

Resource Info for Parents

❖ IEP Resources

Here is a website that has tons of different accommodations and modifications you can have put into an IEP. <https://adayinourshoes.com/wp-content/uploads/IEP-Accommodations-and-Strategies-printable.pdf>

Sensory info for school: <http://asensorylife.com/sensory-meltdowns.html>

Preparing for an IEP- https://www.autismspeaks.org/sites/default/files/gp_iep_guide.pdf

Sensory products for home and school: www.therapyshoppe.com

Weighted Blankets: <http://www.myweightedblanket.com/>

This website talks about how to prepare for the first IEP your child has and who will be involved in it. <http://www.parentcenterhub.org/repository/meetings/>

IEP worksheets and websites for parents-

<https://www.understood.org/~media/860c7f64ae6b4147a463a23951fd910a.pdf>

PEAL CENTER (educational advocacy) <http://www.pealcenter.org/>

PATTAN <http://www.pattan.net/>

IDEA Chapter 14-<https://www.pattan.net/Legal/Least-Restrictive-Environment/LRE-Federal-and-State-Mandates/Side-by-Side-Regulations-IDEA-PA-Chapter-14>

10 Common mistakes parents make with an IEP: <http://www.kidstogether.org/IEP/iepd-10-mistakes.htm>

Secondary Transition Website Conference-

http://secondarytransition.org/page/community_agency_contacts_and_services

Hiram G Andrews School for kids with Intellectual Disabilities-

<http://www.dli.pa.gov/Individuals/Disability-Services/hgac/Pages/default.aspx>

Secondary Transition Guide: Pa. Department of Education

http://transition-guide-admin.s3.amazonaws.com/files/2014/02/21/2013_14%20Secondary_Transition_Directory_2.19.14.pdf

Office of Vocational Rehabilitation (OVR)

Room 1700, 651 Boas Street, Harrisburg, Pennsylvania 17121

General Information: 717-787-5279

www.dli.state.pa.us

OVR Transition Guide for Professionals

<http://transition-guide-admin.s3.amazonaws.com/files/2015/01/08/OVR-802.pdf>

OVR School to Work Questions and Answers Sheet

<http://transition-guide-admin.s3.amazonaws.com/files/2015/01/08/OVR%20School%20to%20Work%20Questions%20and%20Answers%20final%206-27-2014.pdf>

Autism Tool Kit (PECS cards) - <http://autism-support.org/autism-resources/autism-tool-kit/>

❖ Medical/ Agency/Placement Resources

Statewide resources-

<https://www.health.pa.gov/topics/Documents/County%20Guides/Statewide%20Resources.pdf>

Special Needs Units for all agencies in PA- <https://paautism.org/wp-content/uploads/2019/05/Special-Needs-Units.pdf>

DHS Helpline- You can call and speak to an advocate to get help with denial of MA or help with questions you may have. **Call 1-800-692-7462** and they may send you to Customer Service Center **1-877-395-8930**

ID Agencies by counties in PA- <https://www.hcsis.state.pa.us/hcsis-ssd/pgm/asp/PRCNT.ASP>

Waiver placements in PA- <http://www.par.net/AgencyList.aspx?ShowServices=1>

Medical Transportation Info- <http://matp.pa.gov/>

Great resources- <http://www.pasafekids.org/SKResources.php> and <http://www.webmd.com/parenting/default.htm>

Early Intervention info- <http://day2dayparenting.com/early-intervention-resources/>

Parent to Parent is a great resource for parents to talk to other parents who are going through similar situations- <http://www.parenttoparent.org/>

In Case of an Emergency forms for families to be prepared:
<http://disabilities.temple.edu/programs/eprep/docs/EmergencyPlanForm2015-07.pdf>

Workbooks and links of resources for families-
<http://www.visionforequality.org/resources/>

RTF throughout PA website- <http://www.residentialtreatmentcenters.me/pennsylvania/>

Links to Disability Resources- <https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/Links-to-Disability-Resources.aspx>

Resources by County- <http://jlc.org/resources/county-resource-guide>

Special Kids Network- <http://www.paelkshomeservice.org/skn.php>

Multidose Packs for medications- <http://www.cvs.com/content/multidose>

Zenni Optical to order cheap glasses- <https://www.zennioptical.com/>

Emergency Readiness Plan-
<https://disabilities.temple.edu/programs/eprep/docs/EmergencyPlanForm2015-07.pdf>

Independent Living Program contacts by County in PA-
<http://www.ilp.pitt.edu/files%5CcountyPage%5CIL%20Coordinator%20Directory%202-21-07.pdf>

FMLA information- <https://www.friendshipcircle.org/blog/2013/02/05/know-your-rights-as-an-employee-and-special-needs-parent/>

Resource information for PA- <http://pafamiliesinc.org/resources>

Parent Advocate website to help with medical needs-
<https://www.patientadvocate.org/explore-our-resources/national-financial-resource-directory/>

Autism Resources in PA- <https://paautism.org/resources/>

Statewide Resources-

<https://www.health.pa.gov/topics/Documents/County%20Guides/Statewide%20Resources.pdf>

OMHSAS Treatment Locator- <https://findtreatment.samhsa.gov/>

PA Health Law Project- <https://www.phlp.org/en/>

State Resource Links-

<https://www.health.pa.gov/topics/Documents/County%20Guides/Statewide%20Resources.pdf>

Mental Health- addiction- family- etc. resources <https://www.helpguide.org/>

Pennsylvania Mental Health Resource finder (MH providers, trauma, housing, suicide prevention)- <https://www.pa.gov/guides/mental-health/>

Magellan- <https://www.magellanofpa.com/>

Perform Care- <https://pa.performcare.org/>

CCBH member information- <https://members.ccbh.com/>

❖ Financial Resources

Free Cell Phone info for those who qualify in PA-

<http://www.freegovernmentcellphones.net/states/pennsylvania-government-cell-phone-providers>

Discounted internet for families with Comcast services-

<https://internetessentials.com/apply>

Good website to learn about tax deductions for children with disabilities:

<https://www.irs.gov/pub/irs-pdf/p502.pdf>

Northern Tier Community Action Corporation to help pay bills-

http://www.needhelppayingbills.com/html/pennsylvania_community_action_.html

Access Pass for State and Federal Parks (free for life for people with a disability and free for students in 4th grade for the entire year):

<http://www.friendshipcircle.org/blog/2012/01/03/do-you-have-your-access-pass-yet/#.VZRBKuF1DRU.mailto>

Amusement Parks that have special needs accommodations-

<https://www.friendshipcircle.org/blog/2013/10/10/39-theme-parks-with-access-passes-for-special-needs/>

PCAP for help with gas and electric: <http://www.rhls.org/pa-utility-law-project/pa-low-income-utility-assistance-programs/first-energy-meted-penelec-penn-powers-universal-service-programs/>

Goodwill stores information and locations-

http://www.goodwillinc.org/index.php?option=com_content&view=article&id=103&catid=43&Itemid=101

Here is a list of Resources that L.I.F.T. has given to help people with disabilities of all kind. They can also help with assisted technology if needed-

<http://www.cornerstonefullgospel.org/index.php?What%20medical%20equipment%20is%20available>

PA Able Account (tax free) for people with Disabilities-

<http://www.paable.gov/overview/>

Here is a link where you can either go to the website, text, or call 211 to get information on lots of services that could help you- <http://pa211nw.org/get-help/top-needs/>

Museums in Pittsburgh and Philadelphia that are discounted price of \$2 with Medical Assistance card- <https://brownmamas.com/3-cheap-activities-for-families-with-your-access-card/>

Discounted internet from several providers- <https://lowincomerelief.com/how-to-get-free-internet-almost/>

Christmas presents and food help per county in PA-

<https://lowincomerelief.com/need-christmas-help-get-free-toys-food/>

SSI checklist for when child turns into an adult-

https://www.ssa.gov/disability/disability_starter_kits_adult_eng.htm

Food Stamp information- <https://lowincomerelief.com/food-stamps-faq/>

Subsidized Child Care- <https://www.dhs.pa.gov/Services/Children/Pages/Child-Care-Works-Program.aspx>

Finding an apartment to rent in PA-

<http://www.socialserve.com/tenant/PA/index.html?ch=PA&accessibility=t>

Discounts for those who have EBT- <https://lowincomerelief.com/ebt/>

Website on how to find out how to get your taxes done for free-

<https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers>

Website to help grandparents in PA- <https://www.bcdac.org/Resources/Grandfamilies-Fact-Sheet-Pennsylvania.pdf>

Parent Support Groups- <https://paautism.org/support-groups/>

❖ Local Steel Valley Resources

Best of the Batch Foundation- Kelsey@batchfoundation.org Best of the Batch Foundation is a nonprofit organization founded in 1999 by former Pittsburgh Steelers quarterback Charlie Batch. Best of the Batch Foundation provides year-round educational programming to more than 3,800 children ranging in ages from 4 to 18, across 22 school districts in eight western Pennsylvania counties.

Rainbow Kitchen- 412-464-1892- Rainbow Kitchen provides a vital safety net for hungry children, struggling families, low-income elderly and disabled individuals, and people who are homeless, unemployed, or among the working poor.

Steel Valley Wellness Group- 412-368-3535- Their counseling helps clients along the road to a positive, happy, and less stressful life. Together with you, the client, we do the work that will enable you to travel that less bumpy, more fulfilling road.