

You can get help if you are in school!

Help in High School

California Department of Education (CDE)

If you are a high school student in special education, you can find employment help with job training, job placement, and follow-up at:

800-926-0648 Voice

916-323-4014 TTY

www.cde.ca.gov/sp/se/sr/wrkabltlyI.asp

Foster Care Outreach

Information and links for California foster youth.

www.fosteryouthhelp.ca.gov/10facts.html

SafeState.org

A directory of state and national crime and violence prevention resources for teens.

www.safestate.org/index-print.cfm?navid=302

Partners for Substance Abuse Prevention

A forum and information source dedicated to preventing substance abuse. Contains a listing of California organizations to contact.

www.preventionpartners.samhsa.gov/partner_listing_state.asp

Mental Health Ombudsman Services

Here you can get information and support on mental health issues.

800-896-4042 Voice

800-896-2512 TTY

Help in College

Disabled Students Services

Check to see if the community college you're looking at offers help for students with disabilities.

916-322-3234 Voice

916-323 1761 TTY

www.cccco.edu/divisions/ss/disabled/dsps.htm

Student Disability Services

Check to see if your four-year college campus offers services for students with disabilities.

UC Campuses

www.dsp.berkeley.edu At the bottom of this Web page is the Extended Resources Selectors. Go to the top-right drop-down menu and select "links to—other campus disabilities services." This also has links to Mills College and Stanford University.

CSU Campuses

www.calstate.edu/ar/SSWD.shtml

You can get help planning to work!

California Department of Rehabilitation (DOR)

The DOR can help you get a job by providing information, referral, training, job search, job placement, counseling, and assistive technology. It can connect you to high schools, community colleges, and universities. DOR has a complete program of vocational services for blind/visually impaired consumers and persons who are deaf or hard of hearing.

916-263-7365 Voice

916-263-7477 TTY

www.dor.ca.gov

One-Stop Career Centers

Job preparation and job placement services are available at sites near you, available at:

www.servicelocator.org

Employment Development Department

Get help with your job search, and get training that makes you competitive.

800-695-0350 Voice

916-654-9820 TTY

www.edd.ca.gov/eddpwd.htm

California Benefits Planning Assistance

If you are a Social Security beneficiary, you have new choices and services available.

866-968-7842 Voice

866-833-2967 TTY

www.vcu-arc.org/Region9/ca.html

www.yourtickettowork.com or www.db101.org

You can get help with health care and other benefits!

Disability Benefits 101:

Working with a disability in California

Here you can find information in plain language about health, benefits, work, and personal assistance services. You can also look for a California Benefits Planning Assistance and Outreach location near you, or you can start a youth discussion at DB101 Forums.

www.db101.org

What's Health Got to Do with Transition?

Find out at **Healthy and Ready to Work:**

www.hrtw.org/

California Foundation for Independent Living Centers (ILCs)

ILCs can provide independent living skills training, advocacy training, housing assistance, information referrals, and other services that can help you live independently. Search for independent living centers near you by entering your zip code at:

916-325-1690 Voice

916-325-1695 TTY

www.CFILC.org

Protection and Advocacy, Inc. (PAI)

PAI can advocate for you, help you solve benefit problems, and provide work incentive information.

California 800-776-5746 Voice

Los Angeles 800-781-4546 TTY

Oakland 800-649-0154 TTY

Sacramento 800-719-5798 TTY

San Diego 800-576-9269 TTY

www.pai-ca.org

California Department of Health Services

Medi-Cal

Medi-Cal provides healthcare coverage for eligible individuals with disabilities, including individuals who are working. To get a Medi-Cal application online, or for other information, use this website:

www.dhs.ca.gov/mcs/medi-calhome

In-Home Supportive Services (IHSS)

The IHSS program provides personal assistance services for individuals with disabilities at home and at work.

For more information about IHSS, go to:

www.db101.org.

County Offices for Health and Social Services

These offices determine eligibility for Medi-Cal and IHSS. To find an office near you, visit:

www.dhs.ca.gov/mcs/medi-calhome/countylisting1.htm

or call:

916-636-1980 Voice

866-784-2595 TTY

Youth Self-Help Groups

Kids as Self-Advocates (KASA)

Empowerment can mean understanding your rights. You can learn more at this site about your rights and how to take advantage of them. You can also connect here with other youth.

773-338-5541 Voice

julie@fvkasa.org Email

www.fvkasa.org

People First!

People First! offers role models of youth with disabilities. By learning leadership and advocacy skills, you can advocate for your rights.

info@peoplefirstca.org Email

www.peoplefirstca.org

National Collaborative on Workforce and Disability for Youth

There is a lot of help waiting out there for you—everything from resources to explore to people who can help you get internships and jobs. Find them through this organization.

877-871-0744 Voice

877-871-0665 TTY

www.ncwd-youth.info

You can get the information you want, free!

You can get advice about Social Security disability benefits or healthcare that will work for you!

"We are trying to get rid of the idea that there is something inconsistent between benefits and work."

*Deputy Commissioner Martin Gerry
Social Security Administration*

The California Health Incentives Improvement Project (CHIIP) partners with the Governor's Committee on Employment of People with Disabilities to increase and improve access to employment, healthcare, and personal assistance services for workers and job seekers with disabilities.



I am young.



I have a disability.



- * You can earn good money and keep your Medi-Cal and Medicare.
- * You can access your employer's health coverage like other employees.
- * You can work and keep your personal assistance services.
- * You can access technology and other work-related supports.
- * You can access services while in school.

I Can Work!

- I need information I can trust.
- I need healthcare and other benefits.
- I need help with career and benefits planning.
- I need to know my rights and responsibilities.

changed.



Help is here!

Request this information in alternate formats by calling 916-654-2561.

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