

## ***Resources for Adults with Intellectual and Developmental Disabilities***

### **Financial Resources**

**Supplemental Security Income (SSI):** The SSI program is administered by the Social Security Administration. It provides a monthly cash benefit and access to Medi-Cal for adults who qualify based on income and disabling condition. If your son or daughter was not eligible during childhood because your family income was too high, s/he may qualify on their own at age 18. For further information or to apply, call: **800-772-1213**, [www.ssa.gov](http://www.ssa.gov).

**Medi-Cal:** Medi-Cal is California's version of Medicaid and provides medical and other coverage for low-income individuals. If your son or daughter receives SSI s/he will automatically be eligible for Medi-Cal. Application is through your county of residence. For further information or to apply, call:

- ❖ El Dorado County: **530-642-7300**, [www.edcgov.us](http://www.edcgov.us)
- ❖ Nevada County: **530-265-1340**, [www.mynevadacounty.com](http://www.mynevadacounty.com)
- ❖ Placer County: **530-889-7610** (Auburn) or **916-784-6000** (Rocklin), [www.placer.ca.gov](http://www.placer.ca.gov)
- ❖ Sacramento County: **916-874-3100**, [www.sacdhhs.com](http://www.sacdhhs.com)

**In-Home Supportive Services:** This program pays for in-home workers to provide personal care for low-income elderly or disabled individuals. The program is administered by your county of residence. For further information or to apply, call:

- ❖ El Dorado County: **530-642-4800**, [www.edcgov.us](http://www.edcgov.us)
- ❖ Nevada County: **530-265-1639**, [www.mynevadacounty.com](http://www.mynevadacounty.com)
- ❖ Placer County: **888-865-5401**, [www.placer.ca.gov](http://www.placer.ca.gov)
- ❖ Sacramento County: **916-874-9471**, [www.sacdhhs.com](http://www.sacdhhs.com)

*(NOTE: Both Medi-Cal and IHSS are generally administered by county social services or human services departments.)*

## *Advocacy Resources*

**State Council on Developmental Disabilities, Area Board 3:** Area Board 3 is a federally-funded program serving persons with developmental disabilities in Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba Counties. They monitor the regional center system serving people with developmental disabilities, and are available to assist families having trouble with a regional center. To contact their Sacramento office, call **916-263-3085**, [www.scdd.ca.gov/Area Board/Area Board 3.htm](http://www.scdd.ca.gov/Area_Board/Area_Board_3.htm).

**Disability Rights California:** Disability Rights California is a federally-funded, public-interest law firm serving individuals with developmental disabilities and mental illness. They provide a variety of advocacy services, technical assistance, and direct representation. To contact them, call **916-488-9950**, [www.disabilityrightsca.org/](http://www.disabilityrightsca.org/).

**Office of Clients' Rights Advocacy (OCRA):** The Clients' Rights Advocate may be consulted about issues regarding the rights of Alta California Regional Center clients (i.e., your child with developmental disability). They are based at Disability Rights California. To contact them, call **916-575-1615**, [www.disabilityrightsca.org/](http://www.disabilityrightsca.org/).

## *Community Resources*

Listed below are contact numbers for key agencies in each county that can assist families in times of need.

### El Dorado County

- ❖ Alta California Regional Center: 530-626-1353, [www.altaregional.org](http://www.altaregional.org)
- ❖ Food Bank of El Dorado & Alpine Counties: 530-621-9950
- ❖ Mental Health Crisis Line: 530-544-2219, [www.co-el-dorado.ca.us/MentalHealth/](http://www.co-el-dorado.ca.us/MentalHealth/)

### Nevada County

- ❖ Alta California Regional Center: 530-272-4231, [www.altaregional.org](http://www.altaregional.org)
- ❖ Nevada County Food Bank: 530-272-3796
- ❖ Mental Health Crisis Line: 530-265-5811, [www.mynevadacounty.com](http://www.mynevadacounty.com)

### Placer County

- ❖ Alta California Regional Center: 530-885-8447 (Auburn) or 916-786-8110 (Roseville), [www.altaregional.org](http://www.altaregional.org)
- ❖ Placer County Food Bank: 916-783-0481, [www.placerfoodbank.org/](http://www.placerfoodbank.org/)
- ❖ Mental Health Crisis Line: 916-787-8860, [www.placer.ca.gov/Quick/EmergencyNumbers](http://www.placer.ca.gov/Quick/EmergencyNumbers)

### Sacramento County

- ❖ Alta California Regional Center: 916-978-6400, [www.altaregional.org](http://www.altaregional.org)
- ❖ Sacramento Food Bank: 916-456-1980, [www.sfbs.org/](http://www.sfbs.org/)
- ❖ Mental Health Crisis Line: 916-875-1000, [www.sacdhhs.com](http://www.sacdhhs.com)