



## Resources

### Social Security Disability

#### Social Security Administration

Official government agency which administers SSDI and SSI. Phone: (800) 772-1213. Website: [www.ssa.gov](http://www.ssa.gov).

#### National Organization of Social Security Claimants' Representatives (NOSSCR)

Social Security attorney's organization which offers FAQ's on SSDI, resource information, and attorney referrals. Phone: (800) 431-2804. Website: [www.nosscr.org](http://www.nosscr.org)

#### Social Security Advisory Service

Offers information about Social Security but is not affiliated with the Social Security Administration. Provides SSAS newsletter and free download of Social Security Handbook. Website: [www.ssas.com](http://www.ssas.com)

### Post-Traumatic Fibromyalgia

#### Fibromyalgia-Related Trauma & Disability

Article by disability attorney Steve Krafchick. Web link: [www.krafchick.com/FM\\_Talk.pdf](http://www.krafchick.com/FM_Talk.pdf)

### General Legal/Disability Assistance

#### Pine Tree Legal Assistance

Offers online links to websites offering legal assistance. Website: [www.ptla.org/links.htm](http://www.ptla.org/links.htm)

#### Medicare Rights Center

The largest independent source of Medicare information and assistance in the U.S. Provides telephone hotline services to individuals who need answers to Medicare questions and offers information on Medicare benefits and rights. Address: 1460 Broadway, 11th Floor, New York, NY 10036. Phone: (212) 869-3850. Website: [www.medicarerights.org/index.html](http://www.medicarerights.org/index.html)

#### Family Village

Disability-related regional/state resources in the U.S. Address: The Family Village, Waisman Center, University of Wisconsin-Madison, 1500 Highland Avenue, Madison, WI 53705-2280. Website: [www.familyvillage.wisc.edu/comm/index.html](http://www.familyvillage.wisc.edu/comm/index.html)

#### Disability Resources

Monthly online directory to regional/state disability resources. Website: [www.disabilityresources.org/DRMreg.html](http://www.disabilityresources.org/DRMreg.html)

#### Technical Assistance Collaborative

Non-profit that works to achieve positive outcomes for people with disabilities and other special needs. Address: 535 Boylston Street, Suite 1301, Boston, MA 02216. Phone: (617) 266-5657. Website: [www.tacinc.org/index](http://www.tacinc.org/index)

### Employment Accommodation

#### Job Accommodation Network (JAN)

Provides free advisory service on accommodations available through the Americans with Disabilities Act--ADA. Phone: (800) 526-7234. Website: [www.jan.wvu.edu/media/Fibro.html](http://www.jan.wvu.edu/media/Fibro.html)

#### Disability And Business Technical Assistance Centers (DBTAC)

Answer questions related to the ADA. Phone: (800) 949-4232. Website: [www.adata.org/](http://www.adata.org/)

#### Worktree.com

Large online job search portal. Website: [www.disabled2work.com](http://www.disabled2work.com)

### Medication Assistance

**BenefitsCheckUP** is an online tool that helps thousands of people connect to government programs that can help them pay for prescription drugs, health care, utilities, and other needs. Website: [www.benefitscheckup.org](http://www.benefitscheckup.org). Follow the

three online tools in the order indicated, and you will find help with rent, property taxes, heating bills, meals, and other needs. See if you qualify for extra help, and other federal, state, and private programs that can save you money. In addition, you can review and sign up for the new Medicare card, if eligible.

**Pharmaceutical Research & Manufacturers of America:** Offers a patient assistance program known as Partnership for Prescription Assistance (PPA). PPA brings together America's pharmaceutical companies, health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. Phone: (888) 4PPA-NOW, or (888) 477-2669. Website: [www.pparx.org](http://www.pparx.org) Mailing address: 1100 15th St., NW, Washington, DC 20005. Phone: (202) 835-3400.

**RxHope.com:** A website providing free prescription drug information which is financially supported by PhRMA and participating pharmaceutical companies. It offers a Drug Information Center containing the PDRr Family Guide to Prescription Drugs and an Alphabetic Drug Index. There is also a Patient Assistance Information section that allows for retrieval of Indigent Patient Program information for a particular product or company. Phone: (908) 850-8004. Website: [www.rxhope.com](http://www.rxhope.com)

**NeedyMeds.com:** This website includes an alphabetical list of approximately 1,000 drugs. There are many ways to access the information: by manufacturer, by drug name, or by drug category. An updated book on available programs is offered to physicians and administrators to help fund the website. Phone: (215) 625-9609. Website: [www.needymeds.com](http://www.needymeds.com)

**RXAssist:** A national program supported by the Robert Wood Johnson Foundation which offers information on public and private sources of medication assistance. Website: [www.rxassist.org](http://www.rxassist.org)

**Medicine Bridge:** Volunteer organization which acts as an intermediary between you and your doctor and drug manufacturers offering free medications. To apply for assistance, phone: (877) 677-meds. Website: [www.medicinebridge.org](http://www.medicinebridge.org)

**Volunteers in Health** allows you to look up various free medicine programs through a drug company or by the drug name. In addition, there is a link to

some specific drug discount cards. Website: [www.rxassist.org](http://www.rxassist.org)

**The Medicine Program:** This nationwide organization was established by volunteers for patients unable to afford the cost of their prescription drugs. The primary requirements for prospective applicants are: (1) having no insurance coverage for outpatient prescription drugs, (2) not qualifying for a government program which provides for prescription medications (i.e., Medicaid), and (3) having income so low that purchasing medications at retail prices incurs a hardship. For information, contact the Medicine Program at: P.O. Box 515, Doniphan, MO 63935-0515. Phone (573) 996-7300, or visit its website: [www.themedicineprogram.com/info.html](http://www.themedicineprogram.com/info.html).

**Institute Fulfillment Center:** Offers a 48-page booklet on free or low-cost medications. To order, visit their website at: [www.institute-dc.org](http://www.institute-dc.org)

**Other Medications Assistance:** If you cannot afford prescription medications, check with your physician. (S)he can often provide you with free samples in the office. Many community health clinics also provide medications at reduced prices.

## Transportation/Travel

**Free Transportation To Medical Appointments:** If Mom has to get to a doctor's visit in the middle of the day, and you can't take her, or if you have a disability that may cause you to miss an appointment if someone else doesn't drive, you may be able to get free transportation and escort services provided by your local health office or your office on aging. Some communities even provide very low-cost door-to-door services for seniors to go anywhere. If you are unable to find your local public health office, contact your state health department listed in the blue pages of your phone book.

**Local Transportation:** Some states offer a local transportation program for persons who are disabled. For details, call the information/general assistance numbers at your local bus stations, train stations, and airports. The Metropolitan Transit Authority in many cities also offers special buses or services such as discount fares, "reserve-a-ride" programs, or regional ride sharing. Medicaid can also offer free transportation to your doctor's office. For details on available services, check with your local Metropolitan Transit Authority.