

# Information About Resources

## Arc of New Jersey:

The Arc of New Jersey is made up of one statewide office and nineteen county offices. The Arcs provides many different services and programs to people with developmental disabilities and their families. In addition, the Arc of New Jersey's website has a lot of good information about ways you can advocate for people with disabilities at the state and federal level.

*Want to learn more?*

Call: 732- 246-2525

On the web: <http://www.arcnj.org/> (use this to get contact information for your own county Arc)

## Association for Persons in Supported Employment (APSE):

APSE: The Network on Employment works to make it easier for people with disabilities to work in their communities. It does this through advocacy and education.

*Want to learn more?*

Call: 804-278-9187

On the web: <http://www.apse.org/aboutapse.html>

## **Centers for Independent Living (CILs), also known as Independent Living Centers (ILCs):**

Centers for Independent Living (CILs) are also known as Independent Living Centers (ILCs). People with disabilities are in charge of CILs. Their goal is to help people with all kinds of disabilities live as independently as possible in their own communities. They do this by providing information and by helping people advocate for themselves. There are nearly 500 CILs in the USA.

Want to learn more?

On the web: <http://www.ilusa.com/links/ilcenters.htm> (look for contact information for your local CIL)

## **Cerebral Palsy of New Jersey:**

Cerebral Palsy of New Jersey provides many types of services to people with all disabilities. The supports they offer include rehabilitation services, help with finding jobs, family support, and advocacy.

*Want to learn more?*

Call: 888-322-1918

On the web: <http://www.cpofnj.org/>

## **Commission for the Blind and Visually Impaired (CBVI):**

The Commission for the Blind and Visually Impaired (CBVI) provides supports for people in New Jersey who are blind or visually impaired. It has many different educational services for children, job services for older teens and adults, and independent living services for people of all ages.

*Want to learn more?*

Call: 973-648-2412

On the web: [www.state.nj.us/humanservices/cbvi](http://www.state.nj.us/humanservices/cbvi)

## **DisabilityInfo.gov:**

DisabilityInfo.gov is a website that makes it easier to find disability-related resources that are provided by the federal government. It includes a listing of web links that are helpful to people with disabilities, their families, employers, service providers and other community members.

*Want to learn more?*

On the web: <http://disabilityinfo.gov/>

## **Division of Developmental Disabilities (DDD):**

The New Jersey Division of Developmental Disabilities (DDD) serves more than 33,000 people with developmental disabilities. These disabilities include mental retardation, cerebral palsy, autism, epilepsy, spina bifida, traumatic brain injuries, and certain neurological impairments. DDD offers case management, residential services, family support services, day programs, and employment services.

*Want to learn more?*

Call: 1-800-832-9173

On the web: [www.state.nj.us/humanservices/ddd](http://www.state.nj.us/humanservices/ddd)

## **Division of the Deaf and Hard of Hearing (DDHH):**

The Division of the Deaf and Hard of Hearing (DDHH) advocates for people in New Jersey who are deaf or hard of hearing. DDHH helps people with social, legal, medical, educational and recreational issues. It is also in charge of New Jersey's main sign language interpreter referral service.

*Want to learn more?*

Call: 800-792-8339 V/TTY or 609-984-7281 V/TTY

On the web: [www.state.nj.us/humanservices/ddhh](http://www.state.nj.us/humanservices/ddhh)

## **Division of Disability Services (DDS):**

Through its toll free hotline and its publication called *New Jersey Resources*, the Division of Disability Services (DDS) helps people with all types of disabilities figure out where to go to get the services they need.

In addition, DDS runs programs, such as the Personal Assistant Services Program, that help make it possible for people with disabilities to live more independently in their communities.

*Want to learn more?*

Call: 1-800-285-3036 (TTY: 609-292-1210)

On the web: <http://www.state.nj.us/humanservices/dds/>

## **Division of Mental Health Services (DMHS):**

The Division of Mental Health Services (DMHS) serves adults with mental illnesses and children and adolescents with emotional and behavioral disorders. Services are available to anyone in the state who feels they need help with a mental or behavioral health problem.

*Want to learn more?*

Call: 1-800-382-6717

On the web: [www.state.nj.us/humanservices/dmhs](http://www.state.nj.us/humanservices/dmhs)

## **Division of Vocational Rehabilitation Services (DVRS):**

Most states have their own services for helping people with disabilities both get and keep jobs. In New Jersey, employment-related services for individuals with disabilities are provided through the state's Division of Vocational Rehabilitation Services (DVRS).

*Want to learn more?*

On the web: [www.state.nj.us/labor/dvrs](http://www.state.nj.us/labor/dvrs) (click on "Community Program Resource Directory" for a listing of DVRS offices, including phone numbers, in your county)

## **Job Accommodations Network:**

The Job Accommodations Network (JAN) is a free consulting service that is meant to help people with disabilities get and keep jobs. It does this by: 1) helping people figure out worksite accommodations, 2) helping people understand the American with Disabilities Act (ADA) and other disability related laws, and 3) educating people about self-employment options. This is a free service of the Office of Disability Employment Policy, U.S. Dept. of Labor.

*Want to learn more?*

Call: 800-526-7234 (V/TTY)

On the web: <http://janweb.icdi.wvu.edu/>

## **Medicaid:**

Medicaid is a way to help pay for health care for people who have disabilities and who don't have a lot of money. Medicaid will also pay for certain kinds of non-medical long-term care for people with developmental disabilities.

Funding for Medicaid services is provided by *both* the federal *and* the state government. This means that each state has its own unique Medicaid program, and you will have to get in touch with your state's Medicaid offices to find out what services are available and how to apply.

*Want to learn more?*

Call (for New Jersey Medicaid): 1-800-356-1561

On the web (for New Jersey Medicaid):

<http://www.state.nj.us/humanservices/dmahs/dhsmed.html>

On the web (for regional offices throughout the country):

<http://www.cms.hhs.gov/RegionalOffices/>

## **New Jersey Association of County Offices for the Disabled:**

New Jersey has 18 County Offices for the Disabled. Their mission is to empower people with disabilities to become self advocates and to live independently in their communities. The Offices for the Disabled provides information, and helps people figure out where to go to get the services they need.

Many Offices for the Disabled administer the Personal Assistance Services Program (PASP). This program helps people with physical disabilities get the supports they need so they can live as independently as possible. These supports include help with daily living tasks such as bathing, dressing, making meals, doing laundry, shopping, and getting from place to place.

*Want to learn more?*

On the web: <http://www.wnjpin.state.nj.us/services/cofd.htm>

## **New Jersey Council on Developmental Disabilities:**

The Council's goal is to influence social policy to improve the lives of people with disabilities. The Council does this in a different ways. It serves in an advisory role to the Governor and the State Legislature. It also provides training to so that people with disabilities and their families can more effectively advocate for themselves.

Two examples of Council programs are Monday Morning, which is made up of people with disabilities who work with local, state and federal officials on public policy issues like transportation, and Partners in Policymaking, which is an intensive advocacy training program for people with disabilities and parents of children with disabilities.

*Want to learn more?*

Call: 609-292-3745

On the web: <http://www.njddc.org/>

## **New Jersey Protection and Advocacy (NJP&A):**

NJP&A's mission is to protect, advocate for and advance the rights of persons with disabilities. NJP&A operates nine federally funded programs: Protection and Advocacy for Persons with Developmental Disabilities (PADD); Protection and Advocacy for Individuals with Mental Illness (PAIMI); Protection and Advocacy for Individual Rights (PAIR); Client Assistance Program (CAP); Protection and Advocacy for Beneficiaries of Social Security (PABSS); Traumatic Brain Injury Protection and Advocacy (PATBI); Protection and Advocacy for Assistive Technology (PAAT); Assistive Technology Advocacy Center (ATAC); and Protection and Advocacy for Voter Access (PAVA).

The Assistive Technology Advocacy Center (ATAC) serves as New Jersey's federally funded assistive technology project through a sub-contract with New Jersey's Department of Labor. ATAC helps people with disabilities get the assistive technology devices and/or services they need.

*Want to learn more?*

Call: 1-800-922-7233 (TTY 609-633-7106)

On the web: <http://www.njpanda.org/>



## **New Jersey Transit:**

Public transportation is mostly buses and trains. Some communities have a lot of public transportation for people to use, and others don't have much at all. The Americans with Disabilities Act (ADA) says that whatever public transportation a community has must be made accessible for people with disabilities.

Access Link is New Jersey's paratransit service. Individuals are eligible for Access Link if: they cannot get on or off a bus or ride in an accessible bus without help; they have a disability that prevents them from getting to or from a bus stop; they could use the local bus, but accessible service is not yet available in their area. You have to apply and be found eligible for Access Link.

In addition to Access Link, each of the 21 counties in New Jersey provides community-based transportation services to help meet the needs of people with disabilities.

*Want to learn more?*

Call: 1-800-772-3606

On the web: [www.njtransit.com](http://www.njtransit.com)

## **NJHelps:**

NJHelps is an on-line service that gives people information about 8 programs that might be helpful to them and their family. These programs include Medicaid, NJ FamilyCare, Food Stamps and Low Income Home Energy Assistance.

*Want to learn more?*

On the web: <http://www.njhelps.org/>

## **One-Stop Career Centers:**

The federal Department of Labor (DOL), in partnership with states, has created something called One-Stop Career Centers. The Centers offer services like training referrals, career counseling, and job listings, all in one place, to people who are looking for work. DOL's Division of Disability and Workforce Programs helps to make sure that the One-Stop Career Center system is available to people with disabilities.

*Want to learn more?*

Call: 1-877-348-0502 (TTY 1-877-348-0501)

On the web: [www.careeronestop.org](http://www.careeronestop.org) (by typing in your zip code, you can link to information about the One-Stop Career Centers that are nearest to you)

## **Recording for the Blind and Dyslexic (RFB&D):**

RFB&D provides audio recordings for books. RFB&D's library contains more than 98,000 books on all different topics, from literature and history to math and science. Books can also be found for all reading levels, from kindergarten to books for people who are professionals in their field.

*Want to learn more?*

Call: 1-800-221-4792 (member information) and 609-520-8096 (Custom Recording Services)

On the web: [www.rfbd.org](http://www.rfbd.org)

## **Social Security:**

- **Social Security Number/card:**

Everyone needs a Social Security Number when they go to work. You probably already have one by now, but in case you don't, you need to apply for one. To get a Social Security number and card, you have to complete an application. You can get this application online, by phone, or by visiting your local Social Security office.

- **Supplemental Security Income (SSI):**

SSI benefits are paid to individuals who have disabilities *and* who have little or no income. SSI provides cash to meet basic needs for food, clothing, and shelter.

Individuals who are over 18 are considered eligible for SSI if they have a medically determined physical or mental impairment that results in a lack of "substantial gainful activity" (that means, the person is unable to earn much money because of his disability). Once a person turns 18, only that person's income and savings (and not his family's) are looked at when he applies for SSI benefits.

- **Social Security Disability Insurance (SSDI):**

SSDI refers to cash assistance payments to individuals who have a disability. However, to get SSDI a person must have worked and paid taxes for about 5 years, or be the adult child of a person who has worked and paid taxes.

*Want to learn more?*

Call: 1-800-772-1213 (TTY 1-800-325-0778)

On the web: [www.socialsecurity.gov](http://www.socialsecurity.gov)

## **Statewide Parent Advocacy Network (SPAN):**

Through Information Specialists, workshops, conferences and publications, SPAN provides parents, educators and service providers with up to date information about education (including transition), law and advocacy, school reform, health and disability issues. SPAN offers emotional support and information to parents through a bilingual, multi-racial staff of parents of children with and without disabilities, and supports parents and professionals working towards comprehensive, coordinated, culturally competent services for children and families across agencies.

*Want to learn more?*

Call: 1-800-654-SPAN or 973-642-8100

On the web: <http://www.spannj.org/>