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One-Stop Resource Guide

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***One-Stop Resource Guide:
Answers to the Most Frequently Asked Questions***

Find Help and Services in Your Community

There are a myriad of disability, health and human service programs in every state and community however they are not always easy to find. Whether you need healthcare, home modifications, or financial assistance—we can direct you to the organizations that can help.

[Your local UCP Affiliate \(http://www.ucp.org/resources/find-local-resources\)](http://www.ucp.org/resources/find-local-resources)

UCP Affiliates provide services such as housing, physical therapy, assistive technology training, early intervention services, individual and family support, social and recreational programs, community living, state and local referrals, employment, employment assistance and advocacy.

[Centers for Independent Living \(http://www.ilru.org/html/publications/directory/index.html\)](http://www.ilru.org/html/publications/directory/index.html)

Directory of Centers for independent living (CILs) which are private, nonprofit corporations that provide services to maximize the independence of individuals with disabilities and the accessibility of the communities they live in. CIL's provide individual and systems advocacy, independent living skills training, information and referral and peer counseling.

[State Departments of Disability Services \(http://www.hhs.gov/od/topics/Resource%20Locator/resourcelocator.html\)](http://www.hhs.gov/od/topics/Resource%20Locator/resourcelocator.html)

Directory of offices that oversee the statewide delivery of individually appropriate services and supports to persons with disabilities.

[State Councils on Developmental Disabilities](#)

<http://www.nacdd.org/about-nacdd/councils-on-developmental-disabilities.aspx>

Directory of State Councils on Developmental Disabilities. Councils are federally funded programs charged with identifying the most pressing needs of people with developmental disabilities in their State or Territory. Councils work to promote self-determination, integration and inclusion for people with developmental disabilities.

[2-1-1 Information and Referral Call Centers](http://www.211.org/)

<http://www.211.org/>

Directory of 2-1-1 lines across the country. 2-1-1 are free information and referral lines for health, human and community services. 2-1-1 provides information and referral on topics such as emergency food pantries, rental assistance, public health clinics, child care resources, support groups, legal aid, and a variety of non-profit and governmental agencies.

[Aging and Disability Resource Centers](http://tinyurl.com/kivu9b)

<http://tinyurl.com/kivu9b>

Listing of Aging and Disability Resource Centers which serve as single points of entry into the long-term supports and services system for older adults and people with disabilities.

Find Financial Assistance

Financial assistance for people with disabilities can come in the form of benefit payments, vouchers, grants, subsidies, loans or rebates and often is income based.

In addition to government programs like Social Security and Medicaid, there are a variety of financial resources available from other public and private organizations, charities, and foundations. In most cases, financial assistance is distributed on the [state and local levels \(#Services\)](#). Learn more from the links below.

[UCP Bellows Fund \(http://www.ucp.org/resources/assistive-technology/bellows-fund\)](http://www.ucp.org/resources/assistive-technology/bellows-fund)

The UCP Elsie S. Bellows Fund is a national program operated by UCP that provides funds to individuals with disabilities for assistive technology equipment. Individuals can apply through their **local UCP affiliate** (http://affnet.ucp.org/ucp_general.cfm/1/7) and the affiliate submits an application on behalf of an individual to the UCP national office. Applications are reviewed for funding by the Bellows Committee.

[Social Security Disability Benefits](http://www.ssa.gov/pgm/disability.htm)

<http://www.ssa.gov/pgm/disability.htm> The Social Security Administrations provides benefits through two programs: the Social Security disability insurance program and the Supplemental Security Income (SSI) program. Learn more about these programs including eligibility, how to apply and how to appeal a claim denial.

[Medicaid and Medicare \(http://www.cms.gov/\)](http://www.cms.gov/)

All about medicaid and medicare from the Centers for Medicare and Medicaid services.

[Medicaid Waiver Programs](#)

http://www.cms.gov/MedicaidStWaivProgDemoPGI/08_WavMap.asp

These programs are state based and administered by the medicaid authority. Waiver programs may provide a combination of both traditional medical services (i.e. dental services, skilled nursing services) as well as non-medical services (i.e. respite, case management, environmental modifications) This list contains information about state-specific programs.

[Benefits.Gov \(http://www.benefits.gov/\)](http://www.benefits.gov/)

Benefits.gov (formerly GovBenefits.gov) was launched in an effort to provide citizens with easy, online access to government benefit and assistance programs.

[State Assistive Technology Programs](http://www.resnaprojects.org/allcontacts/statewidecontacts.html)

<http://www.resnaprojects.org/allcontacts/statewidecontacts.html>

Directory of the federally funded programs under the Assistive Technology Act that promote people's awareness of, and access to, assistive technology devices and services. Many programs provide funds and/or low interest loans to purchase devices.

[College Scholarships and Financial Aid](http://www.heath.gwu.edu/resources/links/financial-aid-scholarships-and-internships/)

<http://www.heath.gwu.edu/resources/links/financial-aid-scholarships-and-internships/>

Financial aid resources from the National Youth Transitions Center, an online clearinghouse on transition and postsecondary education for individuals with disabilities.

[United Healthcare Children's Foundation](http://www.uhccf.org/)

<http://www.uhccf.org/>

The Foundation provides financial assistance to families of children whose commercial insurance coverage does not fully cover the cost of treatment.

[Partnership for Prescription Assistance Programs](http://www.pparx.org/)

<http://www.pparx.org/>

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.

[Variety: The Childrens Foundation](http://www.usvariety.org/index.html)

<http://www.usvariety.org/index.html>

Administers the Variety **Kids on the Go!** program which provides funding for walkers, wheelchairs, specially-designed adaptive bikes, strollers, prosthetic limbs and other devices to families of children with disabilities.

[Disabled Children Relief Fund \(http://www.dcrf.com/\)](http://www.dcrf.com/)

The fund provides children with disabilities assistance to obtain wheelchairs, orthopedic braces, walkers, lifts, hearing aids, eyeglasses, medical equipment, physical therapy, and surgery.

What is Cerebral Palsy?

[Cerebral Palsy Quick Facts](#)

http://www.ucp.org/uploads/media_items/cerebral-palsy-fact-sheet.original.pdf

UCP's fact sheet on cerebral palsy including statistics, risk factors, and effects.

[Understanding Cerebral Palsy](#)

http://www.mychildwithoutlimits.org/?fuseaction=home.download&folder_file_id=05AFA326-CD51-F30D-49056DE55E6CA67E

In-depth guide to cerebral palsy from the My Child Without Limits web site including causes, diagnosis and classification, differential diagnoses, common health problems and treatments.

[Cerebral Palsy Podcast](#)

<http://www2c.cdc.gov/podcasts/player.asp?f=8536> This podcast from the Centers for Disease Control and Prevention (CDC) describes the causes, preventions, types, and signs and symptoms of cerebral palsy.

Laws and Advocacy

[ADA National Network](#)

<http://www.adata.org/Static/Home.aspx>

The ADA National Network provides information, guidance and training on the Americans with Disabilities Act (ADA), tailored to meet the needs of business, government and individuals at local, regional and national levels. The ADA National Network consists of ten Regional ADA National Network Centers located throughout the United States that provides personalized, local assistance to ensure that the ADA is implemented wherever possible.

[Protection and Advocacy for People with Disabilities Network](#) (<http://www.ndrn.org/en/about/paacap-network.html>)

Each state has a federally mandated protection and advocacy agency that safeguards and advances the civil and human rights of people with disabilities. Agencies provide information and referral, investigate complaints of rights violations, and work to resolve complaints through mediation, dispute resolution, and litigation.

[American Bar Association Commission on Mental and Physical Disability](#)

http://www.americanbar.org/groups/public_services/mental_physical_disability.html

The Commission carries out an array of projects and activities addressing disability-related public policy, disability law, and the professional needs of lawyers and law students with disabilities.

Disability Publications

[Ability Magazine \(http://www.abilitymagazine.com\)](http://www.abilitymagazine.com)

A leading magazine that focuses on health, disability and human potential and provides new insights on individuals levels of ability.

[Exceptional Parent \(http://www.eparent.com\)](http://www.eparent.com)

An online magazine for parents of children and young adults with disabilities, includes news forum, links, and online bookstore.

[New Mobility](http://www.newmobility.com/)

[\(http://www.newmobility.com/\)](http://www.newmobility.com/) An online magazine for users of wheelchairs, includes calendar of events and news forums.

[Journal of Developmental Medicine and Child Neurology \(http://tinyurl.com/4c3c7z4\)](http://tinyurl.com/4c3c7z4)

The official journal of the American Academy for Cerebral Palsy and Developmental Medicine (AACPD) and the British Paediatric Neurology Association (BPNA). DMCN aims to enhance the care of children by worldwide dissemination of clinical research into the wide range of neurological conditions and disabilities that affect children to researchers, health professionals concerned with developmental disability and child neurology, and others involved in the care of children and young people.