and upcoming events.	www.paparentandfamilyalliance.org/
Crisis support	<ul style="list-style-type: none"> • re:solve Crisis Network, Provides round-the-clock, mental health crisis intervention. 1-888-796-8226, www.upmc.com/resolvecrisis 	

- Crisis text line Crisis Counselors. 24/7. Free and confidential. Text “PA” to 74174

Children’s TiPS is available to children and adolescents in western Pennsylvania who are insured by Pennsylvania’s Medical Assistance (Medicaid) Program, Children’s Health Insurance Program (CHIP), and UPMC commercial insurance. This provider-to-provider service gives primary care clinicians (PCCs) access to on-call psychiatrists, Monday through Friday, 9 a.m. to 5 p.m. When a PCC calls, the Children’s TiPS team will connect him or her with a child and adolescent psychiatrist within the same day, often within thirty minutes. Our TiPS psychiatrists can answer questions about medications, diagnoses, screening tools, resources and other topics. TiPS psychiatrists can also refer patients to our care coordinators or licensed therapists if needed. www.chp.edu/health-care-professionals/referring-physicians/childrens-tips

Benefits Counseling

Benefits Counseling Toolkit for Educators and Families	This December 2021 document was compiled by PA Bureau of Special Education (BSE) and the Office of Vocational Rehabilitation (OVR). It includes information about available benefits, benefits counseling and ways to access difference benefits.	www.pasecondarytransition.com/assets/img2/OVR-BSE%20Benefits-Counseling%20Tlkt%2012-7-21.pdf
The PA Work Incentives Planning and Assistance (WIPA) Program	A program to enable beneficiaries with disabilities to receive accurate information and use that information to make a successful transition to work. Community Work Incentive Coordinators (CWIC) can discuss how work impacts benefits.	1-866-833-2967 https://choosework.ssa.gov/ www.ssa.gov/work/WIPA.html Locally: WIPA www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa
ACHIEVA Benefits Counseling Program	If you are concerned about how your employment income could affect your government benefits, we can help. Discover a one-stop resource to help you to achieve your employment goals. There is no charge for this service and you don’t have to be connected to Achieva. Secondary	412-995-5000 x565 http://achievafamilytrust.org/our_services/employment-benefits-counseling/
AHEDD	Work Incentive Counseling (WIC)	https://www.ahedd.org/services

Caregiver, parent and KinCare Support

Including grandparents and kinship caregivers. Also visit the ODS webpage here www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Key-Communicators.aspx

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.” (Rosalyn Carter)

Allegheny County DHS Caregiver Support Programs (CSPs)	<p>CSPs for Caregivers Who Are Older Adults (55 and older) Caregiver Support Program for Older Adult Caregivers brochure</p> <p>CSPs for Caregivers Who Are Adults (18 and older) Caregiver Support Programs for Adult Caregivers brochure</p>	<p>412-350-5460 www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs-(CSPs).aspx</p>
Parent to Parent of Pennsylvania	<p>“At Parent to Parent of Pennsylvania, when someone asks what we do, we say we empower and support parents throughout our great state. We connect them with families of children & adults with special needs or disabilities who’ve had similar journeys.”</p>	<p>1-888-727-2706 www.parenttoparent.org</p>
The Trees Network Parent Support Group	<p>The Trees Network hosts a virtual parent support group the first Monday evening of each month. The group connects parents to others who are facing/faced similar experiences. It also provides resources to support parents. Parents can attend individual sessions or attend every month. It is held through Google Meets.</p>	<p>Join by contacting Vicki Donne at donne@rmu.edu or 412-397-5465</p>
Hope Grows	<p>Hope Grows is a non-profit organization providing an environment that allows the caregiver to receive counseling, support, and much-needed short breaks. They invite caregivers to experience a one of kind approach to wellness as a way to manage the physical, psychological, and spiritual stress associated with being a caregiver.</p>	<p>412-369-4673 www.HopeGrows.net</p>
Guidebook for Caregivers	<p>Circle of Care: A Guidebook for Mental Health Caregivers. Includes fact sheets on specific topics.</p>	<p>www.caregiving.org/circleofcare/</p>
NAMS Caregiver Solutions™	<p>Provides informal caregivers and care recipients a proactive and realistic approach for reducing stress and improving outcomes. Consultations are done by phone or email. Care Consultants act as organizers, helping you to prioritize your concerns and will help you develop a step-by-step plan that steers you through your caregiving journey.</p>	<p>412.781.5002 http://buildingindependence.org/caregiversolutions/</p>
PA KinConnector	<p>A resource for grandparents and other relative or non-relative caregivers who are raising children in the state of Pennsylvania. Connecting caregivers to health, financial, and legal services Connecting Caregivers to training and parenting support Identifying local physical or behavioral health services Identifying support groups Guiding caregivers on how to apply for federal, state, and local benefits such as CHIP and Social Security, and other services designed to support caregivers Providing access to a compassionate KinConnector who will listen and provide supportive guidance.</p>	<p>1-866-KIN-2111 (1-866-546-2111) www.KINCONNECTOR.ORG KINSUPPORT@KINCONNECTOR.ORG</p>

PA Parent and Family Alliance	<p>“We provide 1-on-1 support to parents and caregivers whose children (including those 18+) may be experiencing social, emotional, behavioral and/or mental health struggles, including learning and attention issues and substance use disorders. “</p> <p>Parent/Primary Caregiver Support Groups and other events can be found here www.paparentandfamilyalliance.org/upcoming-events</p>	www.paparentandfamilyalliance.org/
Allegheny Family Network	Through peer-to-peer support, education, and advocacy, we partner with families of children with behavioral health needs to improve their quality of life.	www.alleghenyfamilynetwork.org/
The Mighty	The Mighty is a safe, supportive community for people facing health challenges and the people who care for them.	https://themighty.com/
Circle of Care Guidebook for Caregivers of Children and Adolescents Managing Crohn’s Disease	A resource designed to help caregivers navigate their journey caring for a child or adolescent with Crohn’s disease. The centralized guidebook offers effective information and tools that have helped other caregivers in similar situations.	www.caregiving.org/guidebooks
Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses	A resource to provide caregivers with the support, services and specialized information they need to care for a child with a rare and/or serious illness.	www.caregiving.org/guidebook-for-caregivers-of-children-with-rare-serious-illnesses/
National Institute on Aging Caregiver Worksheets	The caregiver worksheets can help you coordinate care and keep track of your caregiving responsibilities and needs. You can download, print, and copy the worksheets.	www.nia.nih.gov/health/caregiving/caregiver-worksheets?utm_source=nia-eblast&utm_medium=email&utm_campaign=caregiving-20230622
ONEcaregiver Resource Center	A centralized platform to support caregivers and adults with intellectual and developmental disabilities who may be at risk of, or are living with, Alzheimer’s disease or related dementia.	https://onecaregiverresourcecenter.org/
Care to Listen	Achieva’s new podcast for caregivers. To listen and subscribe through your favorite podcast platform, visit www.achieva.info/caretolisten	https://www.achieva.info/caretolisten

NAMI National Alliance on Mental Illness	The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.	www.nami.org/Support-Education/Mental-Health-Education/NAMI-Family-to-Family
Families to the MAX (F2MAX)	This grassroots network of families in Pennsylvania provides information, training, and support to families affected by disability across the state. F2MAX publishes a quarterly newsletter to help both families and professionals stay informed and promote family, educational, and community collaboration to overcome obstacles and promote change and expectations for all children.	www.pealcenter.org/families-to-the-max-pennsylvania-statewide-family-network/
Gynecologic Oncology Family CARE Center (FCC) at Magee-Womens Hospital of UPMC	The Gynecologic Oncology Family Caregiver Advocacy, Research, and Education (CARE) Center at Magee-Womens Hospital of UPMC is a unique program integrating family caregiver education and support into standard practice in outpatient oncology.	www.caregiving.pitt.edu/gynecologic-oncology-family-care-center-fcc-magee-womens-hospital-upmc
ARCH National Respite Network and Resource Center at https://archrespite.org/		
Childcare / After-school programs		
Find available spots at Allegheny County early learning, after school, summer camp, and virtual programs. Includes full-time and part-time child care options. At https://find.alleghenychildcare.org/		
ELRC Early Learning Resource Center	Find affordable childcare. The ELRC provides a single point-of-contact for families and communities to gain information and access to high-quality, accessible, and affordable early learning opportunities.	412-350-3572 or 1-888-340-3572 https://elrc5.alleghenycounty.us/families-afford-child-care https://helloworldpgh.org/childcare/ Birth to Kindergarten Supports flier
Allegheny Partners for Out-of-School Time (APOST)	A partnership of funders, intermediaries and providers dedicated to building a quality Out-of-School Time (OST). Find opportunities in your neighborhood on the website.	www.afterschoolpgh.org/

Child Care and Early Learning Programs	Find child care and other Early Learning Programs near you. Also help paying for child care and Keystone STARS information. Type in your address and children's ages, or search by provider name, then click "find a provider" and filter your results by ratings, hours, languages and more.	www.compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch
Jeremiah's Place Emergency Child Care	Jeremiah's Place provides emergency child care services for children ages 0-6 for a few hours or days based on the needs of each individual family. All services provided by Jeremiah's Place are free, available for 7 days a week, 24 hours a day, and most importantly, judgement free.	412-924-0726 https://jeremiahsplace.org/
Pittsburgh Public Schools Office of Out-of-School Time	The Office of Out-of-School Time exists to ensure that all PPS students have access and exposure to opportunities that complement, enhance, and extend learning that occurs during the school day through a coordinated network of high-quality community partners.	412-529-3926 www.pghschools.org/domain/1360
Pittsburgh Public School Summer B.O.O.S.T.	A no-cost, summer learning program designed to support students by building positive relationships and creating opportunities for exploration that put youth on track for their future academic success in a thriving and fun environment.	www.pghschools.org/Page/5625
Heritage Out of School Time (HOST)	HOST provides out of school time care to students in grades K-8 who predominately live and learn in the Woodland Hills School District	https://heritageserves.org/how-we-serve/education/host-heritage-out-of-school-time/

Children with Special Medical Needs with complex learning needs

Special Kids Network (SKN)	Helps children and youth with special health care needs and disabilities get services and support. Includes a helpline, free in-home service coordination and a system of community and regional support.	1-800-986-4550 www.health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx
Medical Assistance / MA / ACCESS medical coverage	<p><i>Most children with disabilities in PA qualify for MA regardless of parental income or insurance.</i></p> <p>Medical Assistance for a Child Under the Age of 18 https://paaautism.org/wp-content/uploads/2019/09/Applying-for-Medicaid-for-a-Child-with-a-Disability-PH-95-Category.pdf Information and guidance on applying for Medical Assistance.</p> <p>The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment/index.html The EPSDT benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid (Medical Assistance/MA). EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, and developmental, and specialty services. For information about how EPSDT may be of help, call the</p>	

	customer service number on the back of your MA card. Special Needs Units assist medical assistance participants https://paautism.org/wp-content/uploads/2019/05/Special-Needs-Units.pdf This information sheet provides information on special needs units and the supports and services they can provide.	
Medical Wraparound	“Medically Related Wraparound is a service for families who have children with a medical diagnosis and/or special need. Every Child, Inc. works with families to help them understand their child’s diagnosis and identify the resources necessary to help them manage their child’s unique needs. They assist parents or caregivers in advocating for their child with doctors, nurses, and other community supports. Their staff will support your family and manage the often overwhelming demands that come with a variety of special medical circumstances”	1.888.665.2940 www.everychildinc.org/familysupport#:~:text=Medically%20Related%20Wraparound%20is%20a,manage%20their%20child's%20unique%20needs
Child’s Way	“Helping Medically-Fragile Children and Their Families Thrive” A day care center for medically fragile children ages 0-21. Before and after school program and summer programs.	412-441-4884 www.childrenshomepgh.org/chlds-way
UPMC Children's Hospital of Pittsburgh Lyft Partnership	UPMC Children's Hospital of Pittsburgh families who live in Allegheny County can receive free round-trip rides to their medical appointments at UPMC Children's Hospital's main campus in Lawrenceville.	Learn more at www.chp.edu/for-parents/resources/lyft-partnership or call 2-1-1
Family Resources for Students with Complex Learning Needs	The PA Training and Technical Assistance Network (PaTTAN), in collaboration with the Bureau of Special Education, has created this website for families and general educators supporting complex learners in virtual learning. For the purpose of this website, a complex learner is a child, youth, or young adult with an intellectual or significant cognitive disability, multiple disabilities, and/or sensory impairment.	https://sites.google.com/pattan.net/pattan-significant-cognitive-d/home?authuser=0
PEAL Center	...shares health care resources that provide information and promote family-centered, community-based, coordinated care for children and youth with special health care needs (CYSHCN).	1-866-950-1040 www.pealcenter.org/health-care/
Down Syndrome		
Down Syndrome Association of Pittsburgh	Mission to enrich the lives of individuals with DS, their families and communities in which they live through communication, education, advocacy, fellowship and support for community members’ well-being through our alliance with the Pediatric and Adult DS Centers of Western PA.	412-218-2940 https://dsapgh.org/

	<p>First Call Pittsburgh - Have you or someone you know recently heard the words "Down syndrome diagnosis" with their pregnancy, infant, or child? If so, call/text our dedicated First Call Pittsburgh number at 412-552-4972. We can connect you with a trained, local parent mentor who can listen, answer your questions in a safe place, and support you.</p> <p>New Parents or Expectant Parents to learn more.</p>	
Down Syndrome Center of Western PA	<p>The Down Syndrome Center provides families with the tools they need to become educated and strong advocates of children and adolescents with Down syndrome.</p>	<p>412-692-7240</p> <p>www.chp.edu/our-services/down-syndrome</p>
Caring Connections for youth	<p>“A community-led initiative developed by the Black Girls Equity Alliance (BGEA) that provides access to supports and services to ANY YOUTH, up to age 18, living in Allegheny County, Pittsburgh, PA as a diversion to the Juvenile Justice and Child Welfare Systems.</p> <p>The BGEA Juvenile Justice Work Group has sought to address this problem by building a wide network of community partners to address issues of the school-to-prison pipeline, school pushout, lack of trust in law enforcement, access to services, lack of mental health services, lack of trained professionals and a system disconnected from communities.”</p> <p>Learn more at their website here https://cc4youth.org/</p>	<p>access to supports and services for youth to be a diversion to the Juvenile Justice and Child Welfare Systems through 2-1-1</p>
Deaf, Deafblind, Hard of Hearing, Blind, Low Vision		
National Center on Deaf-Blindness	<p>As a national technical assistance center, NCDB works with state deaf-blind projects and other partners to improve educational results and quality of life for children who are deaf-blind and their families.</p>	<p>https://nationaldb.org/</p>
Bureau of Blindness and Visual Services (BBVS)	<p>The mission of the Bureau is to assist Pennsylvanians who are blind or visually impaired gain the skills necessary to live and work independently in their communities.</p>	<p>www.dli.pa.gov/Individuals/Disability-Services/bbvs/Pages/default.aspx</p>
HealthBridges	<p>Behavioral healthcare, social service, and advocacy information for people who are Deaf, Deafblind, and Hard of Hearing</p>	<p>http://healthbridges.info/</p>
Behavioral Health Providers for Persons who are Deaf, Deafblind or	<p>For persons who are deaf, deafblind, or hard of hearing by the Behavioral Health Task Force for Persons who are Deaf, Deafblind and Hard of Hearing of Allegheny County.</p>	<p>www.alleghenycounty.us/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=2147492140</p>

Hard of Hearing		
Office of Developmental Program's (ODP) Deaf, DeafBlind, and Hard of Hearing Advisory Committee	ODP has shared the third annual publication of the Resource Guide for Supporting Deaf, DeafBlind, and Hard of Hearing Individuals. The purpose of this guide is to offer resources in one central location for those who support or care for someone who is Deaf, Hard of Hearing, or DeafBlind and receives supports from ODP. The Guide provides some of the most frequently accessed resources to assist in addressing the unique needs of these populations, such as information about American Sign Language (ASL) courses, home modifications, assistive technology, a foundational organizations directory, and so much more.	www.MyODP.org under Topics and then Special Populations
MyODP	Communication Corner – Resource Guide For Supporting Deaf, DeafBlind, And Hard Of Hearing Individuals 3rd Annual Publication	https://home.myodp.org/2023/07/27/communication-corner-resource-guide-for-supporting-deaf-deafblind-and-hard-of-hearing-individuals-3rd-annual-publication/
MyODP	This category contains Virtual Targeted Trainings that are related to Deaf Services.	www.myodp.org/course/index.php?categoryid=455
Pennsylvania Partnership for the Deafblind	Mission statement: The Pennsylvania Partnership for the DeafBlind (PPDB) mission is to provide support for individuals with deaf blindness and their families through a family-driven network.	www.papdb.org/
PaTTAN Family Resource Group (FRG) for families of children who are deaf or hard of hearing (DHH), blind or visually impaired (BVI), or deaf-blind (DB).	The Family Resource Group is a way for PaTTAN “to send up-to-date resources, opportunities, and connections directly to your family. It helps you and your child have more access to what you need for success in school and beyond. It will keep your family more informed about the special education process and about available supports across Pennsylvania.”	www.pattan.net/Disabilities/Deaf-and-Hard-of-Hearing/Family-Resource-Group https://fs28.formsite.com/OXGRCU/6rwhmahifj/index.html
Western Pennsylvania School for Blind Children Equipment	“Our Occupational and Physical Therapy departments are pleased to announce the development of an equipment lending program. The goal of this program is to assist your child and family with positioning needs at home.”	www.wpsbc.org/apps/pages/index.jsp?uREC_ID=1580527&type=d&pREC_ID=1708309

Loan Program		
Truffles the Kitty Organization	Mission to “Spread awareness about the unique vision needs of children to the community and encourage kids to take pride in their glasses and responsibility in their occlusion therapy.”	https://trufflesthekitty.org/
Dental Care		
University of Pittsburgh School of Dental Medicine Center for Patients with Special Needs, Pittsburgh 15213 412-648-3039 (for patients 16 years old and over) or 412-648-8930 (for patients under the age of 16) https://www.dental.pitt.edu/patient-care/center-patients-special-needs		
Accessible Dental Services (ADS), www.accessibledental.org , 412-820-1015 x633		
Federally Qualified Health Centers (FQHCs) such as North Side Christian Health Center (Pittsburgh 15212, 412-321-4001) and Alma Illery Medical Center (Pittsburgh 15208, 412- 244-4700) https://bphc.hrsa.gov/about/index.html (includes a center finder)		
Early Intervention and Young Children		
Hello Baby	Early Intervention page on Hello Baby	https://hellobabypgh.org/ https://hellobabypgh.org/early-intervention/
ELRC Early Learning Resource Center	Find affordable childcare. The ELRC provides a single point-of-contact for families and communities to gain information and access to high-quality, accessible, and affordable early learning opportunities.	https://elrc5.alleghenycounty.us/
(0-3) Alliance for Infants and Toddlers (AFIT)	Provides families a service coordinator to support them in decisions of what services are best for their baby, where to find them and assist in coordinating those services. Also provides no cost evaluations.	412-885-6000 www.afit.org/
Home Visitation (0-6)	The Allegheny Link assists residents who are pregnant, or parents and caregivers of children to six years with referrals to home-visiting programs.	1-866-730-2368 http://stage.alleghenycounty.us/Human-Services/About/Contact/Link/Home-Visiting.aspx
Early Head Start (EHS)	Early Head Start (EHS) is a free childhood development program for infants, toddlers under the age of 3, pregnant women and families who qualify. EHS offers home-based services that are provided through weekly home visits to each enrolled child and family or center-based services delivered primarily in classroom settings, located in an Early Head Start center, school, or child care center. There are general and local eligibility requirements.	412-350-6611 and ask for the Head Start desk https://hellobabypgh.org/early-head-start-head-start/

Head Start (HS)	Head Start (HS) provides children 3-5 years of age with high-quality, educational programming in a classroom setting. Head Start teachers and staff teach young children the skills they need to be successful in kindergarten and in life. There are general and local eligibility requirements.	412-350-6611 and ask for the Head Start desk https://hellobabyppgh.org/early-head-start-head-start/
LICC	Members of the Pittsburgh/Allegheny County Local Interagency Coordinating Council (LICC) include parents have a common interest in children who are involved in early intervention services. Holds regular meetings and trainings.	412- 885-6000
Family Centers of Allegheny County	At the Family Centers of Allegheny County, parents meet other parents, kids learn and play, and families get the support they need. Family Centers have diaper bank partnerships.	412-350-6611 https://familycenters.alleghenycounty.us/
Jerimiah's Place	Provides emergency care for children for a few hours or a few days. (can include overnight)	412-924-0726
Child's Way	Child's Way is a Pediatric Extended Care Center (PECC) which offers an alternative or supplement to in-home nursing and therapy care for medically fragile children. Child's Way is for medically fragile children ages birth to 21. Located at The Children's Home of Pittsburgh	412-441-4884 www.childrenshomeppgh.org/chlds-way/
Pittsburgh Public School Early Intervention	PPS Early Intervention (EI) provides individualized supports and services to preschool age children, 3-5, with developmental delays/disabilities and their families. Our program provides these free services to Pittsburgh City residents. The Facebook page also includes community resources for families.	https://www.facebook.com/PPSEarlyIntervention
Early Childhood Education Programs (DHS Brochure)	Provides information about eligibility, the advantages and the process of enrolling children under the age of 5 in Early Head Start and Head Start.	www.alleghenycounty.us/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=2147486391
Financial Wellness and Assistance		
Financial education programs for all ages		
Pennsylvania Assistive Technology Foundation (PATF)	Access disability-specific information around money management, income limits, savings accounts, adult-decision making, funding your assistive technology, and more. <ul style="list-style-type: none"> • Study Money www.studymoney.us/ 	https://patf.us/

<p>Financial Education PATF's Cents and Sensibility: A Guide to Money Management</p>	<ul style="list-style-type: none"> • Cents and Sensibility: A Guide to Money Management https://patf.us/what-we-do/financial-education/ • Cents and Sensibility Educator Companion Manual https://patf.us/cents-and-sensibility-educator-companion-manual/ • Money Talks Webinar Series on Financial Empowerment for People with Disabilities https://patf.us/money-talks/webinars/ <p>Cents and Sensibility To provide financial education, Pennsylvania Assistive Technology Foundation (PATF) developed a financial education booklet, <i>Cents and Sensibility: A Guide to Money Management</i>, to respond to a need in the disability community. Visit the Financial Education page to download <i>Cents and Sensibility</i> https://patf.us/who-we-are/publications/cents-sensibility/</p> <p>Cents and Sensibility Website</p> <p>Also includes a Family Companion to Cents & Sensibility: A Guide to Money Management (Family Companion).</p>	
<p>The Framework for Building Your Financial House, Pennsylvania Housing Finance Agency (PHFA) PHFA's Building Your Financial House</p>	<p>A graphic representation of the key financial elements or "blocks" needed to build your 'financial house.' These seven concepts are adapted from the Financial Literacy and Economic Commission's core competencies of: earning/ income, spending, saving and investing, borrowing and protecting. The framework not only provides the knowledge (Tools and Materials) we should have in each category but the actions (Construction) we should do as well.</p>	<p>www.buildingyourfinancialhouse.org/default.aspx?id=589</p> <p>www.buildingyourfinancialhouse.org/default.aspx?id=583</p>
<p>Consumer Financial Protection Bureau (CFPB) Your Money, Your Goals</p>	<p>The toolkit has information that helps you have money conversations with the people you serve. Use the tools to help achieve goals and work through challenges.</p>	<p>www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/toolkit/</p>

Federal Deposit Insurance Corporation (FDIC) Money Smart	Money Smart financial education program can help people of all ages enhance their financial skills and create positive banking relationships. First released in 2001 and regularly updated since then, Money Smart has a long track record of success.	www.fdic.gov/resources/consumers/money-smart/index.html
Pittsburgh Financial Empowerment Center FEC	FEC counselors can help with a range of topics from personal finance to business finances. Counselors help clients better manage their money, improve their credit score, pay down debt, increase savings, establish and build credit, and provide access to safe and affordable banking products. Counselors can also help to create a customized plan to address student loans, buy a house, build financial goals for your business, or start an emergency fund.	https://pittsburghpa.gov/fec/index.html
ASERT Financial resources	Utilize these links or find these at the main link Managing Your Money Guides on Managing Someone Else's Money Personal Finance Guide for People with Disabilities What to Know About Bank Accounts Disability Advisor	https://paautism.org/
National Disability Institute (NDI) Financial Resilience Center	Website provides answers to questions, including assistance to help you manage your finances.	www.nationaldisabilityinstitute.org/financial-resilience-center/
	Links to financial education programs: PHFA's Building Your Financial House (Note: I will be updating the materials sometime in the next week or so.) CFPB's Your Money, Your Goals FDIC's Money Smart PATF's Cents and Sensibility: A Guide to Money Management	

Financial assistance		
Hebrew Free Loan Association (Pittsburgh):	Offers interest-free loans on a nonsectarian basis to residents of Allegheny, Westmoreland, Washington, Butler, Beaver, and Armstrong Counties who may not qualify for assistance through other institutions. Interest-free loans, instead of charity, help people achieve their goals while retaining financial stability and independence. Also offers financial coaching.	http://hflapgh.org/
The Community Growth Fund	The Community Acquisition and Rehabilitation Loan (CARL), for prospective homebuyers, is a 30-year fixed rate home mortgage that can be used for the purchase AND repair of a home. Currently, CARL loans are only available in certain census tracts within the city of Pittsburgh. Ways to Work (WTW) auto loans are for the purchase or repair of a used vehicle. Loans are currently available to borrowers living in Southwestern Pennsylvania.	https://cgfund.org/
Achieva Family Trust Charitable Residual Account	Sometimes individuals with disabilities and their families lack the financial resources to access critical special needs support. The Charitable Residual Account offered through the Achieva Family Trust can provide supplemental support and services (including technology) for children and adults with disabilities who are unable to pay for the services or supports on their own. The program is meant to be utilized when all other sources have been exhausted. Eligible applicants are individuals with disabilities throughout the state of Pennsylvania.	http://achievafamilytrust.org/charitable-residual-account/
Achieva Cecil and David Rosenthal Memorial Fund	Created to support community engagement activities pursued by people with intellectual or developmental disabilities (IDD). ... the Fund will award grants to help other people with IDD live a life of personal significance. The money will be awarded to people only and not organizations. The Funds may be used for items, programs and/or supports to assist people with IDD who live in any Pennsylvania county served by Achieva Support services. Funds may also be awarded for direct support professionals (DSP) if it directly helps people with IDD with person-centered residential support, competitive-integrated employment, and meaningful community participation (e.g., receiving training, rewarding	www.achieva.info/cecilanddavid

exceptional DSPs, etc.).

Allegheny County Music Festival Fund www.alleghenycounty.us/Services/Human-Services-DHS/News-and-Events/Events/Allegheny-County-Music-Festival/Allegheny-County-Music-Festival-Fund

Jaimes Dream Team WWW.JAMIESDREAMTEAM.ORG/ 412-377-3898

ASERT Funding and Grants For Children With Disabilities <https://paautism.org/resource/funding-grants-money/>

Additional resources

Certain Medicaid Waiver Payments May Be Excludable From Income

On January 3, 2014, the Internal Revenue Service issued Notice 2014-7, 2014-4 I.R.B. 445. Notice 2014-7 provides guidance on the federal income tax treatment of certain payments to individual care providers for the care of eligible individuals under a state Medicaid Home and Community-Based Services waiver program described in section 1915(c) of the Social Security Act (Medicaid Waiver payments).

www.irs.gov/individuals/certain-medicaid-waiver-payments-may-be-excludable-from-income

Free Tax Prep Annually - call United Way 2-1-1 for details

Food Assistance



AC DHS Food Assistance webpage www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Food-Assistance.aspx



Find help and get information from Greater Pittsburgh Community Food Bank. 412-460-3663 www.pittsburghfoodbank.org/get-help/




Learn about programs and get help applying at Just Harvest.412-431-8960 <https://justharvest.org/>

General resources

SNAP (Supplemental Nutrition Assistance Program) <i>Formerly 'food stamps'</i>	The Supplemental Nutrition Assistance Program (SNAP) helps Pennsylvanians buy food. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases.	www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx Includes the application and process information. For assistance applying: Just Harvest https://justharvest.org/get-help/snap-food-stamps/ 412-431-8960 (option 3)
Greater Pittsburgh Community Food Bank	<ul style="list-style-type: none"> ▪ Sign up for SNAP ▪ Find a pantry in your neighborhood ▪ Children can get free meals from schools and community programs ▪ Attend a Drive-Up Food Distribution 	www.pittsburghfoodbank.org/get-help/ Flier of services and information offered www.pittsburghfoodbank.org/wp-content/uploads/2021/03/1-NETWK-143-2021-COVID-Support-Flyer_3.10.21.pdf
Food Pantries	Food pantry map at www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx	
Congregate and Home-Delivered Meals / Meals on Wheels	<ul style="list-style-type: none"> ▪ Generally, for seniors. Some programs are independent, and volunteer led so not all will have the same requirements – including meals for those under 60. ▪ Locate a program near you: www.mealsonwheelsamerica.org/find-meals ▪ Also search Meals on Wheels in your local neighborhoods. Some programs serve more than one neighborhood. ▪ Can serve as a nutritious meal, friendly visit and safety check. 	
Seniors		
SNAP for Older Adults	SNAP helps Pennsylvanians buy food. If everyone in the household is age 60 or older or has a disability, purchases, and prepares food together, and does not receive any earnings from work, then a simple SNAP application can be utilized.	www.dhs.pa.gov/Services/Assistance/Pages/SNAP-Older-Adults.aspx www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx
Senior Food Box Program	Works to improve the health of low-income seniors by supplementing their diets with nutritious food. In Pennsylvania, eligible participants include low-income individuals who are at least 60 years old and whose household income is at or below 130 percent of the U.S. poverty level.	1-800-468-2433 www.agriculture.pa.gov/Food/food_assistance/Commodity%20Supplemental%20Food%20Program/Pages/default.aspx
Senior Farmers Market Nutrition Program	Provides vouchers to be used at Farmer's Markets.	www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Senior-Farmers-Market-Nutrition-Program.aspx

(SFMNP)		
Congregate and Home-Delivered Meals / Meals on Wheels	<p>These programs provide nutritious meals to individuals age 60 or older, and their spouses, free of charge. Meals can be delivered directly to eligible individuals' homes.</p> <p>Can serve as a nutritious meal, friendly visit and safety check.</p> <p><i>Some programs are independent, and volunteer led so not all will have the same requirements – including meals for those under 60.</i></p>	<p>Locate a program near you: www.mealsonwheelsamerica.org/find-meals</p> <p>Also search <i>Meals on Wheels</i> in your local neighborhoods. Some programs serve more than one neighborhood.</p>
Children		
Find meals for kids	Provides nutritionally balanced, low-cost or free meals to children each school day and during the summer.	<p>Contact your school Call 2-1-1 Find meals when schools are closed by using Meals For Kids Site Finder. https://www.fns.usda.gov/meals4kids</p>
Women and Children		
WIC Special Supplemental Nutrition Program for Woman, Infants and Children	<p>WIC helps pregnant women, mothers and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy. It provides nutrition services, breastfeeding support, health care and social service referrals and healthy foods to eligible participants.</p> <p>The WIC Farmers Market Nutrition Program (FMNP) provides WIC recipients with fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from approved farmers' in Pennsylvania</p>	<p>Call 2-1-1 www.health.pa.gov/topics/programs/WIC/Pages/WIC.aspx#</p>
Future Planning		
Learn about supported decision making, planning, including power of attorney and guardianship		
ACHIEVA Family Trust	<p>Information, resources, assistance, in person presentations and webinars. Use these links or find these at the main webpage Achieva Family Trust Website, Family Trust Speaker Series, Programs and Archived Webinars</p>	http://achievafamilytrust.org/
The Arc Build Your Plan®	<p>The Build Your Plan ® tool helps people with intellectual and developmental disabilities (I/DD) think about and plan for their future. The interests, preferences, and skills of the person with I/DD are the</p>	https://thearc.org/our-initiatives/future-planning/

	main focus. The tool guides you through important topics.	
ASERT	Use these links or find these at the main webpage Guardianship & Legal Resources , Guardianship in PA , Estate Planning Special Needs Alliance	https://paautism.org/
PA Family Network	...was created under the leadership of Vision for Equality and is supported by the Office of Developmental Programs (ODP) as part of Pennsylvania's Community of Practice: Supporting Families Throughout the Lifespan. The mission of the Pennsylvania Office of Developmental Programs (ODP) is to support Pennsylvanians with developmental disabilities to achieve greater independence, choice and opportunity in their lives.	www.visionforequality.org/programs/pa-family-network/
Supported Decision Making	Charting the LifeCourse resources	www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/supported-decision-making/
Grief Support		
Caring Place	A center for grieving children, adolescents and their families. Includes peer support, education, consultation, and referrals.	www.HighmarkCaringPlace.com
Resources from UPMC	Resources for support for grief and bereavement over the loss of a loved one or close friend.	www.upmc.com/services/aginginstitute/resources-for-caregivers/grief-and-loss
ACHIEVA archived webinar	Grief and Loss in the Lives of People with Intellectual and Developmental Disabilities	www.achieva.info/
Hope Grows	Caregiver supports can include a <i>Life After Caregiving Group</i> open and free to all.	412-369-4673 https://hopegrows.net/
<i>Consider local faith-based organizations, local funeral homes and palliative / hospice care agencies, hospitals and agencies such as the Jewish Community Center (JCC) of Pittsburgh.</i>		
Healthcare		
The Center for Women with Disabilities at UPMC Magee-Womens Hospital	...delivering state-of-the-art preventive health care to women with disabilities since 2001.	www.upmc.com/locations/hospitals/magee/services/obstetrics-and-gynecology/gynecology/center-for-women-with-disabilities
Ronald McDonald	No appointment is necessary at most sites. Always call the Care Mobile prior to coming to any clinic.	www.chp.edu/our-services/mobile-medical-clinic/schedule

Care Mobile Medical Clinic		
Check with your health care coverage. If you are covered by medical assistance (MA / Medicaid) Contact your Special Needs Unit (SCU) through your membership services number to inquire about coverage.		
House and Home		
Housing, Home Modification, Home Repair and House Cleaning		
The Blessed Home Project	...serves people and families in their most challenging times by providing the simple joy of a clean home.	412-758-5188 www.blessedhomeproject.org/
Self-Determination Housing Project of Pennsylvania (SDHP)	A statewide organization, recently having merged with Inglis as a program of their Community Services. Advocates for accessible, affordable, and integrated housing opportunities for individuals with disabilities. Includes a home modification program.	1-866-246-4547 www.sdhp.org/
Pennsylvania Housing Finance Agency (PHFA)	Works to provide affordable homeownership and rental apartment options for older adults, low- and moderate-income families, and people with special housing needs.	1-855-827-3466 www.phfa.org/
PA Housing Search	PAHousingSearch.com is a free, online rental and homeownership service that links people who need housing with the housing they need.	1-877-428-8844 www.pahousingsearch.com/
Action Housing	Mission to empower people to build more secure and self-sufficient lives through the provision of decent, affordable housing, essential supportive services, asset building programs, and educational and employment opportunities. Weatherization, MyPlace Youth Program, Mortgage Assistance Program, Affordable Home Repairs, Housing Connector, Emergency Rental Assistance Program	412-281-2102 http://actionhousing.org/
Allegheny County DHS Home Modification Resources and Contacts		www.alleghenycounty.us/Human-Services/About/Contact/Link/Home-Modification.aspx

Allegheny County Accessibility Program	A program through ACTION-Housing that makes accessibility modifications to the homes of people with permanent physical disabilities. Allegheny County residents that meet the eligibility requirements can apply.	412-281-2102 http://actionhousing.org/index.php/social-services-programs/allegheny-county-accessibility-program
Community Growth Fund	The Community Acquisition and Rehabilitation Loan (CARL) provides financing for those looking to purchase AND rehabilitate a home within the City of Pittsburgh.	412-391-6732 x-207 https://cgfund.org/

Consider possible medical assistance/EPSTDT, waiver and Office of Vocational Rehabilitation (OVR) benefits

Identification

PA DMV, Real ID

www.dmv.pa.gov/REALID/pages/default.aspx

Birth Certificates

www.health.pa.gov/topics/certificates/Pages/Birth-Certificates.aspx

www.health.pa.gov/topics/certificates/Pages/Ordering.aspx

Real ID

www.dmv.pa.gov/REALID/pages/default.aspx

In Home Services

Community Human Services (CHS)

Provides a variety of offerings to individuals with disabilities living in the community including light housekeeping, basic personal care assistance, chore service, meal preparation, and completion of simple errands/shopping, motivation and instruction, and social activities.

412-246-1600

<https://chscorp.org/>

Help with hoarding.

-
- Hoarding/Clutter Clean-Up <https://hoarders.com/hoarding-clutter-clean-up/> 1-800- 462-7337
- If you are working with one, check with your case manager (for instance your Supports Coordinator or Service Coordinator).

Legal Information and Assistance

Neighborland Legal Services Association (NLSA)

Established in 1966 as a non-profit, public interest law firm to provide civil legal assistance to poor and vulnerable residents of Allegheny...

1-866-761-6572

<https://nlsa.us/>

PALawHELP	A guide to legal information and free civil legal services for low-income persons and seniors.	www.PALawHELP.org
Pa SeniorLAW Helpline	A free and confidential telephone service providing legal information, advice, brief services and referrals. For those 60 years of age and older.	1-877-727-7529 http://seniorlawcenter.org/
Pro Bono Center	of the Allegheny County Bar Foundation	www.pittsburghprobono.org/
The Duquesne Law School Clinics	Clinics Duquesne offers, include Family Law, Youth Advocacy, and Healthcare Decision Making.	www.duq.edu/academics/schools/law/clinics-and-externships/tribone-center-for-clinical-legal-education
Pitt Law: Health Law Clinic	The Health Law Clinic offers free, brief advice, available for all families and free representation for families meeting certain income guidelines. The clinic may help if your child has been denied supplemental security income, is having challenges with getting special education services (including transportation, nursing support, and other services) and to help your child in school. They can also share information about guardianship and power of attorney.	www.law.pitt.edu/about/engaged/health-law-clinic


Meaningful days, Employment, Volunteering

“Everyday Lives in Action: My Life, My Way: Employment/Meaningful Contribution: I want to work and/or have other ways to contribute to my community. My family, supporters, and community support me to find and keep a real job that I like with good wages and benefits or start and run my own business, and/or volunteer the way I want in my community.”

www.myodp.org , www.myodp.org/mod/page/view.php?id=7775

MyODP Employment Resources	MyODP now features a resource page dedicated to employment, with resource bundles categorized by individuals and families per waiver, as well as by provider roles in the service system.	www.myodp.org/ Click on <i>Resources</i> and then <i>Employment</i>
Office of Vocational Rehabilitation (OVR)	Provides vocational counseling, training and advocacy for individuals with disabilities to obtain gainful employment and maintain independence. Adult services may be based on incomes. Services may include those needed to support a person to get and keep a job: hearing aids, transportation assistance, tools/equipment/clothes, home modifications.	412- 392-4950 www.dli.pa.gov/Pages/default.aspx (keyword search: OVR)
The Job Accommodation Network (JAN)	The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. Serving customers across the United States and around the world for more than 35 years, JAN provides free one-on-one practical guidance and technical assistance on job accommodation	1-800-526-7234 https://askjan.org/index.cfm

	solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities. JAN provides individualized consultation. Webpage includes the JAN Workplace Accommodation Toolkit.	
Employment Information for Individuals with Autism	On the Autism Services, Education, Resources, and Training Collaborative (ASERT) website.	https://paautism.org/resource/employment-jobs-work-2/
<p>For benefit counseling:</p> <ul style="list-style-type: none"> • WIPA (Work Incentives Planning and Assistance) funded exclusively by the Social Security Administration. www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa • AHEDD www.ahedd.org/ • ACHIEVA Family Trust Employment Benefits Counseling Program http://achievafamilytrust.org/our_services/ 		
<p>For volunteer opportunities consider libraries, faith based organizations and neighborhood efforts / agencies (i.e. Meals on Wheels), animal shelters, pet rescues, food pantries, nursing homes.</p>		
<p>Volunteer opportunity finding:</p> <ul style="list-style-type: none"> • Pittsburgh Cares works to advance a culture of volunteerism and widespread civic engagement. www.pittsburghcares.org/ • Volunteer Match connects volunteers with causes and opportunity. www.VolunteerMatch.org • United Way of Southwestern PA offers volunteer opportunities. https://uwsdpa.org/be-a-volunteer/ 		
Medical Assistance (MA) and Medicare		
Allegheny County Assistance Office (CAO)	Provides information about services and how to access them to people receiving CAO services.	County Assistance Office locations www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx
Medical Assistance (MA) Managed Care Organization (MCO) Special Needs Unit (SNU)	Designed to help individuals with special needs navigate medical assistance and medical care. Staff can also assist with explanations, coordination and EPSDT.	Call your health coverage member services number on the back of your card and ask for a member of the special needs unit. Listing of units: www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/3006/Special-Needs-Units
EPSDT (Early and Periodic Screening,	A benefit that provides comprehensive and preventive health care services for children under age 21 who are enrolled in MA. EPSDT can ensure they receive preventive, dental, mental health, developmental,	Learn more at these links: www.medicaid.gov/medicaid/benefits/epsdt/index.html and https://mchb.hrsa.gov/maternal-child-

Diagnostic, and Treatment) for MA participants up to age 21	and specialty services. May cover house ramps, stair glides, chiropractor services, eyeglasses and nutritional supplements. Call your health coverage member services number on the back of your card and ask for a member of the special needs unit to assist you.	health-initiatives/mchb-programs/early-periodic-screening-diagnosis-and-treatment
HealthChoices PA Department of Human Services	Information on Physical HealthChoices, Behavioral HealthChoices and Community HealthChoices (CHC) on one website. www.dhs.pa.gov/HealthChoices/Pages/HealthChoices.aspx https://patf.us/who-we-are/publications/community-healthchoices-toolkit/ (CHC)	
PA Health Access Network (PHAN)	Pennsylvania’s only statewide consumer-driven organization working to expand and protect access to high-quality, equitable, affordable healthcare for all Pennsylvanians.	https://pahealthaccess.org/
PA Enrollment Services	...here to help you choose the best health plans and doctors for you and your family.	www.enrollnow.net/en
PA MEDI (Pennsylvania Medicare Education and Decision Insight, PA)	Helps PA residents understand their Medicare and other health insurance benefits and assist citizens in making informed decisions about their health care options. Includes helping to understand how Medicare and MA work together. <i>Formerly APPRISE. Name change effective 7-1-21.</i>	412-661-1438 Email PA.MEDI@wfspa.org www.alleghenycounty.us/Human-Services/Programs-Services/Older-Adults/Health-Insurance-Counseling.aspx
Pennsylvania Healthcare Benefit Solutions Program	“We help individuals navigate the complexities of healthcare systems such as Medicare and Medicaid through community education and one-on-one client counseling. Assist individuals with billing disputes, denial of services, and inpatient discharges.”	412-266-8322 https://phbsp.org/
Help with Medicare costs	Eligible beneficiaries can get assistance with Medicare and / or prescription costs Medicare Improvement for Patients and Providers Act (MIPPA) is the program name.	Allegheny Link 1-866-730-2368
<p><i>UPMC for You customers: "UPMC for you combines covered benefits with enhanced targeted services to support UPMC for You members who have an intellectual disability or autism (ID/A) and their families."</i> https://medicaid.upmchealthplan.com/intellectual-disabilitiesautism-services/</p> <p><i>To discard old, unwanted, or unused prescription medication learn more about Pennsylvania's Prescription Drug Take-Back Program. Use the map located here** to find a drug take-back location near you or view the full spreadsheet of locations.</i></p> <p>* www.ddap.pa.gov/Prevention/Pages/Drug_Take_Back.aspx</p> <p>** www.ddap.pa.gov/Get%20Help%20Now/Pages/Find-a-Drug-Take-Back-Location.aspx</p>		

*** www.ddap.pa.gov/Get%20Help%20Now/Documents/DrugTakeBackLocations.xls

Pregnancy / Infants

Healthy Start Inc.	...supports women, children, fathers, families and communities through comprehensive community-based programming, systems coordination, advocacy, research and training. Our programming spans Allegheny and Westmoreland Counties.	1-412-247-4009 https://healthystartpittsburgh.org/about-us/
Project ELECT Education Leading to Employment and Career Training (ELECT)	...works in collaboration with the AIU's Family Support Centers and school districts in Western Pennsylvania to assist pregnant and parenting teens with continuing their education and access to support services.	https://www.aiu3.net/Page/2186
HelloBaby	Health & Safety, Child Care & Development, Family Supports and Essentials	Call United Way 2-1-1 https://hellobabypgh.org/
Genesis of Pittsburgh	...a social service agency dedicated to providing life affirming programs and services to pregnant women, children and adoptive families. Includes parenting classes.	412-766-4934 Grandfamily Program, 412-766-5212 x106 https://genesispgh.org/
Angels' Place	...helps single parents and their children to reach their full potential – providing opportunities to learn, explore and connect with one another in an inclusive environment. Early Childhood Education, Child Casre and Family Support.	North Side, 412.321.4447 Swissvale, 412.271.2229 www.angelsplacepgh.org/
Achieva's Parenting Support	...program provides instruction, assistance, and independent living skills to parents with disabilities	1-888-272-7229 www.achieva.info/parenting-support

Respite

If you are a waiver participant / have funding for home and community-based services ask your service or supports coordinator about options

Allegheny County DHS Caregiver Support Programs	Includes programs that provides eligible participants reimbursement for respite. Criteria is inclusive of caregivers of those with disabilities and of grandparents.	412-350-5460 www.alleghenycounty.us/Human-Services/News-Events/Engagement/Support-for-Caregivers.aspx
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Alliance for Community Respite Care	The ADRC identifies resources and supports for families of people with special needs of all ages.	412.683.7100 www.classcommunity.org/services/adult/acrc
Hope Grows Care for Caregivers	Many programs for caregiver support.	412-369-4673 www.HopeGrows.net
Watson Institute	Watson’s day respite program is designed for children with autism spectrum disorder, developmental delays and neurological impairments and their siblings. School age children with special needs ages 3-21 and their siblings ages 3-13 may be eligible for the day respite care program.	412-741-1800 www.thewatsoninstitute.org/programs/respiteservices/
Epilepsy Association of Western and Central PA	Offers a temporary respite care program in an effort to assist the primary care takers of children and adults who have uncontrolled seizures.	1-800-361-5885 www.eawcp.org/programs/RespiteCare/
Christopher and Dana Reeves Foundation	Individual must be living with paralysis and have an unmet respite need or an emergency that requires respite care.	412.246.2245 www.classcommunity.org/community/news-events/now-accepting-referrals-respite-stipends
ACHIEVA Charitable Residual Account	Provides supplemental supports and services for children and adults with disabilities and a demonstrated need.	412-995-5000 x 493 http://achievafamilytrust.org/charitable-residual-account/
Allegheny County Music Festival Fund (ACMFF)	Can provide children and youth / families receiving services through Allegheny County DHS (including those registered with ODS) with life-enriching items and opportunities otherwise unavailable through traditional government funding. Funding may be available for respite.	www.alleghenycounty.us/Human-Services/News-Events/Events/Using-the-ACMFF.aspx
PLEA Respite Care program	May be a resource to arrange “for well-trained staff to provide quality care in the home of children with behavioral health or developmental difficulties.”	412-243-3464 https://plea-agency.org/respites/
Jerimiah’s Place	Jeremiah's Place offers services 24 hours a day, 7 days a week to ensure our community has access to crucial emergency childcare when families need it the most. Infants-age 6. JereCare Family Program Engagements to build strong communities and families...Regularly Scheduled Events to Create Strong Communities and Stronger Families...includes monthly, bi-monthly, and annual events that allow caregivers to connect with one another and resources from our	412-924-0726 https://jeremiahsplace.org/

	<p>community partners.</p> <p>JereCare Closet is an incredible community resource available to all families. Located inside the entrance of our location at The Kingsley Center, the JereCare Closet offers essential items for children and families in need - absolutely free.</p>	
<p><i>While Medical Assistance does not provide respite families may experience a break if the care receiver qualifies for shift care. Reach the carriers Special Needs Unit to inquire. https://paaautism.org/wp-content/uploads/2019/05/Special-Needs-Units.pdf</i></p>		
<p>Safety and Emergency Preparedness</p> <p>Alerting first responders of special needs - Remember to update</p>		
<p>PROJECT LIFESAVER A no-cost program offered by law enforcement and other emergency responders in 41 states... <ul style="list-style-type: none"> •Do you have a loved one who wanders away from your residence? •Have you had to call 911 when a loved one cannot be found? •Do you know a loved one who often “escapes” from home? If you answer “yes” to one or more of these questions, you may wish to enroll. Persons enrolled in the program wear a small transmitter, about the size of a wristwatch, which emits a unique tracking signal. If a person goes missing, search teams use their signal receiving equipment to track and locate the missing person. 412-350-3138, http://alleghenycountyda.us/project-lifesaver/</p>		
<p>Yellow Dot Program This program assists citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate their needs themselves. Placing a Yellow Dot decal in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need. The program is a cooperative effort between PennDOT, the state departments of Health and Aging, the Pennsylvania State Police, the Pennsylvania Turnpike Commission, first responders, and local law enforcement. www.penndot.gov/TravelInPA/Pages/Yellow-Dot.aspx</p>		
<p>Special Needs Registry The Special Needs Registry is a volunteer registry of information by those with a mental or physical disability that would be helpful for emergency personnel to know when responding to a crisis. 412- 473-2550, www.alleghenycounty.us/emergency-services/911/special-needs-registry.aspx</p>		
<p>Envelope of Life <i>This program is for City of Pittsburgh residents – reach your community services entity to ask about similar programs in your area</i> The Envelope of Life is a standardized form that provides lifesaving information to emergency personnel in times of crisis or medical uncertainty. Tips include: <ul style="list-style-type: none"> •Display the envelope with the City of Pittsburgh seal facing OUT so that it is visible. •Attach the envelope to a prominent place in your house – a refrigerator, a door or somewhere else a paramedic can easily find it. •Keep a copy at home and one with you. 412-622-6930, http://pittsburghpa.gov/ems/special-programs/envelope-life.html </p>		
<p>Pittsburgh Poison Center (PPC) For emergencies: 1-800-222-1222 (Line is staffed 24 hours per day.), www.upmc.com/services/poison-center</p>		
<p>Emergency Preparedness resources www.alleghenycounty.us/Human-Services/Resources/Safety-and-Consumer-Protection/Emergency-Preparedness.aspx</p>		
<p>Western Pennsylvania Search and Rescue Development Center Includes Operation: Take Me Home, provides a safety device for the special need population that wanders 412-856-4357, www.wpsardc.org/</p>		


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

Service Dogs

Perfect Fit Canines	“...a full service organization dedicated to providing freedom to those with disabilities. We specialize in training service dogs to fill functional gaps, provide companionship, and improve the lives of those with disabilities.” Includes service dogs with those with Autism.	www.perfectfitcanines.org/wp-content/cache/all/index.html

Seniors

Allegheny County Department of Human Services Area Agency on Aging (AAA)	Helps older adults aged 60 years and older to live quality lives. Works with agencies in the community to provide programs and needed services. Can include senior activity centers, transportation, home help, and home delivered meals. Connection to Senior Centers. Some centers offer appointments to assist with future planning. Carrier Alert: U.S. Postal Service mail carriers will alert a designated agency if mail begins to accumulate in your mailbox.	SeniorLine at 412-350-5460 The care manager who answers the telephone will discuss your situation with you and if needed, start the application process for an in-home assessment of your need for services.
Age Well	Meal, transportation and career services; health; recreation and wellness; care and safety	1-877-243-1530 www.agewellpgh.org
Venture Outdoors Again	Beginner-friendly experiences free to those 50 and older. For example: Budding Naturalist Walk, Fit With A Physician and Introduction to Biking	412-255-0564 ext. 0.
Familylinks Mobile Mental Health Treatment (MMHT)	For eligible clients 55 and older who suffer from depression, anxiety, hoarding or other disorders that make it difficult to go out and seek treatment, therapists travel to homes.	1-866-583-6003 www.familylinks.org/get-help/MHSA/MMHT
Family Links Caregivers First Initiative	A free service that helps caregivers (caring for an adult age 60 or over living in Allegheny County) manage stress and learn strategies to cope and care for themselves	412-924-0400 https://familylinks.org/get-help/SC/CFI
CheckMates	Offered in the South Hills. Weekly, confidential phone calls from SHIM Center that provide friendship, reassurance and a check-in.	412-854-9120 ex 116
Eldercare Locator Administration	A nationwide service that connects older Americans and their caregivers with trustworthy local support resources. Includes resource documents such as Fact Sheets.	1-800-677-1116 https://eldercare.acl.gov/Public/index.aspx

on Aging (AoA)		
Senior Ride Programs	Listing on the United Way 211 website. Also call 2-1-1 and ask for the information.	https://pa211sw.communityos.org/zf/taxonomy/detail/id/633921
In Service of Seniors	The mission of Wesley Family Services In Service of Seniors: ...to maximize the independence older adults in the Pittsburgh area	https://wfspa.org/service/in-service-of-seniors/
Raising grandchildren <ul style="list-style-type: none"> Caregiver Support Programs, www.alleghenycounty.us/Human-Services/News-Events/Engagement/Caregiver-Support-Programs.aspx Go Go Grandparent Connects seniors to ride sharing services like Lyft or Uber at an affordable price. 1-855-464-6872 https://gogograndparent.com/ A Second Chance Inc. (ASCI), www.asecondchance-kinship.com, 412-342-0600, (Pittsburgh office) Also refer to the caregiver section of this document 		
For a variety of assistance programs: North Hills Community Outreach for Seniors, 412-307-0069, https://nhco.org/get-help/for-seniors/ South Hills Interfaith Movement, 412-854-9120 ext. 107, https://shimcares.org/ NAMS (the Northern Area Multi Service Center), 412-781-1176, http://buildingindependence.org/nams/support-for-seniors/ United Way 2-1-1 Allegheny Link, 1-866-730-2368 <i>Also ask 2-1-1 and the link about transportation services like St. Margaret Foundation provides transport for Seniors within the Sharpsburg to Blawnox area and route 28 to the Allegheny River</i>		
Smoke Alarms		
American Red Cross Home Fire Campaign	Installation of new and checks of existing smoke alarms along with education with no cost.	1-888-217-9599 www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us/our-work/home-fire-safety.html
Social Security (SS)		
Many resources from ASERT	The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical and financial criteria may qualify for benefits under either program. Social Security Disability Insurance: Pays benefits to you and certain	https://paautism.org/resource/social-security/ 

	members of your family if you are “insured,” meaning that you worked long enough and paid Social Security taxes. Supplemental Security Income: Pays benefits based on financial need.	
Social Security Administration (SSA)	Services include getting or replacing a SS card and applying for disability, SSI, retirement, survivors, or family benefits and for Medicare.	1-800-772-1213 www.socialsecurity.gov/ People helping others with social security: www.ssa.gov/thirdparty/
Social Security Youth Resources	Social Security has youth friendly resources to connect youth and young adults with disabilities to important information to achieve education, career, and life goals.	www.ssa.gov/youth/
The PA Work Incentives Planning and Assistance (WIPA) Program	A program to enable beneficiaries with disabilities to receive accurate information and use that information to make a successful transition to work. Community Work Incentive Coordinators (CWIC) can discuss how work impacts benefits.	1-866-833-2967 www.ssa.gov/work/WIPA.html https://choosework.ssa.gov/
	Locally: WIPA www.yourgoodwill.org/grow/work-incentives-planning-and-assistance-wipa	
<p>These and more publications are available at www.ssa.gov/pubs/</p> <ul style="list-style-type: none"> • What You Need to Know About Your Supplemental Security Income (SSI) When You Turn 18, www.ssa.gov/pubs/EN-05-11005.pdf • Qualifying for Benefit Continuation After You Turn 18, www.ssa.gov/pubs/EN-64-118.pdf • Turning 18, www.ssa.gov/pubs/EN-64-122.pdf • Fact Sheet: Social Security Disability Insurance (SSDI), www.ssa.gov/pubs/EN-05-11001.pdf • Fact Sheet: Supplemental Security Income (SSI), www.ssa.gov/pubs/EN-05-11002.pdf • Benefits For Children, www.ssa.gov/pubs/EN-05-10085.pdf • SSI In Pennsylvania, www.ssa.gov/pubs/EN-05-11150.pdf • Who do I contact - Social Security or Medicare?, www.ssa.gov/pubs/EN-05-10500.pdf 		
Special Education		
ACHIEVA Education Advocates	ACHIEVA Education Advocates provide information and support to families.	412-995-5000
Allegheny County DHS Education	Education specialists assist any family with a child receiving special education services.	412-350-4456

Specialists		
Autism Caring Center	...Advocacy services including IEP meeting support...	412-915-4492 www.autismcaringcenter.com
LTF	Local Taskforces on the Right to Education (LTF) provides parent information, support and monitors special education programs. Each group holds regular meetings and offers an assistance hotline.	LTF2, City of Pittsburgh: 412- 323-3996 LTF3, Allegheny County: 412- 394-5930
PEAL Center (Parent Education and Advocacy Leadership Center)	The mission of the PEAL Center is to educate and empower families to ensure that children, youth and young adults with disabilities and special health care needs lead rich, active lives as full members of their schools and communities.	412-281-4404, email info@pealcenter.org www.pealcenter.org/
Achieva Advocacy	“Navigating through educational, medical, government, and adult service systems can be difficult and overwhelming when a family member has a disability. Achieva Advocacy can help.”	1-888-272-7229 www.achieva.info/advocacy
Pitt Health Law Clinic	Free, brief advice, available for all families. Free representation for families meeting certain income guidelines.	412-648-1300 www.law.pitt.edu/about/engaged/health-law-clinic
PaTTAN (Pennsylvania Training and Technical Assistance Network)	Publications that help educators and families navigate special education PaTTAN (Pennsylvania Training and Technical Assistance Network) creates publications on topics of education, including many on special education. These resources are provided <i>free of charge</i> to educators, families, students, and the community. Publication bundles help organize several on the same topic into a one-stop-shop. Visit their publications site * to view, download, or order (shipped free) these and other helpful resources. * www.pattan.net/publications/?pagesize=&sortby=4&searchtext=&publicationstopicssmartsearchfilter=&publicationshardcopysmartsearchfilter = The Family Bundle includes several publications provides resources to help families navigate their child's educational experience. They can also benefit helping professionals and the community. Publications help users learn more about the special education process, the jargon, IDEA regulations, and more. * www.pattan.net/Publications/Familys-Quick-Start-Guide-to-Special-Education	www.pattan.net/Publications/Familys-Quick-Start-Guide-to-Special-Education

Pennsylvania Special Education PTA (Parent Teacher Association)	A statewide network for parents, families and teachers of special education students in Pennsylvania. PTA's mission is to make every child's potential a reality by engaging & empowering families and communities to advocate for ALL CHILDREN.	www.facebook.com/paspecialdpta/
<p>Assistive Technology Devices and Services for Children with Disabilities Under the IDEA</p> <p>On January 22, 2024, the Office of Educational Technology and the Office of Special Education Programs published guidance in support of children with disabilities who need assistive technology (AT) devices and services for meaningful access and engagement in education. View the AT guidance and accompanying Dear Colleague Letter available in English and Spanish. https://osepideasthatwork.org/federal-resources-stakeholders/topical-issues/assistive-technology</p>		
<p>Transition (Secondary)</p>		
 <p>“What is Secondary Transition?...” at PA Secondary Transition, www.pasecondarytransition.com/ <i>A Transition Tidbits Newsletter</i> <i>The Pennsylvania Community on Transition brings you its PA Transition Tidbits Newsletter for October. The Pennsylvania Community on Transition is a group of various stakeholders from across Pennsylvania who work collaboratively to ensure appropriate transition outcomes for Pennsylvania youth and young adults. Read More.</i></p>		
Benefits Counseling Toolkit for Educators and Families	...compiled by PA Bureau of Special Education (BSE) and the Office of Vocational Rehabilitation (OVR). It includes information about available benefits, benefits counseling and ways to access difference benefits.	www.pasecondarytransition.com/assets/img2/OVR-BSE%20Benefits-Counseling%20Tlkt%2012-7-21.pdf
Planning for the Future Checklist	21 and Able, in collaboration with the Pennsylvania Department of Education, Bureau of Special Education, PaTTAN, local school districts, family members, youth, and community agencies created the Planning for the Future Checklist . Information and example videos: www.pattan.net/Graduation-Post-Secondary-Outcomes/Educational-Initiatives/What-is-Secondary-Transition/Planning-for-the-Future-Checklist App: https://uwsdpa.org/download-pa-planning-for-the-future-checklist/	
Transition Coordinating Council of Allegheny County and the	Allegheny County and City of Pittsburgh parents and professionals working together to improve transition services for young adults graduating from high school. Holds regular meetings.	www.smore.com/h79u8 www.pasecondarytransition.com/sub-indicator/transition-coordinating-councils

City of Pittsburgh (TCCAC)		
Evolve Coaching Supporting Autistic Students: A Toolkit for Educators and Service Providers	Evolve Coaching created this toolkit to help teachers, counselors, administrators, and other professionals and volunteers who work with Autistic students in education environments. Our goal is for this toolkit to help you empathize with, support, and prepare Autistic students in high school and post-secondary education environments. The toolkit includes: <ul style="list-style-type: none"> • A basic explanation of neurodiversity and autism • Examples of challenges Autistic people face in educational settings that are not designed to include them • Practical ways to change these settings • Suggestions for how to better support students 	www.evolve-coaching.org/ www.evolve-coaching.org/evolve-toolkit
AC DHS / NCJW Project Prom	The Project Prom Gown Giveaway, open only to young adults who are eligible for free attire occurs several days each spring. May also provide tuxedos.	www.alleghenycounty.us/Human-Services/News-Events/Events/Project-Prom.aspx
Bless A Dress	Free prom gowns, shoes and accessories.	www.facebook.com/blessadress/
UPMC Children's Community Pediatrics	...compiled a library of resources and step by step instructions to help make your transition to adult health care much easier. Preparing for what comes next, selecting an adult primary care provider, preparing for college, behavioral health guidance, understanding high risk behaviors and LGBTQ+ youth resources.	www.childrenspeds.com/specialties-and-services/transition-to-adulthood
Helpful websites	<ul style="list-style-type: none"> • Bureau of Special Education (BSE), Pennsylvania Department of Education (PDE), <ul style="list-style-type: none"> ○ PaTTAN, PA Training and Technical Assistance Network: www.pattan.net/ ○ PA Secondary Transition Guide: http://secondarytransition.org/ • ASERT, #ASDNext: www.paautism.org/transitionagecommunication • PA Family Network Lifecourse Tools: www.visionforequality.org/pa-family-network/ 	
Post-secondary Education information	<ul style="list-style-type: none"> • Community College of Allegheny County (CCAC) <ul style="list-style-type: none"> ○ Continuing Education for Special Needs Adults www.ccac.edu/Continuing_Education_for_Special_Needs_Adults.aspx ○ Vocational Education Training for People Who Need Learning Support www.ccac.edu/Vocational_Education_Training_for_People_Who_Need_Learning_Support.aspx • Hiram G. Andrews Center and the Commonwealth Technical Institute 	

	<ul style="list-style-type: none"> • Think College, https://thinkcollege.net/, College options for people with Developmental Supports • Planning For College with Achieva for students with intellectual disability. Resources, information and a contact for assistance. www.achieva.info/college-planning
Dr. Kaye Cupples Scholarship The Arc of Greater Pittsburgh (AGP)	www.achieva.info/advocacy/college-planning Students with intellectual and developmental disabilities, who live in the city of Pittsburgh, attends/attended Pittsburgh Public School (PPS), or an approved Private School as a Pittsburgh Public School student, has an Individual Educational Plan, and is attending or plans to attend a post-secondary education program at a college, university or trade school may apply.
OVR (Office of Vocational Rehabilitation) PETS (Pre-employment transition services)	Continuum includes career exploration & preparations, career engagement and career experience & planning for students starting at age 14. Contact the schools transition staff or an Early Reach Coordinator at RA-LI-OVRPGHPETS@pa.gov www.pattan.net/Graduation-Post-Secondary-Outcomes/Educational-Initiatives/Additional-Resources/Office-of-Vocational-Rehabilitation
CHANGE (Children’s Hospital Advisory Network for Guidance & Empowerment)	<ul style="list-style-type: none"> • Supports youth 14-26 • A youth-led and youth-driven initiative that advises youth, families, and professionals about the transition process. • Works to support interdependence and success for individuals who have faced, currently face, or will face transitional barriers in health care. • www.chp.edu/our-services/aya-medicine/change
Got Transition®	The federally funded national resource center on health care transition (HCT). Its aim is to improve the transition from pediatric to adult health care through the use of evidence-driven strategies for clinicians and other health care professionals; public health programs; payers and plans; youth and young adults; and parents and caregivers. www.gottransition.org/about-us/
PaTTAN A Teen and Young Adult’s Guide to Medical Transition	www.pattan.net/Resources/handouts/d8-a-teen-and-young-adult-s-guide-to-medical-trans
PaTTAN Entitlement vs. Eligibility Fact	This fact sheet provides an explanation of the difference between entitlement for services and eligibility for services. www.pattan.net/CMSPages/GetAmazonFile.aspx?path=~\patan\media\publications\2019%20accessible%20pdfs\sectrans_ent

Sheet	itlement-vs-eligibility-eng-8-18-wba.pdf&hash=20567085e99d24548e4687a60411d7dad0faba4e7b8d15005b1221b28fabd8d0&ext=.pdf	
PaTTAN SAAFP (Summary of Academic Achievement and Functional Performance)	<p>Do You Know About the SAAFP? (Summary of Academic Achievement and Functional Performance) This publication provides information about the Summary of Academic Achievement and Functional Performance (SAAFP), which is a document that is provided to student and their parents at the conclusion of students' high school education. www.pattan.net/Publications/Do-You-Know-About-the-SAAFP-Summary-of-Academic-A</p> <p>SAAFP: A Worksheet for Parents of Students with Disabilities The SAAFP worksheet is a document that is provided to student and their parents at the conclusion of students' high school education. The SAAFP worksheet, which parents and their children can complete together, is designed to be a useful and relevant document to assist students in the transition from high school to higher education, training, employment, and independent living. www.pattan.net/Publications/SAAFP-A-Worksheet-for-Parents-of-Students-with-Dis</p>	
Transition Discoveries	<p>“We all experience multiple transitions throughout our lives. At Transition Discoveries, we focus on empowering youth during their transition to life after high school. Youth with disabilities, families and professionals who support them make up a powerful network of relationships, knowledge and experience for what's working in transition.” “Transition Discoveries Quality Indicator Framework Outlines the key areas for success after high school as identified by youth with disabilities, their families and community members.” 9 Quality Indicators of Transition Discoveries. https://transitiondiscoveries.org/about/</p>	
Transportation		
Take the bus, the T or Mon Incline at discounted rates if you're 65+, under age 11 or have a disability diagnosis. Learn how to apply. Information about other options as well.	www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Transportation.aspx	
Allegheeny County has transportation services that can help you get to your doctor appointments and other important appointments. Some have eligibility requirements. Medical Assistance Transportation Program provides free rides to and from non-emergency medical appointments for anyone on Medical Assistance. Mobile Moms is a bus service for pregnant women, run by Travelers Aid, that will take you to medical appointments related to your pregnancy. There are no income requirements or charges for this service. ICU Baby Program provides bus tickets or Get Go gas cards to parents with an infant in an Allegheny County hospital NICU. Any parent in need can qualify for the program.	412-350-3572 or 1-888-340-3572 https://hellobabypgh.org/transportation/	

<p>Trips for Tots, another Travelers Aid program, can provide bus tickets or zTrip vouchers for well-baby, immunization or sick child doctor’s visits until your newborn is 18 months old.</p>	
<p>Rides, Groceries, Meals & More: Built Better For Older Adults And People With Disabilities. Screened & monitored services from Uber, DoorDash, Instacart and more, with or without a smartphone, 24/7. Order rides for seniors, groceries, prescription medications, meals, home chores and more with a simple phone call to 1 (855) 464-6872. Our GoGoGuardian technology dramatically improves the reliability and usability of partners like Uber, DoorDash, Instacart & others for people who want to live independently in their home for as long as possible.</p>	<p>https://gogograndparent.com/ext16</p>
<p>Heritage Community Transportation has been privileged to provide more than 1.5 million rides on our fixed route transit service. Our three routes – covering Monroeville, McKeesport and East Pittsburgh – run through sixteen communities and provide our riders with access to work, healthcare and shopping for only 25 cents a ride.</p>	<p>https://heritageserves.org/how-we-serve/transportation/</p>
<p>Community Growth Fund Ways to Work (WTW) is a vehicle loan program in Allegheny County that provides loans to low-income individuals who cannot get auto loans from traditional lending institutions.</p>	<p>412-391-6732 x-207 https://cgfund.org/</p>
<p>North Hills Community Outreach Lack of reliable transportation can be a barrier for individuals seeking employment, getting to/from work, and it can limit employment opportunities. The Transportation Assistance Program helps individuals stabilize transportation to support employment, job search, or education and vocational training.</p>	<p>www.nhco.org/transportation-assistance</p>
<p>Other places to request assistance around transportation are your health plan, hospitals and health centers. Some neighborhoods have shuttles and faith based organizations have programs. Travelers Aid provides some programs, 412- 281-5474. Also, contact 2-1-1 or the Allegheny Link 1-866-730-2368.</p>	
<p>For assistance in obtaining a PA Driver’s License</p> <ul style="list-style-type: none"> • Practice App: App available to practice PennDOT driver’s license knowledge test, https://www.pa.gov/apps/ • Penn Dot Drivers License (DL) Center: The DL Center provides assistance in the form of a staff who will read the test questions and explain them. Must call ahead to request an appt., 1-800-932-4600 	
<p>More about driver training and driving.</p> <ul style="list-style-type: none"> • Spectrum Driving Learning To Drive With Autism and Related Disorders www.autismspectrumdriving.com/ • ASERT #ASDNext Am I Ready to Learn to Drive? https://asdnext.org/resource/am-i-ready-to-drive/ 	

- Connected with the Office of Vocational Rehabilitation (OVR) – ask your OVR counselor.
- Still in high school - ask your transition staff.

Veteran and Family of Veterans Support

PAServes: Greater Pittsburgh offers service members, veterans and their families access to a class-leading continuum of providers that runs the gamut from superior legal, housing and emergency service providers to employment, recreation and fitness, financial capabilities and more – all designed to provide those who serve, have served, and their families, with the most comprehensive service delivery experience available anywhere in the nation. <https://pittsburgh.americaserves.org/> 1-855-838-774

VA Pittsburgh Healthcare 412-822-2222
 Vet Center 412-920-1765
 VA Crisis Line 1-800-273-8255, press 1 or Text 838255
 Allegheny County Veterans Services 412-621-4357

Voting

www.votespa.com/Pages/default.aspx

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

Neighborhood / regional assistance

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

IQ / Psychological Testing / Evaluations

Inquiries may be made of:

Allegheny General Hospital Psychiatry 412-330-4000, Child and Adult ID and Autism Testing

Psychological Perspectives LLC 412-294-7399, Child and Adult ID and Autism Testing

Dr. John Carosso 412-372-8000, Child and Adult ID and Autism Testing

Pediatric Neuropsychology 412-343-6416, ID and Autism Testing for Children

Community Diagnostic Centers 412-430-4664, Autism testing and Neuropsych for 3-29 year olds

Allegheny Mental Health Associates 412-967-5660 ext. 1 - ID testing for children and adults, Autism testing for Children

Summit Psychological Services, 412-406-7734

Down Syndrome Center of Western PA (DSC), 412-692-5325

Call your medical assistance (MA) provider members services number and ask for a Special Needs Unit representative.
If using commercial insurance, call to inquire about coverage.

Help Lines For All

988 Suicide & Crisis Lifeline

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

Crisis Text Line: “PA” to 741741

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

Disaster Distress Helpline: 1-800-985-5990

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

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

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

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