

Pathways to Employment Preparing for the World of Work after a Spinal Cord Injury

A resource to help you make a successful transition to work living with a spinal cord injury

Pennsylvania Resources

This supplements the national resource guide with Pennsylvania resources. Please read them together.

Pennsylvania Supplement

Where can I get information about programs and service in Pennsylvania for people with disabilities?

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Pennsylvania Resources

Where can I get information about programs and service in Pennsylvania for people with disabilities?

Pennsylvania does not have a central phone number or website where you can find information about all of the programs or services it offers.

The Pennsylvania Department of Public Welfare (DPW) coordinates all health related programs for people with disabilities in PA who qualify for the services. This includes Medicaid, Medicare supplemental payments, home and community based services and other. It publishes information about disability services on its' website. You can also call them at 1-800-692-7462. They will probably refer you to your local County Assistance Office. Its website, though very comprehensive is http://www.dpw.state.pa.us/fordisabilityservices/index.htm

Your local **Count Assistance Offices** (CAO) listed in the Pennsylvania Resources section of this guide, can also provide you with information about benefits and services and help you apply for them. This is the best place for you to start.

You can also call the Link to **Aging and Disability Resource Center** at 1-866-286-3636 for information and referral for disability services. They can only refer you to others and the information they have is very limited.

The **Office of Vocational Rehabilitation** (OVR) of the Pennsylvania Department of Labor and Industry provides comprehensive services to assist Pennsylvanians with Disabilities to get or keep a job. Their specific services are described below under Pennsylvania Work-Related Resources. You can find contact information for OVR listed in the Pennsylvania Resources section of this guide.

******Keep in mind that according to the Aging and Disability Resource Center hotline, the **HelpPA website** https://www.helpinpa.state.pa.us/ is no longer updated on a regular basis and is **out of date. Do not use it.***********

What do I need to know about Medicaid in Pennsylvania?

Medicaid in Pennsylvania is called Medical Assistance (MA). If you qualify for SSI Pennsylvania, automatically gives you Medicaid. Pennsylvania originally decided not to expand Medicaid under the Affordable Care Act. Pennsylvania has since agreed to expand Medicaid. The expansion will take place beginning in 2015 and will increase the allowable income ceiling to 138% of the poverty level or \$16,104.60 in 2014.

Pennsylvania pays SSI recipients in Pennsylvania a supplement or addition to the amount of money Social Security pays. The amount varies based on where you live and if alone, with other people, or in congregate living, or a long term care facility.

Adapted from Social Security Administration, (2014, January) Supplemental Security Income (SSI) In Pennsylvania SSA Publication No. 05-11150

Depending on where you live in the state, you will receive MA services in Pennsylvania through either fee-for-service or Medicaid Managed Care. All MA receipients receive an ACCESS card and if you receive your MA through fee-for-service, you will use your ACCESS card as your insurance card.

HealthChoices is the name of one of Pennsylvania's mandatory manage care organizations for MA. HealthChoices covers people by zones as follows:

- **Southeast Zone** Bucks, Chester, Delaware, Montgomery and Philadelphia counties
- **Southwest Zone** Allegheny, Armstrong, Beaver, Bedford, Blair, Butler, Cambria, Fayette, Green, Indiana, Lawrence, Somerset, Washington and Westmoreland counties
- **Lehigh/Capital Zone** Adams, Berks, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Lancaster, Lebanon, Lehigh, Northampton, Perry and York counties
- **New West Zone** Cameron, Clarion, Clearfield, Crawford, Elk, Erie, Forest, Jefferson, McKean, Mercer, Potter, Venango and Warren counties
- New East Zone Bradford, Carbon, Centre, Clinton, Columbia, Juniata, Lackawanna, Luzerne, Lycoming, Mifflin, Monroe, Montour, Northumberland, Pike, Schuylkill, Snyder, Sullivan, Susquehanna, Tioga, Union, Wayne and Wyoming counties

Adapted from

http://www.dpw.state.pa.us/foradults/healthcaremedicalassistance/healthchoicesgeneral information

Basic Benefits include:

- **Doctor and hospital visits -** including lab and x-ray services, emergency services and visits to specialists
- Medicine prescription drugs and over-the-counter drugs if the doctor gives you a prescription for them
- **Ob/Gyn care for women** pregnancy care, family planning and birth control
- **Dental care** routine dental care for children to age 21; benefits vary for adults
- **Vision care** medically necessary services including eye exams, glasses and lenses
- **Medical equipment** such as wheel chairs and diabetic supplies
- Chiropractic care, physical therapy, foot care and home health care

Adapted from http://www.enrollnow.net/PASelfService/en US/benefits.html

You can find out more information about HealthChoices from its website http://www.enrollnow.net/PASelfService/home.html

Home and Community Based Services are provided under a Medicaid waiver and are discussed below.

Medical Needy Only Program

When you have a disability but have too much income to qualify for MA in Pennsylvania, you may obtain medically needy eligibility through the Medical Assistance Spend Down Program. This program has an income and resources test. Under the spend-down program, individuals may deduct medical expenses, both paid and unpaid, to reduce their incomes to the medically needy eligibility level. Deductible medical expenses are limited to those incurred within the three month period prior to applying for MA, provided they were not previously deducted to meet a spend-down. When income less medical expenses meets the income criteria, medically needy eligibility is established and the individual qualifies for MA for the remainder of the period.

Adapted from Pennsylvania House Appropriations Committee, (2013, June 26) Medical
Assistance Primer, available from
www.pahouse.com/HACD/series/20/DPW MA Primer 062613.pdf

What kind of long term services and supports does Pennsylvania Offer?

Pennsylvania offers several programs to support you so you can live in the your home or in the community. We call these programs "Home and Community Based Services" or HCBS. Examples of services that can be provided in your home include but are not limited to:

- Adaptive Aids/Supplies/Equipment
- Attendant Care
- Care Management/Support Coordination
- Counseling
- Health Monitoring
- Home Delivered Meals
- Homemaker Services
- Hospice
- Personal Assistance
- Respite
- Skilled Nursing
- Therapies
- Transportation

These programs are called "Medicaid waiver programs" because the government created these programs to find and encourage creative ways to provide services to older adults and people with disabilities. There is no guarantee to a waiver program and you may find yourself on a waiting list for the waiver programs.

See

http://www.portal.state.pa.us/portal/server.pt?open=512&objID=4000&&PageID=43277
1&level=2&css=L2&mode=2

Independence Waiver

The Independence Waiver can help people with spinal cord injuries live or remain in the community and remain as independent as possible.

To be eligible for the Independence Waiver you must:

• Be a Pennsylvania resident

- Be 18-60 Individuals who turn 60 while in the waiver will be able to continue to receive services through the Independence Waiver.
- Individuals who are physically disabled (but without intellectual disabilities or have a major mental disorder as a primary diagnosis), who reside in a Nursing Facility (NF) or the community but who have been assessed to require services at the level of nursing facility level of care.
- In addition, the disability must result in substantial functional limitations in three or more of the following major life activities:
- Self-care, understanding and use of language, learning, mobility, self-direction and/or capacity for independent living.
- Meet the financial requirements as determined by your local County Assistance Office.

Services available may include:

- Adult Daily Living Services
- Accessibility Adaptations, Equipment, Technology and Medical Supplies
- Community Integration
- Community Transition Services
- Home Health
- Non-Medical Transportation
- Personal Assistance Services
- Personal Emergency Response System (PERS)
- Respite
- Service Coordination
- Supported Employment
- Therapeutic and Counseling Services

For more information:

Long-Term Living Helpline 1-800-753-8827

Office of Long-Term Living Bureau of Individual Support 717-787-8091

Adapted from

 $\frac{http://www.dhs.state.pa.us/fordisabilityservices/alternativestonursinghomes/temp/independencewaiver/index.htm}{pendencewaiver/index.htm}$

Attendant Care/Act 150

If you have a physical disability such as a spinal cord injury, the Attendant Care Waiver and state funded Act 150 program may be available to you to help you continue to live in your home and community with support and services.

Eligibility

To be eligible for Attendant Care Services, you must:

- Be a resident of Pennsylvania
- Meet the level of care needs for a Skilled Nursing Facility for the Medicaid Waiver. If you do not meet the Skilled Nursing Facility level of care you MAY qualify for the PA State funded Act 150 Program
- Be between eighteen (18) and fifty-nine (59) years of age
- Be capable of
 - o a) hiring, firing, and supervising attendant care worker(s);
 - o b) managing your own financial affairs; and
 - o c) managing your own legal affairs
- For the Medicaid Home and Community Based Waiver Services Attendant Care Program, meet the financial requirements as determined by your local County Assistance Office.
- Have a medically determinable physical impairment that is expected to last a continuous period of not less than twelve (12) calendar months or may result in death
- To take advantage of the Attendant Care Act 150 Program, you may be assessed a minimal co-payment. This co-payment is based on your income and will not be more than the total costs of services

Services that may be available to you include:

- Community Transition Services (available only through Medicaid Home and Community Based Waiver Services)
- Participant-Directed Community Supports
- Participant-Directed Goods and Services
- Personal Assistance Services
- Personal Emergency Response System (PERS)
- Service Coordination

For More Information

Long-Term Living Helpline Toll free 1-800-753-8827

Office of Long-Term Living Bureau of Individual Support (717) 787-8091

Adapted from

http://www.dhs.state.pa.us/fordisabilityservices/attendantcare/attendantcareact150/

Income and Resource Limits for HCBS Waiver Programs

The community assistance offices do not apply these limits or determine income, or resource eligibility, or a patient pay amount if the HCBS applicant or participant receives SSI.

Gross Income Limit for one person = \$2,163

Resource Limit for one person \$2,000. (In addition to the resource limit, there may be an additional \$6,000 resource disregard)

Adapted from

http://services.dpw.state.pa.us/oimpolicymanuals/manuals/bop/lt/index.htm? ga=1.207 825874.1569583559.1415133701

How can Pennsylvania's Programs help me with my Medicare Premiums?

Specified Low-Income Medicare Beneficiary (SLMB)

The Specified Low-Income Medicare Beneficiary (**SLMB**) and SLMB Qualified Individual-1 (*SLMB-QI-1*) pay partial or full Medicare Part B premiums for eligible Pennsylvania residents who are not financially eligible for the Qualified Medicare Beneficiary (**QMB**) program under Pennsylvania's Medical Assistance Program (Medicaid)

Program Summary

- Program pays Medicare Part B premiums for eligible participants;
- Must be a Pennsylvania resident;
- Participants are not financially eligible for the Qualified Medicare Beneficiary (QMB) program under Pennsylvania Medical Assistance;
- Must not exceed income eligibility limits

In 2014:

- SLMB the income limit is \$14,004 for singles and \$18,876 for married couples
- SLMB-QI-1, the income limit is \$15,755 for singles and \$21,240 for married couples.
- For both programs, liquid assets may not exceed \$7,160 for single persons or \$10,750 for married couples.
- For questions on SLMB or SLMB-QI-1, call your local county assistance office.

Qualified Medicare Beneficiary (QMB) - Categorically Needy Program

This is also called Healthy Horizons in Pennsylvania

Program Summary

- QMB program helps pay for:
 - Part A premiums
 - Part B premiums
 - Deductibles, coinsurance, and copayments
- Eligibility of Medical Assistance

In 2014:

- Individual monthly income limit \$993
- Married couple monthly income limit \$1,331

Resource limits for the QMB, Medicare Savings Programs are \$2,000 for one person and \$3,000 for a married couple.

Qualified Medicare Beneficiary (QMB) Program – Medicare Cost Sharing Program This is also called Healthy Horizons Medicare Cost-Sharing in Pennsylvania. If you are at 100% of the federal poverty level or less (\$11,670 in 2014)

Program Summary

• QMB program helps pay for:

Part A premiums
Part B premiums
Deductibles, coinsurance, and copayments

In 2014:

- Individual monthly income limit \$993
- Married couple monthly income limit \$1,331

Resource limits for the QMB, Medicare Savings Programs are \$7,160 for one person and \$10,750 for a married couple.

Adapted from

 $\frac{http://www.dpw.state.pa.us/foradults/servicesfordisabled/medicalassistanceforolderpeo}{pleandpeoplewithisabilities/index.htm}$

How do I apply for Medicare Savings Programs in Pennsylvania?

If you answer yes to these 3 questions, contact your local county assistance office to see if you qualify for a Medicare Savings Program in Pennsylvania:

- 1. Do you have, or are you eligible for, Part A?
- 2. Is your income for 2014 at, or below, the income limits below?
- 3. Do you have limited resources, below the limits below?

It's important to call or fill out an application if you think you could qualify for savings—even if your income or resources are higher than the amounts listed above. because not all income is counted. Certain resources, such as the house you live in, are not counted. You can find your local county assistance office location and contact information in the Pennsylvania Resources at the end of this guide.

Does Pennsylvania have Medigap insurance for me if I am under 65 and on Medicare?

MEDIGAP INSURANCE: Pennsylvania is one of 29 states currently that requires insurers to sell at least some types of Medigap policies to beneficiaries under 65.

What work incentive programs are available to me in Pennsylvania?

Medical Assistance for Workers with Disabilities

In Pennsylvania, the Medicaid Buy-in Program is called Medical Assistance for Workers with Disabilities (MAWD). MAWD offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to pay a small premium and receive full Pensylvania MA coverage. Working disabled adults (age 16 through 64) obtain MA coverage through the MAWD program by paying the Department of Public Welfare a premium equal to 5 percent of their monthly income. The 5 percent is figured after deductions for impairment-related work expenses and other deductions in place to encourage you to work.

To qualify, your income must be less than 250% of the federal poverty level or \$29,175 for 2014. You cannot have asset of more than \$10,000. Plan for Achieving Self-Support (PASS)—PASS accounts are excluded from the asset test for former recipients of SSI

Adapted from Pennsylvania House Appropriations Committee, (2013, June 26) Medical Assistance Primer, available from www.pahouse.com/HACD/series/20/DPW MA Primer 062613.pdf

What is Pennsylvania's CareerLink?

You can enter Pennsylvania's Careerlink at www.pacareerlink.state.pa.us. This site includes the JobGateway®, an online tool provided to connect job seekers to employers. Services available include job searching and resume creation. (You will learn more about Careerlink under the section Pennsylvania Work-Related Resources).

You can set up an account on JobGateway® where you will find several helpful services on the JobGateway® websites:

- You can see an overview of the benefits you get from a JobGateway® account at https://www.jobgateway.pa.gov/jponline/Admin/Common/JobGatewayAccountOverview.aspx
- You can assess the skills you have from your previous jobs that you can use for your
 job search, called you "transferrable skills" at
 https://www.jobgateway.pa.gov/jponline/JobSeeker/ManageJobSearch/Torg.aspx
- You can evaluate possible alternative careers using local wage and employment data from PA Career Coach at https://www.jobgateway.pa.gov/jponline/Admin/Common/PACareerCoachLandingPage.aspx
- You can improve your interview skills with JobGateway®'s Interview Training Tool https://www.jobgateway.pa.gov/jponline/JobSeeker/ManageJobSearch/BigInterviewPopup.aspx
- If you are a veteran, you can learn how to translate your military career to a cvilian career at:

 https://www.jobgateway.pa.gov/jponline/Admin/Common/VeteranServices.aspx

- You can find additional career resources at https://www.jobgateway.pa.gov/jponline/Admin/Common/CareerResources.aspx
- You can watch "day in the life videos" of people doing different jobs at https://www.jobgateway.pa.gov/jponline/JobSeeker/ManageJobSearch/VirtualJobShadow.aspx
- You can search for jobs at https://www.jobgateway.pa.gov/jponline/JobSeeker/ManageJobSearch/FindJobs.aspx

Adapted from the websites references above

What other work related resources are available for me in Pennsylvania?

PENNSYLVANIA WORK-RELATED RESOURCES

Ticket to Work In Pennsylvania

A total of 92 Employment Networks (EN), Work Incentives Planning and Assistance (WIPA) projects, and other providers are located in Pennsylvania. You can find specific information about the providers that address your disability and/or the services that you want by location here: http://www.choosework.net/resource/jsp/searchByState.jsp

Vocational Rehabilitation

The Pennsylvania Office of Vocational Rehabilitation (OVR) serves people with disabilities who face a substantial impediment to employment. Vocational rehabilitation is a direct service program provided through 21 district offices located throughout the commonwealth's 67 counties. It provides services to individuals who can benefit from and who need assistance to prepare for, enter, engage in, or retain employment. OVR provides services to eligible individuals with disabilities, both directly and through a network of approved vendors. Services are provided on an individualized basis. During face-to-face interviews, the OVR counselor helps customers select their choice of vocational goals. services and service providers. Together they develop an Individualized Plan for Employment (IPE) that outlines a vocational objective, services, providers and responsibilities. Certain services are subject to a Financial Needs Test (FNT) and may require financial participation by the customer. OVR provides counseling and guidance, diagnostic services, assessments, information and referral, job development and placement, and personal services, such as readers or sign language interpreters at no cost to individuals. By law OVR customers receiving Social Security benefits for their disability (SSI, SSDI) are exempt from OVR's Financial Needs Test.

ELIGIBILITY CRITERIA

You are eligible for OVR services if

1. you have a physical, mental, or emotional impairment which results in a substantial impediment to employment, and

- 2. you can benefit from an employment outcome from services provided, and,
- 3. Vocational Rehabilitation services are required for you to prepare for, enter, engage in, or retain gainful employment.

Adapted from

http://www.portal.state.pa.us/portal/server.pt/community/other programs and servi ces/17307/individualized employment services/552260

VOCATIONAL REHABILITATION SERVICES PROVIDED:

OVR provides a wide range of services to eligible applicants to meet your individual needs for the specific services to help you prepare to work. Services include:

- Diagnostic Services: Medical, psychological, and audiological examinations and tests used to better understand your disability and your needs for specific types of services.
- Vocational Evaluation: Aptitude, interest, general ability, academic exams, work tolerance, and "hands-on" job experience used to understand your vocational potential.
- **Counseling:** Vocational counseling will help you to better understand your potential, to rely on your abilities, to set realistic vocational goals, to change them when necessary, to develop successful work habits, and to begin a satisfying career. Counseling is available throughout your rehabilitation program.
- **Training:** Education to prepare you for a job including, but not limited to, basic academic, vocational/technical, college, on-the-job training, independent living skills, and personal and work adjustment training.
- **Restoration Services:** Medical services and equipment such as physical and occupational therapy, wheelchairs, and automobile hand controls can be provided to enable you to pursue and achieve employment.
- **Placement Assistance:** Counseling, job-seeking programs, job clubs, and job development used to increase your ability to get a job. You will receive ideas, practice, and advise on finding job leads, filling out applications, getting interviews for a job, and on how to interview. Your counselor may also give you job leads or contact employers about available tax credits and hiring incentives.
- Assistive Technology: Assistive technology includes a wide range of devices and services that can empower persons with disabilities to maximize employment, independence and integration into society. OVR can assist an individual with a disability in effectively selecting and acquiring appropriate assistive technology. OVR can arrange for a consultant to evaluate your situation and to make appropriate recommendations. OVR also operates and maintains our own Center for

Assistive and Rehabilitation Technology (CART) at the Hiram G. Andrews Center. There is no charge for evaluation and vocational counseling services through OVR. Based upon your financial needs, you may have to contribute to the cost of assistive technology devices and services.

Support Services: Other services are provided for eligible persons if they are necessary for you to start and maintain employment. Such services may include:

- Room, board, and transportation costs during an evaluation or while completing a rehabilitation program.
- Occupational tools, licenses, or equipment.
- Home modifications, adaptive or special household equipment in order to help you
 get ready to go to and be on time for your job. Van or car modifications, including
 special driving devices or lifting devices to enable you to travel to your job.
- Personal care assistance to help you with your daily needs to enable you to participate in a vocational rehabilitation program.
- Job site modifications that will enable you to get and keep a job. Independent living training to provide the means for you to become more self-sufficient and thereby make it possible for you to participate in employment.
- Text Telephone (TT), signaling devices, hearing aids, and interpreters services may be provided to help you communicate.
- Specialized services such as Rehabilitation Teaching, and Orientation and Mobility Training for persons who are blind or visually impaired.

Adapted from

 $\frac{http://www.portal.state.pa.us/portal/server.pt/community/vocational\ rehabilitation/103}{\underline{56}\ and}$

http://www.portal.state.pa.us/portal/server.pt?open=514&objID=608681&mode=2

Protection and Advocacy for Beneficiaries of Social Security (PABSS): Disability Rights Network of Pennsylvania (DRN) is the Protection and Advocacy for Beneficiaries of Social Security (PABSS) funded program in Pennsylvania. PABSS provides work incentive assistance to SSDI and SSI beneficiaries seeking vocational rehabilitation,

employment and other support services to secure, retain or regain employment. PABSS can:

Provide information about programs, services and supports available to help you work

- Provide information about available work incentives that may lead you to meaningful work
- Refer you to professionals who can explain how working or increasing your workrelated earnings will affect your benefits and help you plan your benefits for the future
- Assist you if you encounter problems in getting the services and supports you need to gain or continue work
- Represent you or advocate on your behalf to resolve any conflicts you may have with service providers or employers as you seek to gain or continue work

The PABSS program also pursues system advocacy to identify and address deficiencies in those systems that provide services and or support to individuals who want to work. You can reach them at http://www.drnpa.org/ and

Disability Rights Network of Pennsylvania

1414 N. Cameron Street Second Floor Harrisburg, PA 17103-1049 (800) 692-7443 (Voice) (877) 375-7139 (TDD)

Adapted from: Disability Rights Network of Pennsylvania, (2014) Protection and Advocacy for Beneficiaries of Social Security (PABSS) available from: http://www.drnpa.org/publications

Client Assistance Program (CAP)

The Client Assistance Program (CAP) in Pennsylvania is administered by the Center for Disability Law and Policy. According to the Center for Disability Law and Policy, you can count on the CAP program:

- To provide you with information and advice about rehabilitation programs.
- To advise you of your legal rights and responsibilities.
- To help you resolve problems that may arise while you are seeking services from rehabilitation programs.
- To help you pursue administrative and legal remedies to protect your rights.

The CAP website also provides tips for developing your advocacy skills at http://www.equalemployment.org/pa-cap-disability-outreach-events
You can contact the CAP program through at http://www.equalemployment.org/ or by email at admin@equalemployment.org or

Philadelphia Office

1515 Market Street, Suite 1300, Philadelphia, PA 19102.

Camp Hill Office

107 House Avenue, Suite 107 Camp Hill, PA 17011

Voice/TDD: (215) 557-7112

Fax: (215) 557-7602 Toll Free: (888) 745-2357

Adapted from the websites referenced above

Pennsylvania CareerLink One Stop Centers (American Job Centers)

Pennsylvania's One Stop Centers, now called American Job Centers by the federal government are called CareerLink in Pennsylvania. As you saw above, Careerlink is also a website. This and the website are the first places to go to start a job search. You can go to CareerLink centers for career counseling, resume assistance, direct job placement, classroom and on-the-job training and information about local and national job opportunities and unemployment compensation.

Located throughout Pennsylvania, One Stop CareerLink Centers offer services (free of charge) to help you develop the skills needed to succeed in a 21st century work environment. The One-Stop Centers can help you

- Find a job
- Strengthen job-search skills
- Get training
- Improve reading and basic skills
- Network the way to a job
- Use labor market information to make career decisions
- Start a business

You can find your local Careerlink office by going to this website: https://www.jobgateway.pa.gov/jponline/Admin/Common/SearchOffices.aspx and inserting your zip code. You can also find a list of the Careerlink offices at http://www.servicelocator.org/search/etasearchoffice.asp?state=PA

Adapted from https://www.disability.gov/resource/american-job-centers-in-pennsylvania/ and several websites for individuals CareerLink centers accessible from http://www.servicelocator.org/search/etasearchoffice.asp?state=PA

How can I get help in Pennsylvania with benefits planning?

You can get help with benefits planning in Pennsylvania from the PABSS program described above or from the Work Incentives Planning and Assistance (WIPA) projects that you can locate by state or zip code at http://www.choosework.net/resource/jsp/searchByState.jsp

How do I sign up for Private Health Insurance in Pennsylvania?

You can purchase private health coverage under the Affordable Care Act (Obamacare) if

you live in Pennsylvania at www.healthcare.gov

How does the Pennsylvania Antidiscrimination Law protect me?

Pennsylvania Discrimination Law:

The Pennsylvania Human Relations Act prohibits unlawful discrimination in employment, housing, commercial property, education and public accommodations. Employers with four or more employees are subject to the antidiscrimination law. If you decide to return to school, the Pennsylvania Fair Educational Opportunities Act, or PFEOA, prohibits discrimination in educational institutions and secondary and postsecondary vocational, secretarial, business and trade schools.

If you feel you have been discriminated against because of your disability, you must file a complaint within 180 days of the discrimination with the PA Human Relations Commission The PA Human Relations Commission enforces state antidiscrimination law in Pennsylvania. You can contact the PA Human Relations Commission at (717) 787-4410 or the local offices listed below or go to its website at http://www.phrc.state.pa.us/portal/server.pt/community/phrc home/18970

You may find the complaint form online here:

http://www.portal.state.pa.us/portal/server.pt/community/file a complaint/18976/complaint forms/698131

However, you cannot file the complaint form online. You must mail the form to the office serving the county in which the discrimination occurred. This link contains a map that shows you which county falls within each region below so you know where to mail your complaint form:

http://www.portal.state.pa.us/portal/server.pt/community/file a complaint/18976

Counties Served by

Pittsburgh Regional Office 301 Fifth Avenue Suite 390, Piatt Place Pittsburgh, PA 15222 (412) 565-5395 (412) 565-5711 TTY users only

Counties Served by

Philadelphia Regional Office 110 North 8th Street, Suite 501 Philadelphia, PA 19107 (215) 560-2496 (215) 560-3599 TTY users only

Counties Served by

Harrisburg Regional Office 333 Market Street, 8th Floor Harrisburg, PA 17101-2210 (717) 787-9780 (717) 787-7279 TTY users only

You may want to consult an attorney because you have more than one way to proceed in a discrimination case and you want to preserve your rights.

Adapted from

http://www.phrc.state.pa.us/portal/server.pt/community/phrc_home/18970 and related websites of the PA Human Rights Commission

Pennsylvania Resources

Centers for Independent Living (CIL)

Centers for Independent Living (many funded through the Division of Vocational Rehabilitation Services) are community-based, consumer-driven organizations that provide peer counseling, skills training, advocacy, information and referral, and a variety of services based on individual needs. They provide

- Peer Support
- Individual and System Advocacy
- Independent Living Skills Training
- Development of Independent Living Plans

Below you will find the Centers for Independent Living locations in Pennsylvania. For more information on which location serves where your county if not indicated below, please see: http://www.pcil.net/pages/cils/locate_a_cil.aspx

Abilities in Motion Address(es):

210 North Fifth Street Reading, PA 19601

http://www.abilitiesinmotion.org

Phone Numbers:

Local: (610) 376-0010 Fax: (610) 376-0021

Accessible: (610) 288-2301 Accessible Phone Type: TTY

Name: Ralph Trainer

Email: aimed@abilitiesinmotion.org

Counties Served: Berks

Anthracite Region Center for Independent Living Address(es):

8 West Broad Street Suite 228 Hazleton, PA 18201

http://www.anthracitecil.org

Phone Numbers:

Local: (570) 455-9800 Toll-free: (800) 777-9906 Fax: (570) 455-1731

Accessible: (800) 777-9906 Accessible Phone Type: TTY Name: Denise Corcoran

Email: dcorcoran@anthracitecil.org

Counties Served: Carbon, Schuykill, Luzerne (Hazleton Area)

Center for Independent Living of Bucks County

Address(es):

1226 Veterans Hwy.

Box 820

Bristol, PA 19007 http://cilbc.org/ Email: info@cilbc.org

Phone Numbers: Local: (215) 781-5070 Fax: (215) 781-5080

Accessible: (215) 478-1988 Accessible Phone Type: TTY Name: Emily E. Yaskowski **Counties Served:** Bucks

Center for Independent Living of Central PA (CILCP)

Address(es):

207 House Avenue

Suite 107

Camp Hill, PA 17011

http://www.cilcp.org

Phone Numbers:

Local: (717) 731-1900 Toll-free: (800) 323-6060 Fax: (717) 731-8150

Accessible: (717) 737-1900 Accessible Phone Type: TTY

Name: Theo Braddy

Email: theobraddy@cilcp.org

Counties Served: Cumberland, Dauphin, Juniata, Mifflin, Perry

Center for Independent Living Opportunities

Address(es):

127 West Market Street

Suite 100

York, PA 17401

http://cilopportunities.org/

Phone Numbers:

Local: (717) 849-0991 Toll-free: (800) 956-0099 Fax: (717) 849-0996

Accessible: (717) 849-0995 Accessible Phone Type: TTY

Name: Hillary Hasson

Email: hhillary@cilopportunities.org **Counties Served:** York, Adams, Franklin

CIL of South Central Pennsylvania

Address(es): 1019 Logan Blvd.

Altoona, PA 16602

http://www.cilscpa.org Email: cilscpa@cilscpa.org

Phone Numbers:

Local: (814) 949-1905 Toll-free: (800) 237-9009 Fax: (814) 949-1909

Accessible: (814) 949-1912 Accessible Phone Type: TTY Name: George Palmer, III

Email: gapalmeriii.cilscpa@gmail.com

Counties Served: Bedford, Blair, Cambria, Fulton, Huntingdon, Indiana, Somerset

Community Resources for Independence, Inc. (CRI)

Address(es):

3410 West 12th Street

Erie, PA 16505

http://www.crinet.org

Phone Numbers:

Local: (814) 838-7222 Toll-free: (800) 530-5541 Fax: (814) 838-8491

Accessible: (814) 838-8115 Accessible Phone Type: TTY Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Clarion, Crawford, Erie, Forest, Venango, Warren

Community Resources for Independence, Inc. - Satellite Address(es):

1331 Twelfth Avenue

Suite 103

Altoona, PA 16601

http://www.crinet.org

Phone Numbers:

Local: (814) 994-2645 Toll-free: (866) 944-2645 Fax: (814) 944-2683 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite

Address(es):

209 East Locust Street Clearfield, PA 16830 http://www.crinet.org

Phone Numbers:

Local: (814) 765-6405 Toll-free: (866) 619-6405 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

11 Reitz Blvd.

Suite 105

Lewisburg, PA 17837

http://www.crinet.org

Phone Numbers:

Local: (570) 524-4314 Toll-free: (800) 332-4135 Fax: (570) 524-9236 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

33 East Hale

Suite L

Lewiston, PA 17044

http://www.crinet.org

Phone Numbers:

Local: (717) 248-8011 Toll-free: (800) 309-0989 Fax: (717) 248-8029 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

201 Lincoln Way West

Suite 109

McConnellsburg, PA 17233

http://www.crinet.org

Phone Numbers:

Local: (717) 485-0200 Toll-free: (866) 998-0530 Fax: (717) 485-0217 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

1003 Pennsylvania Avenue West

Warren, PA 16365

http://www.crinet.org

Phone Numbers:

Local: (814) 726-3404 Toll-free: (866) 579-3404 Fax: (814) 726-3428 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite

Address(es): 38 Plaza Lane

Wellsboro, PA 16901

http://www.crinet.org

Phone Numbers:

Local: (570) 724-5852 Toll-free: (866) 401-7911 Fax: (570) 724-3945 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

360 High Street Bradford, PA 16701 http://www.crinet.org

Phone Numbers:

Local: (814) 362-9170 Toll-free: (866) 313-1060 Fax: (814) 362-9173 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Community Resources for Independence, Inc. - Satellite Address(es):

1200 Eastwood Drive

Suite 1

Clarion, PA 16214

http://www.crinet.org

Phone Numbers:

Local: (814) 297-7141 Toll-free: (800) 372-0140 Fax: (814) 297-7161 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: unknown

Community Resources for Independence, Inc. - Satellite Address(es):

3875 East State Street

Suite B

Hermitage, PA 16148 http://www.crinet.org

Phone Numbers:

Local: (724) 347-4121 Fax: (724) 347-5966 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Beaver, Clarion, Lawrence, Mercer, Venango

Community Resources for Independence, Inc. - Satellite

Address(es): 250 Elm Street Oil City, PA 16301

http://www.crinet.org

Phone Numbers:

Local: (814) 677-4655 Toll-free: (866) 209-3882 Fax: (814) 677-4915 Name: Timothy Finegan Email: tim@crinet.org

Counties Served: Unknown

Disability Empowerment Center (DEC)

Address(es):

941 Wheatland Avenue

Suite 201

Lancaster, PA 17603 http://www.decpa.org/ Email: decinfo@decpa.org

Phone Numbers:

Local: (717) 394-1890 Toll-free: (866) 394-1890 Fax: (717) 394-7930

Accessible: (717) 394-3228 Accessible Phone Type: TTY Name: Melissa Hawkins

Email: mhawkins@decpa.org

Counties Served: Lancaster, Lebanon

Disability Options Network

Address(es):

1929 East Washington Street

New Castle, PA 16101

http://www.disabilityoptionsnetwork.org/

Phone Numbers:

Local: (724) 652-5144 Toll-free: (866) 652-5144 Fax: (724) 654-3342 Accessible: (724) 652-5152 Accessible Phone Type: TTY

Name: Chris Lloyd

Email: clloyd@doninc.org

Counties Served: Beaver, Butler, Lawrence, Mercer

Freedom Valley Disability Enablement, Inc.

Address(es):

3607 Chapel Road

Newtown Square, PA 19073 Email: fvdc.net@fvdc.net

Phone Numbers:

Local: (610) 353-6640 Toll-free: (800) 427-4754 Fax: (610) 353-6753

Accessible: (610) 353-8900 Accessible Phone Type: TTY

Name: Ann Cope Email: ann@fvdc.net

Counties Served: Chester, Delaware, Montgomery

Lehigh Valley Center for Independent Living

Address(es):

435 Allentown Drive Allentown, PA 18109 http://www.lvcil.org

Phone Numbers:

Local: (610) 770-9781 Toll-free: (800) 495-8245 Fax: (610) 770-9801

Accessible: (610) 770-9789 Accessible Phone Type: TTY

Name: Amy Beck

Email: amybeck@lvcil.org

Counties Served: Lehigh, Northhampton

Liberty Resources

Address(es):

714 Market Street

Suite 100

Philadelphia, PA 19106

http://www.libertyresources.org Email: lrinc@libertyresources.org

Phone Numbers:

Local: (215) 634-2000 Toll-free: (888) 634-2155 Fax: (215) 634-6628

Accessible: (215) 634-6630 Accessible Phone Type: TTY

Name: Thomas Earle

Counties Served: Philadelphia

Liberty Resources - Satellite

Address(es):

919 South Ninth Street Allentown, PA 18103

http://www.libertyresources.org Email: ilri-aln@libertyresources.org

Phone Numbers:

Local: (610) 432-3880 Toll-free: (888) 879-1444 Fax: (610) 432-3824

Accessible: (610) 432-3880 Accessible Phone Type: TTY

Name: Thomas Earle

Counties Served: Philadephia, Montgomery, Bucks, Chester, Delaware

Life & Independence for Today (LIFT)

Address(es):

503 East Arch Street St. Marys, PA 15857 http://www.liftcil.org Email: lift@liftcil.org Phone Numbers:

Local: (814) 781-3050 Toll-free: (800) 341-5438 Fax: (814) 781-1917

Accessible: (814) 781-1917 Accessible Phone Type: TTY

Name: Robert Mecca Email: lifted@liftcil.org

Counties Served: Cameron, Clearfield, Elk, Jefferson, McKean, and Potter

Northeast PA Center for Independent Living (NEPACIL)

Address(es):

1142 Sanderson Avenue

Suite 1

Scranton, PA 18509

http://www.nepacil.org

Email: mmasters@nepacil.org

Phone Numbers:

Local: (570) 344-7211 Toll-free: (800) 344-7211 Fax: (570) 344-7218

Accessible Phone Type: Relay - dial 711

Director:

Name: Timothy Moran Email: tmoran@nepacil.org

Counties Served:

Bradford, Columbia, Lackawanna, Luzerne, Monroe, Pike, Sullivan, Susquehanna, Wayne,

Wyoming

PA Council on Independent Living

Address(es):

200 Locust Street

Suite 200

Harrisburg, PA 17101 http://www.pcil.net Email: borstein@pcil.net

Phone Numbers:

Local: (717) 920-0530 Fax: (717) 920-0532

Accessible: (717) 920-0530 Name: Barbara Orstein

Roads to Freedom--CIL of North Central Pennsylvania

Address(es):

24 East Third Street Williamsport, PA 17701

http://cilncp.org

Email: rpysher@cilncp.org

Phone Numbers:

Local: (570) 327-9070 Toll-free: (800) 984-7492 Fax: (570) 327-8610

Accessible: (570) 327-5254 Accessible Phone Type: TTY

Name: Renee Sluzalis

Email: rsluzalis@cilncp.org

Counties Served: Centre, Clinton, Northumberland, Lycoming, Montour, Snyder, Tioga &

Union

Three Rivers Center for Independent Living (TRCIL)

Address(es):

900 Rebecca Avenue Pittsburgh, PA 15221

http://trcil.myfastsite.net/

Phone Numbers:

Local: (412) 371-7700 Toll-free: (800) 633-4588 Fax: (412) 371-9430

Accessible: (412) 335-6230 Accessible Phone Type: TTY

Name: John Clark Email: <u>jclark@trcil.org</u>

Counties Served: Allegheny, Armstrong, Beaver, Butler, Lawrence, Westmoreland

Three Rivers Center for Independent Living - Satellite

Address(es):

766 East Pittsburgh Street

Suite 102

Greensburg, PA 15601

http://trcil.myfastsite.net/

Phone Numbers:

Local: (724) 420-5841 Fax: (724) 420-5843

Accessible: (724) 219-3734 Accessible Phone Type: TTY

Name: John Clark Email: <u>iclark@trcil.org</u>

Counties Served: Unknown

Three Rivers Center for Independent Living - Satellite

Address(es):

150 West Beau Street

Suite 217

Washington, PA 15301 http://trcil.myfastsite.net/

Email: washoffice@trcil.org

Phone Numbers:

Local: (724) 222-2910 Toll-free: (866) 401-2910 Fax: (724) 222-3396 Name: John Clark

Email: jclark@trcil.org

Counties Served: Unknown

Tri-County Patriots for Independent Living (TRIPIL)

Address(es):

69 East Beau Street Washington, PA 15301 http://www.tripil.com

Phone Numbers:

Local: (724) 223-5115 Fax: (724) 223-5119

Accessible: (724) 228-4028 Accessible Phone Type: TTY Name: Kathleen Kleinman Email: kathleen@tripil.com

Counties Served: Washington, Fayette, Greene

Voices for Independence

Address(es):

1107 Payne Avenue

Erie, PA 16505

http://www.vficil.org

Phone Numbers:

Local: (814) 874-0064 Toll-free: (866) 407-0064 Fax: (814) 874-3497

Accessible: (814) 874-0064 Accessible Phone Type: TTY

Name: Shona Eakin Email: seakin@vficil.org

Counties Served: Clarion, Crawford, Erie, Forest, Venango, Warren

Adapted from: http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-

results/PA

VOCATIONAL REHABILITATION OFFICES IN PENNSYLVANIA

Allentown BVRS

45 North Fourth Street Allentown, PA 18102 610-821-6441 Voice — 800-922-9536 Voice 610-821-6144 TTY — 888-377-9207 TTY

Altoona BVRS

1130 12th Avenue — Suite 500 Altoona, PA 16601 814-946-7240 Voice/TTY 800-442-6343 Voice — 866-320-7955 TTY

DuBois BVRS

199 Beaver Drive DuBois, PA 15801 814-371-7340 Voice — 800-922-4017 Voice/TTY 814-371-7505 TTY

Erie BVRS

3200 Lovell Place Erie, PA 16503 814-871-4551 Voice — 800-541-0721 Voice 814-871-4535 TTY — 888-217-1710 TTY

Harrisburg BVRS

Forum Place — 555 Walnut St. — 8th Floor Harrisburg, PA 17101 717-787-7834 Voice — 800-442-6352 Voice 717-787-4013 TTY — 877-497-6545 TTY

Johnstown BVRS

727 Goucher Street — Section 10 Johnstown, PA 15905 814-255-6771 Voice — 800-762-4223 Voice 814-255-5510 TTY — 866-862-6891 TTY

New Castle BVRS

100 Margaret Street New Castle, PA 16101 724-656-3070 Voice — 800-442-6379 Voice 724-656-3252 TTY — 888-870-4476 TTY

Norristown BVRS

1875 New Hope Street Norristown, PA 19401 484-250-4340 Voice — 800-221-1042 Voice 484-250-4357 TTY — 888-616-0470 TTY

Philadelphia BVRS

444 North 3rd St. — 5th Floor — Philadelphia, PA 19123 215-560-1900 Voice — 800-442-6381 Voice 215-560-6144 TTY — 800-772-9031 TTY

Pittsburgh BVRS

531 Penn Avenue Pittsburgh, PA 15222 412-392-4950 Voice — 800-442-6371 Voice

412-392-5921 TTY — 888-870-4474 TTY

Reading BVRS

3602 Kutztown Road — Suite 200 Reading, PA 19605 610-621-5800 Voice — 800-442-0949 Voice 610-621-5820 TTY — 877-475-7326 TTY

Washington BVRS

201 West Wheeling Street
Washington, PA 15301
724-223-4430 Voice — 800-442-6367 Voice
724-223-4443 TTY — 866-752-6163 TTY

Wilkes-Barre BVRS

300 G Laird Street Wilkes-Barre, PA 18702 570-826-2011 Voice — 800-634-2060 Voice 570-826-2023 TTY — 888-651-6117 TTY

Wilkes-Barre BBVS

300 G Laird Street Wilkes-Barre, PA 18702 570-826-2361 Voice — 866-227-4163 Voice 570-826-2023 TTY — 888-651-6117 TTY

Williamsport BVRS

The Grit Building — Suite 102 — 208 West Third St. Williamsport, PA 17701 570-327-3600 Voice — 800-442-6359 Voice 570-327-3620 TTY — 800-706-0884 TTY

York BVRS

2550 Kingston Road — Suite 101 York, PA 17402 717-771-4407 Voice — 800-762-6306 Voice 717-771-4433 TTY — 866-466-1404 TTY

BVRS - Bureau of Vocational Rehabilitation Services

Adapted from:

http://www.portal.state.pa.us/portal/server.pt?open=514&objID=608681&mode=2

County Assistance Offices

From:

http://www.dpw.state.pa.us/findfacilsandlocs/countyassistanceofficecontactinformation/index.htm

<u>County</u>	Assistance Office Address	Telephone/Fax Numbers
Adams	Adams County Assistance Office 225 South Franklin Street P.O. Box 4446 Gettysburg, PA 17325-4446	Toll Free: 1-800-638-6816 Phone: 717-334-6241 FAX: 717-334-4104
Allegheny	Allegheny County Assistance Office Headquarters Piatt Place 301 5th Avenue Suite 470 Pittsburgh, PA 15222	Phone: 412-565-2146 FAX: 412-565-3660
	Low Income Home Energy Assistance Program (LIHEAP) 5947 Penn Avenue 4th Floor Pittsburgh, PA 15206 * The entrance is at Kirkwood Street and North Highland Avenue	Phone: 412-562-0330 FAX: 412-565-0107
	Alle-Kiski District 909 Industrial Blvd New Kensington, PA 15068-0132	Toll Free: 1-800-622-3527 Phone: 724-339-6800 FAX: 724-339-6850
	Institution-Related Eligibility District (IRED) 301 5th Avenue Suite 420 Pittsburgh, PA 15222	Phone: 412-565-5604 FAX: 412-565-5074
	Liberty District 332 5th Avenue Suite 300 Pittsburgh, PA 15222	Phone: 412-565-2652 FAX: 412-565-5088
	Three Rivers District Warner Center 332 Fifth Avenue 2nd Floor Pittsburgh, PA 15222	Phone: 412-565-7755 FAX: 412-565-5198 or 5075
	Southeast District 220 Sixth Street McKeesport, PA 15132-2720	Phone: 412-664-6800 or 6801 FAX: 412-664-5218
	Southern District 332 Fifth Avenue, Suite 230 Pittsburgh, PA 15222	Phone: 412-565-2232 FAX: 412-770-3686 or 412- 565-5713

Greater Pittsburgh East District Phone: 412-645-7400 or

5947 Penn Avenue 7401

Pittsburgh, PA 15206-3844 FAX: 412-365-2821

Armstrong County Assistance Office Toll Free: 1-800-424-5235

1280 North Water Street Phone: 724-543-1651
Kittanning, PA 16201-0898 LIHEAP 724-543-6076 or

800-543-5105 FAX: 724-548-0274

Phone: 724-773-7300

LIHEAP 724-773-7495

Phone: 814-623-6127

Beaver County Assistance Office Toll Free: 1-800-653-3129

171 Virginia Avenue

P. O. Box 349

Rochester, PA 15074-0349 FAX: 724-773-7859

Bedford County Assistance OfficeToll Free: 1-800-542-8584

150 North Street

Bedford, PA 15522-1040 LIHEAP 814-624-4072

FAX: 814-623-7310

Berks Derks County Assistance Office Toll Free: 1-866-215-3912

Reading State Office Building Phone: 610-736-4211 625 Cherry Street LIHEAP 610-736-4228

Reading, PA 19602-1188 or 866-215-3911

FAX: 610-736-4004

Blair County Assistance Office Toll Free: 1-866-812-3341

1100 Green Avenue LIHEAP 814-946-7365 Altoona, PA 16601-3440 FAX: 814-941-6813

Bradford County Assistance Office Toll Free: 1-800-542-3938

1 Elizabeth Street, Suite 4 Phone: 570-265-9186

P.O. Box 398 FAX: 570-265-3061 Towanda, PA 18848-0398

Bucks Bucks County Assistance Office Phone: 215-781-3300

1214 Veterans Highway

Toll Free: 1-800-362-1291
Bristol, PA 19007-2593

LIHEAP 215-781-3393
or 1-800-616-6481

FAX: 215-781-3438

Butler County Assistance Office Toll Free: 1-866-256-0093

108 Woody Dr. Phone: 724-284-8844 Butler, PA 16001-5692 FAX: 724-284-8833

CambriaCambria County Assistance OfficeToll Free: 1-877-315-0389

625 Main Street Phone: 814-533-2491 Johnstown, PA 15901-1678 LIHEAP 814-533-2253

FAX: 814-533-2214

CameronCameron County Assistance OfficeToll Free: 1-888-855-1824

411 Chestnut Street Phone: 814-486-3757 P.O. Box 71 LIHEAP 814-486-1206

FAX: 814-486-1379 Emporium, PA 15834-0071 Carbon **Carbon County Assistance Office** Toll Free: 1-800-314-101 Lehigh Drive 0963 Lehighton, PA 18235 Phone: 610-577-9020 LIHEAP (cash) 610-577-9073 LIHEAP (crisis) 866-410-2093 FAX: 610-577-9043 Centre **Centre County Assistance Office** Toll Free: 1-800-355-6024 2580 Park Center Phone: 814-863-6571 Boulevard LIHEAP: 814-861-1955 State College, PA 16801-3005 FAX: 814-689-1356 Chester **Chester County Assistance Office** Toll Free: 1-888-814-4698 100 James Buchanan Drive Phone: 610-466-1000 Thorndale, PA 19372-1132 LIHEAP 610-466-1042 FAX: 610-466-1130 Clarion **Clarion County Assistance Office** Toll Free: 1-800-253-3488 71 Lincoln Drive Phone: 814-226-1700 Clarion, PA 16214-3861 LIHEAP 814-226-1780 FAX: 814-226-1794 Clearfield **Clearfield County Assistance Office** Toll Free: 1-800-521-9218 1025 Leonard Street Phone: 814-765-7591 Clearfield, PA 16830 LIHEAP 814-765-0684 or 800-862-8941 FAX: 814-765-0802 Clinton **Clinton County Assistance Office** Toll Free: 1-800-820-4159 300 Bellefonte Avenue Phone: 570-748-2971 Suite 101 LIHEAP 570-893-4409 Lock Haven, PA 17745-1929 FAX: 570-893-2973

Crowford

Suite 101
Lock Haven, PA 17745-1929

Columbia County Assistance Office
27 East Seventh Street
Phone: 570-387-4200
LIHEAP 570-893-2973

Toll Free: 1-877-211-1322
Phone: 570-387-4200
LIHEAP 570-387-4232
FAX: 570-387-4708

 Crawford
 Crawford County Assistance Office
 Toll Free:1-800-527-7861

 1084 Water Street
 Phone: 814-333-3400

 P.O. Box 1187
 LIHEAP 814-333-3400

 Meadville, PA 16335-7187
 FAX: 814-333-3527

CumberlandCumberland County Assistance OfficeToll Free: 1-800-269-017333 Westminster DrivePhone: 717-240-2700Carlisle, PA 17013-0599FAX: 717-240-2781

DauphinDauphin County Assistance OfficeToll Free: 1-800-788-5616

2432 N. 7th Street P.O. Box 5959

Harrisburg, PA 17110-0959

Phone: 717-787-2324 LIHEAP 717-265-8919 FAX: 717-772-4703

Delaware Delaware County Assistance Office

Headquarters 701 Crosby Street

Suite A

Chester, PA 19013-6099

Phone: 610-447-5500 LIHEAP 610-447-3099 FAX: 610-447-5399

Crosby District Phone: 610-447-5300 701 Crosby Street

Suite A

Chester, PA 19013-6099

LIHEAP: 610-447-3099 FAX: 610-447-5399

Darby District Phone: 610-461-3800 845 Main Street FAX: 610-461-3900

Darby, PA 19023

Elk **Elk County Assistance Office** Toll Free: 1-800-847-0257

145 Race Street Phone: 814-776-1101 P.O. Box F LIHEAP 814-772-5215 or

Ridgway, PA 15853-0327 814-776-1101 FAX: 814-772-7007

Erie **Erie County Assistance Office** Toll Free: 1-800-635-1014

> 1316 Holland Street Phone: 814-461-2000 P.O. Box 958 LIHEAP 814-461-2002 Erie, PA 16512-0958 FAX: 814-461-2294

Fayette Favette County Assistance Office Toll Free: 1-877-832-7545

> 41 West Church Street Phone: 724-439-7015 Uniontown, PA 15401-3418 LIHEAP 724-439-7125 FAX: 724-439-7002

Forest Forest County Assistance Office Toll Free: 1-800-876-0645

> P.O. Box 367 Phone: 814-755-3552 Tionesta, PA 16353 FAX: 814-755-3420

Franklin **Franklin County Assistance Office** Toll Free: 1-877-289-9177

> 620 Norland Avenue Phone: 717-264-6121 Chambersburg, PA 17201-4205 LIHEAP 717-262-6579 FAX: 717-264-4801

Fulton County Assistance Office Fulton Toll Free: 1-800-222-8563

> 539 Fulton Drive Phone: 717-485-3151 McConnellsburg, PA 17233 FAX: 717-485-3713

Greene County Assistance Office Toll Free: 1-888-410-5658 Greene

> 100 Greene Plaza Phone: 724-627-8171 Waynesburg, PA 15370 LIHEAP 724-627-7668 FAX: 724-627-8096

Huntingdon Huntingdon County Assistance Office

7591 Lake Raystown Shopping Center

Huntingdon, PA 16652-0398

Toll Free: 1-800-237-7674 Phone: 814-643-1170

LIHEAP 814-643-4098 FAX: 814-643-5441

Indiana County Assistance Office

2750 West Pike Road Indiana, PA 15701 Toll Free: 1-800-742-0679 Phone: 724-357-2900 LIHEAP 724-357-2918 FAX: 724-357-2951

Jefferson County Assistance Office

100 Prushnok Drive P.O. Box 720

Punxsutawney, PA 15767-0720

Toll Free: 1-800-242-8214 Phone: 814-938-2990 LIHEAP 814-938-1329 FAX: 814-938-3842

> 100 Meadow Lane P.O. Box 65

Mifflintown, PA 17059-9983

Toll Free: 1-800-586-4282 Phone: 717-436-2158 FAX: 717-436-5402

Lackawanna County Assistance Office

200 Scranton State Office Building 100 Lackawanna Avenue

Scranton, PA 18503-1972

Toll Free: 1-877-431-1887 Phone: 570-963-4525 LIHEAP: 570-963-4842 FAX: 570-963-4843

Lancaster County Assistance Office

832 Manor Street P.O. Box 4967

Lancaster, PA 17604-4967

Phone: 717-299-7411 LIHEAP (cash) 717-299-7543

LIHEAP (crisis)

1-800-732-0018 (toll free) or

717-299-7301 FAX: 717-299-7565

Lawrence County Assistance Office

108 Cascade Galleria New Castle. PA 16101-3900

900 LIHEAP 724-656-3021 FAX: 724-656-3076

Lebanon County Assistance Office

625 South Eighth Street Lebanon, PA 17042-0870 Toll Free: 1-800-229-3926 Phone: 717-270-3600 LIHEAP 717-273-1641 FAX: 717-228-2589

Toll Free: 1-800-847-4522

Phone: 724-656-3000

Lehigh County Assistance Office

101 South 7th Street Allentown, PA 18101-2295 Toll Free: 1-877-223-5956 Phone: 610-821-6509

FAX: 610-821-6705

Luzerne County Assistance Office

Wilkes-Barre District 205 South Washington Street Wilkes-Barre, PA 18711-3298 Toll Free: 1-866-220-9320 Phone: 570-826-2100 LIHEAP: 570-826-2041

LIHEAP (crisis) 570-826-0510 FAX: 570-826-2178 Hazleton DistrictPhone: 570-459-3800Center Plaza BuildingLIHEAP: 570-459-383410 West Chestnut StreetFAX: 570-459-3931Hazleton PA 18201 6409

Hazleton, PA 18201-6409

Lycoming County Assistance Office

Lycoming

400 Little League Boulevard Phone: 570-327-3300 P.O. Box 127 LIHEAP 570-327-3497

Toll Free: 1-877-867-4014

Williamsport, PA 17703-0127 FAX: 570-321-6501

McKean County Assistance Office Toll Free: 1-800-822-1108

68 Chestnut Street Phone: 814-362-4671

Suite B FAX: 814-362-4959 Bradford, PA 16701-0016

Mercer County Assistance Office Toll Free: 1-800-747-8405

2236 Highland Road Phone: 724-983-5000 Hermitage, PA 16148-2896 LIHEAP 724-983-5022 FAX: 724-983-5706

Mifflin County Assistance Office Toll Free: 1-800-382-5253

1125 Riverside Drive Phone: 717-248-6746 Lewistown, PA 17044-1942 LIHEAP 717-242-6095 FAX: 717-242-6099

Monroe County Assistance Office Toll Free: 1-877-905-1495

1972 West Main Street Phone: 570-424-3030
Suite 101 LIHEAP 570-424-3517

Stroudsburg, PA 18360-0232 FAX: 570-424-3915

Montgomery County Assistance Office Toll Free: 1-877-398-5571

 Norristown District
 Phone: 610-270-3500

 1931 New Hope Street
 LIHEAP: 610-272-1752

 Norristown, PA 19401-3191
 FAX: 610-270-1678

 Pottstown District
 Toll Free: 1-800-641-3940

 24 Robinson Street
 Phone: 610-327-4280

 Pottstown, PA 19464-5584
 LIHEAP 610-272-1752

 FAX: 610-327-4350

Montour County Assistance OfficeToll Free: 1-866-596-5944

327 Church Street Phone: 570-275-7430
Danville, PA 17821-0278 LIHEAP 1-866-410-2093
FAX: 570-275-7433

Northampton Northampton County Assistance Office Toll Free: 1-800-349-5122

201 Larry Holmes Drive Phone: 610-250-1700
P.O. Box 10 LIHEAP 610-250-1785/6
Easton, PA 18044-0010 FAX: 610-250-1839

Northumberland County Assistance Office Toll Free: 1-800-368-8390

320 Chestnut Street Phone: 570-988-5900

Sunbury, PA 17801 LIHEAP 570-988-5996

or 800-332-8583 FAX: 570-988-5918

Perry Perry County Assistance Office Toll Free: 1-800-991-1929

 100 Centre Drive
 Phone: 717-582-2127

 P.O. Box 280
 LIHEAP 717-582-5038

 New Bloomfield, PA 17068-0280
 FAX: 717-582-4187

Philadelphia County Assistance Office Phone: 215-560-7226

HeadquartersLIHEAP: 215-560-1583801 Market StreetFAX: 215-560-3214Philadelphia, PA 19107

Low Income HomeLIHEAP Phone:Energy Assistance215-560-1583

Program (LIHEAP) LIHEAP Fax: 215-560-2260

1348 W. Sedgley Ave. Philadelphia, PA 19132-2498

Boulevard District4109 Frankford Avenue
Philadelphia, PA 19124-4508
Phone: 215-560-6500
FAX: 215-560-2087

Chelten District Phone: 215-560-5200

301 East Chelten Avenue FAX: 215-560-5251 1st Floor

Philadelphia, PA 19144-5751

Delancey DistrictPhone: 215-560-37005740 Market Street 2nd FloorFAX: 215-560-2055Philadelphia, PA 19139-3204

Elmwood District Phone: 215-560-3800

5740 Market Street 1st Floor FAX: 215-560-2065 Philadelphia, PA 19139-3204

Glendale DistrictPhone: 215-560-46005201 Old York RoadFAX: 215-456-5103

Philadelphia, PA 19141-9943

Liberty DistrictPhone: 215-560-4000219 East Lehigh AvenueFAX: 215-560-4065

Philadelphia, PA 19125-1099

Long Term and Independent Services District5070 Parkside Avenue
Philadelphia, PA 19131
Phone: 215-560-5500
FAX: 215-560-2065

Ridge/Tioga DistrictPhone: 215-560-49001350 West Sedgley AvenueFAX: 215-560-4938

Philadelphia, PA 19132-2498

Somerset DistrictPhone: 215-560-54002701 N. Broad StreetFAX: 215-560-5403

2nd Floor

Philadelphia, PA 19132-2743

 South District
 Phone: 215-560-4400

 1163 S. Broad Street
 FAX: 215-218-4650

Philadelphia, PA 19147

Unity DistrictPhone: 215-560-64004111 Frankford AvenueFAX: 215-560-2067

Philadelphia, PA 19124

West DistrictPhone: 215-560-61005070 Parkside AvenueFAX: 215-560-2053

Philadelphia, PA 19131-4747

Pike County Assistance OfficeToll Free: 1-866-267-9181Milford Professional ParkPhone: 570-296-6114Suite 101LIHEAP 570-296-611410 Buist RoadFAX: 570-296-4183

Milford, PA 18337

Pike

Potter Potter County Assistance Office Toll Free: 1-800-446-9896

269 Route 6 West, Room 1 Phone: 814-274-4900 Coudersport, PA 16915-8465 FAX: 814-274-3635

Schuylkill Schuylkill County Assistance Office Toll Free: 1-877-306-5439

2640 Woodglen RoadPhone: 570-621-3000P.O. Box 1100LIHEAP 570-621-3072Pottsville, PA 17901-1341FAX: 570-624-3334

Snyder County Assistance Office Toll Free: 1-866-713-8584

83 Maple Lane Phone: 570-374-8126 Selinsgrove, PA 17870-1302 LIHEAP: 570-621-3072 FAX: 570-374-6347

Somerset County Assistance Office Toll Free: 1-800-248-1607

164 Stayrook Street Phone: 814-443-3681 Somerset, PA 15501 LIHEAP 814-443-3683 FAX: 814-445-4352

Sullivan Sullivan County Assistance Office Toll Free: 1-877-265-1681

918 Main Street, Suite 2 Phone: 570-946-7174 P.O. Box 355 LIHEAP 570-946-7174

Laporte, PA 18626-0355 FAX: 570-946-7189

Susquehanna County Assistance Office Toll Free: 1-888-753-6328

 33 Spruce Street
 Phone: 570-278-3891

 P.O. Box 128
 LIHEAP: 1-866-410-2093

 Montrose, PA 18801-0128
 FAX: 570-278-9508

Tioga County Assistance Office Toll Free: 1-800-525-6842

11809 Route 6

Wellsboro, PA 16901-6764

Phone: 570-724-4051 LIHEAP 570-724-4051 FAX: 570-724-5612

Toll Free: 1-877-628-2003

Union **Union County Assistance Office**

Suite 300

Phone: 570-524-2201 1610 Industrial Boulevard LIHEAP 570-522-8900 Lewisburg, PA 17837-1292 FAX: 570-524-2361

Venango County Assistance Office Venango

530 13th Street

Franklin, PA 16323-0391

Toll Free: 1-877-409-2421 Phone: 814-437-4341/4342 LIHEAP 814-437-4354 FAX: 814-437-4441

Warren **Warren County Assistance Office**

> 210 North Drive, Suite A N. Warren, PA 16365

Toll Free: 1-800-403-4043 Phone: 814-723-6330 LIHEAP 814-726-2540 FAX: 814-726-1565

Washington **Washington County Assistance Office**

> 167 North Main Street Washington, PA 15301-4354

Toll Free: 1-800-835-9720 Phone: 724-223-4300 LIHEAP 724-223-5246 FAX: 724-223-4675

Valley District 595 Galiffa Drive P.O. Box 592

Donora, PA 15033-0592

Toll Free: 1-800-392-6932 Phone: 724-379-1500 LIHEAP 724-379-1549 FAX: 724-379-1572

Wayne County Assistance Office Wayne

107 8th Street, 2nd Floor

P.O. Box 229

Honesdale, PA 18431-0229

Toll Free: 1-877-879-5267 Phone: 570-253-7100 LIHEAP 570-253-7118 FAX: 570-253-7374

Westmoreland Westmoreland County Assistance Office -

> Main Office 587 Sells Lane

Greensburg, PA 15601-4493

Toll Free: 1-800-905-5413 Phone: 724-832-5200 LIHEAP 724-832-5524 FAX: 724-832-5202

Donora/Valley District

595 Galiffa Drive P.O. Box 592

Donora, PA 15033-0592

Toll Free: 1-800-238-9094 Phone: 724-379-1500 LIHEAP 724-832-5524 FAX: 724-379-1572

Alle-Kiski District

909 Industrial Boulevard

New Kensington, PA 15068-0132

Toll Free: 1-800-622-3527 Phone: 724-339-6800 LIHEAP 724-832-5524 FAX: 724-339-6850

Wyoming Wyoming County Assistance Office

> 608 Hunter Hwy. Ste. 6, P.O. Box 490

Tunkhannock, PA 18657-0490

Toll Free: 1-877-699-3312 Phone: 570-836-5171 LIHEAP: 570-836-5171 FAX: 570-996-4141

York York County Assistance Office

130 N. Duke Street P.O. Box 15041 York, PA 17405-7041

National Spinal Cord Injury Association Pennsylvania Chapters:

Northeast Pennsylvania Chapter

The **National Spinal Cord Injury Association Northeast Pennsylvania Chapter** (*Individual Abilities in Motion*) is a non-profit organization whose purpose is to help people discover, develop, and celebrate abilities.

The I AM organization is a collaborative effort to enrich the lives of individuals with spinal cord injuries using a multi pronged approach to support, challenge, and inspire. Some of the ways we work towards this goal is by promoting sports, adventure activities, community outings, and public awareness, thus providing avenues for someone to try something new, stay active and hopefully open one's mind to other possibilities. Ultimately, we aspire to support living and loving life. http://www.spinalcord.org/chapters/nepa/

The **National Spinal Cord Injury Association of Pittsburgh** can be reached at http://www.spinalcord.org/chapters/directory/chapter-directory/52/nscia-pittsburgh/

Other Pennsylvania Resources:

Transportation Advocacy Project Information about transportation advocacy statewide in PA including: improving fixed route and paratransit services, accessible taxicabs, making shared ride affordable, legal and other actions. Finds tools and links for increasing advocacy effectiveness and links to ADA regulations and rulings. www.ridesforallpa.com, email: rtrschmitt@comcast.net.

Pennsylvania Assistive Technology Foundation (PATF) A non-profit organization that provides low-interest loans and 0% interest loans for \$1000 loans or less, to any Pennsylvania residents so that they can buy the assistive technology devices and services they need. www.patf.us 888-744-1938, 484-674-0506.

Pennsylvania Assistive Technology Lending Library. A free service that loans assistive technology devices to people with disabilities. It's available to Pennsylvanians of all ages and disabilities. "Assistive Technology" includes devices that people with disabilities can use to help themselves communicate, learn, travel, do daily chores, care for themselves, and have fun. http://disabilities.temple.edu/atlend 800-204-7428 ext. 1, TTY: 866-268-0579

Pennsylvania Initiative on Assistive Technology (PIAT) A statewide, cross-age and cross-disability program under the Assistive Technology Act whose priorities include the development, implementation, and monitoring of laws, policies, practices, and organizational structures to improve access to assistive technology for all Pennsylvanians with disabilities and older Pennsylvanians. http://disabilities.temple.edu/programs/assistive/piat 800-204-PIAT (7428) (Toll Free in-state only),

TTY: 866-268-0579.

Recycled Equipment Exchange Program (REEP) REEP is a free statewide service for people with disabilities, their families, friends, service providers and other interested individuals. Equipment in the REEP listing can range from simple home adaptations, to wheelchairs, to computers and software. REEP, a program of Pennsylvania's Initiative on Assistive Technology (PIAT), is maintained by the Three Rivers Center for Independent Living. http://disabilities.temple.edu/programs/assistive/reep/800-633-4588, TTY: 412-371-6230.

Adapted from Allegheny County (2013) Community Resources for People with Disabilities http://www.alleghenycounty.us/WorkArea/DownloadAsset.aspx?id=36954