Advocacy for Special Healthcare Needs		
Resource	Description	Contact Information
Pennsylvania Office of Victim Advocate Locate a Victim Service Agency	The Pennsylvania Office of Victim Advocate is dedicated to representing, protecting and advancing the individual and collective rights and interests of crime victims.	http://www.ova.pa.gov/Services/Resources/LocateaVictimServiceAgency/Pages/default.aspx 1-800-563-6399
Allegheny County Family Resource Guide	The Allegheny County Family Resource Guide is a compilation of services, systems and resources especially for families of children birth to 21 with developmental delays, special health care needs or disabilities.	http://familyresourceguide. org/about.aspx 1-866-730-2368
Allegheny Family Network	Allegheny Family Network is a family-run agency. All the employees are parents or caregivers who have raised a child with mental health or emotional challenges. They use their personal experiences and expertise to support, inform and empower families.	http://www.alleghenyfamil ynetwork.org/ 1-412-246-2030
The Arc of Pennsylvania	The Arc of Pennsylvania promotes the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.	http://thearcpa.org/welcome.html 1-717-234-2621 Toll Free: 1-800-692-7258
Community Living and Support Services	This provider advocates for the rights of individuals with disabilities so they can fully participate in and contribute to community life.	https://www.classcommuni ty.org/about-class/mission- vision 1-412-683-7100 1-888-954-2424
Juvenile Law Center	The Juvenile Law Center seeks to advance the rights and well-being of children in jeopardy, and serves as a resource for older youth and young adults in Pennsylvania who are aging out of the foster care system.	http://ilc.org/resources/county-resource-guide/allegheny 1-888-864-6393
AIDS Law Project of Pennsylvania	Founded in 1988, the AIDS Law Project of Pennsylvania is a nonprofit public-interest law firm providing free legal assistance to people living with HIV and AIDS and those affected by the epidemic.	http://www.aidslawpa.org/ about-alpp/ 1-215-587-9377

Pennsylvania Bar Association Lawyer Referral Service  Office of Vocational	Kids As Self Advocates is a national, grassroots project created by youth with disabilities for youth with disabilities. Activities include representing the voice of youth living with disabilities and chronic health conditions by speaking to policy makers at public events and hearings, and educating communities, including students, teachers, administrators, medical students and physicians.  Pennsylvania Bar Association Lawyer Referral Service matches clients to a Pennsylvania lawyer in a specific area of law which may include education and disability-related issues.  The Office of Vocational Rehabilitation provides	http://fvkasa.org/index.php 1-207-458-1009  http://www.pabar.org/ 1-800-932-0311  http://www.dli.pa.gov/Page
Rehabilitation	assistance with obtaining and maintaining employment to individuals with disabilities.	s/default.aspx 1-800-541-0721 1-814-871-4551
Special Kids Network	The Special Kids Network is a statewide referral service designed to serve families of children with chronic health or disabling conditions through information and service coordination.	http://www.gotoskn.state.p a.us/ 1-800-986-4550
<u>Disability Rights</u> <u>Pennsylvania</u>	Disability Rights Pennsylvania has helped tens of thousands of children and adults with disabilities access special education services, obtain needed health and mental health care, and gain access to employment and housing. It has also intervened to stop the abuse, neglect and rights violations of Pennsylvanians with disabilities.	http://disabilityrightspa.org Harrisburg: 1-800-692-7443 or 1-717-236-8110 Philadelphia: 1-215-238- 8070 Pittsburgh: 1-412-391-5225
Pennsylvania Client Assistance Program	This is an advocacy program for people with disabilities seeking services in employment and housing.	http://www.equalemployment.org/ 1-888-745-2357
Lesbian, Gay, Bisexual, and Transgender National Help Center	The Lesbian, Gay, Bisexual, and Transgender National Help Center serves gay, lesbian, bisexual, transgender and questioning people by providing free and confidential peer support and local resources.	http://www.youthtalkline.org/ Youth Talkline: 1-800-246-7743 National Hotline: 1-888-843-4564
Equality Pennsylvania	Equality Pennsylvania is an organization that works to advance equality and opportunity for lesbian, gay, bisexual, and transgender Pennsylvanians. They advocate for policy change at the municipal, state, and federal level.	http://equalitypa.org/who- we-are/ 1-215-731-1447

Pennsylvania Care Planning Council	The Pennsylvania Care Planning Council lists companies and individual providers on this website who help families deal with the crisis and burden of long term care.	http://www.carepennsylva nia.org/a2 PA members.ht m 1-800-989-8137
The Advocacy Alliance	The mission of the Advocacy Alliance is to promote mental well-being and support recovery for adults who have a mental illness; resiliency for children and adolescents who have emotional/behavioral disorders; everyday lives for individuals who have developmental disabilities; and independence for older adults and individuals with physical disabilities, by providing advocacy and culturally competent services.	http://theadvocacyalliance. org/index.html 1-877-315-6855
AHEDD	AHEDD's mission is to serve the community as a catalyst in the employment and development of people with disabilities.	http://www.ahedd.org/ 1-866-902-4333
United States Department of Labor Disability Resources	The purpose of the United States Department of Labor Disability Resources is to foster, promote, and develop the welfare of wage earners, job seekers, and retirees of the United States; improve working conditions; advance opportunities for profitable employment; and assure work-related benefits and rights.	https://www.disability.gov/ 1-866-487-2365 1-866-4-USA-DOL 1-866-633-7365 1-866-ODEP-DOL
Pennsylvania Department of Human Services County Assistance Office Contact Information	Pennsylvanians can seek assistance and a range of services for themselves and their families from professionally trained staff members at county assistance offices.	http://www.dhs.pa.gov/citi zens/findfacilsandlocs/coun tyassistanceofficecontactinf ormation/ 1-412-565-2146
ACHIEVA	From early intervention therapies, in-home support, to older adult protective services for medically fragile senior citizens, ACHIEVA provides services through the entire life-span. ACHIEVA is a nonprofit parent organization that has comprehensive services and supports and serves individuals with disabilities and their families each year.	https://www.achieva.info/a bout-us 1-412-995-5000 1-888-272-7229

Disability Rights and Special Needs Resources		
Resource	Description	Contact Information
Pennsylvania Families, Inc.	Pennsylvania Families, Inc. is a statewide family network that convenes families of children in child-serving systems, connects them to information and resources to maximize their quality of life, and collaborates to improve community supports, services, and family outcomes.	http://pafamiliesinc.org/ 1-800-947-4941
Social Security Administration	The Social Security Administration offers a listing of local offices and resources where individuals can apply for Social Security benefits.	https://www.socialsecurity. gov/ 1-800-772-1213
Bureau of Blindness and Visual Services	The Bureau of Blindness and Visual Services assists Pennsylvanians who are blind or visually impaired gain the skills necessary to live and work independently in their communities.	http://www.dli.pa.gov/Individuals/Disability-Services/bbvs/Pages/default.aspx 1-412-565-5240 1-866-412-4072 1-412-565-3678 TTY
Bureau of Autism Services	This is a department within the Department of Human Services specifically addressing the needs, issues and concerns of people with autism spectrum disorders in Pennsylvania.	1-877-255-5082 TTY  http://www.dhs.pa.gov/citi zens/autismservices/index. htm 1-866-539-7689
Pennsylvania Association for the Blind	The Pennsylvania Association for the Blind provides a span of services to help Pennsylvania's residents prevent, prepare for, and manage vision loss.	http://www.pablind.org/ 1-717-766-2020
National Runaway Safeline	The National Runaway Safeline is a toll-free, nationwide hot-line for runaways and troubled youth. Provides information and referrals for shelter, counseling, medical and legal services, and transportation back home.	https://www.1800runaway. org 1-800-786-2929
Kaleidoscope Family Solutions, Inc.	Kaleidoscope Family Solutions, Inc. is a Medicaid - approved provider who supports individuals with intellectual and developmental disabilities.	http://kfamilysolutions.org/ services/ 1-877-384-1729

Pennsylvania Elks Home Service Program	Since 1963, the Pennsylvania Elks Home Service Program has been helping to improve the quality of life for thousands of children and adults throughout Pennsylvania. The program provides support and advocacy services to individuals of any age who have a developmental disability.	http://www.paelkshomeser vice.org/index.php  For children under 21, call the Special Kids Network helpline at 1-800-986-4550.  For adults over 21, contact the program director at 1-814-781-7860
The Parent Education and Advocacy Leadership Center	The mission of the Parent Education and Advocacy Leadership 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.	https://pealcenter.org/ 1-866-950-1040
AOT, Inc.	AOT, Inc. is a private occupational and physical therapy practice that provides comprehensive pediatric assessments and treatment programs for children.	http://www.aotinc.com/ 1-412-299-0704
Intervention Fundamentals	This provider guides and empowers parents and caregivers of children with autism and developmental disabilities. They target essential skill development in four functional areas: toilet training, communication, feeding, and sleeping.	https://www.interventionfundamentals.com/ 1-412-438-3268
United Way of Southwestern Pennsylvania	United Way of Southwestern Pennsylvania works to solve issues by bringing together the community which includes policymakers, corporate leaders, agency partners, and people who want to help individuals in need and develop long-term solutions.	https://uwswpa.org/ 1-412-261-6010
Goodwill of Southwestern Pennsylvania	This organization offers adult education classes, job training and workforce development, youth programs and senior centers for people with developmental disabilities, residential programs and a food pantry.	https://www.goodwillswpa. org/programs-and-services 1-412-481-9005 TTY: 1-412-632-1438
Jewish Family and Community Services	Jewish Family and Community Services provides comprehensive social service programs in the Greater Pittsburgh region.	https://www.jfcspgh.org/contact/ 1-412-422-7200
National Easter Seal Society	Easter Seals Western and Central Pennsylvania provides programs and services to ensure that people with disabilities, or other special needs, and their families have equal opportunities to live, learn, work, and play in their communities.	http://www.easterseals.co m/wcpenna// 1-800-221-6827 1-412-281-7244

<u>Woodlands</u>	Woodlands is a nonprofit organization dedicated to	http://mywoodlands.org/ab
	enriching the lives of children and adults with	out/
	disability and chronic illness. The Woodlands'	
	programs enable participants to experience social,	
	cultural, environmental, recreational and spiritual	1-724-935-6533
	growth.	

Assistive Technology			
Resource	Description	Contact Information	
Pennsylvania Assistive Technology Foundation	Pennsylvania Assistive Technology Foundation is a statewide, non-profit organization that helps individuals with disabilities and older Pennsylvanians acquire the assistive technology devices and services they want.	http://patf.us/ 1-888-744-1938	
Caroline's Cart	Caroline's Cart was created for special needs individuals. It provides caregivers a viable option to transport a special needs individual through a store while shopping, without having to maneuver a wheelchair and a traditional shopping cart at the same time.	https://technibilt.com/ carolines-cart/ 1-828-464-7388 See website for store locations.	
Library for the Blind and Physically Handicapped	The Free Library of Philadelphia's Library for the Blind and Physically Handicapped serves Pennsylvania residents who have difficulty reading due to a physical impairment, a reading disability, or a vision challenge.	https://libwww.freelibrary. org/locations/library-for- the-blind-and-physically- handicapped 1-215-686-5322	
<u>AssistiveWare</u>	AssistiveWare works with end users and professionals to offer a wide-range of assistive technology products and service solutions for individuals with physical, vision, communication, and reading impairments.	http://www.assistiveware.c om/about	
Hearing Loss Association of America	This association offers support and advocacy for individuals with hearing loss.	http://www.hearingloss.org / 1-301-657-2248 1-412-767-9769	

ICAN Talk Clinic	ICAN Talk Clinic is a full-service speech and language pathology outpatient center with a specialty in providing professional services to individuals with severe communication disorders, particularly those who rely on augmentative and alternative communication systems or benefit from other assistive technology to support treatment.	http://www.icantalkclinic.c om/services.html
The Center for Assistive Technology	This company offers mobility, communication and comfort technology services.	http://www.upmc.com/Ser vices/rehab/rehab- institute/services/cat/Pages /default.aspx 1-412-647-1310 TDD:1-412-647-1325
Tobii Dynavox	Tobii Dynavox is a provider of touch and eye tracking based assistive technology hardware and software for those with communication and mobility challenges.	https://www.tobiidynavox.c om/en-US/about/about- us/tobii-dynavox-in-brief/ 1-800-344-1778
Every Way Communications	Every Way Communications strives to develop and implement speech and language services for people with severe speech, language and communication challenges.	http://www.everywaycom munications.com/mission.h tml 1-412-807-1741
<u>MobilityWorks</u>	MobilityWorks is a national chain that provides the disabled community with wheelchair accessible minivans, full-size vans with lifts and commercial fleet vehicles. They offer financing, extended warranties, rental vans, a 24-hour emergency help line, and mechanical services.	https://www.mobilityworks .com/about/ 1-877-275-4907

Counseling for Special Healthcare Needs		
Resource	Description	Contact Information
The Substance Abuse and Mental Health Services Administration	This organization offers a "behavioral health treatment locator" through which the user can search for a provider by address or zip code. The agency also offers a national helpline which provides free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. The hotline is available 24 hours a day, 7 days a week.	https://findtreatment.samh sa.gov/ 1-800-662-4357 TDD: 1-800-487-4889
Allegheny County Family Resource Guide	The Allegheny County Family Resource Guide is a compilation of services, systems and resources especially for families of children birth to 21 with	http://familyresourceguide. org/about.aspx

developmental delays, special health care needs or	1-866-730-2368
disabilities.	

Early Childhood and Child Care		
Resource	Description	Contact Information
Pennsylvania Department of Human Services	The mission of the Pennsylvania Department of Human Services is to improve the quality of life for Pennsylvania's individuals and families. They promote opportunities for independence through services and supports while demonstrating accountability for taxpayer resources.	http://www.dhs.pa.gov/ Department of Human Services HelpLine: 1-800-692-7462
Child Care Works Subsidized Child Care	The Child Care Works Subsidized Child Care program helps low-income families pay their child care fees. The state and federal governments fund this program, which is managed by the Child Care Information Services office located in each county.	http://www.dhs.pa.gov/citi zens/childcareearlylearning /childcareworkssubsidizedc hildcareprogram/ Allegheny County - City: 1-412-261-2273 1-800-392-3131 Allegheny County - North/South: 1-412-261-2273 1-800-392-3131
Pennsylvania Department of Human Services Head Start	Head Start helps young children from low-income families prepare to succeed in school through local programs. Head Start and Early Head Start programs promote children's development through services that support early learning, health, and family wellbeing.	http://www.dhs.pa.gov/citi zens/childcareearlylearning /headstart/ 1-412-325-4291

Early Intervention		
Resource	Description	Contact Information
Pennsylvania Department of Human Services Early Intervention	Early Intervention supports and services are designed to meet the developmental needs of children with a disability as well as the needs of the family related to enhancing the child's development.	http://www.dhs.pa.gov/citizens/earlyinterventionservices/ CONNECT Helpline at 1-800-692-7288

Pennsylvania Department of Education Early Intervention Program	The Pennsylvania Early Intervention Program provides support and services to families with children, from birth to age five, with developmental delays and disabilities.	http://www.education.pa.g ov/Early%20Learning/Early %20Intervention/Pages/def ault.aspx CONNECT Helpline at 1- 800-692-7288
CONNECT Helpline:	The CONNECT Helpline assists families in locating resources and providing information regarding child development for children up to age five. In addition, CONNECT can assist parents by making a direct link to their county early intervention program or local preschool early intervention program.	1-800-692-7288
Allegheny County Family Resource Guide	The Allegheny County Family Resource Guide is a compilation of services, systems and resources especially for families of children birth to 21 with developmental delays, special health care needs or disabilities.	http://familyresourceguide. org/about.aspx 1-866-730-2368

Health Insurance				
Resource	Description	Contact Information		
Pennsylvania's Children's Health Insurance Program	Pennsylvania's Children's Health Insurance program provides health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.	http://www.chipcoverspaki ds.com/Pages/default.aspx 1-800-986-5437 (KIDS)		
COMPASS	COMPASS is an online application for Pennsylvanians to apply for many health and human service programs.	www.compass.state.pa.us		
<u>APPRISE</u>	This free health insurance counseling program is designed to help Pennsylvanians, who are 65 years of age or older, with Medicare.	http://www.aging.pa.gov/a ging- services/insurance/Pages/d efault.aspx 1-800-783-7067		
Medicare Part D	Information about the Part D prescription drug benefit available to individuals enrolled in Medicare can be found at this site.	https://www.medicare.gov/part-d/		
HealthCare.gov	HealthCare.gov is the health insurance exchange website operated under the United States Federal Government under the provisions of the Patient Protection and Affordable Care Act.	https://www.healthcare.go v/ 1-800-318-2596		

HealthChoices	HealthChoices provides access to quality medical care through Pennsylvania's Medicaid program, connects people who receive Medicaid benefits to mental health and drug/alcohol services, and serves people more in the community rather than in facilities.	http://www.healthypa.com / 1-866-550-4355
Pennsylvania Department of Human Services Medical Assistance	Medical Assistance, also known as Medicaid, pays for health care services for eligible individuals.	http://www.dhs.pa.gov/citizens/healthcaremedicalassistance/index.htm 1-866-550-4355.
Presumptive Eligibility	Presumptive Eligibility provides insurance coverage for pregnant woman who have applied for Medicaid but are still under eligibility review.	http://www.dhs.pa.gov/citizens/healthcaremedicalassistance/healthybeginnings/index.htm
Pennsylvania-Health- Coverage.com	This privately-owned website is a place to compare affordable maternity health insurance options.	http://www.pennsylvania-health-coverage.com/maternity?sid=SEM-H-AIW-G-4Zjq7ehl&c2=32268938927&c1=c&gclid=CPWZqKS2hr4CFYtDMgodS0cATQ1-877-536-4809
Resource Guide to Healthcare Options in Pennsylvania	The Resource Guide to Healthcare Options in Pennsylvania allows extension educators and others to locate programs for low-income individuals seeking access to health care services.	http://www.porh.psu.edu/ project/a-resource-guide- to-healthcare-options-in- pennsylvania/
Allegheny County Family Resource Guide	The Allegheny County Family Resource Guide is a compilation of services, systems and resources especially for families of children birth to 21 with developmental delays, special health care needs or disabilities.	http://familyresourceguide. org/about.aspx 1-866-730-2368
Allegheny County Area Agency on Aging	The Area Agency on Aging assists Allegheny County residents, 60 years of age and older, to live safe, healthy and, when possible, independent lives.	http://www.alleghenycount y.us/Human- Services/About/Offices/Are a-Agency-on-Aging.aspx 1-412-350-5460 1-800-344-4319

Housing			
Resource	Description	Contact Information	
Juvenile Law Center	The Juvenile Law Center seeks to advance the rights and well-being of children in jeopardy, and serves as a resource for older youth and young adults in Pennsylvania who are aging out of the foster care system.	http://ilc.org/resources/ county-resource- guide/allegheny 1-888-864-6393	
The US Department of Housing and Urban Development	The U.S. Department of Housing and Urban Development is a federal program that provides housing support for individuals in need such as rental programs (including Section 8) and home ownership assistance programs. This organization also provides a hotline service for individuals to report incidences of housing discrimination.	http://portal.hud.gov/hudp ortal/HUD?src=/states/pen nsylvania/offices Philadelphia: 215-656-0500; Pittsburgh: 412-644-6428; Hotline: 1-888-799-2085	
PAHousingSearch.com	PAHousingSearch.com is a free resource to help you find a home that fits your needs and budget. Property providers can list available apartments or homes at any time, which means the listings are current.	http://www.pahousingsear ch.com/index.html 1-877-428-8844	
<u>PathStone</u>	PathStone Housing Services promotes access to personal counseling and financial resources designed to stabilize living environments and support economic security.	http://www.pathstone.org/ 1-800-888-6770	
Volunteers of America of Pennsylvania	Volunteers of America is a national, nonprofit, organization that provides affordable housing for veterans and their families, seniors, and people with disabilities. They also provide pregnancy counseling, shelter for homeless women in need, child care, and transportation for the elderly.	https://www.voapa.org/ aboutus 1-717-236-1440 1-888-350-4862.	
Pennsylvania Transitional Housing	Pennsylvania Transitional housing is temporary housing for the working homeless population and is set up to transition residents to permanent housing.	https://www.transitional housing.org/state/ pennsylvania 1-800-334-8893	
Ronald McDonald House Charities Pittsburgh	Ronald McDonald House Charities of Pittsburgh provides the opportunity for families to be by their child's bedside as they face life-saving medical situations.	https://www.rmhcpgh.org/ about-us/ 1-412-362-3400	
ACTION-Housing, Inc.	ACTION-Housing, Inc. is a Southwestern Pennsylvania based nonprofit that serves the community through many programs centered on the provision of decent, safe, and affordable housing.	http://www.actionhousing. org/index.php/about-us 1-412-281-2102	

NHS Allegheny Valley School	This organization provides homes and a full range of services to individuals with all levels of intellectual developmental disabilities.	http://avs.nhsonline.org/index.html
Passavant Memorial Homes	Passavant Memorial Homes operates community residential homes throughout western Pennsylvania, providing supportive environments for persons with intellectual disabilities. As well as traditional supports, some of the homes provide unique supports, and adult autism waiver services where the surroundings have been customized to optimize	https://www.passavant.org /pmhfos/community- residential-services/ 1-412-820-1015
<u>Verland Homes</u>	the support being provided to the residents.  This is a non-profit family of person-centered community homes and services that support individuals with intellectual disabilities, many of whom have multiple physical challenges.	http://www.verland.org/ 1-412-741-2375
Housing and Community Environment	This agency works to reduce public health risks throughout Allegheny County in housing/community, recreational and institutional environments through education, enforcement of regulations, interaction with other agencies and providing services.	http://www.achd.net/housing/ 1-412-350-4046

Medicaid Waivers for Children Under 21			
Resource	Description	Contact Information	
Pennsylvania Department of Human Services	The mission of the Pennsylvania Department of Human Services is to improve the quality of life for Pennsylvania's individuals and families. They promote opportunities for independence through services and supports while demonstrating accountability for taxpayer resources.	http://www.dhs.pa.gov/ 1-800-692-7462	
Attendant Care/Act 150	The Attendant Care/Act 150 waiver enables individuals with a physical disability, ages 18-59, who are mentally alert to continue to live in their homes with support and services.	http://www.dhs.pa.gov/citi zens/attendantcare/attend antcareact150/ Long-Term Living Helpline: 1-800-753-8827	
Community Services Program for Persons with Physical Disabilities/Omnibus Budget Reconciliation Act Waiver	The Community Services Program for Persons with Physical Disabilities/Omnibus Budget Reconciliation Act Waiver, provides services to people 18 or older with severe developmental and physical disabilities, such as cerebral palsy, epilepsy, or similar conditions (onset prior to age 22).	http://www.dhs.pa.gov/citi zens/alternativestonursingh omes/obrawaiver/ Long-Term Living Helpline, 1-800-753-8827	

Consolidated Waiver	The Pennsylvania Consolidated Waiver is designed to help individuals with an intellectual disability, autism, or developmental disability to live more independently in their homes and communities, and to provide a variety of services that promote community living, including self-directed and traditional, agency-based service models.	http://www.dhs.pa.gov/lea rnaboutdhs/waiverinformat ion/consolidatedwaiverfori ndividualswithintellectualdi sabilities/S 000989
Person/Family Directed Support Waiver	The Person/Family Directed Support Waiver is designed to help individuals with an intellectual disability, autism, or developmental disability to live more independently in their homes and communities and to provide a variety of services that promote community living, including self-directed and traditional, agency-based service models. There is an individual cost limit of \$33,000 per person per fiscal year.	http://www.dhs.pa.gov/lea rnaboutdhs/waiverinformat ion/personfamilydirectedsu pportwaiver/index.htm
Independence Waiver	The Independence Waiver may be able to help adults with a severe physical disability live or remain in the community and remain as independent as possible.	http://www.dhs.pa.gov/citizens/alternativestonursinghomes/independencewaiver/L
Infant, Toddlers, and Families Waiver	The Infants, Toddlers, and Families Waiver provides services to children from birth to age three who need early intervention services and would otherwise require the level of care provided in an intermediate care facility for persons with intellectual disabilities or other related conditions.	http://dhs.pa.gov/learnabo utdhs/waiverinformation/in fanttoddlersandfamilieswai ver/index.htm 1-717-346-1119

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Respite is planned or emergency care provided to a child or adult with special needs to provide temporary relief to family caregivers who are caring for that child or adult.

Resource	Description	Contact Information
ARCH National Respite Network and Resource Center-A Consumer Guide For Family Caregivers	The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.	https://archrespite.org/con sumer-information 1-919-490-5577

The ABCs of Respite: A Consumer Guide for Family Caregivers	Respite is most helpful if used before a caregiver becomes exhausted, isolated, and overwhelmed by their responsibilities. Respite services should be beneficial, meaningful, and enjoyable to both the caregiver and the care recipient.	https://archrespite.org/res pite-locator- states?true&prox country id=1228&prox state provin ce id=1037
The Arc of Pennsylvania	The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.	http://www.thearc.org/Pag e.aspx?&pid=327
EMMAUS COMMUNITY of PITTSBURGH	Out-of-Home Respite care is available within EMMAUS permanent homes, and is provided by experienced and caring staff in a one-on-one ratio. Respite guests participate in activities both at home and in the community.	https://www.emmauspgh.org/emmaus-programs/respite-services/1-412-381-0277
Watson Institute	The Watson Institute offers special education programs for children between the ages of 3 and 21 who have been diagnosed with autism, cerebral palsy, brain injuries, neurological impairments and other developmental disabilities and emotional challenges. Watson also offers additional programs to meet the needs of our children, their families and professionals who care for them, including day respite services.	https://www.thewatsoninst itute.org/programs/ 1-412-741-1800 1-866-893-4751
<u>Liken Home Care</u>	Liken Home Care provides services, including respite care, revolving around assistance with daily living activities helping the elderly remain independent at home as well as helping the recovering ill and the disabled.	http://www.likenhomecare. com/private-duty-home- care/ 1-412-693-6820 1-855-856-0551
Mainstay Life Services' Summer Respite and Recreation Program	This program provides an often much-needed respite for families and caregivers and is open to adults age 18 and older who live with families and caregivers.	https://mainstaylifeservices .org/community- services/summer-respite- and-recreation-program/ 1-412-344-3640

Special Education			
Resource	Description	Contact Information	
Pennsylvania Bureau of Special Education Consult Line	The ConsultLine is designed to assist parents and advocates of children with disabilities or children thought to be disabled. If individuals have any questions concerning their child's special education program or the laws relating to the provision of services in their child's individualized educational program, the special education specialists at ConsultLine may be able to assist them.	http://www.education.pa.g ov/K- 12/Special%20Education/Pa ges/Special-Education-in- PAConsult-Line.aspx 1-800-879-2301	
Pennsylvania Association of Intermediate Units	Intermediate Units in Pennsylvania are part of the governance structure of public education and are located between the state education agency and the local school districts. They provide specialized services to local school districts that can be operated more effectively and efficiently on a regional basis.	Allegheny Intermediate Unit: 1-412-394-5700 http://www.aiu3.net/  Pittsburgh-Mount Oliver IU 2: 1-412-224-4580 http://www.pmoiu2.k12.pa .us	
Watson Institute	Watson Institute offers special education programs for children between the ages of three and 21 who have been diagnosed with autism, cerebral palsy, brain injuries, neurological impairments and other developmental disabilities and emotional challenges.	https://www.thewatsoninst itute.org/programs/ 1-412-741-1800 1-866-893-4751	
Western Pennsylvania School for Blind Children	This school offers a full range of individualized special education services fostering maximum independence for students with visual impairment, including blindness and other challenges, and provides support and resources to families and the community.	https://www.wpsbc.org/domain/5 1-800-444-1897 1-412-621-0100	
Western Pennsylvania School for the Deaf	The Western Pennsylvania School for the Deaf, a non-profit, tuition-free school, provides academic and extracurricular programs to deaf and hard of hearing children from birth through twelfth grade.	http://www.wpsd.org/ 1-800-624-3323 V/TTY	

Support Groups				
Resource	Description	Contact Information		
Allegheny Family Network	Support group meetings are scheduled once a month and are open to all parents/caregivers raising a child or children with mental health or emotional needs.	http://www.alleghenyfamil ynetwork.org/programs/su pport-groups 1-412-246-2030 Chat Line: 1-888-273-2361		
Pennsylvania Families, Inc.	Pennsylvania Families, Inc. is a statewide family network that convenes families of children in child-serving systems, connects them to information and resources to maximize their quality of life, and collaborates to improve community supports, services, and family outcomes.	http://pafamiliesinc.org/ 1-800-947-4941		
Parent to Parent of Pennsylvania	In Pennsylvania, the Parent to Parent model is a one-to-one match between an experienced mentor parent, called a peer support parent, and a parent seeking individualized support from another parent who has been there.	http://www.parenttoparent .org/ 1-888-727-2706		
The Parent Education and Advocacy Leadership Center	The mission of the Parent Education and Advocacy Leadership 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.	https://pealcenter.org/ 1-866-950-1040		
Make-A-Wish of Greater Pennsylvania	Make-A-Wish of Greater Pennsylvania grants wishes to children, between the ages of two-and-a-half and 18, with critical illnesses. Families can self-refer and eligibility is determined by physician.	http://greaterpawv.wish.or g/ 1-800-676-9474 (WISH) 1-412-471-9474		

The Healthy Baby Information Helpline 1-800-986-2229		
Baby Supplies		
Resource	Description	Contact Information
National Diaper Bank Network	The goal of the National Diaper Bank Network is to ensure that every child in the United States has enough diapers to remain clean, dry, and healthy.	http://nationaldiaperbankn etwork.org/members/  Catholic Charities of the Diocese of Pittsburgh Pittsburgh, PA Western Pennsylvania Diaper Bank National Diaper Bank Network: 1-203-821-7348
Pennsylvania 2-1-1	Pennsylvania 2-1-1 is a free, accessible, 3-digit telephone number available to everyone, giving residents easy access to health, housing and human services information in one place.	http://pa211.org/
Catholic Charities Diocese of Pittsburgh/Allegheny County Outreach	This outreach provides free infant-care items to expectant parents and the parents of children up to the age of two.	https://www.ccpgh.org/pag es/services/services county allegheny 1-412-456-6999

Breastfeeding		
Resource	Description	Contact Information
Pennsylvania Breastfeeding Referral Guide	The Pennsylvania Breastfeeding Referral Guide contains county-specific individuals and organizations that can provide breastfeeding awareness, support, and assistance. It includes information on lactation specialists, community programs, support/mother groups, community coalitions, breast pump rentals and retail purchases, and local, state, and national help lines.	https://www.health.pa.gov /topics/Documents/Progra ms/Infant%20and%20Childr en%20Health/PA%20Bfg%2 OReferral%20Guide%20Rev %20Aug%202017.pdf 1-717-346-3000
Womenshealth.gov	The mission of Womenshealth.gov is to provide national leadership and coordination to improve the health of women and girls through policy, education, and model programs. Specific to breastfeeding, the website provides information and support to help women breastfeed successfully.	http://www.womenshealth.gov/breastfeeding/common-challenges/index.html 1-800-994-9662

Women, Infants and Children	Women, Infants and Children has improved the nutrition and health of families in Pennsylvania since 1974 by providing nutrition services, breastfeeding support, health care, social service referrals, and healthy foods.	http://pawic.com/ (1-800-WIC-WINS) 1-800-942-9467
KellyMom Parenting Breastfeeding	The KellyMom.com website was developed to provide evidence-based information on breastfeeding and parenting.  Online information is NOT a substitute for an inperson evaluation by a qualified, independent International Board-Certified Lactation Consultant or your health care provider.	https://kellymom.com/
La Leche League of Western Pennsylvania	The La Leche League provides support, encouragement, information, and education to women who choose to breastfeed. The La Leche League also provides health care professionals with continuing education opportunities and access to the latest research on lactation management.	https://www.llli.org/la-leche-league-w-pennsylvania/
Nurse Family Partnership	The Nurse-Family Partnership is a voluntary, free program giving first-time mothers valuable knowledge and support throughout pregnancy and until their babies reach two years of age. Women, who are pregnant 28 weeks or less, meet income eligibility requirements, and live in a service area may participate in this program.	https://www.nursefamilypa rtnership.org/first-time- moms/?gclid=EAlalQobChM Itari6ef 2AlVxrbACh0yBwul EAAYASAAEgJeA D BwE 1-844-637-6667

Car Seat Safety		
Resource	Description	Contact Information
PA Child Passenger Protection Act	The PA Child Passenger Protection Act requires that all drivers transporting children up to age 4 use an approved child safety seat. Children ages 4 to 8 must wear a seat belt and be in a booster seat. Children with medical conditions or disabilities may require special considerations or adaptations for transportation safety.	http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&cad=rja&uact=8&ved=0ahUKEwiopbvom47WAhUCyoMKHUhVAalQFggwMAl&url=http%3A%2F%2Fwww.pakidstravelsafe.org%2Fnews-events%2Fnews%2Fitem%2Fdownload%2F369a828d49458bafd9461e78fc6b5cde1b6&usg=AFQjCNHc3MeVHe-zqjddenQJFN0cljX5rg
The Pennsylvania Traffic Injury Prevention Project	Materials available through the Traffic Injury Prevention Project cover a range of traffic safety areas. These areas include: child passenger safety, seat belt safety, air bag safety, school bus safety, transporting special needs children, pedestrian safety, bicycle safety, and youth driving safety and awareness.	http://pakidstravelsafe.org/ 1- 800-CAR-BELT (227-2358)
Car Seat Loan Program by County	Active Car Seat Loan Programs allow individuals to search by county.	http://www.pakidstravelsaf e.org/resources/car-seat- loan- programs?view=Profiles&la yout=search
National Highway Safety Transportation Administration	This group works to prevent injuries and fatalities for all road users including children, teens, older drivers, bicyclists, pedestrians, and drivers with disabilities. The administration makes available information and resources to keep individuals safe in and around cars and on the road.	http://www.nhtsa.gov/
National Easter Seal Society	Easter Seals Western and Central Pennsylvania provides programs and services to ensure that people with disabilities, or other special needs, and their families have equal opportunities to live, learn, work, and play in their communities.  Referrals and Information about car seats can be found on this site.	http://www.easterseals.co m/ 1-800-221-6827

The American Academy of Pediatrics	The American Academy of Pediatrics is dedicated to the health of all children. Referrals and Information about car seats can be found on this website.	https://search.aap.org/find ?source=aap.org&k=car%20 seats
		1-800-433-9016

Counseling		
Resource	Description	Contact Information
text4baby	Free text messages are sent to help keep you and your baby healthy throughout your pregnancy and the baby's first year.	Registration is free. <a href="https://text4baby.org/">https://text4baby.org/</a> .
Nurse-Family Partnership of Allegheny County	Nurse-Family Partnership works with low-income women who are pregnant with their first child to help them achieve healthier pregnancies and births, stronger child development skills, and a path toward economic self-sufficiency.	http://www.nursefamilypar tnership.org/Locations/Pen nsylvania#map1 1-412-247-7950

Medical Assistance		
Resource	Description	Contact Information
Pennsylvania Department of Human Services	The mission of the Pennsylvania Department of Human Services is to improve the quality of life for Pennsylvania's individuals and families. They promote opportunities for independence through services and supports while demonstrating accountability for taxpayer resources.	http://www.dhs.pa.gov/ 1-800-692-7462
Pennsylvania Department of Human Services County Assistance Office Contact Information	Pennsylvanians can seek assistance and a range of services for themselves and their families from professionally trained staff members at county assistance offices.	http://www.dhs.pa.gov/citi zens/findfacilsandlocs/coun tyassistanceofficecontactinf ormation/ Allegheny County Headquarters: 1-412-565-2146
COMPASS	COMPASS is an online application for Pennsylvanians to apply for many health and human service programs.	www.compass.state.pa.us

<u>PennsylvaniaHealth</u>	This resource will help to compare insurance carriers	http://www.pahealthoption
Options.com	online.	s.com/
		1-877-881-6388

Lead Health Information for Parents, Homeowners, Contractors, and Health Care Professionals		
Resource	Description	Contact Information
Lead Poisoning	Lead can do great harm, especially to young children. The leading cause of lead poisoning is lead dust from lead-based paint which was used in many homes until 1978. Young children are exposed to lead dust in older homes through normal everyday activities such as crawling on the floor and putting their hands, toys or other objects in their mouths. Lead can also be found in bare soil, some imported spices, home remedies and cosmetics.  Go to MY HEALTH, INFANT AND CHILDREN, LEAD POISONING PREVENTION and CONTROL, LEAD POISONING.	http://www.health.pa.gov/ 1-800-440-LEAD (5323)
Elevated Lead Blood Level Case Management Guidelines	Recommendations from the Advisory Committee on Childhood Lead Poisoning Prevention.	https://www.cdc.gov/nceh/lead/CaseManagement/caseManagement/caseManagement/caseManagement/caseManagemain.htm  1-800-CDC-INFO  1-800-232-4636  TTY: 888-232-6348
Environmental Protection Agency, Lead	The mission of the Environmental Protection Agency is to protect human health and the environment. Provides many useful links for families.	http://www2.epa.gov/lead 1-800- 424-5323
Pennsylvania Safe and Healthy Homes Program	The Pennsylvania Safe and Healthy Homes Program seeks to provide education and interventions to promote healthy homes and prevent problems and injuries. When hazards are present in a home, they can have a profound effect upon the health of the occupants, particularly those most vulnerable, such as children.	https://www.health.pa.gov /topics/programs/Pages/Saf e-and-Healthy-Homes.aspx 1-717-772-2762

Lead Information for Families, Contractors, and Property Managers		
Resource	Description	Contact Information
Environmental Protection Agency.gov - Lead	The Environmental Protection Agency has two programs for certifying contractors and accrediting training providers.	
	1. Renovation, Repair and Painting Program	1. https://www.epa.gov/lea d/renovation-repair-and- painting-program- contractors
	Lead Abatement Program for permanent elimination of lead-based paint hazards	2. <a href="https://www.epa.gov/lead/evaluating-and-eliminating-lead-based-paint-hazards">https://www.epa.gov/lead/evaluating-and-eliminating-lead-based-paint-hazards</a>
Pennsylvania Department of Labor and Industry	The Pennsylvania Department of Labor and Industry lists accredited trainers and certified contracting firms.	http://www.dli.pa.gov/Page s/search.aspx?searchBox=a ccredidated%20trainers%20 and%20contractors
Occupational Safety and Health Administration	For information about regulations regarding work on facilities which are non-residential, contractors should contact the appropriate Occupational Safety and Health Administration Pennsylvania area office.	https://www.osha.gov/
Housing and Urban Development—Lead Disclosure Rule	This resource, for landlords and sellers, is based on the Residential Lead-Based Paint Hazard Reduction Act of 1992, also known as Title X and is intended to protect families from exposure to lead from paint, dust, and soil. Landlords and sellers are required to disclose known information on lead-based paint and lead-based paint hazards before the sale or lease of most housing built before 1978. If you did not receive the Disclosure of Information on Lead-Based Paint and/or Lead-Based Paint Hazards form when you bought or leased pre-1978 housing, contact 1-800-424-LEAD (5323).	http://portal.hud.gov/hudp ortal/HUD?src=/program o ffices/healthy homes/enfor cement/disclosure 1-800-424-LEAD (5323)

Individuals with Traumatic Brain Injury and Their Families		
Resource	Description	Contact Information
Brain Injury Association of Pennsylvania	The mission of the Brain Injury Association of Pennsylvania is to foster a community of education, advocacy, support, and research to maximize the quality of life for those with brain injuries and their families.	http://www.biapa.org/site/ c.iuLZJbMMKrH/b.1760731/ k.BD3E/Home.htm 1-800-444-6443

Head Injury Program	The Pennsylvania Head Injury Program pays for head injury rehabilitation services for people who qualify. The goal of the program is to help individuals with a traumatic brain injury live independently in their homes and communities.	www.health.pa.gov Go to "I'm looking for" > "Programs" > "Head Injury" 1-717-772-2763
Brain Injury Help Line	To learn more about services available for individuals with brain injury and their families, please contact the toll-free Brain Injury Help Line.	1-866-412-4755
Independent Enrollment Broker	Office of Long-Term Living launched the Pennsylvania Independent Enrollment Broker, a contracted statewide entity, to facilitate and streamline the eligibility/enrollment process for applicants seeking services for several Pennsylvania waivers/programs.	1-788-550-4227
Community Services Program for Persons with Physical Disabilities/ Omnibus Budget Reconciliation Act Waiver	The Community Services Program for Persons with Physical Disabilities/Omnibus Budget Reconciliation Act Waiver provides services to people 18 or older with severe developmental and physical disabilities, such as cerebral palsy, epilepsy, or similar conditions (onset prior to age 22).	http://www.dhs.pa.gov/citi zens/alternativestonursingh omes/obrawaiver/ Long-Term Living Helpline, 1-800-753-8827
Acquired Brain Injury Network of Pennsylvania	The Acquired Brain Injury Network of Pennsylvania is a nonprofit organization of brain injury survivors, family members and friends dedicated to increasing public awareness about acquired brain injury, and to providing support, education, information, advocacy, and other services for individuals with acquired brain injury and their families.	http://www.abin-pa.org/ 1-888-308-3848
Brainline.org	BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with traumatic brain injury.	http://www.brainline.org/ 1-703-998-2020

Immunizations/Vaccinations		
Resource	Description	Contact Information
Pennsylvania Department of Health, Division of Immunizations	The Division of Immunizations, in the Pennsylvania Department of Health, focuses on the reduction or elimination of vaccine-preventable diseases. The primary goal of the division is to achieve maximum immunization coverage to eliminate the occurrence of vaccine preventable diseases in Pennsylvania.	www.health.pa.gov  Go to "I'm looking for" > "Programs" > "Immunizations"  1-717-787-5681

Pennsylvania Vaccines for Children Program	The Pennsylvania Vaccines for Children Program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. Children who are eligible for vaccines through Vaccines for Children are entitled to receive vaccines recommended by the Advisory Committee on Immunization Practices.	www.health.pa.gov  Go to "I'm looking for" > "Programs" > "Immunizations" > "Vaccines for Children Program"  1-717-787-5681
Pennsylvania Department of Health, Health Services Locator	The Health Services locator is available to assist in finding Pennsylvania health care facilities within your county or region.	http://www.health.pa.gov/ Go to "Health Care Facilities"
Pennsylvania Association of Community Health Centers	As the state primary care association, the Pennsylvania Association of Community Health Centers represents and supports the largest network of primary health care providers in the commonwealth.	http://www.pachc.org/Abo ut-PACHC 1-866-944-2273

Legal Advocacy for the Disabled in Pennsylvania		
Resource	Description	Contact Information
Disability Rights Pennsylvania	Disability Rights Pennsylvania has helped tens of thousands of children and adults with disabilities access special education services, obtain needed health and mental health care, and gain access to employment and housing. It has also helped to stop the abuse, neglect and rights violations of Pennsylvanians with disabilities.	http://disabilityrightspa.org Harrisburg: 1-800-692-7443 or 1-717-236-8110; Philadelphia: 1-215-238-8070; Pittsburgh: 1-412-391-5225
Pennsylvania Health Law Project	The Pennsylvania Health Law Project offers free legal advice to low-income people with insurance problems. The Pennsylvania Health Law Project also helps people who do not have health insurance.	http://www.phlp.org/ 1-800-274-3258
Pennsylvania Office of Victim Advocate Locate a Victim Service Agency	The Pennsylvania Office of Victim Advocate is dedicated to representing, protecting and advancing the individual and collective rights and interests of crime victims.	http://www.ova.pa.gov/ Services/Resources/Locatea VictimServiceAgency/Pages /default.aspx 1-800-563-6399

Transportation Assistance for the Disabled		
Resource	Description	Contact Information
Pennsylvania Department of Human Services Medical	The Medical Assistance Transportation Program provides transportation to medical appointments for	http://matp.pa.gov/
Assistance Transportation	Medical Assistance recipients who do not have transportation available to them. The individual's county of residence will provide the type of transportation that is the least expensive while still meeting their needs.	1-412-350-4476
<u>Program</u>		1-888-547-6287
Pennsylvania Community Disability, Assistive Technology & Transportation Services	This site offers a variety of disability and transportation services throughout Pennsylvania.	http://www.carepennsylva nia.org/list14 PA disability transportation senior ser vices.htm

Vocational Rehabilitation Assistance and Job Training for the Disabled		
Resource	Description	Contact Information
Pennsylvania Department of Labor and Industry Vocational Rehabilitation Services Website	The Pennsylvania Office of Vocational Rehabilitation provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment. It provides services to eligible individuals with disabilities, both directly and through a network of approved vendors. Services are provided on an individualized basis.	http://www.dli.pa.gov/indiv iduals/disability- services/ovr/pages/default. aspx
Office of Vocational Rehabilitation Office Directory	The Office of Vocational Rehabilitation Office Directory will help you find a vocational rehabilitation district office.	http://www.dli.pa.gov/Indiv iduals/Disability- Services/ovr/Pages/OVR- Office-Directory.aspx
United States Department of Labor Disability Resources	The purpose of the United States Department of Labor Disability Resources is to foster, promote, and develop the welfare of wage earners, job seekers, and retirees of the United States. The department also works to improve working conditions, advance opportunities for profitable employment, and assure work-related benefits and rights.	https://www.dol.gov/general/topic/disability  1-866-487-2365

# **ChildLine and Abuse Registry**

Resource	Description	Contact Information
ChildLine	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 appropriate investigating agency. Referrals are received 24 hours a day, seven days a week.	http://www.dhs.pa.gov/provider/childwelfareservices/childlineandabuseregistry/1-800-932-0313
Child Welfare Portal	This service provides a means for individuals to apply for Pennsylvania Child Abuse History Clearance online and for mandated reporters to report child abuse in Pennsylvania.	https://www.compass.state .pa.us/cwis/public/home