

# Quick Reference Guide:

Federal, State, County and Local Organizations: To Assist Persons Age 55 and Older with/without Disabilities

<b>AGING</b> <u>AARP</u> AARP Alabama Driver Safety, grief and loss program, help with taxes	<a href="http://www.aarp.org">http://www.aarp.org</a> <a href="http://www.aarp.org/states/al/">http://www.aarp.org/states/al/</a>
<b>AGING</b> <u>Alabama Connect</u> Database of organizations providing services Locate all nursing homes/assisted living centers By county or zip code in your area	<a href="http://www.alabamaconnect.gov/services.aspx">http://www.alabamaconnect.gov/services.aspx</a>
<b>AGING</b> <u>Alabama Department of Senior Services</u> Senior RX Program, one service of ADSS <ul style="list-style-type: none"><li>Age 55+ with chronic medical condition</li><li>Income Single/\$20,800 Couple/\$28,000 limit</li><li>Help participants apply for drug assistance</li></ul>	<a href="http://www.adss.state.al.us/cares.cfm">http://www.adss.state.al.us/cares.cfm</a> Senior Rx form: <a href="http://www.adss.state.al.us/docs/2003%20SRX%20Intake%20-%20B&amp;W.pdf">http://www.adss.state.al.us/docs/2003%20SRX%20Intake%20-%20B&amp;W.pdf</a>
<b>AGING</b> <u>DHHS Administration on Aging (AOA)</u> Information on transportation for older adults, home delivered meals, home health, respite care	<a href="http://www.aoa.dhhs.gov/eldfam/Service_Options/Service_Options.asp">http://www.aoa.dhhs.gov/eldfam/Service_Options/Service_Options.asp</a>
<b>AGING</b> <b>Jefferson County Area Agency on Aging Office of Senior Citizen Services</b> Umbrella agency for all services to elderly includes In-home services such as personal care, homemaker, minor repairs	Overview: <a href="http://www.jeffcointouch.com/jeffcointouch/oscs/OVERVIEW.asp">http://www.jeffcointouch.com/jeffcointouch/oscs/OVERVIEW.asp</a> Jefferson County Office of Senior Citizens 2601 Highland Ave S, B'ham, AL 35205 (Popular) Phone: 205-325-1416
<b>AGING-IN-PLACE</b> See Universal Design	
<b>ASSISTIVE TECHNOLOGY</b> for adults with disabilities <b>Wheelchairs, Hospital Beds, Walkers, etc.</b> AL Statewide Technology Access & Response(STAR) <b>Alabama Reutilization Program</b> The STAR program collects donated wheelchairs, walkers, lifts, and other useful assistive devices, which are rebuilt and refurbished. Clients reuse equipment. New Reutilization Inventory List posted each month. Coordinator Helen Baker 334-613-3482	<a href="http://www.rehab.state.al.us/Home/default.aspx?url=/Home/Services/VRS/STAR+System/Assistive+Technology+Centers#1">http://www.rehab.state.al.us/Home/default.aspx?url=/Home/Services/VRS/STAR+System/Assistive+Technology+Centers#1</a> Equipment itemized on above website in the link called: <a href="#">Monthly Inventory Lists</a>  Three Centers in Alabama listed below: 3R: <a href="http://opportunity-center.com/pages/?pageID=2">http://opportunity-center.com/pages/?pageID=2</a> The 3R Project: Anniston: 256-236-0807 Waste Not Program: Huntsville:256-852-5600 Mobile Recycling Project: Mobile: 1-888-923-8764
<b>BENEFITS CHECKUP</b> (created by National Council on Aging) Find help with prescription drugs, meals, utilities healthcare, housing for persons disabled/elderly	<a href="http://www.benefitscheckup.org/">http://www.benefitscheckup.org/</a> Keyword: Find more benefits
<b>CAMP</b> See Recreation	
<b>CREDIT CARD DEBT</b> <u>National Foundation for Credit Counseling</u> <u>American Consumer Credit Counseling</u> Phone: 1-800-769-3571 <ul style="list-style-type: none"><li>These 2 organizations can restructure debt</li><li>Might be able to negotiate with lenders for lower interest rate on credit card accounts</li></ul>	National Foundation: <a href="http://www.debtadvice.org">http://www.debtadvice.org</a>

Quick Reference Guide

<p><b>CREDIT REPORT Free</b></p> <ul style="list-style-type: none"> <li>• Clients are entitled to free credit report yearly</li> <li>• Go to website, select state, click “Request Report”</li> </ul>	<p><a href="http://www.annualcreditreport.com">http://www.annualcreditreport.com</a></p>
<p><b>DAY CARE for Senior Adults</b> Jefferson County Age 60 or older Elder Garden and 11 other county adult day centers</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/oscs/adult_day_care_info.asp">http://www.jeffcointouch.com/jeffcointouch/oscs/adult_day_care_info.asp</a> Centers:<a href="http://www.jeffcointouch.com/jeffcointouch/oscs/local_centers.asp">http://www.jeffcointouch.com/jeffcointouch/oscs/local_centers.asp</a></p>
<p><b>DISABILITY INFORMATON</b> State Agencies involved in employment, housing, health, transportation, benefits, technology and community life services</p>	<p><a href="http://www.disabilityinfo.gov/">http://www.disabilityinfo.gov/</a></p>
<p>Disability Organization <b>AIDS Alabama</b></p>	<p><a href="http://www.aidsalabama.org">http://www.aidsalabama.org</a></p>
<p>Disability Organization <b>Alzheimer</b> National Institute on Aging formed ADEAR <u>Alzheimer Disease Education &amp; Referral Center</u> <u>Alzheimer Care at Home from Home Instead</u></p>	<p><a href="http://www.nia.nih.gov/Alzheimers/AlzheimersInformation/AboutUs.htm">http://www.nia.nih.gov/Alzheimers/AlzheimersInformation/AboutUs.htm</a> <a href="http://www.homeinstead.com/Alzheimers/default.aspx">http://www.homeinstead.com/Alzheimers/default.aspx</a></p>
<p>Disability Organization <b>ANAD</b> National Association for Eating Disorders Such as <b>Anorexia Nervosa</b> and <b>Associated Disorders</b></p>	<p><a href="http://www.anad.org/2901.html">http://www.anad.org/2901.html</a></p>
<p>Disability Organization <b>Attention Deficit Disorder</b> Centers for Disease Control (Federal) ADHD Summer Treatment Program at UAB</p>	<p><a href="http://www.cdc.gov/ncbddd/adhd/">http://www.cdc.gov/ncbddd/adhd/</a> <a href="http://circ-uab.infomedia.com/content.asp?id=98821">http://circ-uab.infomedia.com/content.asp?id=98821</a></p>
<p>Disability Organization <b>Autism</b></p>	<p><a href="http://www.autism-alabama.org">http://www.autism-alabama.org</a></p>
<p>Disability Organization <b>Brain Injury (TBI)</b> Alabama Head Injury Foundation UAB Traumatic Brain Injury Model System Booklet: JAN Job Accommodation Network for TBI State VR on TBI</p>	<p><a href="http://www.ahif.org">http://www.ahif.org</a> <a href="http://www.uab.edu/tbi">http://www.uab.edu/tbi</a> <a href="http://www.jan.wvu.edu/media/BrainInjury.pdf">http://www.jan.wvu.edu/media/BrainInjury.pdf</a> <a href="http://www.rehab.state.al.us/Home/default.aspx?url=/home/services/vrs/tbi/Main">http://www.rehab.state.al.us/Home/default.aspx?url=/home/services/vrs/tbi/Main</a></p>
<p>Disability Organization <b>Cystic Fibrosis</b> Cystic Fibrosis Foundation</p>	<p><a href="http://www.cff.org">http://www.cff.org</a></p>
<p>Disability Organization <b>Developmental Disabilities</b></p> <ul style="list-style-type: none"> <li>• Alabama Council for Developmental Disabilities</li> <li>• Civitan-Sparks Clinic at UAB</li> </ul>	<p><a href="http://acdd.org">http://acdd.org</a> <a href="http://circ-uab.infomedia.com/content.asp?id=99538">http://circ-uab.infomedia.com/content.asp?id=99538</a></p>
<p>Disability Organization <b>Down Syndrome</b> National Down Syndrome Society Parents Advocates Down syndrome National Down Syndrome Congress Center</p>	<p><a href="http://www1.ndss.org/">http://www1.ndss.org/</a> <a href="http://www.parentadvocatesdownsyndrome.com">http://www.parentadvocatesdownsyndrome.com</a> <a href="http://www.ndscenter.org/">http://www.ndscenter.org/</a></p>
<p>Disability Organization <b>Easter Seals</b></p> <ul style="list-style-type: none"> <li>• Provide support to people with disabilities</li> <li>• Easter Seals and Goodwill</li> <li>• Easter Seals of West Alabama</li> </ul>	<p><a href="http://www.easter-seals.org">http://www.easter-seals.org</a> <a href="http://www.goodwill-easterseals.org">http://www.goodwill-easterseals.org</a> <a href="http://www.eastersealswestal.org">http://www.eastersealswestal.org</a></p>
<p>Disability Organization <b>Epilepsy</b></p> <ul style="list-style-type: none"> <li>• Epilepsy Foundation of South Alabama</li> </ul>	<p><a href="http://epilepsyfoundation.org">http://epilepsyfoundation.org</a> <a href="http://www.epilepsyfoundation.org/SouthAlabama">http://www.epilepsyfoundation.org/SouthAlabama</a></p>
<p>Disability Organization <b>(Alabama) Goodwill</b></p>	<p><a href="http://www.goodwill.org/states/al/index.htm">http://www.goodwill.org/states/al/index.htm</a></p>
<p>Disability Organization <b>Hearing Impairments</b></p> <ul style="list-style-type: none"> <li>• Alabama Association of the Deaf</li> </ul>	<p><a href="http://www.aldeaf.org/">http://www.aldeaf.org/</a></p>

Quick Reference Guide

<ul style="list-style-type: none"> <li>Hearing Loss Association of America</li> <li>AL Institute for the Deaf and Blind</li> <li>Alabama Relay provides telephone services Between those who can hear and the deaf</li> </ul>	<a href="http://www.hearingloss.org/">http://www.hearingloss.org/</a> <a href="http://www.aidb.org">http://www.aidb.org</a> <a href="http://www.alabamarelay.com/index.php">http://www.alabamarelay.com/index.php</a>
<p>Disability Organization <b>Learning Disabilities</b></p> <ul style="list-style-type: none"> <li>Civitan-Sparks Clinic at UAB</li> <li>Learning Disabilities Association of Alabama</li> <li>Madison Learning Differences</li> <li>International Dyslexia Association</li> </ul>	<a href="http://circ-uab.infomedia.com/content.asp?id=99538">http://circ-uab.infomedia.com/content.asp?id=99538</a> <a href="http://www.lidaal.org">http://www.lidaal.org</a> <a href="http://www.madison.com/communities/ldn/">http://www.madison.com/communities/ldn/</a> <a href="http://www.interdys.org/">http://www.interdys.org/</a>
<p>Disability Organization <b>Mental Health</b> <b>Mental Retardation</b></p> <ul style="list-style-type: none"> <li>NAMI Alabama</li> <li>AL Dept of Mental Health and Mental Retardation (Substance Abuse)</li> <li>The Arc of Alabama</li> <li>National Mental Health Association</li> </ul>	<a href="http://www.namialabama.org">http://www.namialabama.org</a> <a href="http://www.mh.alabama.gov/">http://www.mh.alabama.gov/</a> <a href="http://www.thearcofalabama.com">http://www.thearcofalabama.com</a> <a href="http://www.nmha.org/">http://www.nmha.org/</a>
<p>Disability Organization <b>Multiple Sclerosis</b></p> <ul style="list-style-type: none"> <li>Alabama Chapter of the National Multiple Sclerosis Society</li> </ul>	<a href="http://www.nationalmssociety.org">http://www.nationalmssociety.org</a> <a href="http://www.nationalmssociety.org/alc">http://www.nationalmssociety.org/alc</a>
<p>Disability Organization <b>Speech and Hearing</b> Speech and Hearing Association of Alabama</p> <ul style="list-style-type: none"> <li>Alabama Relay provides telephone services between those who can hear and the deaf</li> </ul>	<a href="http://www.alabamashaa.org">http://www.alabamashaa.org</a> <a href="http://www.alabamarelay.com/index.php">http://www.alabamarelay.com/index.php</a>
<p>Disability Organization <b>Spina Bifida</b> Spina Bifida Association of Alabama</p>	<a href="http://www.sbaofal.org">http://www.sbaofal.org</a>
<p>Disability Organization <b>Spinal Cord Injury</b></p> <ul style="list-style-type: none"> <li>Spinal Cord Injury Information Network</li> </ul>	<a href="http://www.spinalcord.uab.edu">http://www.spinalcord.uab.edu</a>
<p>Disability Organization <b>Tourette Syndrome</b> Tourette Syndrome Association, Inc.</p>	<a href="http://tsa-usa.org/">http://tsa-usa.org/</a>
<p>Disability Organization <b>United Cerebral Palsy</b></p> <ul style="list-style-type: none"> <li>UCP of Mobile</li> <li>UCP of Greater Birmingham</li> </ul>	<a href="http://www.ucp.org">http://www.ucp.org</a> <a href="http://www.ucpmobile.org">http://www.ucpmobile.org</a> <a href="http://www.ucpbham.com">http://www.ucpbham.com</a>
<p>Disability Organization <b>Visual Impairments</b></p> <ul style="list-style-type: none"> <li>American Foundation for the Blind</li> <li>Alabama Regional Library for Blind/Handicapped</li> <li>Alabama Institute for the Deaf and Blind</li> </ul>	<a href="http://www.afb.org">http://www.afb.org</a> Library: <a href="http://www.apls.state.al.us/webpages/services/BPH/BPHServices.htm">http://www.apls.state.al.us/webpages/services/BPH/BPHServices.htm</a> <a href="http://www.aidb.org">http://www.aidb.org</a>
<p><b>DRUGS</b> Free (See Prescription Medications Free)</p>	
<p><b>EMPLOYMENT of People with Disabilities</b></p> <p>State: AL Dept of Rehabilitation Services (ADRS)            Local: AL State Vocational Rehabilitation Services            236 Goodwin Drive, Homewood, AL 35209            Phone: 205-290-4400            ALA-WIN (Alabama Work Incentives)</p>	
<p>State:  <a href="http://www.rehab.state.al.us">http://www.rehab.state.al.us</a></p> <p>ALA-WIN</p>	

Quick Reference Guide

<p>How working effects recipients of SSDI and SSI</p> <p><b>Ticket to Work Program</b></p> <p>Helps SSDI and SSI recipients find employment</p>	<p><a href="http://www.alawin.org">http://www.alawin.org</a></p> <p><a href="http://www.ssa.gov/work/">http://www.ssa.gov/work/</a></p> <p><a href="http://www.socialsecurity.gov/OP_Home/cfr20/411/411-0120.htm">http://www.socialsecurity.gov/OP_Home/cfr20/411/411-0120.htm</a></p>
<p><b>EMPLOYMENT of Seniors</b> Jefferson County</p> <p><b>Senior AIDES</b> Train persons age 55 and older who have limited funds to work 20 hrs/wk as library assistants, food service, nursing assistants</p>	<p><a href="http://jeffco.jccal.org/portal/page?_pageid=314,56090&amp;_dad=portal&amp;_schema=PORTAL">http://jeffco.jccal.org/portal/page?_pageid=314,56090&amp;_dad=portal&amp;_schema=PORTAL</a></p>
<p><b>EMPLOYMENT Workforce Investment Act</b></p> <p><u>One-Stop Career Center</u></p> <p>3440 Third Avenue South</p> <p>Birmingham, AL 35222 Phone: 205-254-1300</p> <p>Alabama One-Stop Career Centers</p>	<p><a href="http://www.doleta.gov/usworkforce/">http://www.doleta.gov/usworkforce/</a></p> <p>Birmingham Jefferson County Career Center link below:</p> <p><a href="http://www.servicelocator.org/search/etasearchoffice.asp?zip=&amp;city=&amp;state=al">http://www.servicelocator.org/search/etasearchoffice.asp?zip=&amp;city=&amp;state=al</a></p>
<p><b>ENERGY ASSISTANCE Gas/Electric Bills</b></p> <p>LIHEAP (Federal -Health and Human Services)</p> <p>Low Income Home Energy Assistance Program</p> <p>LIHEAP (State of Alabama)</p> <p><u>Alabama Power</u></p> <ul style="list-style-type: none"><li>• Customers on SSI or AFDC (Aid to Families with Dependent Children)</li><li>• Will not be charged \$8.91 monthly</li><li>• To apply call: 1-800-245-2244</li></ul> <p><u>Alagasco</u></p> <ul style="list-style-type: none"><li>• Customers on SSI or AFDC (Aid to Families With Dependent Children)</li><li>• Will not be billed a monthly \$8 customer charge</li><li>• To apply, take your Medicaid card to customer's local Alagasco office</li></ul>	<p>Federal:</p> <p><a href="http://www.acf.hhs.gov/programs/ocs/liheap/">http://www.acf.hhs.gov/programs/ocs/liheap/</a></p> <p>State:</p> <p><a href="http://www.liheap.ncat.org/profiles/Alabama.htm">http://www.liheap.ncat.org/profiles/Alabama.htm</a></p> <p>Brochure:</p> <p><a href="http://www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.pdf">http://www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.pdf</a></p> <p>Alagasco free inspections for persons receiving SSI</p> <p><a href="http://www.alagasco.com/fw/main/Customer_Assistance_Programs-120.html">http://www.alagasco.com/fw/main/Customer_Assistance_Programs-120.html</a></p> <ol style="list-style-type: none"><li>1) Free repair if work can be done in an hour</li><li>2) Parts might be charged to bill</li><li>3) June 1 to Aug 31</li></ol>
<p><b>ENERGY ASSISTANCE Project Share</b></p> <p>Alabama Power and Alagasco and Red Cross maintain</p> <p>Customers donate money with gas/electric bills</p> <p>Red Cross distributes funds in Project Share</p> <p>Project Share locations in Birmingham at link</p>	<p>Scroll down to Energy Resources</p> <p><a href="http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605">http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605</a></p>
<p><b>FINANCIAL AID to purchase wheelchair, ramp, etc.</b></p> <p><u>Alabama Ability Loans</u></p> <p>Low interest rate loans from SouthTrust to purchase equipment for persons with disabilities through state VR services</p>	<p><a href="http://www.rehab.state.al.us/Home/default.aspx?url=/Home/Services/VRS/STAR+System/Ability+Loans#3">http://www.rehab.state.al.us/Home/default.aspx?url=/Home/Services/VRS/STAR+System/Ability+Loans#3</a></p>
<p><b>FOOD</b> <u>Angel Food Ministries</u> (Grocery Assistance)</p> <ul style="list-style-type: none"><li>• Pay \$30 and receive a large box of food</li><li>• Distributed on monthly basis</li><li>• Pickup at a church near your house</li><li>• Menu changes monthly</li><li>• No paperwork, just pay \$30 and food is available</li></ul>	<p><a href="http://www.angelfoodministries.com">http://www.angelfoodministries.com</a></p>

Quick Reference Guide

<ul style="list-style-type: none"> <li>No income requirements</li> </ul>	
<p><b>FOOD Meals</b> <u>Congregate Meals at Jefferson County Senior Center Locations</u></p> <p>Noontime meal with activity for persons age 60+ At one of 31 senior centers located in Jeff County</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/oscs/senior_centers.asp">http://www.jeffcointouch.com/jeffcointouch/oscs/senior_centers.asp</a></p> <p>Small fee charged for meal</p>
<p><b>FOOD</b> Meals on Wheels P O Box 55449 Birmingham, AL 35255 Phone: 205-592-0413</p>	<p><a href="http://www.mowaa.org/">http://www.mowaa.org/</a> Scroll down to Food resources: Meals on Wheels <a href="http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605">http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605</a></p>
<p><b>FOOD Red Mountain Market</b></p> <p>Order Food products online and company delivers Delivery fee of \$6.95 (same day) or \$5.95 (next day) Do not tip delivery person when groceries arrive Service available to certain zip codes (Hoover, Homewood, and Vestavia has service) Enter zip code to see if client is in service area</p>	<p><a href="http://www.redmountainmarket.com/index.php">http://www.redmountainmarket.com/index.php</a></p> <p>Great service for persons who are homebound and need only bread, milk, cheese, lunchmeat, etc.</p> <p>If company does not have your product online, they will get the product on the shelf and make it available.</p>
<p><b>FOOD STAMP PROGRAM</b></p> <p>Eligibility Tool from FNS (Food and Nutrition Service)</p> <p>Administered by Alabama Department Human Resources</p> <p>AL Food Stamp Application download(take to local office) Phone: Alabama Food Stamp Hotline: 334-242-1700</p>	<p>Federal: Information: <a href="http://www.fns.usda.gov/fsp/">http://www.fns.usda.gov/fsp/</a> Federal: Eligible Tool: <a href="http://65.216.150.143/fns/">http://65.216.150.143/fns/</a></p> <p>State: <a href="http://www.dhr.state.al.us/page.asp?pageid=159">http://www.dhr.state.al.us/page.asp?pageid=159</a> Application Below: <a href="http://www.dhr.state.al.us/large_docs/Food%20Stamp%20Application.PDF">http://www.dhr.state.al.us/large_docs/Food%20Stamp%20Application.PDF</a></p>
<p><b>GASOLINE PRICES</b> – lowest cost in surrounding areas Using the internet key in zip code</p> <p>Using cell phone company sends text message NOTE: gasbuddy is free, but might incur phone charges for text messaging</p>	<p>Internet: <a href="http://gasprices.mapquest.com">http://gasprices.mapquest.com</a></p> <p>Cell Phone text messaging: <a href="http://gasbuddy.com">http://gasbuddy.com</a></p>
<p><b>HEALTH CENTERS and Clinics – Jefferson County Department of Health</b></p> <p>Outpatient care for underinsured and uninsured Residents Dental care for adults on Medicaid to age 20 Dental care for All Kids to age 18</p>	<p><a href="http://www.jcdh.org/CS/HealthCenterClinics.aspx">http://www.jcdh.org/CS/HealthCenterClinics.aspx</a></p> <p>Accepts: Medicare, Medicaid, AllKids, Blue Cross Does not accept: HMO or TriCare except family planning</p>
<p><b>HEALTH CENTERS and Clinics – Cooper Green Neighborhood Clinics</b></p> <p>Location of 5 community based clinics</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29e.html">http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29e.html</a></p>
<p><b>HEALTH INSURANCE</b> Affiliated with Cooper Green for the uninsured in Jefferson County <b>Community Care Plan</b> at neighborhood clinics Family of 4 with income of \$ 15,000 pays \$342 year</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29f.html">http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29f.html</a></p>
<p><b>HEALTH RECORD ONLINE Electronic EPI</b></p> <p>EPI Emergency Patient Information Database maintained by Blue Cross free of charge Do not have to fill in all blanks (such as SSN)</p>	<p>Worksheet: <a href="https://www.myepi.net/epi_PrepWorksheet.pdf">https://www.myepi.net/epi_PrepWorksheet.pdf</a> Website: <a href="https://www.myepi.net/index.cfm">https://www.myepi.net/index.cfm</a></p>

Quick Reference Guide

Will be issued EPI card (free of charge)	
<b>HOSPITAL CARE</b> <b>Cooper Green</b> Hospitalization for those with no insurance Can get <b>HealthFirst (Blue Card)</b> Requirements and pay scale example at link	<a href="http://www.coopergreenmercyhospital.org/default">http://www.coopergreenmercyhospital.org/default</a>  <a href="http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29g.html">http://www.jeffcointouch.com/jeffcointouch/departments/CooperGreenHospital/dd29g.html</a>
<b>HOUSING</b> AARP – Housing options for older adults	<a href="http://www.aarp.org/families/housing_choices/">http://www.aarp.org/families/housing_choices/</a>
<b>HOUSING</b> For persons with <b>AIDS</b>	<a href="http://www.aidsalabama.org/programs.html">http://www.aidsalabama.org/programs.html</a>
<b>HOUSING</b> <u>Habitat for Humanity Greater Birmingham</u> Eligibility \$700 down payment 300 hours construction work Eligibility and requirements explained in booklet. Must attend workshop to get application. Call for workshop appointment: 205-780-1234	<a href="http://www.habitatbirmingham.org">http://www.habitatbirmingham.org</a>  Booklet at address below: <a href="http://www.habitatbirmingham.org/files/Homeownership%20Program%20Manual%2008.pdf">http://www.habitatbirmingham.org/files/Homeownership Program Manual 08.pdf</a>
<b>HOUSING</b> HUD Housing and Urban Development HUD of Alabama Why choose an FHA loan when house buying Homes US Government is selling	<a href="http://www.hud.gov/local/index.cfm?state=al">http://www.hud.gov/local/index.cfm?state=al</a> <a href="http://www.hud.gov/fha/choosefha.cfm">http://www.hud.gov/fha/choosefha.cfm</a> <a href="http://homesales.gov">http://homesales.gov</a>
<b>INDEPENDENT LIVING</b> <ul style="list-style-type: none"> <li>Independent Living Center (Birmingham)</li> <li>Independent Living Center (Alabaster)</li> <li>Independent Living Center (Mobile)</li> </ul>	<a href="http://www.ilrgb.org/index.html">http://www.ilrgb.org/index.html</a> <a href="http://www.ilrgb.org">http://www.ilrgb.org</a> <a href="http://www.ilcmobile.org">http://www.ilcmobile.org</a>
<b>INSURANCE</b> State of Alabama Dept of Insurance Brochures on life, health, auto, cancer, home Insurance (Customer purchases )	<a href="http://www.aldoi.org">http://www.aldoi.org</a> Brochures: <a href="http://www.aldoi.gov/Consumers/Brochures.aspx">http://www.aldoi.gov/Consumers/Brochures.aspx</a>
<b>JOBS</b> for Disabled /Seniors– See Employment/Work	
<b>LEGAL</b> Protection and Advocacy Alabama Disabilities Advocacy Program (ADAP)	<a href="http://www.adap.net">http://www.adap.net</a>
<b>LIBRARY</b> <b>Alabama Virtual Library (AVL)</b> Free access to encyclopedias/magazines online Library card required to sign up for AVL Go to local library to request ID and password card	<a href="http://www.avl.lib.al.us/">http://www.avl.lib.al.us/</a>
<b>LIBRARY</b> <u>AL Regional Library for Blind &amp; Physically Handicapped</u> Books available in cassette and Braille. Cassette player provided if patron reads 1 book/year.	Library: <a href="http://www.apls.state.al.us/webpages/services/BPH/BPHServices.htm">http://www.apls.state.al.us/webpages/services/BPH/BPHServices.htm</a>
<b>LIBRARY</b> <u>BOOKS-BY-MAIL</u> Free service Provided by Jefferson Co Library Coop For elderly and homebound who do not travel Can check out 4 books for 4 weeks, no late fees Books are mailed and returned with postage paid	<a href="http://www.jclc.org/services/booksbyrna.aspx">http://www.jclc.org/services/booksbyrna.aspx</a> Phone: 205-925-6178
<b>MEDICAID</b> State of Alabama Alabama Medicaid	<a href="http://www.medicaid.state.al.us">http://www.medicaid.state.al.us</a>

## Quick Reference Guide

### MEDICAL INFORMATION ONLINE

#### Mayo Clinic Online

- Definitions of medical terms and conditions
- Drug (name, use, reactions)
- First Aid Procedures, slideshows, video

#### Medline Plus **audio**

- Medical condition slideshow with sound
- Surgery videos

#### Merck Manual Online **audio**

- Audio pronunciation of medical terms

#### NIH Senior Health **audio**

Medical conditions described (audio and large print)

#### WebMd

Mayo <http://www.mayoclinic.com/>

Medline <http://www.nlm.nih.gov/medlineplus/>  
Keyword: Interactive tutorials.

Merck <http://www.merck.com/mmhe/resources/pronunciations/index/a.html>

NIH Senior Health slideshows have audio:  
<http://nihseniorhealth.gov/> Turn on sound in top tab.

WebMd <http://www.webmd.com/>

### MEDICINE Free or Reduced Rate (See Prescriptions)

#### MORTGAGE ASSISTANCE

##### Department of Housing and Urban Development

- Having a difficult time paying mortgage payment
- Signed adjustable mortgage rate and can't pay it
- Phone: 1-800-569-4287

<http://www.hud.gov>

##### Homeownership Preservation Foundation

- Helps individuals keep home
- Customers who struggle to pay mortgage
- Phone: 1-888-995-HOPE

<http://www.995hope.org>

### PRESCRIPTION MEDICATIONS – Free or Reduced Rate

#### Partnership for Prescription Assistance **(Popular)**

- Help with copay and medicine
- Aids 4 million Americans
- Toll Free 1-888-477-2669

<http://www.pparx.org>

#### Wal-Mart Prescriptions \$4 **(Popular)**

[http://i.walmart.com/i/if/hmp/fusion/4\\_dollar\\_Prescription\\_alpha20080317.pdf](http://i.walmart.com/i/if/hmp/fusion/4_dollar_Prescription_alpha20080317.pdf)

#### Together Rx

<http://www.togetherrxaccess.com/Tx/jsp/home.jsp>

#### RxAssist – Patient Assistance Center

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

#### RxHope

<https://www.rxhope.com/>

#### NeedyMeds.com

<http://www.needymeds.com/>

### PRESCRIPTION MEDS by COMPANY

#### who produces drug

##### Abbott Patient Assistance Program

[http://www.abbott.com/global/url/content/en\\_US/40.40.20.3:3/general\\_content/General\\_Content\\_00066.htm](http://www.abbott.com/global/url/content/en_US/40.40.20.3:3/general_content/General_Content_00066.htm)

##### AstraZeneca Patient Assistance Program

<http://www.astrazeneca-us.com/help-affording-your-medicines/>

##### Bridge to Access (GlaxoSmithKline)

<http://www.bridgestoaccess.com/>

##### Lily Direct Patient Assistance

[http://www.lilly.com/products/access/direct\\_patient.html](http://www.lilly.com/products/access/direct_patient.html)

##### MerkHelps

<http://www.merck.com/merckhelps/>

##### Novartis Patient Assistance Program

<http://www.pharma.us.novartis.com/about-us/our-patient-caregiver-resources/pap-enrollment.jsp>

## Quick Reference Guide

<p><u>Ortho-McNeil</u>, Inc. Patient Assistance Program <u>Pfizer</u> Patient Assistance <u>Roche</u> U.S. Pharmaceuticals</p> <p><u>Schering-Plough</u> Patient Assistance Program</p>	<p><a href="http://www.ortho-mcneil.com/ortho-mcneil/company_pap.html">http://www.ortho-mcneil.com/ortho-mcneil/company_pap.html</a> <a href="http://www.pfizer.com/responsibility/">http://www.pfizer.com/responsibility/</a> <a href="http://www.rocheusa.com/programs/patientassist.asp">http://www.rocheusa.com/programs/patientassist.asp</a></p> <p><a href="http://www.schering-plough.com/schering_plough/pc/patient_programs.jsp">http://www.schering-plough.com/schering_plough/pc/patient_programs.jsp</a></p>
<p><b>RECREATION Camp</b> ASCCA Alabama Special Camp for Children &amp; Adults</p>	<p><a href="http://www.campascca.org/">http://www.campascca.org/</a></p>
<p><b>RECREATION</b> <u>Lakeshore Foundation</u> Hunting, fishing, boating, swimming, basketball, exercise programs, tennis, Paralympics training for persons with disabilities and in wheelchairs</p>	<p><a href="http://www.lakeshore.org">http://www.lakeshore.org</a></p>
<p><b>RECREATION</b> Books see <b>Library</b></p>	
<p><b>REHABILITATION</b> Jefferson County <u>Jefferson Rehabilitation and Health Center</u> Non-profit operated by Jeff County Commission</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/directory/JeffersonRehabilitation.pdf">http://www.jeffcointouch.com/jeffcointouch/directory/JeffersonRehabilitation.pdf</a></p>
<p><b>RESPIRE</b></p> <ul style="list-style-type: none"><li>Alabama Respite Resource Network</li><li>Home Instead Senior Care, Inc (Hoover) Telephone: 205-822-1915</li><li><b>Checklist</b> to give caregivers who provide assistance</li></ul>	<p><a href="http://alabamarespite.org">http://alabamarespite.org</a> <a href="http://homeinstead.com">http://homeinstead.com</a> (Business) <a href="http://www.efmoody.com/longterm/respit checklist.html">http://www.efmoody.com/longterm/respit checklist.html</a></p>
<p><b>RESOURCES for Seniors in Birmingham (Listing only)</b> Housing, health at home, professional services Click on "local links" for Birmingham organizations</p>	<p><a href="http://www.seniorsresourceguide.com/directories/Birmingham/search_topics.html">http://www.seniorsresourceguide.com/directories/Birmingham/search_topics.html</a> (Includes Businesses)</p>
<p><b>SOCIAL SECURITY</b></p> <ul style="list-style-type: none"><li>Apply for SSI or SSDI Online</li><li>Apply for Social Security at age 62 or 65</li></ul>	<p><a href="http://www.ssa.gov/d&amp;s1.htm">http://www.ssa.gov/d&amp;s1.htm</a> <a href="https://secure.ssa.gov/apps6z/ISBA/main.html">https://secure.ssa.gov/apps6z/ISBA/main.html</a></p>
<p><b>STATE GOVERNMENT</b> State of Alabama <u>Governor Robert R. Riley</u> State Capitol 600 Dexter Avenue Montgomery, AL 36130 <u>Senator Jeff Sessions</u> 335 Russell Senate Office Building Washington, DC 20510 <u>Senator Richard C. Shelby</u> 110 Hart Senate Office Building Washington, DC 20510</p>	<p><a href="http://www.alabama.gov">http://www.alabama.gov</a> <a href="http://www.governor.state.al.us">http://www.governor.state.al.us</a> <a href="http://sessions.senate.gov">http://sessions.senate.gov</a> email: <a href="mailto:senator@sessions.senate.gov">senator@sessions.senate.gov</a> <a href="http://shelby.senate.gov">http://shelby.senate.gov</a> email: <a href="mailto:senator@shelby.senate.gov">senator@shelby.senate.gov</a></p>
<p><b>TRANSPORTATION</b> Jefferson County <u>Office of Senior Citizens Service</u> Transportation services for those who qualify</p>	<p><a href="http://www.jeffcointouch.com/jeffcointouch/oscs/transportation.asp">http://www.jeffcointouch.com/jeffcointouch/oscs/transportation.asp</a></p>

Quick Reference Guide

<p><b>TRANSPORTATION MAX</b> (Metro Area Express) <u>Birmingham Jefferson County Transit Authority</u> Bus system</p> <p>Special Services of MAX includes transportation for persons in wheelchairs.</p>	<p><a href="http://www.bjcta.org/riding/paratransit_riders_guide.cfm">http://www.bjcta.org/riding/paratransit_riders_guide.cfm</a> <b>Paratransit (VIP) Service</b> Vehicles have lifts and accommodate wheelchair. Must complete an application to use. <b>CLASTRAN</b> <a href="http://www.clastran.com">http://www.clastran.com</a></p>
<p><b>TRANSPORTATION Resources in Community</b> Supplied by various agencies in the Birmingham area</p>	<p>Scroll down to the bottom of the screen <a href="http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605">http://www.seniorsresourceguide.com/directories/Birmingham/search.php?region=AL01&amp;topic=605</a></p>
<p><b>UNEMPLOYMENT COMPENSATION</b> Filed with State of Alabama <u>Alabama Department of Industrial Relations</u> Unemployment Compensation</p> <ul style="list-style-type: none"><li>• Benefits usually last 26 weeks</li><li>• Amount per week (\$45 to \$235 based on prior income)</li></ul>	<p>General information: <a href="http://dir.alabama.gov/uc/">http://dir.alabama.gov/uc/</a></p> <p>File Claim: <a href="https://dir.alabama.gov/uc/ICCS/default.aspx">https://dir.alabama.gov/uc/ICCS/default.aspx</a></p>
<p><b>UNIVERSAL DESIGN or Aging-in-place</b> UAB Website: Accessible Homes and Buildings <u>AARP Families/Home Design Checklist</u> for Bathroom, Kitchen, Special Needs, (Doors, Floors, Halls) <b>Universal Design</b> Prince William Aging in Place <a href="http://www.pwcgov.org/aoa">www.pwcgov.org/aoa</a> <u>Easy Living with Universal Design Checklist</u> p. 7-11 <b>Universal Design</b> Easter Seals and Century 21 <u>Easy Access Housing for Easier Living</u></p>	<p><a href="http://www.spinalcord.uab.edu/show.asp?durki=24440">http://www.spinalcord.uab.edu/show.asp?durki=24440</a> <b>Checklist link below:</b> <a href="http://www.aarp.org/families/home_design/rate_home/">http://www.aarp.org/families/home_design/rate_home/</a> <b>Checklist link below:</b> Page 8 <a href="http://www.pwcgov.org/docLibrary/PDF/003462.pdf">http://www.pwcgov.org/docLibrary/PDF/003462.pdf</a> <b>Checklist link below: NAHB Recommends</b> <a href="http://www.toolbase.org/Home-Building-Topics/Universal-Design/aging-in-place-checklists">http://www.toolbase.org/Home-Building-Topics/Universal-Design/aging-in-place-checklists</a> <b>Brochure on Universal Design to give client link below:</b> <a href="http://www.easterseals.com/site/DocServer/Easy_Access_Housing.pdf?docID=11023">http://www.easterseals.com/site/DocServer/Easy_Access_Housing.pdf?docID=11023</a></p>
<p><b>VIOLENCE</b> against Individuals with Disabilities Alabama Coalition Against Domestic Violence Alabama Coalition Against Rape</p>	<p><a href="http://www.acadv.org/">http://www.acadv.org/</a> <a href="http://www.acar.org">http://www.acar.org</a></p>
<p><b>VIOLENCE</b> Rape Response <u>Crisis Center (Jefferson County)</u> 3600 8<sup>th</sup> Avenue South, Suite 501 Birmingham, AL 35222 Phone: 205-323-7273</p>	<p><a href="http://www.crisiscenterbham.com">http://www.crisiscenterbham.com</a></p>
<p><b>WHEELCHAIRS</b> (UAB created listing) See also Assistive Technology</p>	<p><a href="http://www.spinalcord.uab.edu/show.asp?durki=21664&amp;site=1021&amp;return=24443">http://www.spinalcord.uab.edu/show.asp?durki=21664&amp;site=1021&amp;return=24443</a></p>
<p><b>WORK-AT-HOME</b> Legitimate at home jobs for persons with disabilities <b>NTI National Telecommuting Institute</b> <b>Alpine Access</b> (Office Depot , Vermont Teddy Bear - Clients) <b>Cloud 10</b> <b>Convergys</b> <b>Home Base USA</b> (Hires military wives -virtual assistants) <b>Language Line Services</b> (know different languages) <b>LiveOps</b> <b>Reps For Rent</b></p>	<p><a href="http://www.nticentral.org/apply/a0035.shtm">http://www.nticentral.org/apply/a0035.shtm</a> <a href="http://www.alpineaccess.com">http://www.alpineaccess.com</a> <a href="http://www.cloud10corp.com/careercenter/ahp.html">http://www.cloud10corp.com/careercenter/ahp.html</a> <a href="http://www.convergysworkathome.com/">http://www.convergysworkathome.com/</a> <a href="http://www.homebase-usa.com">http://www.homebase-usa.com</a> <a href="http://www.languageline.com/page/interpreter_become/">http://www.languageline.com/page/interpreter_become/</a> <a href="http://www.liveops.com">http://www.liveops.com</a> <a href="http://www.repsforrent.com">http://www.repsforrent.com</a></p>



Fisher, A. (2007). *Commute to work in 30 seconds*. Retrieved April 19, from <http://www.cnnmoney.com>

Gardner, M. (2007). Outsourcing comes home. *The Christian Science Monitor*. Retrieved April 19, 2007 from <http://www.csmonitor.com>

Howard, C. (2007). *Would you like to work from home?* Retrieved February 24, 2008 from [http://clarkhoward.com/topics/workathome\\_help.html](http://clarkhoward.com/topics/workathome_help.html)

Joachim, D. (2006, March 1). Computer technology opens a world of work to disabled people. *The New York Times*. Retrieved April 19, 2008 from <http://www.nytimes.com/2006/03/01/technology/01disable.html>

Johnson, T. (2006, August 30). Need flexibility? Work from home. *ABC News*. Retrieved April 19, 2008 from <http://abcnews.go.com/print?id=2371804>

Lupus Foundation. (n.d.). *Prescription Medications*. Retrieved April 30, 2008 from [www.lupus.org/webmodules/webarticlesnet/templates/new\\_resourcespatient.aspx?articleid=174&zoneid=39](http://www.lupus.org/webmodules/webarticlesnet/templates/new_resourcespatient.aspx?articleid=174&zoneid=39)

United Cerebral Palsy. (2004). *One-Stop Resource Guide: Alabama*. Retrieved April 30, 2008 from [http://www.ucp.org/ucp\\_channelres.cfm/1/11/57/4838](http://www.ucp.org/ucp_channelres.cfm/1/11/57/4838)

Weston, L. P. (2007). *Real work-at-home jobs*. Retrieved April 10, 2008 from <http://articles.moneycentral.msn.com/CollegeAndFamily/RaiseKids/4realJobsYouCanDoFrom>

Willis, G. (2007). *How to earn more from home*. Retrieved April 19, 2008 from <http://www.cnnmoney.com>

Willis, G. (2008). *Hard Times*. CNN Broadcast (Television show)