

# Resource Guide for Youth & Young Adults In Alameda County California Children's Services (CCS)

Transition-focused health and social services to make sure  
you are connected before we say goodbye!

---



ALAMEDA COUNTY PUBLIC HEALTH DEPARTMENT  
California Children's Services (CCS)  
*Right Care. Right Time. Right Place.*

## Table of Contents

INTRODUCTION .....	3
Transitioning with a Special Health Care Need:.....	3
YOUR RIGHTS .....	4
You Have The Right To .....	4
Who You Can Contact to Help You Advocate for Your Rights .....	5
Disability Rights California .....	5
HEALTH CARE & HEALTH INSURANCE .....	6
Some Helpful Online Guides .....	6
Genetically Handicapped Persons Program.....	8
Other Medical Insurance Programs .....	9
Alameda County Clinics.....	9
Free Clinics .....	13
Prescription Medications .....	14
SEXUAL & REPRODUCTIVE HEALTH, FAMILY PLANNING, WOMEN’S HEALTH.....	15
DENTAL HEALTH .....	16
MENTAL HEALTH RESOURCES .....	17
Referrals.....	17
General Services.....	18
FINANCIAL PROGRAMS & RESOURCES .....	21
Supplemental Security Income (SSI ) .....	22
Other Public Financial Assistance Programs: .....	22
In Home Support Services (IHSS) .....	24
FOOD .....	25
FINANCIAL COUNSELING AND ADVISING .....	25
EMPLOYMENT .....	26
Regional Occupational Center and Programs (ROP).....	26
Regional Center of the East Bay.....	29
Center for Independent Living (CIL) .....	30
Community Resource for Independent Living .....	31
Technology Access & Assistive/Adaptive Technology .....	31

EDUCATION.....	33
College.....	33
TRANSPORTATION .....	37
ADVOCACY & SUPPORT.....	38
LEGAL .....	40
Some Helpful Legal Terms & Concepts .....	40
RECREATION.....	41
COMPREHENSIVE SERVICE REFERRALS FOR ALAMEDA COUNTY .....	42
NEED MORE HELP?.....	43

## INTRODUCTION

***INSERT: blurb about what the transition program is, role of Transition Specialist, support offered and contact information. Also information about who put the guide together.*** (CCS Transition Specialist phone 510-208-5973 email [ccsbridge@acgov.org](mailto:ccsbridge@acgov.org) or visit the website: <http://www.acphd.org/ccs/transition.aspx> )

### Transitioning with a Special Health Care Need:

As a young person who gets CCS services, it is important to think about how things will change for you as you become an adult. Depending on how old you are now, it can be tricky to think ahead to turning 21 (when you lose CCS and *family* Medi-Cal), and difficult to know what **health services** or extra help you might need. A lot of things can change for you and your health care when you turn 21- which is why it is so important to

plan ahead with support from important people in your life; such as family and providers.....This resource guide can help you...

## **YOUR RIGHTS**

The section below talks about your rights to health care- this is important to know in case you ever feel like you are not getting these basic rights. If these rights are being denied to you, you can get support to stand up for yourself. Ask for help and look at the *legal* and *advocacy* resources provided in this guide to get the help you need for necessary care and services.

### **You Have The Right To**

- ▶ Equal access to health services, including physical accommodation for exam rooms and medical equipment, without anyone discriminating against you.
- ▶ An interpreter to provide free translation services in any language, including sign-language, to communicate with your health care provider.

- ▶ Emergency Room treatment to stabilize medical emergencies, regardless of your ability to pay or your citizenship/immigration status.
- ▶ Pick your primary doctor.
- ▶ See specialists and get second opinions.
- ▶ Argue for coverage if your health plan refuses to pay for the care you need.
- ▶ Continuation of group health insurance plan (like from your job or from your parent/ guardian) coverage for 18-36 months after a status change (lost your job, you are no longer considered dependent). Coverage may be extended further if a child is disabled.

## **Who You Can Contact to Help You Advocate for Your Rights**

### **Disability Rights California**

Advocacy/ legal/ systems navigation for issues pertaining to special education, health services, accommodations, and ADA compliance.

Bay Area Regional Office  
1330 Broadway, Suite 500 Oakland, CA 94612  
(510) 267-1200

Toll-Free state-wide: 800-776-5746  
TTY:800-719-5798

### **Area Board V**

Part of the State Council on Developmental Disabilities (SCDD); established by state and federal law as an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need.

Area Board V  
1515 Clay Suite 300  
Oakland, CA 94612

phone: (510) 286-0439  
fax: (510) 268-4397

**[http://www.scdd.ca.gov/Area Board/Area Board 5.htm](http://www.scdd.ca.gov/Area_Board/Area_Board_5.htm)**

### **Health Rights Hotline**

HRH Provides free assistance and information about your rights in health care. It can be used as a resource for California health consumers.

[www.hrh.org](http://www.hrh.org)

### **Office of Client's Rights Advocates (OCRA)**

The Office of Clients' Rights Advocacy (OCRA) is a statewide office run by Protection & Advocacy, Inc., through a contract with the California Department of Developmental Services. OCRA employs a Clients' Rights Advocate (CRA) at each regional center. The CRA is a person trained to help protect the rights of people with developmental disabilities.

(800) 390-7032

[www.disabilityrights.org/about/acra.htm](http://www.disabilityrights.org/about/acra.htm)

## **HEALTH CARE & HEALTH INSURANCE**

As an adult you will be taking control of your own health care. If you have not already, you will be changing to a doctor who specializes in adults rather than children (usually between 18 and 21). It is important that you learn how to make appointments, how to communicate with your doctor, and how to advocate for yourself. It helps your transition if you have a health history summary to give the new adult doctor, and if you have a good, basic understanding of your own condition and its effects on your life.

### **Some Helpful Online Guides**

**Adolescent Health Transition Project-** <http://depts.washington.edu/healthtr> is a website that will help you take over your own medical care. It offers information, FAQ's, Independence Checklists, Independent Living Skills Checklists, and more.

**The Center for Children with Special Needs-** <http://cshcn.org/teen-transition-adult-health-care> is another health-transition guide specifically for teens.

## **More on Health Insurance & Health Care**

If you have been getting CCS, you need to know who will be able to provide health care services- like doctor visits and physical therapy - and equipment -like wheelchairs, walkers, and braces- after you turn 21. Once you turn 21, the CCS health insurance program no longer pays for medical care, physical / occupational therapy, or equipment, and many other health insurance programs you get (like family Medi-Cal) end their benefits. This does not mean you cannot get medical care you need. Some people will get private insurance through their families, jobs, or school and will need to find doctors in their network. Some will need to re-apply for Medi-Cal as an adult, and others may need to apply for the county Health PAC program, and to sign up with a local clinic for regular care.

There are some low cost and even free resources for health care that you can access without insurance as well. Listed here are some options below for health insurance, health clinics, and see the Financial Assistance section (pp. 23-28) for more info on support programs like SSI and IHSS.

### **Medi-Cal**

Many CCS clients who had Medi-Cal before their 21st birthday will need to re-apply for Medi-Cal as an adult. If you are staying in Alameda County, you can apply for Medi-Cal by making an appointment at a Community Screening & Enrollment clinic site (see below\*\*). Remember, whether you do an application in person or by mail, you ***should not pay*** anyone to help you with Medi-Cal. If you get SSI and Medi-Cal; your Medi-Cal should continue after your 21<sup>st</sup> birthday, without re-application- but double check with your Medi-Cal worker.

### **How to Apply:**

- **In person**, at any Alameda County Social Service Drop-in Center (pp.17-18)
- **By mail**: Call (510) 777-2300 or 1-800-698-1118 (toll free) to request a Medi-Cal mail -in application and instructions booklet.
- **Online**: follow the Benefits CalWIN link: [www.benefitscalwin.org](http://www.benefitscalwin.org)

***Please contact the Medi-Cal Client Advocate at (510) 383-2898 (Enterprise Office) for FREE help with your Medi-Cal application, problem solving, & general Medi-Cal information support.***

### **HealthPAC**



If you do not qualify for adult Medi-Cal, you may be able to get health care services through Alameda County's indigent adult health program- HealthPAC. To be eligible for this coverage, you must:

- Live in Alameda County
- Be below 200% of the federal poverty level
- Have no health insurance OR health coverage that does not fully cover your health care needs.

[You can apply for HealthPAC at the same places and at the same time as you apply for Medi-Cal (*concurrent application*, in case you cannot get Medi-Cal).]

If you have questions about what HealthPAC can pay for and/or want to set up an enrollment appointment, contact them:

HealthPAC Customer Service, 1-877-879-9633

Monday – Friday, 8:00 A.M. – 5:00 P.M

Email: [HealthPACquestions@acgov.org](mailto:HealthPACquestions@acgov.org)

**(Do not put personal health information in the e-mail)**

### **To apply for the above programs:**

#### **Health Care Services Agency , San Leandro**

1000 San Leandro Blvd., Suite 300

San Leandro, CA 94577

1-800-422-9495

(NOTE: HEALTH COVERAGE ENROLLEMENT ONLY; not a doctor's office)

### **Genetically Handicapped Persons Program**

State Program which provides medical case management and covers medical and dental costs for individuals 21 years and over who have certain genetic diseases including cystic fibrosis, hemophilia, sickle cell disease and other neurological and metabolic conditions. You can ask your health care provider to refer you to GHPP if you may qualify.

Mailing Address:

P.O. Box 997413, MS 8105

Sacramento, CA 95899-7413



Phone: (800) 639-0597 or (916) 327-0470  
[www.dhs.ca.gov/pcfh/cms/ghpp/](http://www.dhs.ca.gov/pcfh/cms/ghpp/)

## Other Medical Insurance Programs

You may have been covered by your parents' private insurance, in addition to CCS.

You and your parents will have to research if they can continue to carry you on their plan after the age of 21. Many insurance plans now cover children until age 26, and they now cannot deny you coverage because of a pre-existing condition, by law. There are also private health plans such as Blue Shield or Kaiser that you might be able to purchase through the new 2014 Health Reform exchange plan, through your college student health plans, and through some jobs. Review plans to see if they are affordable for you; visit **Covered California**: <http://www.coveredca.com/> to see what insurance plans you might be eligible to get, and what they might cost you.

## Alameda County Clinics

If you are uninsured but need medical care you can refer to the following list for clinics. If you do not qualify for the HealthPAC program you may be able to pay at sliding fee scale at the following clinics. Establish care at the following clinics for health insurance, regular prescription drugs, primary care, and referrals to specialty care. Those marked with asterisks\*\* are clinics where you can be screened for and enrolled in health insurance programs (*Medi-Cal, HealthPAC, Covered California*).

### *Berkeley*

#### **Berkeley Health Center for Women & Men**

2908 Ellsworth St.  
Berkeley, CA 94705  
(510) 843-6194

#### **LifeLong Medical Care:**

\*\* 1-2 For health insurance enrollment screening, please drop-in or call patient line: 510-981-4100

#### **Berkeley Primary Care Clinic\*\***

(510) 204-4666  
2001 Dwight Way, Room 1363 Berkeley, CA 94704  
[http://www.lifelongmedical.org/centers\\_berkeley\\_primary.html](http://www.lifelongmedical.org/centers_berkeley_primary.html)

#### **West Berkeley Family Practice Clinic\*\***

2344 6th Street  
Berkeley, CA 94710  
(510) 704-6010

**Berkeley Public Health Clinic**

(510) 981-5350

830 University Avenue (corner of Sixth Street) Berkeley, CA 94710

<http://www.ci.berkeley.ca.us/publichealth/publichealthclinic/phc.html>

*Fremont*

**Tri-City Health Centers\*\***

(510) 770-8040

2299 Mowry Ave Fremont, CA 94538

39500 Liberty Street

Fremont, CA 94538

<http://www.tricityhealth.org/home/index.php>

*Union City*

**Tiburcio Vasquez Health Center\*\***

(510) 471-5880

33255 Ninth Street Union City, CA 94587

[http://www.tvhc.org/uc\\_clinic.html](http://www.tvhc.org/uc_clinic.html)

*Hayward*

**Tiburcio Vasquez Health Center \*\*\***

(510) 471-5880

22331 Mission Blvd. Hayward, CA 94541

[http://www.tvhc.org/hayward\\_clinic.html](http://www.tvhc.org/hayward_clinic.html)

**Alameda County Medical Center-Winton Wellness Center**

(510) 266-1700

24100 Amador St., Suite 250

Hayward, CA 94544

<http://www.acmedctr.org/winton.cfm>

*Newark*

**Newark Health Center\*\***

(510) 505-1600

6066 Civic Terrace Ave. Newark, CA 94560

<http://www.acmedctr.org/primarycare.cfm?M1=2&M2=0&M3=0&P=200>

## *Oakland*

### **Asian Health Services**

(510) 986-6800

818 Webster Street Oakland, CA 94607

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

### **LifeLong Medical Care**

\*\* For health insurance enrollment screening, please call patient line:

510-981-4100

### **Downtown Oakland Clinic\*\***

(510) 451-4270

616 16th Street Oakland, CA 94612

<http://www.lifelongmedical.org/centers.html>

### **Howard Daniel Family Practice Clinic\*\***

(510) 981-4100

9933 MacArthur Blvd, Oakland 94605

### **East Oakland Health Center\*\***

(510) 430-9401

7450 International Blvd.

Oakland, CA 94621

<http://www.wohc.org/Site-EOHC.html>

### **Healthy Oakland/Save a Life Wellness Center\*\***

2580 San Pablo Avenue

Oakland, CA

(510) 444-9155

### **La Clínica de la Raza:**

<http://www.laclinica.org>

### **Fruitvale Village\*\***

(510) 535-4000

3451 East 12th Street Oakland, CA 94601

### **San Antonio Health Center\*\***

(510) 238-5400

1030 International Blvd. Oakland, CA 94606

**Clinica Alta Vista\*\***

For Teens

(510) 535-6300

1515 Fruitvale Avenue Oakland, CA 94601

**Native American Health Center\*\***

(510) 535-4400

3124 International Blvd.,

Oakland, CA 94601

**Alameda County Medical Center**

**Highland Hospital\*\***

1411 East 31st Street

Oakland, CA 94602

*Outpatient Clinics* (510) 437-4800

*Pediatrics* (510) 437-4299

*Women's Urgent Care* (510) 437-4778

**Eastmont Wellness Center\*\***

(510) 567-5700

6955 Foothill Blvd., Suite 200 Oakland, CA 94605

**Asian Community Health Services\*\***

**Main Clinic**

818 Webster Street

Oakland, CA 94607

(510) 986-6880

**Frank Kiang Medical Center** (a clinic of Asian Health Services)\*\*

250 East 18th Street, 2nd Floor

Oakland, CA 94606

(510) 986-6860

**West Oakland Health Center\*\***

(510) 835-9610

700 Adeline Street

Oakland, CA 94607  
<http://www.wohc.org/wohc.html>

*Pleasanton, Livermore*

**Axis Community Health\*\***

(925) 462-1755  
4361 Railroad Avenue  
Pleasanton, CA 94566  
<http://www.axishealth.org/>

**Axis Community Health\*\***

(925) 462-1755  
3311 Pacific Avenue  
Livermore, CA 94550  
<http://www.axishealth.org/>

***Free Clinics***

Free basic care and referrals, will NOT provide regular primary care or prescription drugs like insulin, or sign you up for insurance. Call for hours of operation if not listed below.

**Berkeley Free Clinic**

Offers free testing and basic health care services, as well as some counseling services.

2339 Durant Ave.  
Berkeley, CA 94704  
(510) 548-2570  
<http://www.berkeleyfreeclinic.org/>

**Order of Malta, Oakland**

2121 Harrison Street #110  
Oakland, CA 94612-3788  
(510) 587-3000

**RotaCare, San Leandro**

Drop-in clinic for those in need, first come first-served  
Monday (Adults) 4:30 p.m. - 7:00 p.m., Tuesday (Pediatrics) 4:30 p.m. - 7:00 p.m.

3081 Teagarden Street  
San Leandro, CA 94577

(510) 347-4620  
<http://www.rotacarebayarea.org>

**Ashland Free Medical Clinic, San Lorenzo**

Basic adult medicine and pediatric services, behavioral health, type II diabetes home education

16539 Ashland Avenue  
San Lorenzo, CA 94580  
(510) 407-2362

**Prescription Medications**

Alameda County offers residents prescription drug discounts and free- prescription cards.

For more information, visit [www.achealthcare.org](http://www.achealthcare.org) , [www.coast2coastrx.com](http://www.coast2coastrx.com), or call the Family Health Line at: 1-888-604-4636

**See the following resources for non-county based assistance:**

**Rx Hope**

Provides assistance locating Patient Assistance Programs for paying for specific prescription drugs.

1-877-267-0517, (8 am-7pm EST)  
[www.rxhope.com](http://www.rxhope.com)

**NeedyMeds**- A hub of patient assistance program information:

<http://www.needymeds.org/index.htm>

## **SEXUAL & REPRODUCTIVE HEALTH, FAMILY PLANNING, WOMEN'S HEALTH**

### **Planned Parenthood**

Provides family planning and primary care information and services including birth control. Pregnancy testing and options counseling, HIV testing, cancer screening, testing and treatment for sexually transmitted infection for men and women, prenatal and post-partum care, child and adult immunizations.

### **Alameda County Planned Parenthood:**

(510) 300-3800

Planned Parenthood Clinics:

#### **Oakland**

Eastmont Mall  
7200 Bancroft Ave.  
Suite 210  
Oakland, CA 94605

482 West MacArthur Blvd.  
Oakland, CA 94609

#### **Hayward**

866 B Street, Hayward, CA



## **DENTAL HEALTH**

Many schools of dentistry will see children with special needs through Denti-Cal, third Party payer, or fee for service/ at a reduced rate. As a young adult with a special health care need, it may be more difficult to find a provider who can accommodate some conditions- make sure to inform a potential dentist of all special health care needs.

### **UCSF School of Dentistry**

Offers low-cost dental services from the dental student clinics, specialty care for major disabilities and developmental disabilities at the Oral and Maxillofacial Surgery Clinic.

#### **UCSF Student Dental Clinic**

707 Parnassus Avenue  
San Francisco, CA 94143  
**(415) 476-1891**

#### **UCSF Oral and Maxillofacial Surgery Clinic**

415-476-3242  
<http://dentistry.ucsf.edu/>

### **University of the Pacific- Specialty Care Dentistry Clinic**

Pacific's Arthur A. Dugoni School of Dentistry  
2155 Webster Street (between Sacramento & Clay Streets)  
Floor Level C San Francisco, California 94115  
(415) 929-6675  
<http://dental.pacific.edu/>

### **Berkeley Free Clinic- Dental Care**

Utilizes a lottery system for new clients, free general dental care- no capacity for specialty care or major disabilities

339 Durant Ave.  
Berkeley, CA 94704  
(510) 548-2570 or (800) 6-CLINIC  
<http://www.berkeleyfreeclinic.org/>

### **Helpful Website**

[www.AChealthcare.org](http://www.AChealthcare.org)

This is a helpful resource to find local and up-to-date info on free and low-cost medical and dental services, insurance eligibility, health care reform, and related health services.

## MENTAL HEALTH RESOURCES

Having an untreated mental health issue- whether it is a need for family therapy, trauma counseling, or psychiatric treatments- can seriously get in the way of your ability to take care of yourself. Alameda County has several low-cost and sliding scale counseling service centers, as well as services to address psychiatric crisis, family issues, and substance abuse issues. You can call the numbers listed under the “mental health referrals” sub-section for more information.

### Referrals

#### **Alameda County Mental Health Care Services: Access Mental Health**

Telephone screening and referrals for people needing psychotherapists and psychiatrists; *must have Medi-Cal*

(800) 491-9099  
M-F 8:30am – 5pm

#### **Mental Health Association of Alameda County**

Central Source of information, referrals advice and support for people with mental illness and their families throughout Alameda County. They are able to refer to low-cost therapy services, including for people without health insurance.

954 60th St. Suite 10  
Oakland, CA 94608

Information and Referrals : (510) 835-5010, M-F 9am-5pm  
Family Caregiver Advocate: (510) 835-5010, M-TH 11:30 am – 4pm, 5pm-6pm  
[www.mhaac.org](http://www.mhaac.org)

#### **Feminist Therapy Referral Project**

Referrals for individuals, couples, families and groups

1587 Franklin St.  
Oakland, CA 94612  
(510) 843-2949  
[www.feministtherapy.org](http://www.feministtherapy.org)

#### **Northern California Group Psychotherapy Society**

Referrals to group therapy in the Bay Area

(415) 442-1976

[www.ncgps.org](http://www.ncgps.org)

## **General Services**

### **Berkeley Mental Health Division**

Crisis evaluation and intervention, case management psychotherapy (individual, family, or group), psychiatric medication evaluation and maintenance for Berkeley and Albany residents. Sliding scale fees.

#### **Adult Services Program**

2640 MLK Jr. Way  
Berkeley, CA 94704  
(510) 981-5290  
[www.ci.berkeley.ca.us/mentalhealth](http://www.ci.berkeley.ca.us/mentalhealth)  
M-F 8am- 2:30pm

#### **Family, Youth and Children's Services**

Outpatient psychotherapy, consultation, education and other information to Berkeley and Albany children and their families.

3282 Adeline  
Berkeley, CA 94703  
(510) 981-5280  
[www.ciberkeley.ca.us/mentalhealth](http://www.ciberkeley.ca.us/mentalhealth)  
M-F 9am-5 pm (evenings by arrangement)

#### **Berkeley Therapy Institute**

1749 Martin Luther King Jr. Way  
Berkeley, California 94709  
(510) 841-8484, Ext.0  
<http://www.bti.org/contact.htm>  
Monday-Friday  
8:30 am - 12:30 pm • 1:30 pm - 5:30 pm

#### **Oak Creek Counseling Center**

2901 Shattuck Ave  
Berkeley, CA 94705  
(510) 649-9320

*Berkeley*

#### **UC Berkeley Psychology Clinic**

Open September through May  
By appointment only, wheelchair accessible. Sliding scale  
<http://psychology.berkeley.edu/clinic/psychology-clinic>

2205 Tolman Hall  
University of California  
Berkeley, CA 94720

To arrange an intake consultation, call (510) 642-2055,  
Monday through Friday, 9:00-12:00 and 1:00-4:00

**The Wright Institute**

Low cost psycho-therapeutic services and psych testing for children,  
provided by psychology professionals in-training.

2728 Durant Avenue  
Berkeley, California 94704  
(510) 841-9230  
<http://www.wi.edu/clinics>

*Oakland*

**Psychological Services Center**

Individual couples and family therapy for children, teenagers and adults  
provided by psychologists in training. Medi-Cal or Sliding Scale, 5\$  
session minimum. No drop-in services.

1730 Franklin St. Suite 212  
Oakland, CA  
(510) 628-9065  
M-Th, 9 am-8:30 pm

*Pleasant Hill*

**Oak Creek Counseling Center, Pleasant Hill**

The center provides therapy services to individuals, couples,  
children and families.

140 Mayhew Way, Suite 1000  
Pleasant Hill, CA 94523  
<http://www.oakcreekcenter.org/index.htm>

**Mental Health Crisis Intervention**

**Alameda County Medical Center-John George Psychiatric Pavilion Campus**

2060 Fairmount Dr. San Leandro 94578  
(510) 346-7500

7 days 24 hours

Emergency assessments; emergency medications;  
emergency hospitalization: also outpatient crisis unit intervention  
(M-F 9am-12am; Sat- Sun 9am 6pm)

[www.acmedctr.org](http://www.acmedctr.org)

**Berkeley Mental Health Division Crisis Intervention Services- Mobile Crisis Team**

Free crisis intervention services (psychological outreach, assessment and/or counseling intervention for mental health crisis including suicide for Berkeley and Albany Residents.

2640 MLK Jr. Way Berkeley 94704  
(510) 981-5254  
[www.ci.berkeley.ca.us/mentalhealth](http://www.ci.berkeley.ca.us/mentalhealth)  
7 days, 11am-11pm

**Crisis Support Services of Alameda County**

Telephone crisis, counseling and referral services; community education program, disaster counseling, grief counseling, stress counseling and senior outreach.

PO Box 3120  
Oakland, CA 94809

**7 days 24 hours Crisis line: (800) 309-2131**  
TTY (800) 260-0094  
[www.crisissupport.org](http://www.crisissupport.org)

**Suicide Hotline**

Connects callers to closest crisis center in Alameda County.

(800) 784-2433 (800-SUICIDE)  
7 days 24 hours

**Substance Abuse/Addiction-Related**

**Access, for referrals – (800) 491-9099**

**Alcoholics Anonymous – (510) 839-8900**

**Al-anon and Al-ateen**

Support for family members of alcoholics, Al-ateen is for teen support.

(510) 267-2270

**East Bay Community Recovery Project**

Counseling and education, support groups, information and referral- special focus on sub abuse and dual diagnosis.

2579 San Pablo Ave.  
Oakland, CA 94612

(510) 446-7100

[www.ebcrcp.org](http://www.ebcrcp.org)

M-F 8 am- 5pm

**Mandana Community Recovery Center**

Drop in center for people and their families in recovery. Self help and peer support groups including 36 12 step groups. Groups fees differ, call for information. No one turned away for lack of funds.

3989 Howe St. Oakland 94611

(510) 595-9690

M-F 1pm-9pm

<b>FINANCIAL PROGRAMS &amp; RESOURCES</b>
-------------------------------------------

You must know where you are going to get the money to pay for food, bills, and housing if you are going to be independent as an adult. Are you considered permanently disabled? Then you might qualify for disability income called SSI. Are you disabled and need money for in-home caregivers? You might be able to access the IHSS program if so. If you are not disabled but you or your family are in need of financial or food assistance, please get in touch with Alameda County Social Services for assistance.

## **Supplemental Security Income (SSI )**

People with disabilities may be eligible for monthly payments from the federal government called Supplemental Security Income (SSI). If you received SSI during childhood, you will have to reapply at the age of 18. To qualify, you must be disabled, live in the U.S, and your resources must not exceed \$2000/month. Applying for SSI is generally a very long process- you may wait 6-8 months for a response for the Social Security Administration office. If you are not approved for SSI, you have the right to argue against that decision (appeal). Many people get SSI after they appeal. Call toll free to make an appointment with the Social Security Administration: 1-800-772-1213.

*\*\*Disabled, documented immigrants who cannot access SSI may be able to access the **Cash Assistance for Immigrants (CAPI)** program- call 1-800-648-0954 for more information.*

## **SSI Advocacy Program**

SSI Advocacy refers to the help provided by Alameda County Social Workers to someone applying for SSI. This help is available throughout the entire application and appeal process. Social Workers can assist in contacting mental health providers to obtain a mental health evaluation that must accompany the SSI application. You can find assistance in one of the **Alameda County Social Service Sites** listed under the section below.

## **Other Public Financial Assistance Programs:**

### Assistance for Single Adults

General Assistance (GA) aids indigent adults who are legal residents of Alameda County and who have no other means of support. It is a state-mandated program that is locally administered and funded by the County of Alameda.

### Assistance for Families with Children

CalWORKs (California Work Opportunity and Responsibility to Kids) is an employment-based program that requires employable adults to participate in work-related activities to receive aid. CalWORKs encourages people to view aid as temporary help in time of crisis rather than a way of life.

### Assistance for Refugees

Refugee Cash Assistance (RA) program is for newly-arrived refugees who are single



and families without children. Those eligible are entitled to receive Cash Assistance, Medical and CalFresh during the first 8 months in the United States.

#### Debit Card/CalFresh (food stamps)

Electronic Benefit Transfer, or EBT, is a new way to get Food Stamp and cash benefits. Instead of issuing benefits to customers with paper checks and Food Coupons, they will receive a plastic card, called the Golden State Advantage card, that can be used at ATMs and Point of Sale or POS machines in grocery stores, banks, gas stations, convenience stores, etc. to buy food and get their cash benefits.

**\*\*You can apply for all public aid/ financial programs at the *Alameda County Social Service Sites* listed below and on the following page:**

#### **North County**

North County Multi-Service Center  
2000 San Pablo Ave  
Oakland CA 94612 (510) 891-0700

#### **East County**

Eastmont Self-Sufficiency Center  
6955 Foothill Blvd Suite 100  
Oakland CA 94605  
(510) 383-5300

Medi-Cal Center  
Enterprise Office  
8477 Enterprise Way  
Oakland CA 94621  
(510) 777-2300

#### **South County**

Eden Area Multi-Service Center  
24100 Amador St  
Hayward CA 94544  
(510) 670-6000

#### **Fremont Outstation**

39155 Liberty St Ste C330  
Fremont CA 94536  
(510) 795-2428

#### **Livermore Outstation**

3311 Pacific Ave

Livermore CA 94550  
(925) 455-0747

## **In Home Support Services (IHSS)**

IHSS is a program that allows people with disabilities to get the help they need to continue living at home. This program pays for a personal attendant (who could be a friend or relative) to provide personal care and/or chores (like cooking, cleaning, laundry) to people with disabilities. **For more information about IHSS, or for information about your personal IHSS case, contact Adult and Aging Services at 510-577-1800.** You may also call the following offices for IHSS information assistance:

**Public Authority for IHSS:** provides client advocacy, training for caregivers, emergency caregiver replacement, and lists of caregivers to hire from 510-577-3552 North County (Oakland/ Berkeley Area).

### *Berkeley*

Center for Independent Living  
(510) 841-4776 TDD  
(510) 848-3101 TDD

### *Oakland*

Bay Area Community Services  
(510) 271-6078

Center for Independent Living (IHSS only)  
(510) 763-9999 TDD  
(510) 444-1837

Family Bridges  
(510) 839-2022

### *South County (Hayward /Fremont Area)*

Hayward: Community Resources for Independent Living  
(510) 881-5743  
TDD (510) 881-0218

Public Authority Registry in Hayward  
(510) 581-9499  
Private Pay (510) 574-2095

### *Tri-Valley Area*

Pleasanton: Senior Support Program of the Tri-Valley

IHSS: (925) 931-5384  
Private Pay: (925) 931-5380

## **FOOD**

### **Alameda County Community Food Bank**

Food helpline for immediate access to food & food programs.

1-800-870-3663  
510-635-3663  
9am-4 pm, Mon-Fri

## **FINANCIAL COUNSELING AND ADVISING**

Managing your own money- whether it is saving for college, managing health care costs, or budgeting for monthly expenses like rent and food - takes effort and know-how. The following resources provide one-on-one financial education, workshops, and even guidance on managing bills and paying for college.

### **SparkPoint Centers**

Provide free tax preparation, workshops and one-on-one coaching to develop money management skills, income building, job-search skills, and savings. Must be 18 and over for services. [www.sparkpointcenters.org](http://www.sparkpointcenters.org) Locations below:

## *Oakland*

### **Lion Creek Crossings**

885 69th Avenue, Suite 102

Oakland, 94621

510.969.8774

## *Fremont*

### **Family Resource Center**

39155 Liberty Street, Suite A110

Fremont, 94538

510-574-2020

### **Alameda County Community Assets Network (CAN)**

A network of community-based agencies that serve people in financial counseling, education, building credit and getting out of debt, and creating money savings. Check their website to find an agency you can get help from.

<http://www.alamedacountycan.org>

## **EMPLOYMENT**

Are you thinking about getting an after school job? A summer job? Working after you graduate high school? It is always wise to speak with the career center in your school, but the organizations in this section can help train you for work and set you up with an appropriate job, while keeping in mind the needs of young job-seekers with disabilities and special health care needs. The following services specialize in training young people for careers and providing them with job opportunities.

### **Regional Occupational Center and Programs (ROP)**

The mission of the California Association of Regional Occupational Centers and Programs (CAROCP) is to promote and support ROCPs in providing exemplary career education, career development, and workforce preparation that contribute to student academic and career success and to the economic development of California. ROP's offer technical education courses in health care, business, culinary arts, agriculture,

auto repair construction and more to high school students 16 and up including those with disabilities. Located in many high schools; or contact an office below:

**Eden Area ROP**

Hayward Center  
22319 Hesperian  
Hayward, Ca 94545  
[www.edenrop.org](http://www.edenrop.org)  
Phone (510) 293-2900  
Fax (510) 293-8325

**Mission Valley ROP/C**

40230 Laiolo Rd.  
Fremont, Ca 94538  
[www.mvrop.org](http://www.mvrop.org)  
Phone (510) 657-1865  
Fax (510) 438-0378

**Oakland-Alameda ROP**

Oakland Site  
McClymonds Educational Complex  
2607 Myrtle St.  
Oakland, Ca 94607  
Phone (510) 879-3036

**Oakland-Alameda ROP**

Alameda Site  
2200 Central Ave.  
Alameda, CA 94501  
Phone (510) 337-7094

**Tri Valley ROP**

2600 Kitty Hawk Rd.# 117  
Livermore, Ca 94550  
[www.tvrop.org](http://www.tvrop.org)  
Phone (510) 455-4800  
Fax (510) 499-9126

**Other Work Programs**

**Workability Program**

The Workability Program provides pre-employment training, placement, and follow-up for high school students in special education who are transitioning from school to work, independent living, and/or post-secondary education. It also includes paid and unpaid work experience, vocational classes, and two years of follow-up services. Please contact your current school or school district office for more information. Note: not all schools have workability.

**Workforce Investment Board One Stop Shop**

The Workforce Investment Board provides career counseling and links to employment, education and training. Has a program especially for youth. to find a ONE-STOP CAREER CENTER, call:

1-866-EBWORKS

<http://www.eastbayworks.com/alamedacounty/youth.asp>

**Pivotal Point Youth Services**

A non-profit organization that promotes self-sufficiency among high risk, underserved youth age 16-24. Intensive employment training, vocational skills development, entrepreneurship training, case management, and other comprehensive supportive services (even parenting skills).

61324 Adeline Street

Oakland, CA 94607

(510)379-0272

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

Mon-Fri 10am-6pm

**The Youth Employment Partnership**

Provides job training and readiness to Oakland youth ages 14-24 from skill development, internships, vocational charter school education and educational support services.

2300 International Boulevard

Oakland, CA 94601

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

(510) 533.3447

**Job Accommodation Network**

Toll-free consulting service providing up-to-date information about job accommodations and the employability of people with functional limitations/ disabilities.

(800) 526-7234

**Job Corps**

Comprehensive, specific career training and residential program for at-risk youth.. You can live on campus for free in Treasure Island SF (but do not have to) and Job Corps will provide you with free food, books, and even spending money.

(800) 733-JOBS.

**Department of Rehabilitation-Vocational Rehab**

Please see the Developmental/ Rehabilitative section below for this listing.

**Websites to Check Out:**

**www.ncwd-youth.info** This website is for the National Collaborative on Workforce and Disabilities for Youth.

**www.californiacareers.info** This website connects you to career counselors, job banks, surveys and more.

**www.caljobs.ca.gov** This website links employer job listings and job seeker resumes. You can look for job listings in your area and put your resume on the list for free.

## **DEVELOPMENTAL AND REHABILITATIVE SERVICES**

These services are intended to assist with the education, skills, and tools you need to make it as a successful, independent-as-possible adult. Department of Rehabilitation can help with purchasing tools for accommodated activities like adaptive driving, school, and training, like vocational rehabilitation (training for jobs that fit your skills and abilities). Foster care emancipation services help former foster youth (disability and/ or chronic illness does not matter) with similar skills for independence, as well as housing support.

### **Regional Center of the East Bay**

Regional Center of the East Bay (RCEB) provides comprehensive service- including supported living services, therapeutic services, and case management for people with developmental disabilities.

Creekside Plaza, 500 Davis Street, Suite 100,  
San Leandro, CA 94577  
(510) 618-6100  
**<http://www.rceb.org/home.htm>**

### **Department of Rehabilitation (DR)**



DR provides vocational services to adults on SSI who want to work, as well as those with a physical or mental impairment which impedes employment. A DR counselor will work with you to meet your needs. Provides Supported Employment, job coaching, job training, Sheltered Workshops, and educational opportunities. Alameda County branches listed below. <http://www.rehab.cahwnet.gov/eps/drAlamed.htm>

***Berkeley Branch***

(510) 883-6000 (VOICE)  
(510) 540-3680 (TTY)

***Ed Roberts Campus***

3075 Adeline St.  
Berkeley, CA 94703

***Fremont Branch***

39155 Liberty St., Suite F630  
Fremont, CA 94538-1513  
(510) 797-2493 (TTY)  
(510) 794-2541 (TTY)  
(510) 794-2458 (VOICE)

***Oakland Branch***

(510) 622-2764 (VOICE)  
(510) 622-2796 (TTY)  
1515 Clay Street, Suite 119  
Oakland, CA 94612-1413

**Center for Independent Living (CIL)**

The center for Independent Living is located in Berkeley, with satellite offices in the Fruitvale District of Oakland (Spanish language focus) and Downtown Oakland speaking clients. CIL provides comprehensive independent-living resources, skills trainings, work and housing support, mentorship, and advocacy; as well as assistance with assistive technology training and repairs (The Shop).

***CIL Headquarters-Ed Roberts Campus***

3075 Adeline St, Ste 100  
Berkeley, Ca 94703  
Voice 510-841-4776  
TTY: (510) 848-3101  
Video Phone: (510) 356-2662

***Downtown Oakland***

610 16th St. Suite 419  
Oakland, CA 94612  
Voice: (510) 763-9999  
TTY: (510) 444-1837  
Fax: (510) 763-4910

***Fruitvale Centro de Vida Independiente (CIV)***  
**(Se habla Espanol)**

Located inside Citizens Foundation  
1470 Fruitvale Avenue  
Oakland, CA 94601  
Voice/TTY: (510) 536-2271  
Fax: (510) 261-2968

**Community Resource for Independent Living**

CRIL advocates and provides resources for people with disabilities to improve the quality of life and make communities fully accessible. Programs include assistive technology loans, healthy living workshops, benefits counseling, and support groups.

***Main Office***

439 'A' Street,  
Hayward, CA 94541  
**VOICE:** (510) 881-5743  
**FAX:** (510) 881-1593  
**TTY:** (510) 881-0218

***Tri-Valley***

Satellite Office  
3311 Pacific Avenue  
Livermore, CA 94550  
**VOICE:** (925) 371-1531  
**FAX:** (925) 373-5034  
**TTY:** (925) 371-1531

***Tri-Cities***

Satellite Office  
39155 Liberty Street Suite A100  
Fremont, CA 94538  
**VOICE:** (510) 794-5735

**Technology Access & Assistive/Adaptive Technology**

**Alameda County Computer Resource Center**

Provides some refurbished computers to disabled and economically disadvantaged individuals, fill out application for individual use to apply for a free computer.

620 Page Street  
Berkeley, CA 94710  
(510) 528-4052  
<http://www.acrc.org/>

**Center for Independent Living's The Shop**

Provides assistive tech trials & loans, free/ reduced cost repairs for wheelchairs, etc.

2539 Telegraph Avenue  
Berkeley, CA 94704  
(510) 649-1100

**Community Resources for Independent Living (CRIL)**

(see resource listed above in this section Rehabilitative/Developmental)

**Foster Care Emancipation:**

For many young adults in Alameda County, transitioning to adulthood includes aging out of the foster care system. You may or may not continue to live with your foster parents or guardians after age 21, but for those who will definitely be on their own, the below services can help with housing, job/education/social support, and case management.

**Beyond Emancipation**

support with housing, college, financial independence, social support, resource network call: (510) 667-7694 or drop-in to the office at:

675 Hegenberger Road, Suite 100  
Oakland, CA 94621  
<http://www.beyondemancipation.org/>

**California Youth Connection (CYC)**

Advocacy, policy, leadership opportunities for former foster youth

415-442-5060  
<http://www.calyouthconn.org>

**California Independent Living Skills Program**

Services include weekly life skills classes, employment and educational support, housing search assistance, social events celebrating students' successes, and after care support for emancipated youth. Fill out an application online at:

<http://www.alamedacountyilsp.org>  
510-667-7696

## EDUCATION

CCS Graduates need access to appropriate educational accommodations- including technology resources, school disability resource centers, and disabled student advocacy information. Disabled Student Program resources help ensure that higher education is made accessible to people with disabilities. Individual school's programs can be contacted from this list. Procedural safeguards units help ensure that for students at all grade levels; educational rights under the individuals with Disabilities Education Act are not violated.

### College

All community colleges and state schools have Disability Resource Centers that can provide accommodations for students with various impairments. Here are a few local ones. They can guide you through the application process and will provide support to assist you to succeed in school.

College or University	Disabled Resource Cer	Campus/ Program Website
<i>Berkeley City College</i>	(510) 981-2812	<a href="http://vistawww.peralta.edu">http://vistawww.peralta.edu</a>
<i>Laney College</i>	(510) 464-3428	<a href="http://laney.peralta.edu">http://laney.peralta.edu</a>
<i>College of Alameda</i>	(510) 748-2325	<a href="http://alameda.peralta.edu">http://alameda.peralta.edu</a>
<i>Las Positas College</i>	(925) 424-1510	<a href="http://www.laspositascollege.edu">http://www.laspositascollege.edu</a>
<i>Cal State Eastbay</i>	(510) 885-3868	<a href="http://wwwsa.csueastbay.edu">http://wwwsa.csueastbay.edu</a>
<i>Chabot College</i>	(510) 723-6725	<a href="http://www.chabotcollege.edu/dsr">http://www.chabotcollege.edu/dsr</a> <a href="http://www.chabotcollege.edu/dsr/c/">c/</a>
<i>Ohlone Community College</i>	(510) 659-6079	<a href="http://www.ohlone.edu/org/dsps/">http://www.ohlone.edu/org/dsps/</a>
<i>UC Berkeley</i>	(510) 642-0518	<a href="http://dsp.berkeley.edu/">http://dsp.berkeley.edu/</a>
<i>Merritt College</i>	(510) 436-2429	<a href="http://merritt.peralta.edu">http://merritt.peralta.edu</a>

\* **Going to a California State University (CSU)?** The following web link goes to the home page for all CSU Disabled Students' Programs  
<http://www.calstate.edu/sas/disabilities.shtml> Check it out!

**California Department of Education (CDE) Procedural Safeguards Unit**

Department of CDE unit to which you can obtain information about the special education dispute resolution or to file a complaint if you feel that special education rights under IDEA (Individuals with Disabilities Education Act) have been violated.

(800) 926-0648

For general assistance or information for Special Education:

<http://www.acoe.org/acoe/StudentPrograms/ProgramsAndServices/SpecialEducation>

Please refer to the rehabilitative/developmental resources above for more information about the **adaptive/ assistive technology** resources you may need in college:

Alameda County Computer Services  
Center for Independent Living  
Community Resources for Independent Living

## **HOUSING**

Discrimination on the basis of disability in the sale or rental of any housing is illegal. If you believe you have experienced discrimination in your search for housing, please contact one of the following agencies. The following agencies also can provide support with finding low-income housing and housing for people with disabilities. You may also call 211 for housing questions.

### **ECHO Housing**

provide housing counseling and advocacy

#### *Hayward Office*

Housing Counseling Services (510) 581-9380

#### *Livermore Office:*

Housing Counseling Services (925) 449-7340

#### *Oakland Office:*

Rental Assistance Program (510) 836-4826

<http://www.echofairhousing.org>

### **Department of Fair Employment and Housing,**

1515 Clay Street, Suite 701

Oakland, CA 94612

(510) 622-2945

<http://www.dfeh.ca.gov/Contact/oaklandHous.asp>

### **Alameda County Housing Authority**

This is where you can apply for Section 8 Housing, subsidized housing for low income individuals. The waiting list is very long, but submitting an application is worthwhile.

22941 Atherton St  
Hayward, CA 94541  
(510) 538-8876  
<http://www.haca.net/>

### **Supported Housing**

There are several options for supported living, which is when an individual lives in a facility where they receive services, food, and oversight but live independently in their activities. Usually these individuals are receiving SSI. These facilities are licensed by the Department of Social Services.

Contact **Regional Center of the East Bay** for referrals to these facilities, (510) 618-6100 or **Center for Independent Living** (see above listing) or **Community Resources for Independent Living** (see above listing)

### **Non-Independent Housing Options**

Although many people with disabilities are able to live alone or with their families, there are some who need a higher level of care. If you need in-home nursing, residential care, skilled nursing, or an adult foster home to meet your needs, you may contact the CCS Social Worker to help you research options. You can also contact:

### **Alameda County Ombudsman**

510-638-6878

### **California Advocates for Nursing Home Reform**

415-974-5171  
1-800-474-1116

**\*\*You can always call 2-1-1 for more housing information**



## TRANSPORTATION

Some young people with disabilities or special health care needs may be eligible for special parking placards, low-cost private shuttle, or reduced fare public transportation. For more public transportation information, you may also call 511.

### **East Bay Para-transit (Access Alameda)**

Providing low-cost fixed-route shuttle rides and scheduled pick-up and drop-off, must apply for service.

1-866-901-PARA (7272)

<http://accessalameda.org>

### **Wheelchair/ Scooter Breakdown Service**

Call for transportation to home or repair shop if wheelchair or scooter stops working, or you have become separated from your wheels (e.g. if brought to hospital by ambulance without wheelchair)

1-877-50-WHEEL (1-877-509-4335)

### **DMV Parking Placards for the Disabled**

1-800-777-0133

The **Center for Independent Living** (listed above) also provides one-on-one training on navigating public transportation systems in the Bay Area with a physical disability.

Call 510-841-4776

You can always call **511** for more transportation information.

## **ADVOCACY & SUPPORT**

Advocates can help support you to get the services that you deserve to get and they can help you understand your basic rights. Advocacy can range from helping you understand what services you are eligible for and helping you build skills to be more independent, to helping enforce policy changes that support the rights of people with disabilities and special health care needs. Advocacy can be very helpful when you don't know where to turn to for support with your special health needs. The following resources provide guidance, mentoring, and/or support specific to living with disability in a society where it can be difficult to do so.

### **Center for Independent Living**

Various advocacy and mentorship/support programs, see listing above in Developmental/Rehabilitative, transportation..

### **Community Resources for Independent Living**

Various advocacy and mentorship/support programs, see listing above in Developmental/Rehabilitative, transportation

### **Disability Rights California**

See above listing in "Advocacy Support for your Rights" for more info, legal advocacy and system guidance.

(510) 267-1200

Toll-Free state-wide: 800-776-5746

TTY:800-719-5798

### **Deaf Counseling and Referral Agency (DCARA)**

Advocacy, training, counseling and resources for people who are hearing impaired or deaf.

510-483-0753

Toll Free: 866-970-8106

TTY: 510-483-6914

#### *Headquarters Office*

14895 E. 14th Street, Ste. 200

San Leandro, CA 94577

#### *For Union City, Newark or Fremont cities*

DCARA in Fremont Family Resource Center

39155 Liberty St., D420

Fremont, CA 94539

VP/Voice: 510-371-0042  
TTY :510-790-1433

### **Family Resource Network (FRN)**

Parent run support organization, offering workshops, resource referrals, and parent mentoring.

5232 Claremont Avenue  
Oakland, 94618  
(510) 547-7322  
Mon -Thurs 9:30 am-3:30 pm; Fri 9:30 am-12:00, Sat by appointment

### **Through the Looking Glass**

Provides support for youth and parents with disabilities, including in-home Counseling and social work support.

### ***Ed Roberts Campus***

3075 Adeline St., Ste. 120  
Berkeley, CA 94703

Voice: (510) 848-1112, Ext. 169  
Toll Free: (800) 644-2666  
TTY: (800) 804-1616  
Monday - Friday; 9am to 5pm Pacific Time

### **Advocacy & Support for Young Parents**

**Brighter Beginnings** support, counseling, and financial guidance for new/ at-risk families

#### ***Oakland Center:***

510-437-8950

#### ***Richmond Center:***

510-236-6990

#### ***Antioch Center***

925-757-5303

Toll Free: 1.877.427.7134

## LEGAL

You can contact the following legal aid resources for advice and counsel on the concerns listed above, and other legal matters.

### **Bay Area Legal Aid**

Alameda County hotline:(510) 250-5270

toll free: (800) 551-5554

Mon & Thurs 9:30 am-3:30 pm, Tues & Weds 9:30 am- 1 pm

### **East Bay Community Law Center**

2921 Adeline Street  
Berkeley

510-548-4040  
Mon – Fri 9 – 5

## **Some Helpful Legal Terms & Concepts**

### **\*\*Representative Payee**

If an adult receives SSI and has a cognitive or mental health impairment that makes them unable to manage their own money, SSI provides a “representative payee” that will hold the SSI payments in an account and pay the individual’s bills. There is an application process. Contact SSA at (800) 772-1213 for more information.

### **\*\*Conservatorship**

A child is a minor up to age 18, and usually parents make decisions for that child up until then. At age 18, a person becomes a legal adult and is responsible for making their own decisions, signing papers and giving consent. If there are concerns that a person would make harmful decisions or be unable to advocate for him or herself, conservatorship is considered. Conservatorship is determined by a judge, and requires the assistance of a lawyer to file papers. The conservator makes decisions about issues such as housing, access to confidential information, consent for medical treatment, and financial control of assets. Many families apply for a “limited conservatorship,” which gives them many rights they had over their child as a minor, but lost when he or she reached 18 years of age. It is called “limited” because, depending on the child’s level of intellectual development, he or she might retain some decision-making powers.

### **\*\*Special Needs Trust**

A Special Needs Trust is a special kind of trust that holds assets for the benefit of a child or adult who has a disability. The Special Needs Trust can be used to provide for

the needs of a disabled person, and can supplement benefits received from various governmental assistance programs, including SSI and Medi Cal. A trust can hold cash, real property, and personal property, and can be the beneficiary of life insurance policies.

Parents (or anyone) can establish a Special Needs Trust as part of their estate plan.

This allows the parents to remain assured that their child will be provided funds for needs that are not covered by government benefits, even after the parents' deaths.

Almost any kind of asset can be held by the trust. Assets can be added at any time.

SSI allows assets to be held in trust for an individual as long as the disabled recipient cannot control the amount or frequency of trust distributions, and cannot revoke the trust and use the assets for his or her personal benefit. A trustee (chosen by the person establishing the trust) manages the trust throughout the disabled person's lifetime. The disabled person cannot be the trustee.

## RECREATION

There are many great programs to help people with disabilities enjoy sports, social activities, and family activities. The resources listed below are just a few- so please contact the **Family Resource Network** and the **Center for Independent Living** (both listed above) for more options.

**Bay Area Recreation Outreach Program (BORP)**

A leading provider and promoter of accessible sports and guidance for disabled youth in the bay area. Includes adaptive cycling, youth and adult wheelchair basketball, and much more.

***Ed Roberts Campus***

3075 Adeline St.  
Suite 155  
Berkeley, CA 94703  
510-849-4663

**Access Adventure**

Provides outdoor recreation and education for people with disabilities and under-served youth.

707-432-0152

[www.access-adventure.org](http://www.access-adventure.org)

**Access Northern California**

The ultimate disability resource for recreation and exploring the bay area.

[www.accessca.com](http://www.accessca.com)

**SNAP (special Needs Aquatic Program)**

Swimming, aquatic exercise, and group activities for 1-18 year-olds with varying physical and intellectual disabilities. Special teen and pre-teen program.

510-495-4102

<http://snapkids.org/>

<b>COMPREHENSIVE SERVICE REFERRALS FOR ALAMEDA COUNTY</b>
---------------------------------------------------------------

**2-1-1**

2-1-1 is a free, non-emergency, confidential, 3-digit phone number and service that provides easy access to housing information, health and human services, and general social service referrals. 2-1-1 operates 24 hours a day, 7 days a week with multi-lingual capabilities.

Dial 2-1-1 on any phone

## **NEED MORE HELP?**

Do you have any questions about resources that weren't answered here? Do you need further help in understanding what is available?

**Please feel free to call the CCS Medical Social Worker for more referrals and information: 510-208-5970.**