

Medical and Health Related Programs and Services for the Uninsured and Underinsured *In the State of Pennsylvania*

Fall 2009



If You Have Any Questions

Call 717.732.0700/Susan Cairo

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HELP IN PA Health and Human Services Call Center



Go to
www.HelpInPA.state.pa.us
to learn more about Pennsylvania services,
or call one of the numbers listed below.

For the first time, families seeking information about health and human services in Pennsylvania can find it by calling any one of the toll-free numbers listed below. The PA Departments of Health, Public Welfare, Aging and Insurance have brought their helplines together.

Now, if you call to get information or applications for insurance such as the Children's Health Insurance Program (CHIP), you can also find out about the effects of lead paint in your home. A world of information awaits you! Make one toll free call **8 a.m. – 8 p.m., Monday – Friday, and 8 a.m. – 6 p.m. on Saturdays**, or access the Call Center's web site, www.HelpInPA.state.pa.us.

1-800-986-KIDS (1-800-986-5437)	<ul style="list-style-type: none">• Children's Health Insurance Program (CHIP)• Medicaid
1-800-GO-BASIC (1-800-462-2742)	<ul style="list-style-type: none">• adultBasic Insurance Program
1-877-232-7640	<ul style="list-style-type: none">• TeleTYpewriter (TTY)

* Spanish-speaking operators are available on all Health and Human Services helpline.

COMPASS

Commonwealth of Pennsylvania Access to Social Services



Go to
www.COMPASS.state.pa.us
to apply online today!

COMPASS is the simple and fast way to apply online for social services offered by the Commonwealth. With the click of a button, you can learn about services, see if you qualify for programs, apply for those services and reapply when it's time for renewal. Visit www.COMPASS.state.pa.us to try it out.

You can use COMPASS for the following programs/services. More information about these services is available on the pages that follow.

- adultBasic Health Insurance – page 13
- Children's Health Insurance Program (CHIP) – page 3
- Medicaid – page 14
- Medical Assistance for Workers with Disabilities – page 14

*All COMPASS applications are available in English and Spanish.

CASH ASSISTANCE

GENERAL ASSISTANCE (GA)

Department of Public Welfare

Provides money primarily to single individuals and childless couples who do not have enough income to meet their needs as a result of circumstances that prevent them from working.

Contact: Local County Assistance Office or PA DPW Helpline

Phone: See county assistance office listing on page 21.

PADPW Helpline: 1-800-692-7462

Web site: www.dpw.state.pa.us/cashassistance

Apply Online: www.COMPASS.state.pa.us

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

Department of Public Welfare

Provides money for dependent children who are deprived of financial support from their parents as a result of death, absence, incapacity or unemployment of one of both of their parents.

Contact: Local County Assistance Office or PA DPW Helpline

Phone: See county assistance office listing on page 21.

PADPW Helpline: 1-800-692-7462

Web site: www.dpw.state.pa.us/cashassistance

Apply Online: www.COMPASS.state.pa.us

CHILD HEALTH & SAFETY

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

Department of Insurance

Offers free and low-cost health care coverage for children. A family of four can earn up to \$47,000 a year to qualify and take advantage of a comprehensive benefit package including doctor visits, prescription drugs and immunizations, to name a few. CHIP is a nationally recognized program.

Contact: CHIP

Phone: 1-800-986-KIDS (1-800-986-5437) – Health and Human Services Call Center
TTY 1-877-232-7640

Web site: www.HelpInPA.state.pa.us or www.COMPASS.state.pa.us

Apply Online: www.COMPASS.state.pa.us

LOVE 'EM WITH A CHECK UP PROGRAM

Department of Health

Assists low-income women and their families in obtaining prenatal care and related health and human services. Provides general information and referral for Medicaid, the Children's Health Insurance Program (CHIP) and adultBasic.

Contact: Healthy Baby Helpline

Phone: 1-800-986-BABY (1-800-986-2229) – Health and Human Services Call Center

Web site: www.health.state.pa.us/familyhealth or www.HelpInPA.state.pa.us

CHILDLINE ABUSE HOTLINE

Department of Public Welfare

Available 24 hours to receive reports of suspected child abuse. Callers may remain anonymous if they choose.

Contact: Childline Abuse Hotline

Phone: 1-800-932-0313

Web site: www.dpw.state.pa.us/childabuse

CARING FOR CHILDREN WITH SPECIAL NEEDS

Department of Public Welfare

Early Intervention is a program that helps children who are developing more slowly than typical children. Offers services free of charge, including speech therapy, physical therapy and parent education/support. Services may be provided in a variety of settings, including the child's home, child care center, nursery school, play group, Head Start program or other setting familiar to the family.

Contact: Child Care Works

Phone: 1-877-4-PA-KIDS (1-877-472-5437)

Web site: www.dpw.state.pa.us/specialneedschildren

EARLY CARE AND EDUCATION FOR CHILDREN

CHILD CARE SUBSIDY

Department of Public Welfare

Helps eligible working parents pay for child care expenses. Provides information and counseling to all parents on early care and education services available in their communities.

Contact: Child Care Works
Phone: 1-877-4-PA-KIDS (1-877-472-5437)
Web site: www.dpw.state.pa.us/childcare

EARLY INTERVENTION

Department of Public Welfare

Provides services and support to help families of children with developmental delays between birth and three years of age. Services can include information on how children develop, early childhood education and intervention, ideas for how families can help children both at home and in the community, and plans to enhance children's growth and learning.

Contact: CONNECT Helpline
Phone: 1-800-692-7288
Web site: www.dpw.state.pa.us/child/earlyintervention

FOOD AND NUTRITION

CHILD AND ADULT CARE FOOD PROGRAM

Department of Education

Provides meals and snacks to eligible participants in licensed non-profit or for-profit non-residential family and group day care homes, child or adult day care centers. Meals and snacks must meet healthy nutrition requirements.

Contact: Your child or adult care provider
Web site: www.pde.state.pa.us

FOOD STAMPS

Department of Public Welfare

Assists those who have sufficient income to meet most of their basic living costs but still need help to supplement food expenses.

Contact: Local County Assistance Office or PA DPW Helpline

Phone: See county assistance listing on page 21.

PA DPW Helpline: 1-800-692-7462

Web site: www.HelpInPA.state.pa.us or www.COMPASS.state.pa.us

Apply Online: www.COMPASS.state.pa.us

NATIONAL SCHOOL LUNCH/SCHOOL BREAKFAST PROGRAMS

Department of Education

Provides free and reduced-price meals to low-income children in participating public and non-public schools. Meals must meet healthy nutrition requirements. The following school districts accept electronic income eligibility applications for free and reduced-priced meals that are completed in COMPASS: Carlisle Area School District, Chambersburg Area School District, Cumberland Valley School District, Harrisburg School District, Lancaster School District, Mechanicsburg Area School District, and Susquehanna Township School District.

Contact: Local school district or non-public school

Web site: www.pde.state.pa.us

Apply Online: www.COMPASS.state.pa.us

SUMMER FOOD SERVICE PROGRAM

Department of Education

Provides breakfasts, lunches and snacks for children at nutrition sites in low-income areas. Meals are supplied during the summer months when school is no longer in session. Eligible sponsors include public and non-public schools, non-profit organizations and units of local government.

Contact: Summer Food Service Program

Phone: 1-800-331-0129

Web site: www.pde.state.pa.us

WOMEN, INFANTS AND CHILDREN (WIC) NUTRITION PROGRAM

Department of Health

Provides services to pregnant, breastfeeding and postpartum women and children under age five. A family of four may earn up to \$35,798 and be income-eligible for WIC.

Services include:

- Nutrition education
- Breastfeeding support
- Referrals to health care and community services
- Checks/vouchers for the purchase of healthy foods, including milk, juices, peanut butter, cheese, eggs, dried beans/pea, cereal, infant formula and tuna fish.

Contact: PA Bureau of Food Distribution

Phone: 1-800-468-2433

Web site: www.agriculture.state.pa.us

HEALTH AND SAFETY

ARTHRITIS PROGRAM

Department of Health

Offers information and resources about arthritis and chronic joint symptoms, which affect approximately one third of Pennsylvanians. Resources for self-management of arthritis include the following:

- Arthritis Foundation Aquatics Program, a water physical activity program
- Arthritis Foundation Exercise Program, a community-based recreational physical activity program
- Arthritis Foundation Self-Help Program, self-management education intervention.

Contact: Arthritis Program

Phone: 1-877-PA-HEALTH (1-877-724-3258)

Web site: www.health.state.pa.us/arthritis

ASTHMA CONTROL PROGRAM

Department of Health

Provides information and resources to Pennsylvanians about asthma, a chronic disease of the lungs that affects nearly 10 percent of the school-age population. Offers information on how asthma attacks can be prevented.

Contact: Asthma Control Program

Phone: 1-877-PA-HEALTH (1-877-724-3258)

Web site: www.health.state.pa.us/asthma

CHRONIC RENAL DISEASE PROGRAM (CRDP)

Department of Health

Provides life-saving care and treatment for both children and adults with end-stage renal disease and offers services such as:

- Dialysis
- Renal Transplantation
- Medical Management
- In-Patient and Outpatient Services
- Home Dialysis Supplies and Equipment
- Medications
- Limited Patient Transportation

Contact: Chronic Renal Disease Program

Phone: (717) 772-2762

Web site: www.health.state.pa.us/familyhealth

DIABETES PROGRAM

Department of Health

Provides information and resources about diabetes, a chronic and life-threatening disease that affects approximately 8 percent - or more than 960,000 - Pennsylvanians.

Contact: Diabetes Program

Phone: 1-877-PA-HEALTH (1-877-724-3258)

Web site: www.health.state.pa.us/diabetes

HEALTHY WOMAN PROGRAM

Department of Health

Provides free breast and cervical screening for eligible women. If you are 50-64 years of age, have no or limited insurance and have low to moderate income (for example, if a family of four has a monthly income of less than \$4,031), you may be eligible for free mammograms and Pap tests.

Contact: Healthy Woman Program

Phone: 1-800-215-7494 (voice) or 1-800-332-8615 (TTY)

Web site: www.health.state.pa.us/womenshealth

HEART DISEASE AND STROKE PROGRAM

Department of Health

Provides resources and information about heart disease, which is the number one killer of both women and men in Pennsylvania. Also provides information about stroke, which is the third leading cause of death and a major cause of adult disability.

Contact: Heart Disease and Stroke Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/heartdisease or www.health.state.pa.us/stroke

HEPATITIS PROGRAMS

Department of Health

Perinatal Hepatitis B Prevention Program

Provides hepatitis B vaccine for infants and individuals in frequent, close contact with hepatitis B virus-infected pregnant women

Hepatitis B Vaccination for High-Risk Adolescents and Adults

Provides hepatitis A, hepatitis B, and combination hepatitis A and B vaccines for clients 11 years of age and older who are at risk.

Contact: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/immunizations

HIV/AIDS PROGRAM

Department of Health

Provides HIV prevention and care services throughout Pennsylvania for individuals infected with and affected by HIV disease and for those at-risk for contracting HIV. Offers programs and resources to prevent the disease and change high-risk behavior, as well as provide resources for sustaining preventative behavior and avoiding infection. Services include free counseling and testing, case management, housing assistance, access to medications, emergency medical care and education materials.

Contact: AIDS Counseling and Testing
Phone: 1-800-662-6080
Web site: www.health.state.pa.us/hiv

IMMUNIZATION PROGRAMS

Department of Health

Provides resources and information about vaccine-preventable diseases, as well as providing vaccines for specific diseases that effect infants, children, adolescents and adults. Offers the following services:

- Educational Materials
- Ongoing Disease Surveillance
- Enforcement of Social and Childcare Immunization Regulations
- Disease Investigation
- Assessment of Immunization Coverage Levels
- Registry and Tracking Systems
- Outbreak Control Interventions

Vaccines for Children (VFC) Program

Provides free vaccines to public and private providers for eligible children. Children age 18 and younger are eligible if they are enrolled in Medicaid, are without insurance, or are American Indian or Alaskan Native. Children with health insurance that does not cover vaccination are also eligible to received VFC vaccines at public clinic sites.

Contact: Immunization Programs
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/immunizations

ORAL HEALTH PROGRAM

Department of Health

Provides resources and information about dental health. Dental disease is the most common chronic disease in children, and it is almost totally preventable.

Contact: Oral Health Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/oralhealth

OSTEOPOROSIS PROGRAM

Department of Health

Provides resources and education for Pennsylvanians regarding osteoporosis, a weakening of the bones and loss of bone mass. By 2020, half of all Americans over 50 will have weak bones unless changes to eating habits and lifestyles are made.

Contact: Oral Health Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/osteoporosis

PHYSICAL ACTIVITY PROGRAM

Department of Health

Promotes the incorporation of at least 30 minutes of daily physical activity by all Pennsylvanians. Supports the Keystone State Games, an annual statewide competition for amateur athletes. Provides education on the benefits of daily physical activity, such as reduced risk of cardiovascular disease, decreased bone loss, increased energy, ability to manage stress, improved sleep and weight control.

Contact: Physical Activity Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/physicalactivity

SEXUALLY TRANSMITTED DISEASES (STD) PROGRAM

Department of Health

Provides free, confidential testing for sexually transmitted diseases such as Chlamydia, HIV, gonorrhea and syphilis. Also provides treatment, education, surveillance and resources to prevent and intervene in the transmission of STDs.

Contact: STD Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/std

SICKLE CELL DISEASE PROGRAM

Department of Health

Provides comprehensive medical treatment and psychosocial services, care coordination, and education to children and adults with sickle cell disease.

Contact: Sickle Cell Disease Program
Phone: 717-772-2762
Web site: www.health.state.pa.us/familyhealth

SKIN CANCER PREVENTION AND CONTROL PROGRAM

Department of Health

Provides information and resources to Pennsylvanians about the dangers of skin cancer. One serious sunburn can double your risk of developing skin cancer. One person dies from skin cancer every hour in the United States, and children and young adults are most at risk. Also provides tips for protecting skin from the sun.

Contact: Cancer Prevention and Control Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/cancer

TUBERCULOSIS (TB) PROGRAM

Department of Health

Provides education, resources and testing for tuberculosis. Encourages individuals belonging to high-risk groups to be tested. High-risk groups included those with HIV, intravenous drug users, foreign-born persons from TB-prevalent countries and especially those who have come in close contact with individuals with infectious TB.

Contact: Tuberculosis Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/tb

HOUSING AND UTILITIES

HOMELESS ASSISTANCE PROGRAM (HAP)

Department of Public Welfare

Offers services to help prevent homelessness, help people who are homeless find refuge and care, and help clients move toward self-sufficiency.

Contact: Local HAP Helpline
Phone: See county assistance listing on page 21.
Web site: www.dpw.state.pa.us/homelessassistance

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Department of Public Welfare

Helps low-income households meet their home heating needs via energy-assistance grants. Assistance can take the form of cash benefits to assist with heating bills, crisis benefits to resolve heating emergencies and weatherization/energy conservation assistance to provide long-range solutions.

Contact: LIHEAP
Phone: 1-866-857-7095
Web site: www.staywarmpa.com or www.dpw.state.pa.us/LIHEAP
Local Contact: See county assistance office listing on page 21.
Stay Warm Helpline: 1-866-550-4355
Apply Online: www.COMPASS.state.pa.us

WEATHERIZATION

Department of Community and Economic Development

Provides assistance to low-income individuals and families to reduce their energy costs while safeguarding their health and safety. Priority given to those low-income residents at higher risk, including older adults, individuals with disabilities and families with children.

Contact: Stay Warm Helpline

Phone: See county assistance listing on page 21.

Web site: www.dpw.state.pa.us/homelessassistance

MEDICAL CARE AND COVERAGE

adultBASIC

Department of Insurance

Offers basic benefits to qualifying individuals and families based on income. Benefits include preventative care, physician services, diagnosis and treatment of illness, in-patient hospitalization, outpatient hospital services, emergency accident and medical care.

Contact: CHIP

Phone: 1-800-986-KIDS (1-800-986-5437) – Health and Human Services Call Center
TTY 1-877-232-7640

Web site: www.HelpInPA.state.pa.us or www.COMPASS.state.pa.us

Apply Online: www.COMPASS.state.pa.us

MEDICAID

Department of Public Welfare

Provides payment for health care services on behalf of eligible low-income individuals and people with limited income and high medical expenses.

Contact: Medicaid

Phone: 1-800-986-5437 - Health and Human Services Call Center

Web site: www.dpw.state.pa.us/medicaid or www.HelpInPA.state.pa.us

Local Contact: Local County Assistance Office; see county listing on page 21.

PADPW Helpline: 1-800-692-7462

Apply Online: www.COMPASS.state.pa.us

MEDICAL ASSISTANCE FOR WORKERS WITH DISABILITIES (MAWD)

Department of Public Welfare

Provides individuals with disabilities the opportunity to enter and remain in the workforce while receiving Medicaid coverage. Eligible individuals pay a monthly premium to receive MAWD.

Contact: Medical Assistance for Workers with Disabilities

Phone: 1-800-986-5437 – Health and Human Services Call Center

Web site: www.dpw.state.pa.us/medicaid or www.HelpInPA.state.pa.us

Local Contact: Local County Assistance Office; see county listing on page 21.

PADPW Helpline: 1-800-692-7462

Apply Online: www.COMPASS.state.pa.us

PACE/PACENET

Department of Aging, Pennsylvania Lottery

Offers prescription benefits for qualifying Pennsylvania residents 65 years of age or older

Contact: PACE/PACENET

Phone: 1-800-225-7223

Web site: <https://PACECares.fhsc.com>

AIDS WAIVER

Department of Public Welfare

Provides services that are not paid for under the Medicaid program to eligible persons with AIDS or Symptomatic HIV Disease. Offers programs to persons 21 or older with AIDS/HIV including home health care services, nutritional consultation, nutritional supplements and specialized medical equipment and supplies.

Contact: (717) 772-2525

Web site: www.dpw.state.pa.us/health/HIVadsserv

COMPREHENSIVE SPECIALTY CARE PROGRAM

Department of Health

Provides comprehensive services to children with cardiac, cleft palate, orthopedic and neuromuscular conditions, as well as those with hearing and speech impairment and ventilator dependency. Also offers comprehensive services to children and adults with Cooley's anemia, cystic fibrosis, hemophilia and spina bifida. Direct payment for services is available to enrolled clients per a fee schedule.

Contact: Comprehensive Specialty Care Program

Phone: (717) 772-2762

Web site: www.health.state.pa.us/familyhealth

MEDICAL ASSISTANCE TRANSPORTATION PROGRAM (MATP)

Department of Public Welfare

Provides transportation to medical services for medical Assistance (MA) consumers who do not have other transportation available to them. The transportation services may include any of the following:

- Tickets or tokens to ride public transportation
- Mileage reimbursement for use of a private car
- Paratransit services (i.e., in a van)

Contact: Local MATP provider

Phone: See county listing on page 21.

PA DPW Helpline: 1-800-692-7462

Web site: www.dpw.state.pa.us/MATP

SPECIAL PHARMACEUTICAL BENEFITS PROGRAM (SPBP)

Department of Public Welfare

Helps eligible low- and moderate-income individuals and families pay for specific drug therapies used for the treatment of persons with HIV/AIDS or DSM-IV diagnosis for schizophrenia.

Contact: Special Pharmaceutical Benefits Program

Phone: 1-800-922-9384

Web site: www.dpw.state.pa.us/SPBP

MENTAL HEALTH AND ADDICTION

BEHAVIORAL HEALTH SERVICES

Department of Public Welfare

Provides services to help children, adolescents and adults to remain in their communities, including services for individuals with both mental health and substance abuse disorders. Provides services through community and hospital programs, including outpatient, partial, residential, short-term in-patient hospital care, emergency crisis intervention services, counseling, information, referral and case management services.

Contact: Behavioral Health Services

Phone: (717) 787-6443

Local Contact: Local County MH/MR; see county listing on page 21.

Web site: www.dpw.state.pa.us/OMHSAS

CHILD AND ADOLESCENT SERVICE SYSTEM PROGRAM (CASSP)

Department of Public Welfare

Provides community outreach services, including home and community behavioral health services. Also provides family-based rehabilitation services and residential treatment services for children/adolescents with serious emotional disturbances.

Contact: Child and Adolescent Service System Program
Phone: (717) 787-6443
Web site: www.dpw.state.pa.us/CASSP

DRUG AND ALCOHOL PROGRAM

Department of Health

Provides for the prevention, intervention, rehabilitation, and treatment of drug and alcohol abuse. Individuals can receive confidential referral to treatment or counseling programs. Treatment may be free for eligible individuals.

Contact: Drug and Alcohol Program
Phone: 1-877-PA-HEALTH (1-877-724-3258)
Web site: www.health.state.pa.us/addition

MENTAL RETARDATION

MENTAL RETARDATION SERVICES

Department of Public Welfare

Provides a wide array of services and support for people with mental retardation, including the following:

- Community residential services in family living settings, single apartments with a roommate and group homes
- Support in the person's home or his/her family home
- Day services, including supported employment, vocational training and day habilitation
- Home and vehicle adaptations
- Respite care
- Transportation

Contact: Office of Mental Retardation
Phone: 1-888-565-9435
Local Contact: Local County MH/MR; see county listing on page 21.
Web site: www.dpw.state.pa.us/mentalretardationservices

SERVICES FOR CHILDREN AND ADULTS WITH DISABILITIES

CARING FOR CHILDREN WITH SPECIAL NEEDS

Department of Public Welfare

Early intervention is a program that helps children who are developing more slowly than typical children. Offers services free of charge, including speech therapy, physical therapy and parent education/support. Services may be provided in a variety of settings, including the child's home, child care center, nursery school, play group. Head Start program or other setting familiar to the family.

CONNECT Helpline: 1-800-692-7288 (answers about child development and disabilities.)

Child Care Works: 1-877-4-PA-KIDS (1-877-472-5437)

Web site: www.dpw.state.pa.us/specialneedschildren

SPECIAL KIDS NETWORK (SKN)

Department of Public Health

Special Kids Network and Recreation and Leisure

Connects children with special needs (including autism) and their families with services to enrich their lives. Improves access to services by providing comprehensive information and links to service agencies.

Special Kids Network Community Systems Development

Works with and within communities to support the creation of improvement of services for children with special health care needs and their families. Activities include needs assessment, coalition development, technical assistance and resource development.

Contact: SKN and Recreation and Leisure, SKN Community Systems Development

Phone: 1-800-986-4550 – Health and Human Services Call Center

Web site: www.health.pa.us/skn or www.health.state.pa.us/familyhealth or www.HelpInPA.state.pa.us

HEAD INJURY PROGRAM (HIP)

Department of Health

Provides post-acute rehabilitation services for eligible Pennsylvanians, age 21 and over, who sustained a traumatic brain injury (TBI) after July 1, 1985. Resources available include:

- Toll-free Brain Injury Helpline that provides information and referral services
- Brain Injury Resource Library
- Pre-enrollment assistance that helps individuals with TBI access to brain injury services

Contact: Public Health Program

Phone: (717) 772-2762

Brain Injury Helpline: 1-866-412-4755 – Health and Human Services Call Center

Web site: www.health.state.pa.us/familyhealth or www.HelpInPA.state.pa.us

HOME MODIFICATIONS AND ADAPTATIONS

Department of Aging, Department of Community and Economic Development, Department of Labor & Industry, Department of Public Welfare

Provides financial assistance to pay for modifications that make a home accessible for a person with a disability. Assistance is available for projects such as ramps, grab bars and stair glides.

Contact: Home Modifications and Adaptations

Phone: 1-866-286-3636 – Health and Human Services Call Center

Web site: www.HelpInPA.state.pa.us

LONG-TERM LIVING SERVICES

Department of Public Welfare

Provides services to allow a person under 60 years of age with physical, mental or other disabilities to live as independently as possible; offers a wide range of assistance, series or devices provided over an extended period of time and designed to meet medical, personal and social needs in a variety of settings or locations.

Services provided in the home cover a wide range of needs, including home health care, personal care (assistance with bathing, dressing, eating, grooming, toileting, etc.), housekeeping, shopping assistance, laundry, caregiver relief, transportation, assistance with routine household chores and home-delivered meals.

Contact: Long-Term Care Line

Phone: 1-866-286-3636 – Health and Human Services Call Center

Alternate Contact: PA Department of Public Welfare at 1-800-757-5042

Web site: www.dpw.state.pa.us/longtermcare or www.HelpInPA.state.pa.us

Local Contact: Local County Assistance Office; see county assistance office listing on page 21.

Apply Online: www.COMPASS.state.pa.us

OFFICE OF VOCATIONAL REHABILITATION (OVR)

Department of Labor & Industry

Helps people with disabilities to get and keep jobs and live independently. Services include counseling and guidance, job training, and physical and mental restoration.

Contact: Office of Vocational Rehabilitation

Phone: 1-800-442-6351 (voice) or 1-800-233-3008 (TTY)

Web site: www.dli.state.pa.us/OVR

SERVICES FOR OLDER PENNSYLVANIANS

APPRISE

Department of Aging

Helps Pennsylvanians understand their Medicare and other health insurance benefits. Also assists them in making the best decisions. Specially trained APPRISE counselors can answer questions about Medicare, Medicaid, Medigap, long-term care insurance, Medicare Advantage Plus and the new Medicare prescription drug benefit.

Contact: APPRISE
Phone: 1-800-783-7067
Web site: www.aging.state.pa.us

AREA AGENCIES ON AGING

Department of Aging

Provides and coordinates services for older Pennsylvanians. Provides information on transportation, health care, homemaker services, employment, legal aid and other programs.

Contact: Area Agency on Aging
Phone: See county area on aging listing on page 21.

CONSUMER PROTECTION AND OLDER ADULT PROTECTIVE SERVICES

Department of Aging

Protects Pennsylvanians aged 60 and older from abuse, neglect, exploitation and abandonment by offering services. Phone number available 24 hours a day to report older adults who need protective services. Also, an ombudsman is available to investigate complaints made by or on behalf of older persons. The Office of Consumer Advocate will also assist with utility problems, whether they pertain to services, billing, or other matters.

Contact: Area Agency on Aging
Phone: 1-800-490-8505 or see county area on aging listing on page 21.

LONG-TERM LIVING/HOME-AND COMMUNITY-BASED SERVICES

Department of Aging

Provides services in the home covering a wide range of needs, including home health care, personal care (assistance with bathing, dressing, eating, grooming, toileting, etc.), housekeeping, shopping assistance, laundry, transportation and other routine household chores.

Contact: Area Agency on Aging
Phone: See county area on aging listing on page 21.

PACE/PACENET

Department of Aging

Offers prescription benefits for qualifying Pennsylvania residents 64 years of age or older.

Contact: PACE/PACENET

Phone: 1-800-225-7223

Web site: <http://PACECares.fhsc.com>

SHARED RIDE/FREE TRANSIT PROGRAM

Pennsylvania Lottery, Department of Transportation

Available to persons 65 years of age and older. Services include:

- Door-to-door specialized transportation services at a reduced fare
- Free rides on scheduled fixed-route public transit services during off-peak hours on weekdays and all day on weekends and holidays

Contact: Local public transportation providers for more information

COUNTY HELPLINES

CUMBERLAND COUNTY

- Area Agency on Aging: (717) 240-6110
 - County Assistance Office: (800) 269-0173
 - Homeless Assistance Program: (717) 240-6110
 - Medical Assistance Transportation Program: (717) 240-6340
 - Mental Health/Mental Retardation Center: (717) 240-6320
 - Stay Warm in PA: (866) 550-4355
-

DAUPHIN COUNTY

- Area Agency on Aging: (717) 780-6130
 - County Assistance Office: (800) 788-5616
 - Homeless Assistance Program: (717) 780-7050
 - Medical Assistance Transportation Program: (717) 232-6100
 - Mental Health/Mental Retardation Center: (717) 255-2888
 - Stay Warm in PA: (866) 550-4355
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PERRY COUNTY

- Area Agency on Aging: (717) 582-5128
 - County Assistance Office: (800) 991-1929
 - Homeless Assistance Program: (717) 582-8703
 - Medical Assistance Transportation Program: (717) 567-2490
 - Mental Health/Mental Retardation Center: (717) 240-6320
 - Stay Warm in PA: (866) 550-4355
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