

Connecting People Across Pa to Information and Resources

January 2024

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

 Heading	What you'll find	Pages
Nationwide Resources	Nationwide Resources	4
Great Places to Begin	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, POWER Library	5-7
Crisis and Helplines	PA Care Partnership, 988 Suicide and Crisis Helpline	7-8
Commonwealth of Pennsylvania	Government offices overview, Long Term Care, Early Childhood Home Visiting, Caregiver Support Programs	9-15
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Assistance with Public Benefits and Programs	Includes 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
Resource Lists	<p>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.</p> <p>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.</p> <p>Children and Youth including those with special education services, with a disability and with complex medical needs and being raised by grandparents or kin.</p>	18-36

Go Play!	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>	37-39
COVID -19 Response	COVID-19 Response	40

Available nationwide

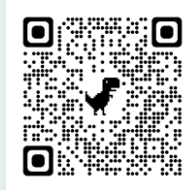
United Way 2-1-1, www.211.org/



Aunt Bertha findhelp.org <https://gatherms.com/nationwide/services/aunt-bertha>

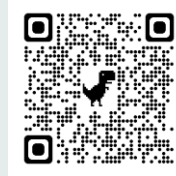


ADRCs (Aging and Disability Resource Centers), www.usaging.org/adrcs



CILs (Centers for Independent Living)

<https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>





Great Places to Begin

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.



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.

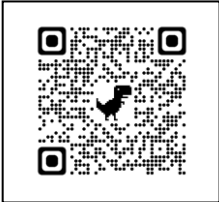


United Way
of Pennsylvania

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



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



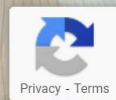
Pennsylvania Care Partnership Crisis and Helplines

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



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

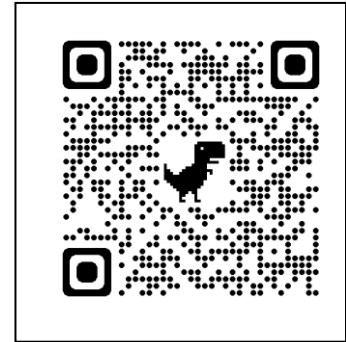
Departments of

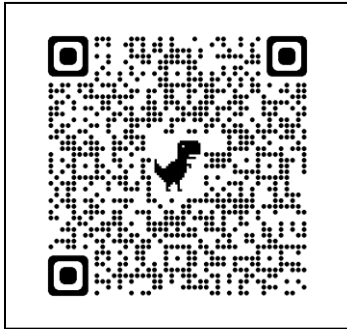
- ❖ Education,
- ❖ Drug and Alcohol Programs,
- ❖ Human Services and
- ❖ Health.

PA Department of Human Services (PA DHS)

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

www.compass.state.pa.us/compass.web/Public/CMPHome





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.



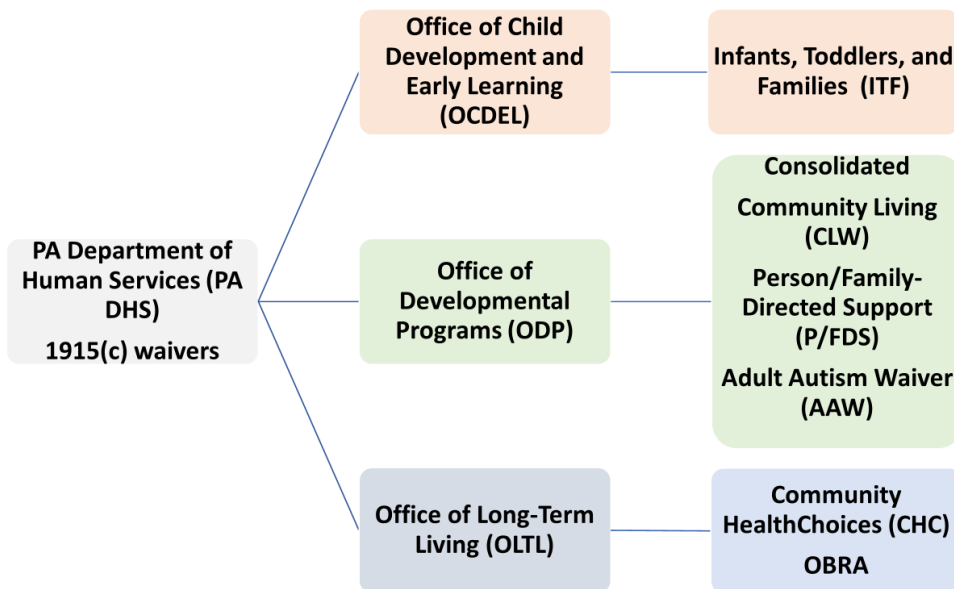
- ★ People who qualify to receive HCBSs include those with intellectual disability, autism, physical disabilities, developmental disabilities, acquired brain injury, in need of early intervention and seniors.
- ★ There are several options in PA, each with its own eligibility requirements. These requirements 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



PENNSYLVANIA LINK
TO COMMUNITY CARE



Also providing home and community-based services

- LIFE Program
- OPTIONS program
- ACT 150
- ACAP


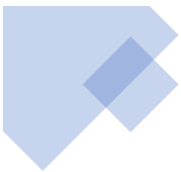
All participants have case management:



Case Manager
Case Worker
Care Manager
Service Coordinator
Supports Coordinator

1/24/2024

PA Resources Mary Evrard mevrard@alleghenycounty.us



What may be provided?

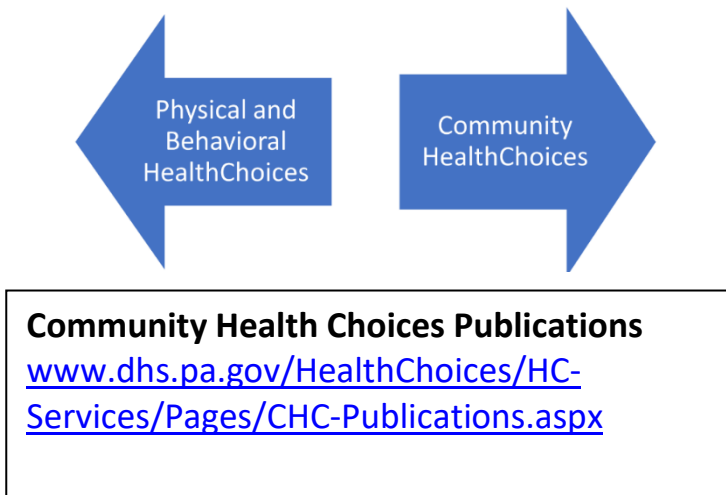
- In-Home and Community Support
- Companion
- Community Participation Support
- Respite
- Home and Vehicle Accessibility Adaptations
- Transportation
- Daily Living Services
- Employment Services
- Transportation Services
- Personal Assistance Services

1/24/2024

PA Resources Mary Evrard mevrard@alleghenycounty.us



For an overview of all waivers visit www.dhs.pa.gov/Services/Assistance/Pages/HCBS-Statewide-Transition-Plan.aspx and find the Pennsylvania’s Statewide Transition Plan. Appendix A, Overview of OA’s 1915© Waivers and Appendix B, Service Categories and Settings



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 (NOW 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?

- 22+ 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 (if 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@allegheycounty.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?

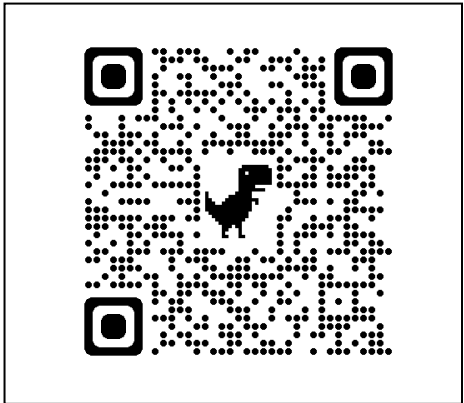
		
<p>Improve health of moms and babies</p>	<p>Maximize children's early potential to start school healthy & ready to learn</p>	<p>Achieve personal & family goals</p>

WHO BENEFITS FROM HOME VISITING?

		
<p>PREGNANT WOMEN Increase of healthy pregnancy and baby</p>	<p>PARENTING FAMILIES Increase confidence as a parent</p>	<p>COMMUNITIES Reduction in juvenile delinquency</p>

 <p>pennsylvania DEPARTMENT OF HUMAN SERVICES www.dhs.pa.gov</p>	<p>Get more info about Pennsylvania's Home Visiting Programs www.papromiseforchildren.com</p>
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<https://papromiseforchildren.com/home-visiting-programs/>





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.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx



Social Security

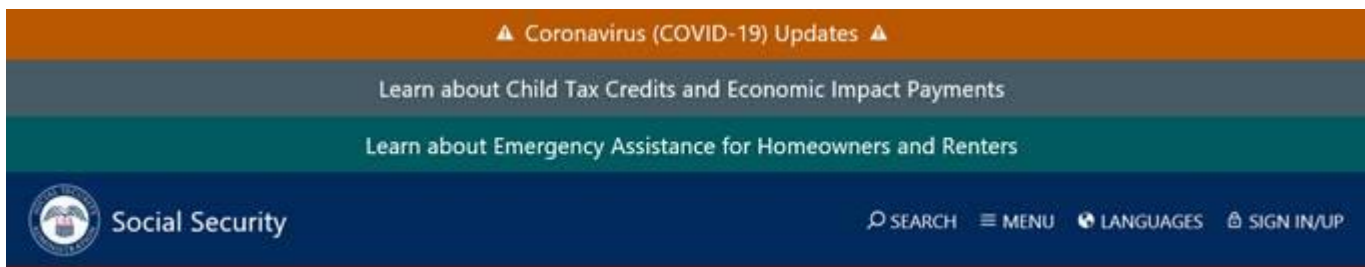
Social security programs commonly support seniors and people living with disability. There are several categories of social security benefits. Especially helpful for people assisting them can be a new webpage from the SSA (Social Security Administration), *People Helping Others*.



www.ssa.gov/



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



[Coronavirus \(COVID-19\) Updates www.ssa.gov/coronavirus/](http://www.ssa.gov/coronavirus/)

[Learn about Child Tax Credits and Economic Impact Payments
www.ssa.gov/coronavirus/eip/](http://www.ssa.gov/coronavirus/eip/)

[Learn about Emergency Assistance for Homeowners and Renters
www.ssa.gov/coronavirus/eahr/](http://www.ssa.gov/coronavirus/eahr/)



Assistance with Public Benefits and Programs

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.dhs.pa.gov/Services/Disabilities-Aging/Pages/Independent-Enrollment-Broker.aspx

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/

PA Enrollment Services can help users choose the best health plans and doctors for them and their family. 1-800-440-3989 www.enrollnow.net/home


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

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

Connect with Tech at TechOWL
CONNECT WITH TECH
 helps people get
free tablets and tech support.

People who have trouble getting technology and health care services may be eligible.
Live in Pennsylvania and need a tablet computer?
You might be able to get one for free if you:

- Have limited income or
- Have a disability or
- Speak a primary language other than English or
- Are unable to leave home easily or
- Don't have housing or
- Are LGBTQIA+ or
- Experience racial or ethnic inequities or
- Are Hispanic or Latinx or
- Live in a place with limited health care or
- Are impacted by medical discrimination

These identities may make it harder to get quality health care. A tablet can help you access doctors and medical services.

FOR MORE INFORMATION:
tel: 215-204-0101
web: techowlpa.org/connect-with-tech

This project was funded by the PA Department of Health's CDC COVID-19 Health Disparities Grant.


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 www.dhs.pa.gov/Services/Assistance/Pages/TANF.aspx 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"> • 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. • CareerLink www.pacareerlink.pa.gov/jonline/ Find a job, learn new skills to move up the career ladder. Career coaching, supportive services, educational services. • PA DHS Pennsylvania's employment and training program 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 • Pittsburgh Financial Empowerment Center (FEC) counselors can help with a range of topics from personal finance to business finances. Counselors help clients better manage their money, improve their credit score, pay down debt, increase savings, establish and build credit, and provide access to safe and affordable banking products. Counselors can also help to create a


	<p>customized plan to address student loans, buy a house, build financial goals for your business, or start an emergency fund.</p> <p>https://pittsburghpa.gov/fec/index.html</p>
<p>Food (Nutrition Assistance)</p>	<p><i>PA DHS</i></p> <ul style="list-style-type: none"> ▪ Food Programs 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 ▪ 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.agriculture.pa.gov/Food/food_assistance/Commodity%20Supplemental%20Food%20Program/Pages/default.aspx ▪ 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>
<p>Goods (Clothing, Furniture, Household)</p>	<ul style="list-style-type: none"> ▪ ‘Free stuff’ – ‘Buy Nothing’ ... local Facebook groups ▪ Search “free stores.” ▪ Faith based organizations.

	<ul style="list-style-type: none"> ▪ Salvation Army ▪ Saint Vincent DePaul
Healthcare (May also include dental and mental health care)	Federally Qualified Health Centers (FQHC) www.hrsa.gov/opa/eligibility-and-registration/health-centers/fqhc/index.html http://findahealthcenter.hrsa.gov/
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/ Pennie Overview document https://pmhcc.app.box.com/s/m6darz2chwyjtjon77a8nklgzmbgoubk4 Pennie Overview Video: https://www.youtube.com/watch?v=aGEBaMhUC1U 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.dhs.pa.gov/HealthChoices/HC-Services/Pages/PhysicalHealthChoices-Main.aspx), 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

	<p>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.</p> <p>Statewide Customer Service Center 1-877-395-8930 (in Philadelphia, call 215-560-7226.)</p> <p>Special Needs Units https://paautism.org/wp-content/uploads/2019/05/Special-Needs-Units.pdf</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 www.medicaid.gov/medicaid/benefits/epsdt/index.html</p> <p>MATP (Medical Assistance Transportation Program) http://matp.pa.gov/ (public transportation, mileage reimbursement, paratransit) http://matp.pa.gov/CountyContact.aspx</p> <p><i>Reference</i> Medical Assistance Related Resources and Information</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/self-determination-housing-of-pennsylvania-sdhp/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.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx • Pennsylvania Assistive Technology Foundation https://patf.us/resource-category/home-modification/ • Consider possible medical assistance/EPSDT, waiver and Office of Vocational Rehabilitation (OVR)benefits

<p>Housing</p>	<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.dhs.pa.gov/ERAP/Pages/ERAP.aspx ■ 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.dhs.pa.gov/Services/Other-Services/Pages/Homeless-Assistance.aspx ■ 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/
<p>Infant and baby supplies</p>	<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/
<p>Internet Affordable Connectivity Program (ACP) (Formerly Emergency Broadband Benefit)</p>	<p>A benefit program that helps households afford internet service through a discount of up to \$30 per month.</p> <p>Eligible households can receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute between \$11 and \$50 toward the purchase price.</p>

	<p>For questions about your eligibility or application status, call the ACP Support Center at (877) 384-2575 or email: ACPSupport@usac.org.</p> <p>For issues with your ACP provider, submit a complaint.</p> <p>Toolkit to share information www.fcc.gov/acp-consumer-outreach-toolkit includes flier/fact sheet www.fcc.gov/sites/default/files/acp fact sheet 3 final.pdf</p>
Pet food	<p>Pet Pantry Resources www.agriculture.pa.gov/FoodForThought/Pages/Article.aspx?post=76</p>
<p>Pet care Veterinary care and spay and neuter services</p>	<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 ▪ PA 2-1-1 Search Results for Neuter/Spay Services (also includes some miscellaneous services https://navigateresources.net/pasw/MatchList.aspx?k;;0;;N;0;0;Neuter/Spay%20Services ▪ Humane Pennsylvania PAY-WHAT-YOU-CAN CLINICS and other events https://humanepa.org/healthypets/upcomingclinicdates/ ▪ 24+ Resources for Free or Low Cost Veterinary Care https://lowincomerelie.staging.wpengine.com/looking-for-free-or-low-cost-veterinary-care/
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>  <p>STAY CONNECTED <i>with the Lifeline Telephone and Broadband Assistance Program</i></p> <p>PUC Pennsylvania Public Utility Commission 1-800-692-7380 puc.pa.gov</p>
Tax returns	<p>United Way 2-1-1 www.uwp.org/programs/income-tax-assistance/ 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/ • Free Transit Program for Seniors www.penndot.gov/TravelInPA/PublicTransitOptions/Pages/Seniors-and-Persons-With-Disabilities.aspx

	<ul style="list-style-type: none"> • 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 www.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

- PA Department of Health Assistance for Brain Injury Services
- 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

Caregiver Support

- PA Caregiver Support Program www.aging.pa.gov/aging-services/caregiver-support/Pages/default.aspx
- 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.net/>

<p>Individuals with Disabilities</p>	<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: 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/#
<p>Family Safety Domestic Violence</p>	<p>PA Department of Human Services (PA DHS) www.dhs.pa.gov/Services/Assistance/Pages/Domestic-Violence.aspx</p> <p>National Domestic Violence Hotline www.thehotline.org/</p> <p>RUSafe App Gives Life-saving Help to Abuse Victims is a free interactive app identifies key signals of abuse in intimate partner relationships. www.eriereader.com/article/rusafe-app-gives-lifesaving-help-to-abuse-victims-</p>
<p>Human Trafficking</p>	<ul style="list-style-type: none"> • National Human Trafficking Hotline https://humantraffickinghotline.org/ 1-888-373-7888 • Salvation Army Anti-Human Trafficking Initiative www.salvationarmyusa.org/usn/fight-human-trafficking/ • Pennsylvania Coalition Against Rape https://pcar.org/about-us/about-pcar
<p>Legal Assistance</p>	<ul style="list-style-type: none"> • Pa DHS 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
<p>LGBTQ Community</p> <p>Lesbian, Gay, Bisexual,</p>	<ul style="list-style-type: none"> • LGBTQ 101 www.alleghenycounty.us/Human-Services/Resources/LGBTQ/LGBTQ-101.aspx • Pennsylvania LGBTQ Organization Directory https://payoutcongress.org/directory/ <p><i>Additional acronyms</i></p>

Transgender, Queer/Questioning	<i>LGBTQIA2S+ - Lesbian, gay, bisexual, transgender, queer and/or questioning, intersex, ally and/ or asexual, two-spirit, the HIV/AIDS communities.</i> <i>QTBIPOC – Queer, Transgender, Black, Indigenous, People of Color</i>
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/guides/mental-health/#ResourcesforEveryone • 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) 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. • 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	PACE Prescription Assistance Program

	<p>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 * Use the map located here** to find a drug take-back location near you or view the full spreadsheet *** of locations. * www.ddap.pa.gov/Prevention/Pages/Drug_Take_Back.aspx ** www.ddap.pa.gov/Get%20Help%20Now/Pages/Find-a-Drug-Take-Back-Location.aspx *** www.ddap.pa.gov/Get%20Help%20Now/Documents/DrugTakeBackLocations.xls</p>
<p>Reporting Abuse and Neglect</p>	<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 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</p>

	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.
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 American Red Cross Home Fire Campaign	Installation of new and checks of existing smoke alarms along with education with no cost. 1-888-217-9599 www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us/our-work/home-fire-safety.html
Substance Abuse	<p>...substance and alcohol abuse services available to children and adults in Pennsylvania... www.dhs.pa.gov/Services/Assistance/Pages/Substance-Abuse.aspx</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>

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.

Treating Heroin and Opioid Use Disorder: www.pa.gov/guides/opioid-epidemic/

Naloxone is still available to all Pennsylvanians through a standing order signed by Acting Physician General Dr. Denise Johnson. www.pa.gov/guides/opioid-epidemic/#GetNaloxone



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

www.dhs.pa.gov/Services/Assistance/Pages/ELRCs.aspx

Subsidized Child Care Program

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

[CONNECT Helpline for Early Intervention Services](#)

	<p>www.pakeys.org/getting-started/ocdel-programs/early-intervention/#:~:text=CONNECT%20can%20also%20assist%20families,visit%20www.connectpa.net</p> <p>www.compass.state.pa.us/Compass.Web/ProviderSearch/Home#/BasicSearch</p>
Early Intervention	<p>Early Intervention Technical Assistance Portal</p> <p>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</p> <p>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>

<p>PA Association of Intermediate Units PAIU</p>	<p>Intermediate Unit Locations www.paiu.org/Find-an-IU There are 29 Intermediate Units operating in PA that serve as regional educational service agencies. Can support families in understanding education services.</p>
<p>School guide</p>	<p>This annual Back-to-School Guide * has been updated with publications on various education topics to help families, students, and child-serving professionals. Visit the ELC website **. * www.elc-pa.org/2021/09/01/2021-back-to-school-guide-for-pennsylvania-public-school-students/ ** www.elc-pa.org/2021/09/01/2021-back-to-school-guide-for-pennsylvania-public-school-students/</p>
<p>Special education family and caregiver support</p>	<p>Local Task Forces on the Right to Education (LTFs) Family led groups that provide support, problem solving and information. www.pattan.net/CMSPages/GetAmazonFile.aspx?path=~\pattan\media\publications\2019%20accessible%20pdfs\lft_contact_sheet_20_21.pdf&hash=8fe682a969153f99cbdb01cb5708af0dc5ebb65ff5b602855caa4b8c97835331</p>
<p>Special Kids Network (SKN)</p>	<p>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</p>



Go Play!

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

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

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

Responding to COVID-19 in Pennsylvania

www.pa.gov/guides/responding-to-covid-19/

Popular Resources

 Get Vaccinated	 COVID-19 Vaccine Dashboard	 Free At-Home COVID Tests	 COVID-19 Data for Pennsylvania
 Get Tested for COVID-19	 Translated COVID-19 Resources	 One Lens Virtual Storytelling Exhibit	









GET VACCINATED

The Pennsylvania Department of Health

www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx

Pennsylvania has a number of resources to help people stay safe and healthy during this global pandemic.

Browse the topics below to find what you need, and/or use the [Responding to COVID-19](#) guide to view resources for Pennsylvanians in one place.

 Symptoms & Testing	 COVID-19 Vaccine	 Stop the Spread	 FAQs & Resources
 Pennsylvania Data	 Long-Term Care Data	 PA Unites Against COVID	 Health Equity

[Expand All](#)

About COVID

Free Plain Language COVID-19 Resources from The Arc Link:

[Plain Language Guides/Videos on the COVID-19 Pandemic](#)

https://thearc.org/covidresources/?utm_source=cc&utm_medium=email&utm_campaign=covid

Disability Rights Pennsylvania Vaccine Hotline Center

Disability Rights Pennsylvania is operating a Vaccine Hotline to assist Pennsylvanians with disabilities who are interested in getting the COVID-19 vaccine Monday – Friday 9 a.m. – 3 p.m. at 1 (833) 377-2829 or vaccine@disabilityrightspa.org

Thank you for utilizing
Connecting People Across Pa to Information and Resources
January 2024

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