

Connecting People Across Pa to Information and Resources

March 2025

This listing was compiled to help you find information and resources specific to your county, one of 67 in Pennsylvania. Most will have county specific contacts.

It's not exhaustive, and inclusion does not imply endorsement.

Some resources and most programs will have eligibility requirements.


This list can be found on the Allegheny County Department of Human Services (AC DHS) Office of Developmental Supports (ODS) webpage at

www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Offices/Office-of-Developmental-Supports

under *ODS Fact Sheets and Informational Documents*.

Find more helpful resources there on the Community and Service Systems document.

If you have questions or suggestions reach Mary Evrard at mevrard@alleghenycounty.us

 Heading	What you'll find	Pages
Nationwide Resources	Available nationwide	4
Great Places to Begin in PA	PA Navigate, United Way 2-1-1, Aunt Bertha findhelp.org, PA Link to Community Care, POWER Library, Centers for Independent Living, PA Elks Home Service Program, Special Kids Network	5-7
Crisis and Helplines	PA Care Partnership, 988 Suicide and Crisis Helpline	8
Commonwealth of Pennsylvania	Government offices overview, Long Term Care, Home and Community Based Services, Early Childhood Home Visiting, Caregiver Support Programs	9-15
Social Security	Social Security	16
Assistance with Public Benefits and Programs	Includes The Pennsylvania Benefits Center, COMPASS, Independent Enrollment Broker, PA Health Access Network (PHAN), The PA Link to Community Care, PA MEDI (Pennsylvania Medicare Education and Decision Insight), Pennsylvania Health Law Project (PHLP) and the PA Enrollment Services.	17
More about MA – resource documents	Medical Assistance Related Resources and Information If you have MA, you may be eligible for these	17
Resource Lists	<p>Basic Needs includes topics of assistive technology, cash assistance, employment, financial education/wellness, food, goods, healthcare, health insurance, homes, housing, infants, pet food, pet care, phone service, tax returns, transportation, utilities.</p> <p>Additional Resources including PA Government Programs and Supports, Public Benefits and Community Resources Includes topics of brain injury, caregiver support, individuals with disabilities, domestic violence, human trafficking, legal assistance, the LGBTQ community, refugees, mental</p>	18-35

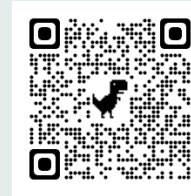
	<p>health, prescriptions, reporting abuse and neglect, seniors, sexual violence, smoke alarms, substance abuse, and veterans.</p> <p>Children and Youth Includes autism, childcare, early learning, early intervention, family can caregiver information and support, grandparent and kin raising children, health insurance, intermediate units, special education and special kids network.</p>	
Go Play!	<p>Free and low-cost ways to participate in your community and go play! <i>Topics include, community, libraries, parks, community gardens, volunteering, and offers with an EBT/ACCESS card.</i></p>	36-38
Attaining important documents		3-40

Available nationwide

United Way 2-1-1, www.211.org/ Find your local 211 at www.211.org/about-us/your-local-211



Aunt Bertha findhelp.org www.auntbertha.com/



ADRCs (Aging and Disability Resource Centers),
<https://acl.gov/programs/aging-and-disability-networks/aging-and-disability-resource-centers>



CILs (Centers for Independent Living)
<https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>





Great Places to Begin in PA

Some organizations offer connections to information and resources both through direct communications and through on-line tools/webpages. Some may also offer connections to case management. Highlighted here are PA Navigate, United Way 2-1-1, Aunt Bertha findhelp.org, PA Link to Community Care, Centers for Independent Living, PA Elks Home Service Program and the POWER Library



PA NAVIGATE <https://pa-navigate.org/>



PA Navigate is a statewide community information tool designed to address health and social care needs for Pennsylvanians by connecting them to community services.



United Way
of Pennsylvania

If you need to connect with resources in your community, but don't know where to look, **PA 211** is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Our specialists will listen to your needs and give you information on programs in your community that might be able to help.

Visit www.pa211.org/get-help/ to explore programs available in your community by categories such as financial assistance, housing, and food.

Connects eligible people with free tax help beginning in January each year.



Also, connect with PA 211 to find resources for your family's school needs, like school supplies, extended childcare, food programs, and more. Visit <http://pa211.org/school> , dial 211, or text your zip code to 898-211



Aunt Bertha

Find food assistance, help paying bills, and other free or reduced cost programs. www.findhelp.org/



PA Link to Aging and Disability Resource Center (ADRC)

The PA Link to Community Care

website is designed to help persons with disabilities and seniors find information that will connect them to support and services in their community.

www.carelink.pa.gov/

1-800-753-8827



The goal of the **PA Link** is to provide information and referral services about resources in every community, in an accessible, trusted place. Representatives from the PA Link provide assistance to people of all income levels to locate resources in their communities, serving as a single point of entry for access to long-term support programs and benefits within Pennsylvania.

POWER Library is the online portal to all that Pennsylvania libraries offer.

“This is the place to find trustworthy answers to questions about healthcare, consumer purchases, personal finances, and much more.

Enjoy 24/7 access to newspapers, magazines, journals, historical documents and photos, online databases, and eBooks;

Research a subject; Learn about your family history; Locate a title; Explore career options; Find your local library.”

<https://powerlibrary.org/>



CILs (Centers for Independent Living)

Designed and operated by individuals with disabilities, CILs provide independent living services for people with all types of disabilities.

List of Centers for Independent Living by State/County

<https://acl.gov/programs/centers-independent-living/list-cils-and-spils>



PA Elks Home Service Program

Provides support and advocacy services to individuals of any age who have a developmental disability. Needs do not have to be medical related. Especially trained nurses help determine the needs of the individuals and their family. They will help them navigate the often-complicated human service and healthcare systems. Nurses will meet with the person and their family in their own home or anywhere support and advocacy services are needed. There is no charge for this service. www.paelkshomeservice.org/

Special Kids Network

PA Department of Health can be a connection to this program and helpful information.

www.health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx

1-800-986-4550



Crisis and Helplines includes PA Care Partnership and the 988 Suicide and Crisis Helpline



Pennsylvania Care Partnership Crisis and Helplines

www.pacarepartnership.org/resources/crisis-and-hotlines



[GET HELP](#) [LEARN](#) [GET INVOLVED](#) [PROVIDERS & PROFESSIONALS](#)

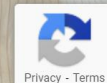
988 [CHAT](#)

[En Español](#) | [For Deaf & Hard of Hearing](#)



988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.





Commonwealth of Pennsylvania

Many programs/services are statewide and connected to state offices such as the PA Department of Human Services (PA DHS) and the PA Department of Aging (PDA). There are also Departments of Education, Drug and Alcohol Programs and Health. Programs and services for eligible people include Long Term Care (LTC) for people with disabilities and seniors, early childhood home visiting and caregiver support.

More about specific programs is part of the resource lists in this document.

Commonwealth of Pennsylvania



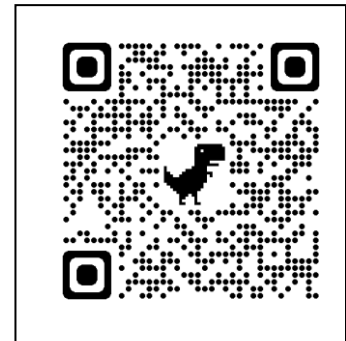
The commonwealth website can be found here www.pa.gov/
Helpful links to various services can be found there
www.dhs.pa.gov/Services/Assistance/Pages/default.aspx

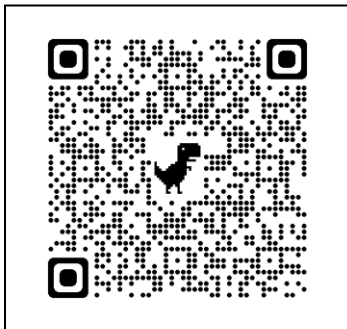
Links to information on the site include
Departments of

- ❖ Education,
- ❖ Drug and Alcohol Programs,
- ❖ Human Services and
- ❖ Health.

**PA Department of Human Services
(PA DHS)**

www.dhs.pa.gov/Pages/default.aspx





Long Term Care (LTC) for people with disabilities and the aging

Long term care facilities provide both short- and long-term nursing and rehabilitation services for persons that require 24-hour care.

Home and community-based services (HCBS) May also be known as waiver funded services.

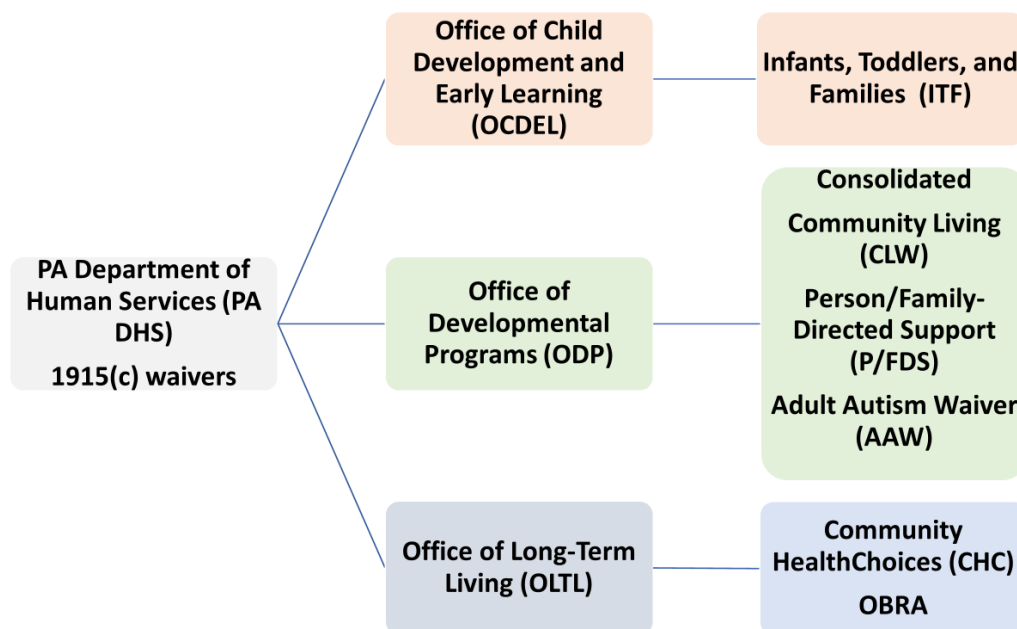
- ★ People who qualify to receive HCBSs include those with intellectual disability, autism, physical disabilities, developmental disabilities, acquired brain injury, in need of early intervention and seniors.
- ★ There are several options in PA, each with its own eligibility requirements. These requirements may include financial and clinical/functional. Each also has its own list of services and providers. Some have waiting lists.
- ★ Examples: Community Health Choices (CHC, 21+), Office of Developmental Programs (ODP) waivers, Act 150, LIFE Program (ages 55+), OBRA (ages 18-59)
- ★ Goal of services are to enable individuals to live successfully in their community. Services often support activities of daily living (ADLs), teach life skills, promote community participation, and assure health and safety.

- ★ Every participant receives case management. Examples are supports coordination, service coordination and care management.
- ★ Key state offices: PA Department of Human Services Office of Developmental Programs (ODP). Office of Long-Term Living, PA Department of Aging.

Ways to learn more

- **Independent Enrollment Broker** provides enrollment services for applicants who are aging or with physical disabilities. 1-877-550-4227
- **COMPASS**, an online tool for Pennsylvanians to apply for many health and human service programs and manage benefit information. 1-800-692-7462
www.compass.state.pa.us/compass.web/Public/CMPHome
- **Webpage** www.dhs.pa.gov/Services/Assistance/Pages/Home-and-Community-Based%20Services.aspx
- **The PA Link to Community Care**, www.carelink.pa.gov/, 1-800-753-8827





Also providing home and community-based services

- LIFE Program
- OPTIONS program
- ACT 150
- ACAP

Programs all have available services and service delivery systems that include providers that can deliver them.				
All program details at www.pa.gov/en/agencies/dhs/resources/home-community-based-services-hcbs.html				
Employment Services (job finding and job coaching)	In-Home and Community Support	Companion	Community Participation Support	Respite
Shift Nursing	Therapies	Behavioral Support	Assistive Technology	Home and Vehicle Accessibility Adaptations
Transportation	Life Sharing	Supported Living	Homemaker Services	Personal Assistance Services

Physical and
Behavioral
HealthChoices

Community
HealthChoices

Community Health Choices Publications

www.dhs.pa.gov/HealthChoices/HC-Services/Pages/CHC-Publications.aspx

Community HealthChoices (CHC)
CHC IS PENNSYLVANIA'S NEW MEDICAID MANAGED CARE PROGRAM

CHC CAN PROVIDE

- Healthcare
- Nursing Home Transition
- Hearing Aids (SPECIALIZED MEDICAL EQUIPMENT & SUPPLIES)
- Durable Medical Equipment
- Smart Home Technology (ASSISTIVE TECHNOLOGY)
- Cognitive & Behavioral Therapy
- Vehicle Modifications
- Occupational/Physical/Speech Therapy
- Pest Eradication
- Transportation (NON-MEDICAL)
- Job Coaching
- Switch (ASSISTIVE TECHNOLOGY)
- Home Adaptations
- Personal Assistant Services
- AND SO MUCH MORE

Are you one of the **420,000** Pennsylvanians who qualify for Community HealthChoices?

- 21+ years old
- Physical disability, traumatic brain injury, and/or older Pennsylvanian
- Living in the community or in a nursing home
- Receive Medicaid and/or Medicare (dual eligible)

WANT TO LEARN MORE?
— VISIT www.healthchoices.pa.gov —

HAVE YOU EXPERIENCED A BARRIER ACCESSING CHC?
Pennsylvania Health Law Project can help!
www.phlp.org | 1-800-274-3258

NEED HELP FUNDING ASSISTIVE TECHNOLOGY?
Pennsylvania Assistive Technology Foundation can help!
www.patf.us | 1-888-744-1938


CHC provides more than healthcare—it can help with *independence, autonomy & safety.*

maryevrard@alleghenycounty.us


PENNSYLVANIA
**EARLY CHILDHOOD
 HOME VISITING**

Voluntary, family-focused services for pregnant & parenting families
 with new babies and young children


WHAT ARE THE GOALS OF HOME VISITING?



Improve health
of moms and
babies




Maximize children's early
potential to start school
healthy & ready to learn




Achieve
personal &
family goals

<https://papromiseforchildren.com/home-visiting-programs/>


WHO BENEFITS FROM HOME VISITING?




PREGNANT WOMEN
 Increase of healthy
pregnancy and baby



PARENTING FAMILIES
 Increase confidence
as a parent

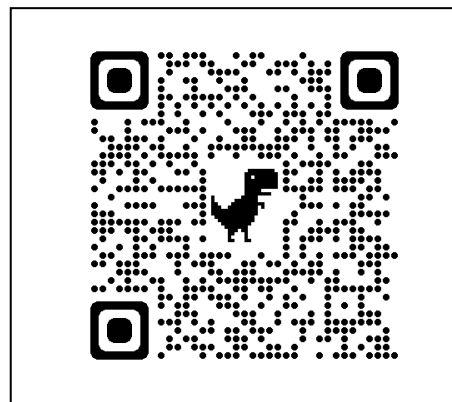


COMMUNITIES
 Reduction in juvenile
delinquency



pennsylvania
 DEPARTMENT OF HUMAN SERVICES
www.dhs.pa.gov

Get more info about
 Pennsylvania's Home Visiting Programs
www.papromiseforchildren.com





Caregiver Support Program

The Pennsylvania Caregiver Support Program provides resources and assistance to individuals who assume the primary responsibility for the provision of care to encourage a healthy, ongoing relationship with their care receiver.

Services that may be available through the Caregiver Support Program include:

Care Management

Benefits Counseling

Caregiver Education and Training

Reimbursement for ongoing expenses for caregiving-related services or supplies, such as:

- Respite Care

- Consumable Supplies

- Supportive Services

- Supplemental Services

- Home Modifications

- Assistive Devices

Services specific to grandparents/older relative caregivers (55+)

www.pa.gov/agencies/aging/aging-programs-and-services/caregiver-support-program.html



Social Security

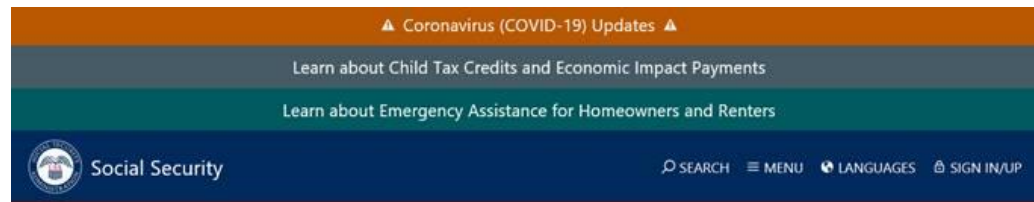
Social security programs commonly support seniors and people living with disability. There are several categories of social security benefits. Especially helpful for people assisting them can be a new webpage from the SSA (Social Security Administration), *People Helping Others*.



www.ssa.gov/



People Helping Others, at www.socialsecurity.gov/thirdparty, for anyone who could assist another person with accessing Social Security's programs and services webpage



SSI/SSDI Outreach, Access, and Recovery (SOAR) is a model designed to increase access to disability income benefits for individuals who are experiencing or at risk of homelessness.

Many people who are experiencing or at risk of homelessness also have disabling mental illnesses, co-occurring substance use, trauma, and/or other medical issues. Accessing the income and health care benefits that SSI/SSDI provides can be a critical first step on the road to recovery. However, their circumstances can impede access to these benefits.

<https://soarworks.samhsa.gov/about-the-model>



Assistance with Public Benefits and Programs

PA Department of Human Services, Apply for Benefits including different ways to apply for or renew your benefits. www.pa.gov/agencies/dhs/programs-services/apply-for-benefits.html. If you're not sure what benefits DHS offers, you can search DHS' programs and services to find the assistance you need.

COMPASS, an online tool for Pennsylvanians to apply for many health and human service programs and manage benefit information. 1-800-692-7462 www.compass.state.pa.us/compass.web/Public/CMPHome

Independent Enrollment Broker provides enrollment services for applicants who are aging or with physical disabilities. A contracted statewide entity to facilitate and streamline the eligibility/enrollment process for applicants seeking services for several Pennsylvania waivers/programs. 1-877-550-4227 www.pa.gov/agencies/dhs/resources/aging-physical-disabilities/independent-enrollment-broker.html

PA Health Access Network (PHAN) is Pennsylvania's only statewide consumer-driven organization working to expand and protect access to high-quality, equitable, affordable healthcare for all Pennsylvanians. 1-877-570-3642 <https://pahealthaccess.org/>

The **PA Link to Community Care** website is designed to help persons with disabilities and seniors find information that will connect them to supports and services in their community. We hope that this site will help you or a loved one make the best and most informed decisions. 1-800-753-8827 www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx

PA MEDI (Pennsylvania Medicare Education and Decision Insight) 1-800-783-7067 www.aging.pa.gov/aging-services/medicare-counseling/Pages/default.aspx

The mission of the **Pennsylvania Health Law Project (PHLP)** is protecting and advancing health care rights through free legal services, community education, and systemic advocacy. Offers a monthly email newsletter. 1-800-274-3258 www.phlp.org/en/

*Find the documents **Medical Assistance Related Resources and Information** and **If you have MA, you may be eligible for these at** www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Offices/Office-of-Developmental-Supports under **ODS Fact Sheets and Informational Documents**.*

RESOURCE LISTS

Resource Lists: Basic Needs

The following are statewide resources for basic needs. Includes topics of assistive technology, cash assistance, employment, financial education/wellness, food, goods, healthcare, health insurance, housing, infants, internet, pet food, pet care, phone service, tax returns, transportation, utilities.



Basic Needs

2-1-1, Aunt Bertha and

PA Link to Community Care www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx 1-800-753-8827

Assistive technology (AT)

- Funding Your Assistive Technology: A Guide to Funding Resources in Pennsylvania <https://patf.us/who-we-are/publications/funding-your-assistive-technology/>
- Pennsylvania Assistive Technology Foundation (PATF) <https://patf.us/> 1-888-744-1938

Cash Assistance	<p>www.dhs.pa.gov/Services/Assistance/Pages/Cash-Assistance.aspx</p> <p>Includes Temporary Assistance for Needy Families (TANF) and Moving to Independence</p> <p>www.dhs.pa.gov/Services/Assistance/Pages/TANF.aspx</p> <p>www.dhs.pa.gov/Services/Assistance/Documents/Cash%20Assistance/TANF%20infograph.pdf</p>
Employment	<p>PA Department of Human Services (PA DHS)</p> <ul style="list-style-type: none"> • CareerLink www.pacareerlink.pa.gov/jonline/ Find a job, learn new skills to move up the career ladder. Career coaching, supportive services, educational services. • Free Statewide Virtual Job Training Program for Pennsylvanians. The Pennsylvania Department of Labor and Industry recently launched SkillUp PA, a virtual job training program designed to help Pennsylvania jobseekers gain new skills to join the workforce or advance their careers. Those interested in accessing SkillUp PA can visit www.pacareerlink.pa.gov for more information, including how to register. • PA DHS Pennsylvania's employment and training program: Career Pathway www.dhs.pa.gov/Services/Assistance/Pages/ET.aspx • Employment & Supportive Services for People with Disabilities in Pennsylvania www.dhs.pa.gov/wecanwork/Pages/WeCanWork.aspx • Commonwealth Employment Search www.employment.pa.gov/Pages/jobopportunities.aspx • Persons with disability: OVR/BBVS (Office of Vocational Rehabilitation / Bureau of Blindness and Visual Services) www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/OVR-Office-Directory.aspx www.dli.pa.gov/Individuals/Disability-Services/bbvs/Pages/default.aspx


	<ul style="list-style-type: none"> • CareerOneStop is a source for career exploration, training & jobs sponsored by the U.S. Department of Labor. www.careeronestop.org/
Financial Wellness / Education	<ul style="list-style-type: none"> • Pennsylvania Housing Finance Agency (PHFA) PHFA's Building Your Financial House. 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. www.buildingyourfinancialhouse.org/default.aspx?id=589 and www.buildingyourfinancialhouse.org/default.aspx?id=583 • Consumer Financial Protection Bureau (CFPB) Your Money, Your Goals. 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. www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/toolkit/ • Federal Deposit Insurance Corporation (FDIC) 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
Food (Nutrition Assistance)	<p><i>PA DHS</i></p> <ul style="list-style-type: none"> ▪ Food Assistance in PA www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Programs.aspx ▪ SNAP (Supplemental Nutrition Assistance Program) www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx

	<ul style="list-style-type: none"> ▪ Feeding Pennsylvania www.feedingpa.org/food-assistance/federal-food-assistance-programs/ ▪ Finding your local Food Bank www.feedingpa.org/food-assistance/find-your-food-bank/ ▪ Special Supplemental Nutrition Program for Women, Infants and Children (WIC) www.health.pa.gov/topics/programs/WIC/Pages/WIC.aspx ▪ Senior Food Box Program www.pa.gov/agencies/pda/food/food-assistance/senior-food-box-program.html ▪ Farmer's Market Nutrition Program (FMNP) www.agriculture.pa.gov/Food/food_assistance/Farmers%20Senior%20Farmers%20Market%20Nutrition%20Program/Pages/default.aspx • Congregate and Home-Delivered Meals for seniors and their spouses. Contact your County Area Agency on Aging or local resources www.aging.pa.gov/local-resources/Pages/AAA.aspx#.VKmV4orF9Q0 <p><i>Meals on Wheels may be local independent volunteers or may be funded with government monies. This may change their eligibility requirements. Check with your local Meals on Wheels.</i></p>
Goods (Clothing, Furniture, Household)	<ul style="list-style-type: none"> ▪ 'Free stuff' – 'Buy Nothing' ... local Facebook groups ▪ Search "free stores." ▪ Faith based organizations. ▪ Salvation Army ▪ Saint Vincent DePaul
Healthcare and resources for specific diagnosis (May also include dental and mental health care)	<p>Federally Qualified Health Centers (FQHC) www.pa.gov/agencies/health/programs/healthy-living/fqhc.html http://findahealthcenter.hrsa.gov/</p> <p>Programs and Resources to Help With Cancer-related Expenses – American Cancer Society www.cancer.org/cancer/financial-insurance-matters/managing-health-insurance/programs-and-resources-to-help-with-cancer-related-expenses.html</p>

	Resources for Pediatric Cancer Patients and Their Families www.chp.edu/our-services/cancer/survivorship-clinic/resources
Health insurance Health Insurance to purchase.	Pennie (Pennsylvania Insurance Exchange) is Pennsylvania’s new official marketplace to purchase health insurance coverage. Pennie’s official website allows for Pennsylvanians who don’t have other coverage (employment-related insurance, Medicaid, Medicare, Veteran’s health insurance) to shop, compare, and enroll in health insurance coverage as well as access financial assistance to pay for the coverage. https://pennie.com/ General information www.insurance.pa.gov/Coverage/Pages/Health-Insurance.aspx and Health insurance through the Affordable Care Act / Marketplace details www.dhs.pa.gov/Services/Assistance/Pages/ACA.aspx
Medical Assistance	Medical Assistance (also referred to as MA and Medicaid) www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx MA pays for health care services for eligible Pennsylvanians. Pennsylvania's mandatory managed care programs for Medical Assistance recipients include Physical HealthChoices (www.pa.gov/agencies/dhs/resources/medicaid/hc.html), Behavioral HealthChoices (www.dhs.pa.gov/HealthChoices/HC-Services/Pages/BehavioralHealth-Main.aspx#) and Community Health Choices (www.dhs.pa.gov/HealthChoices/HC-Services/Pages/CHC-Main.aspx and https://patf.us/who-we-are/publications/community-healthchoices-toolkit/). Through managed care organizations (MCOs), recipients receive quality medical care and timely access to all appropriate health services, whether the services are delivered on an inpatient or outpatient basis. Statewide Customer Service Center 1-877-395-8930 (in Philadelphia, call 215-560-7226.) Enhanced Member Supports Units (formerly Special Needs Units)

	<p>Each individual's coordination needs and challenges are unique, and they deserve the individualized attention necessary in order for those needs to be met. This resource provides information on the various managed care organizations and how members can successfully navigate them to receive timely and effective services. <i>Information and resources found on the ASERT website.</i></p> <p>Download Flyer</p> <p>The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) is a federal program that allows for a broader range of services to children that are enrolled in MA</p> <p>www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment/index.html</p> <p>MATP (Medical Assistance Transportation Program) http://matp.pa.gov/ (public transportation, mileage reimbursement, paratransit) For your county program visit http://matp.pa.gov/CountyContact.aspx</p> <p><i>Also refer to these resource documents:</i></p> <p>Medical Assistance Related Resources and Information</p> <p>If you have MA, you may be eligible for these</p>
<p>Home modification, weatherization, and repair</p>	<ul style="list-style-type: none"> • Inglis' Home Modifications for Independence (HMI) www.inglis.org/programs-and-services/inglis-community-services/home-modification-program • 2-1-1, Aunt Bertha, the local Center for Independent Living • Faith based organizations. • HUD www.hud.gov/states/pennsylvania/homeownership/homerepairs • Caregiver Support Programs www.pa.gov/agencies/aging/aging-programs-and-services/caregiver-support-program.html • Pennsylvania Assistive Technology Foundation https://patf.us/resource-category/home-modification/

	<ul style="list-style-type: none"> Consider possible medical assistance/EPSTD, waiver and Office of Vocational Rehabilitation (OVR) benefits
Housing and rent	<p><i>PA DHS</i></p> <ul style="list-style-type: none"> Emergency Rental Assistance Program (ERAP) ERAP provides assistance to renters, landlords, and utility providers who have been affected by the COVID-19 pandemic and economic insecurity. www.pa.gov/agencies/dhs/resources/erap.html The Homeless Assistance Program (HAP) helps to assure that homelessness can be avoided, people who are homeless can find refuge and care and homeless and near homeless clients are assisted in moving toward self-sufficiency. www.pa.gov/services/dhs/apply-for-the-homeless-assistance-program.html Advice on buying a home, renting, default, foreclosure avoidance, credit issues or reverse mortgages...HUD sponsors housing counseling agencies throughout the country to provide free or low cost advice. Local housing counseling agency: https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm Or call HUD's interactive voice system at: 1-800- 569-4287. The Fair Housing Law Center provides education, advocacy and legal representation to victims of housing discrimination. https://fhlaw.org/ The Fair Housing Partnership enforces fair housing rights through advocacy and education. https://fhp.org/
Infant and baby supplies	<ul style="list-style-type: none"> Pennsylvania WIC www.pawic.com/ WIC Hotline 1-800-WIC-WINS National Diaper Bank Network https://nationaldiaperbanknetwork.org/member-directory/
Pet food	<p>Search “Pet Pantry Resources”</p> <p>In your local area and 2-1-1</p>
Pet care Veterinary care and	<ul style="list-style-type: none"> ASPCA, low-cost spay/neuter clinics across the country www.asPCA.org/pet-care/general-pet-care/low-cost-spayneuter-programs

spay and neuter services	<ul style="list-style-type: none"> PA 2-1-1 Search Results for Neuter/Spay Services Humane Pennsylvania https://humanepa.org/healthypets/upcomingclinicdates/
Phone service	<p>Lifeline is the FCC's program to help make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers.</p> <p>www.puc.pa.gov/Telecom/pdf/Lifeline/Lifeline_Brochure-StayConnected.pdf</p> 
Tax returns	<p>United Way 2-1-1</p> <p>www.uwp.org/programs/income-tax-assistance/</p> <p>www.pa211.org/get-help/employment-expenses/federal-income-tax-information/</p>

Transportation	<ul style="list-style-type: none"> • Public Transportation Services and Programs Map https://gis.penndot.gov/transitmap/ • Public Transit Options for Seniors and Persons with Disabilities www.pa.gov/agencies/penndot/traveling-in-pa/public-transit-options/seniors-and-persons-with-disabilities.html • Individuals meeting the eligibility requirements can obtain a parking placard and/or registration plate. Both are accepted in all 50 states. www.dmv.pa.gov/Information-Centers/Business-Partner/Pages/Parking-Placards.aspx • Similar in appearance to a driver's license, the official commonwealth identification card is accepted as an official form of personal identification. Any Pennsylvania driver who voluntarily surrenders his/her driver's license for medical reasons can obtain a photo ID free of charge. For all others, including those who never received a license, there is a fee • If you are an older adult, ...Pennsylvania provides mandated auto insurance discounts for you. www.aging.pa.gov/aging-services/transportation/Pages/auto-insurance-discounts.aspx • Individuals who qualify can receive a discount on yearly registration renewals. www.dmv.pa.gov/VEHICLE-SERVICES/Title-Registration/Pages/Retired-Status.aspx • If you do not meet the vision standards for a Commonwealth of Pennsylvania driver's license, you may qualify for a restricted (low vision) license. www.aging.pa.gov/aging-services/transportation/Pages/Low-Vision-Restricted-Drivers-Licenses.aspx
Utilities	<p><i>PA DHS</i> LIHEAP www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx</p> <p>Pennsylvania Public Utility Commission (PA PUC) www.puc.pa.gov/press-release/2021/puc-urges-struggling-consumers-and-small-businesses-to-callutilitiesnow-to-discuss-affordability-options</p>



Resource Lists: Additional Resources including PA Government Programs and Supports, Public Benefits and Community Resources

Includes topics of brain injury, domestic violence, individuals with disabilities, human trafficking, legal assistance, the lgbtq community, refugees, mental health, prescriptions, reporting abuse and neglect, seniors, sexual violence, smoke alarms, and substance abuse.



Additional Resources

Including PA Government Programs and Supports, Public Benefits and Community Resources

PA Department of Human Services (PA DHS) www.dhs.pa.gov/Pages/default.aspx

County Assistance Offices (CAO) www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx

COMPASS compass.state.pa.us/compass.web/Public/CMPHome 1-800-692-7462

PA Link to Community Care www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx 1-800-753-8827

Brain Injury

- Traumatic Brain Injury services and helpline
www.health.pa.gov/topics/disease/Pages/Traumatic-Brain-Injury.aspx#:~:text=To%20learn%20more%20about%20services,4%20p.m.%20Monday%20throug h%20Friday
- HIP (Head Injury Program) 1-717-772-2763
- Brain Injury Helpline 1-866-412-4755
- www.health.pa.gov/topics/programs/Pages/Head-Injury.aspx
- Brain Injury Association of PA <https://biapa.org/>

Caregiver Support	<ul style="list-style-type: none"> • PA Caregiver Support Program www.pa.gov/agencies/aging/aging-programs-and-services/caregiver-support-program.html • ARCH National Respite Network and Resource Center https://archrespite.org/consumer-information/family-caregiver-fact-sheets • Hope Grows provides care for the caregiver https://hopegrows.org/about/ • National Institute on Aging Frequently Asked Questions About Caregiving www.nia.nih.gov/health/caregiving/frequently-asked-questions-about-caregiving?utm_source=nia-eblast&utm_medium=email&utm_campaign=caregiving-20220505#new • Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. www.powerfultoolsforcaregivers.org/
Individuals with Disabilities	<ul style="list-style-type: none"> • PA Link to Community Care www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx 1-800-753-8827 • Disability Rights Pennsylvania (DRP): Protecting and Advancing the Rights of People with Disabilities. Website includes guides may provide useful general information to help you in advocating for yourself or someone else with a disability. www.disabilityrightspa.org/resources/# • The Arc at 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: The Arc of Pennsylvania, www.thearcpa.org
Family Safety Domestic Violence	<p>PA Department of Human Services (PA DHS) www.pa.gov/agencies/pcv/resources/types-of-crime/domestic-violence.html</p> <p>National Domestic Violence Hotline www.thehotline.org/</p>
Human Trafficking	<ul style="list-style-type: none"> • National Human Trafficking Hotline https://humantraffickinghotline.org/ 1-888-373-7888

	<ul style="list-style-type: none"> Salvation Army Anti-Human Trafficking Initiative www.salvationarmyusa.org/usn/fight-human-trafficking/ Pennsylvania Coalition Against Rape https://pcar.org/about-us/about-pcar
Legal Assistance	<ul style="list-style-type: none"> Pa DHS Legal Service in PA www.dhs.pa.gov/Services/Assistance/Pages/Legal-Help.aspx PALawHelp www.palawhelp.org/ SeniorLAWCenter https://seniorlawcenter.org/ Pennsylvania Bar Association www.pabar.org/site/For-the-Public/FAQs-and-Legal-Links
LGBTQ Community Lesbian, Gay, Bisexual, Transgender, Queer/Questioning	<ul style="list-style-type: none"> Pennsylvania LGBTQ Organization Directory https://payouthcongress.org/directory/ LGBTQ 101 www.alleghenycounty.us/Human-Services/Resources/LGBTQ/LGBTQ-101.aspx <p><i>Additional acronyms</i> LGBTQIA2S+ - Lesbian, gay, bisexual, transgender, queer and/or questioning, intersex, ally and/ or asexual, two-spirit, the HIV/AIDS communities. QTBIPOC – Queer, Transgender, Black, Indigenous, People of Color</p>
Refugee Resettlement Program	www.dhs.pa.gov/refugeesinpa/Pages/Default.aspx
Mental Health and Behavioral Health concerns	<ul style="list-style-type: none"> Mental Health Resources www.pa.gov/agencies/education/resources/student/pa-maslow/mental-health.html NAMI in PA (National Alliance on Mental Illness) www.nami.org/Find-Your-Local-NAMI/Affiliate?state=PA PA Support & Referral Hotline 1-855-284-2494 (TTY: 724-631-5600)

	<p>DHS' mental health support and referral helpline is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other challenging emotions.</p> <ul style="list-style-type: none"> • National Suicide Prevention Lifeline 1- 800-273-8255 A chat function is also available. If you or someone you care about is experiencing thoughts of suicide, please call the Lifeline. • Crisis Text Line Text "PA" to 741741 to start the conversation 24/7. • Mental Wellness Resources for the Agriculture Community Pennsylvania Department of Agriculture (PDA) The AgriStress HelpLine is available 24 hours a day, seven days a week. 1- 833-897-2474 www.agriculture.pa.gov/Pages/Mental_Wellness.aspx
Prescriptions	<p>PACE Prescription Assistance Program PACE and PACENET offer low-cost prescription medication to qualified residents, age 65 and older. 1- 1-800-225-7223 www.aging.pa.gov/aging-services/prescriptions/Pages/default.aspx</p>
	<p>Discard old, unwanted, or unused prescription medication Pennsylvania's Prescription Drug Take-Back Program</p>
Reporting Abuse and Neglect	<p>ChildLine www.dhs.pa.gov/KeepKidsSafe/Resources/Pages/ChildLine.aspx Report suspected abuse at 1-800-932-0313. ChildLine is part of a mandated statewide child protective services program designed to accept child abuse referrals and general child well-being concerns and transmit the information quickly to the</p>

	<p>appropriate investigating agency. ChildLine is responsible for receiving verbal and electronic referrals 24 hours a day, seven days a week.</p> <p>Adult Protective Services (APS) www.dhs.pa.gov/about/Fraud-And-Abuse/Pages/Adult-Protective-Services.aspx Report abuse by calling 1-800-490-8505. APS laws establish a program of protective services in order to detect, prevent, reduce and eliminate abuse, neglect, exploitation and abandonment of these adults in need.</p> <p>Older Adults Protective Services www.aging.pa.gov/organization/advocacy-and-protection/Pages/Protective-Services.aspx Statewide Elder Abuse Hotline 1-800-490-8505 Any person who believes that an older adult is being abused, neglected, exploited or abandoned may call the elder abuse hotline. The hotline is open 24 hours a day.</p>
Seniors	<ul style="list-style-type: none"> • PA Department of Aging www.aging.pa.gov/Pages/default.aspx • Local Area Agencies on Aging www.aging.pa.gov/local-resources/Pages/AAA.aspx • PA Living Independence for the Elderly (LIFE) Programs www.palifeprograms.org/locate-a-life-program/
Sexual Assault, Sexual Violence, Sexual Harassment	<ul style="list-style-type: none"> • Pennsylvania Coalition Against Rape https://pcar.org/about-us/about-pcar • Find a Sexual Assault Center near you https://pcar.org/help-pa/locations • PA Sexual Assault Helpline 1-888-772-7227 • Pennsylvania Coalition Against Domestic Violence (PCADV) www.pcadv.org/find-help/find-your-local-domestic-violence-program/ • 24-hour national hotline: 1-800-799-SAFE
Smoke Alarms	<p>Installation of new and checks of existing smoke alarms along with education with no cost. 1-888-217-9599</p>

American Red Cross Home Fire Campaign	www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us/our-work/home-fire-safety.html
Substance Abuse	<p>...substance and alcohol abuse services available to children and adults in Pennsylvania... www.pa.gov/agencies/dhs/resources/ecm/ecm-individual-participants/ecm-mental-health-substance-abuse.html</p> <p>Get Help Now Helpline 1-800-662-HELP (4357) A toll-free helpline maintained through the Department of Drug and Alcohol Programs (DDAP) that connects callers looking for treatment options for themselves or a loved one to resources in their community. Calls are anonymous and available 24/7.</p> <p>Department of Drug & Alcohol Programs Treatment Search https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx This search engine allows you to search by ZIP code, county, or statewide for programs that could help you.</p> <p>Naloxone www.pa.gov/agencies/health/programs/opioids/naloxone.html</p>
Veterans	<p>VA Federal Benefits Booklet - is a thorough guide that explains the numerous VA benefits and services to Veterans, their families, and caregivers. Access the booklet here https://www.va.gov/opa/publications/benefits_book.asp</p> <p>My HealtheVet - offers you tips and tools to help you partner with your health care team, so together you may work to manage your health. Learn how to use My HealtheVet here https://www.myhealth.va.gov/mhv-portal-web/how-to-use-mhv</p>



Resource Lists: Children and Youth

Including those being raised by grandparents or kin, with special education services, with a disability and with complex medical needs.

Autism, Childcare, Early Learning, Family/caregiver support and Health insurance



Children and Youth

including those with special education services, with a disability and with complex medical needs and being raised by grandparents or kin.

Autism

Autism Spectrum Disorder (ASD)

ASERT (Autism Services, Education, Resources, and Training Collaborative). The goal of the ASERT Collaborative is to provide streamlined access to information for Pennsylvanians living with autism.

<https://paautism.org/>

Autism Connection of PA <http://autismofpa.org/>

A child's autism-related services may be covered by private health insurance, Medical Assistance (MA), or the Children's Health Insurance Program (CHIP) under PA'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/>

Childcare (and funding), **Early Learning**

Early Learning Resource Centers (ELRCs) are the hub of childcare information in your area. Helpline: 1-877-4-PA-KIDS, www.dhs.pa.gov/Services/Assistance/Pages/ELRCs.aspx

Child Care Works (CCW) — Subsidized Child Care Program

www.dhs.pa.gov/Services/Children/Pages/Child-Care-Works-Program.aspx

	<p>Child Care and Other Early Learning Programs www.compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch</p>
Early Intervention	<p>Early Intervention Technical Assistance Portal www.eita-pa.org/families/</p>
Family and caregiver information and support	<p>PA Parent and Family Alliance www.paparentandfamilyalliance.org/</p> <p>PEAL Center www.pealcenter.org/</p>
Grandparent and kin raising children.	<p>PA KinConnector provides resources, information, support and education (RISE) for kinship caregivers — including grandparents, aunts or uncles, siblings, cousins, or non-blood “relatives” — who take on the traditional parenting responsibilities when biological parents cannot. www.kinconnector.org/ 1-866-546-2111</p> <p>Find available family services by county www.kinconnector.org/county-support-services</p>
Health Insurance	<p>CHIP Children's Health Insurance Program www.dhs.pa.gov/CHIP/Pages/CHIP.aspx PA's program to provide health coverage to uninsured children and teens who are not eligible for or enrolled in Medical Assistance. Regardless of the reasons children might not have health insurance, CHIP may be able to help.</p> <p>Medical Assistance (MA) for a Child with a Disability: PH-95 Category also known me as the PA ‘loophole’ https://paautism.org/wp-content/uploads/2019/09/Applying-for-Medicaid-for-a-Child-with-a-Disability-PH-95-Category.pdf</p>
PA Association of Intermediate Units PAIU	<p>Intermediate Unit Locations www.paiu.org/Find-an-IU2</p> <p>There are 29 Intermediate Units operating in PA that serve as regional educational service agencies. Can support families in understanding education services.</p>

School guide	Education Law Center Back to School Guide for Pennsylvania Public School Students, Families, and Advocates www.elc-pa.org/2024-back-to-school-guide-for-students-families-advocates/
Special education family and caregiver support	Local Task Forces on the Right to Education (LTFs) Family led groups that provide support, problem solving and information. www.pattan.net/Collaborative-Partnerships/State-Task-Force
Special Kids Network (SKN)	The SKN helpline assists providers and parents of children and youth with special health care needs access local services and supports. www.health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx



Go Play!

Free and low-cost ways to participate in your community and go play

Also refer to the Social, recreation and lifelong learning opportunities document at

www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Offices/Office-of-Developmental-Supports under ODS Fact Sheets and Informational Documents.

Stay connected through mailings and email lists...connect through volunteering...take advantage of discounts and 'freebies'...know your community...

There is entertainment at places like community spaces, 'festivals', farmer's markets, libraries, parks, car cruises...

Find community centers / YMCAs / YWCAs / recreation centers near you

Some craft stores or florists and home improvement stores offer classes or projects

Does your region have a regional asset program? For example: Allegheny County www.radworkshere.org/ and Greater Philadelphia Art-Reach ACCESS Card www.art-reach.org/

High school plays, musicals, concerts, and sports events can be affordable for many.

There may also be special offers.

Some examples: Mt. Lebanon School District Gold Card Program www.mtisd.org/community/gold-card

★ Libraries offer lots of leisure, recreation and learning opportunities for all

Ask about free *Experience Kits: Be a Tourist in Your Own City!* or *Museum passes with free admission for four!*

Power Library <https://powerlibrary.org/>

Find a local PA library https://powerlibrary.org/about/find-a-pa-library/#.YgaZud_MLFg

Find local public libraries www.statelibrary.pa.gov/Libraries/Pages/Public-Libraries.aspx

Also, do an internet search for those near you

★ **Farmers Markets (some accept SNAP or Senior Farmer's Market Vouchers)**

www.visitpa.com/experience/farmers-markets Also, do an internet search for those near you

★ **Community gardens**

www.communitygarden.org/ Also, do an internet search for those near you

★ **Parks may offer leisure, recreation and learning opportunities**

Find state parks www.dcnr.pa.gov/StateParks/FindAPark/Pages/default.aspx

Search county parks near you

Explore local parks <https://maps.dcnr.pa.gov/localparks/>

Search your neighborhood parks

Volunteering

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.

★ Find the Best Nonprofit Organizations in Pennsylvania

www.volunteermatch.org/search/orgs.jsp?r=region&aff=&categories=23&l=Pennsylvania%2C+USA&k=Health

★ United Way 2-1-1

★ Find Volunteer Opportunities in Your Area

www.dli.pa.gov/Individuals/pennserve/Pages/Volunteering-and-Community-Service-in-the-Commonwealth.aspx

With An EBT / ACCESS Card

Pennsylvania Museums For Free with EBT Card <https://foodstampsebt.com/pennsylvania-museums-for-free-with-ebt-card/>

The Pennsylvania Historical & Museum Commission (PHMC) Visit a Museum through Museums for All

www.phmc.pa.gov/Museums/Pages/Museums-For-All-.aspx

<https://carnegiemuseums.org/join-support/membership/access-for-all/>

Get Perks with Your ACCESS Card

<https://isacpittsburgh.org/access-card-perks/#:~:text=Children%20under%202%20attend%20for%20free.&text=Any%20PA%20ACCESS%20card%20holder,3%20are%20admitted%20for%20free>

Attaining important documents	
Document	Option(s)
Social Security Card	<ul style="list-style-type: none"> Local SSA office www.ssa.gov/locator/ www.ssa.gov/number-card/replace-card
Get your Social Security Statement (Statement) online	Access / crate a personal <i>my Social Security</i> account through the Social Security website
Birth Certificate	<ul style="list-style-type: none"> www.health.pa.gov/topics/certificates/Pages/Birth-Certificates.aspx www.health.pa.gov/topics/certificates/Pages/Public-Offices.aspx
Death Certificate	<ul style="list-style-type: none"> www.health.pa.gov/topics/certificates/Pages/Death-Certificates.aspx
Electronic Benefits Transfer (EBT) <i>is a benefit delivery system that provides public assistance recipients with electronic access to their cash and Supplemental Nutrition Assistance Program (SNAP) benefits.</i>	<ul style="list-style-type: none"> www.dhs.pa.gov/Services/Assistance/Pages/EBT.aspx The EBT Recipient Hotline may be called at 1-888-EBT-PENN (1-888-328-7366). ...open 24 hours a day, seven days a week.
ACCESS insurance card	Contact your County Assistance Office (CAO) www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx
State ID	www.dmv.pa.gov/Driver-Services/Photo-ID2/Pages/Get%20An%20ID.aspx <i>An identification card is issued to any Pennsylvania resident who is at least 10 years of age. This is not a driving product. For more information on free IDs for individuals experiencing homelessness, please click here</i> www.dot.state.pa.us/public/DVSPubsForms/BDL/BDL%20Fact%20Sheets/FS-HomelessID.pdf
Replace your State ID	

Photo ID	www.dmv.pa.gov/Driver-Services/Photo-ID2/pages/replace.aspx www.dmv.pa.gov/Driver-Services/Photo-ID2/pages/default.aspx
Replacing Your Non-Commercial Driver's License	www.dmv.pa.gov/Driver-Services/Driver-Licensing/Pages/Replace.aspx
<i>Beginning May 7, 2025, Pennsylvanians will need a REAL ID-compliant driver's license/photo ID card, or another form of federally-acceptable identification (such as a valid passport or military ID) to board a domestic commercial flight or enter a federal building or military installation that requires ID. www.dmv.pa.gov/REALID/Pages/default.aspx</i>	

Thank you for utilizing
Connecting People Across Pa to Information and Resources
March 2025

This listing was compiled to help you find information and resources specific to your county, one of 67 in Pennsylvania. Most will have county specific contacts. It's not exhaustive, and inclusion does not imply endorsement. Some resources and most programs will have eligibility requirements.

This list can be found on the Allegheny County Department of Human Services (AC DHS) Office of Developmental Supports (ODS) webpage at www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Offices/Office-of-Developmental-Supports under *ODS Fact Sheets and Informational Documents*. If you have questions or suggestions reach Mary Evrard at mevrard@alleghenycounty.us