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**DC AP SESSION 6 TABLE OF CONTENTS:**

**HEALTHY LIVING**

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**SESSION 6 AGENDA: HEALTHY LIVING**

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| Time | Topic |
| 12:00 PM - 1:00 PM | Working Lunch – Discussion on Sessions 1-5 / Review Session 6 Packet• What have we learned?• What can DC AP do better?• Community Involvement: What events did you attend? |
| 1:00 PM – 2:00 PM  | Mental Health Discussion  |
| 2:00 PM – 3:30 PM  | Legislative Engagement  |
| 3:30 PM – 3:45 PM  | Video: Beyond Forest Haven |
| 3:45 PM – 4:00 PM  | Break |
| 4:00 PM – 5:30 PM  | Employment Discussion  |
| 5:30 PM – 6:30 PM  | Dinner with Healthy Life Activity  |
| 6:30 PM – 7:30 PM  | Work on Long Term Project and One-on-One Assistance  |
| 7:30 PM – 8:00 PM  | Class Discussion on Session 6 and Complete Evaluations  |
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**SESSION 6 OBJECTIVES – COMPETENCIES & SKILL SETS**

**Living a Healthy Life**

**Competencies**

Partners will begin to understand:

* the components of a healthy lifestyle and how this applies to individuals with developmental disabilities
* the healthcare and wellness programs, services, and networks in DC
* what barriers exists for people with disabilities to live a healthy lifestyle

**Skill sets**

Partners will begin to learn to

* Navigating health care resources in the community
* Evaluate what makes for a quality testimony
* Use a resource effectively in a testimony
* Understanding employment structure

**SESSION 6 HOMEWORK – COMMUNITY INVOLVEMENT**

There are 3 sections in this assignment. Please write up your answers on the Community Involvement Hand-In Sheet and be prepared to turn it in at our next session on October 25th.If you have any questions or need any assistance, call or email Carly Fahey (202-822-8405 x122) faheyc@iel.org or Jessica Fuentes-Diaz (202-822-8405 x144) fuentesdiazj@iel.org.

**Section 1: Use Your Resources**

Review your resource packet and select one of the resources of interest to you. Answer the Section 1 questions about the resource on the Community Involvement Hand-in Sheet.

**Section 2: Explore the Community**

There are many events in the community that are relevant to disability advocacy. Pick one (or more!) events to attend from the event section of the packetand answer the Section 2 questions about it on the Community Involvement Hand-in Sheet.

**SESSION 6 HOMEWORK – COMMUNITY INVOLVEMENT**

**Homework Sheet**

You will hand in this form at Session 7 on Friday, October 25, 2019.

**NAME:**

**DATE:**

Please write up the answers to the questions you have selected. This must be handed in at the next DC AP session - Friday, October 25th. If you have any questions or need any assistance, call or email Carly Fahey (202-822-8405 x122) faheyc@iel.org or Jessica Fuentes-Diaz fuentesdiazj@iel.org.

**Section 1: Use Your Resources**

Choose at least one article or resource in the packet and answer these questions:

1. Which resource did you select?
2. How does the information in this resource add to what you learned in class?

1. How will you use this information in your advocacy work?

**Section 2: Explore the Community**

1. Did you sign up for any newsletters?

If yes, which ones?

1. What event did you attend?
2. What did you learn at this event?

**SESSION 6: LONG-TERM PROJECT ASSIGNMENT**

**NAME:**

**DATE:**

This must be handed in at the next DC AP session - Friday, October 25th. If you have any questions or need any assistance, call or email Carly Fahey (202-822-8405 x122) faheyc@iel.org or Jessica Fuentes-Diaz fuentesdiazj@iel.org.

We are two-thirds of the way through the course. You have already done some/much of the work and should have a good idea of what still needs to be done to complete your project and present it at graduation. In November, we will provide more information about graduation and help you get ready for your presentation.

Your advisors is always available to help and you can email, phone or set up a meeting with her. Please get in touch any time you want to talk about your project. There will be time in the next session to meet. The following questions will help you think about how to move forward and will help your advisor follow your progress and provide suggestions and supports as you develop your project.

Answer the following questions:

Are you getting work done as planned?

Do you need some assistance to move forward?

If you answered “yes”, what sort of assistance do you need?

Were you able to accomplish your goals and activities from last month?

If not, why not or what did you do instead?

What do you plan to work on in October and November? Please list the things you plan to do and the date you will complete each of these by:

Date:

Activity:

Date:

Activity:

Date:

Activity:

Date:

Activity:

The over-all goal of Long-Term Projects is to provide you with the opportunity to develop a plan for creating change – for improving the lives of individuals with developmental disabilities, especially in DC. How will your completed project work create change?

**SESSION 6 – LIST OF HEALTHY LIVING RESOURCES**

**DC Government Offices and Community Organizations**

**DC Department of Health**

The Mission of the Department of Health is to promote and protect the health, safety, and quality of life of residents, visitors, and those doing business in the District of Columbia. Its responsibilities include identifying health risks; educating the public; preventing and controlling diseases, injuries, and exposure to environmental hazards; promoting effective community collaborations; and optimizing equitable access to community resources.

Phone: (202) 442-5955

Website: <http://doh.dc.gov/> Email: doh@dc.gov

**DC Health Information Center and Family Voices Affiliate in DC**

The DC Health Information Center at Advocates for Justice and Education (AJE) is a free service that provides information and assistance to children and youth with special health care needs and their families. AJE is also an affiliate of Family Voices, which provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care.

Phone: (202) 265-1432 or 1-888-327-8060

Website: <http://www.aje-dc.org/programs/dchic>

**DC Department of Healthcare Finance: Where do I apply for Medicaid?**

You may apply for Medicaid for low-income families and children under 19 and pregnant women at your Income Maintenance Administration (IMA) Service Center. You may call (202) 727-5355 to locate your nearest IMA Service Center. You may apply for benefits at the IMA Service Centers listed below.

**DC Health Benefit Exchange Authority (HBX)**

The DC Health Benefit Exchange Authority (HBX) was established as a requirement of Section 3 of the Health Benefit Exchange Authority Establishment Act of 2011, effective March 3, 2012. The mission of HBX is to implement a health care exchange program in the District of Columbia in accordance with the Patient Protection and Affordable Care Act (PPACA), thereby ensuring access to quality and affordable health care to all DC residents. The health care exchange program will enable individuals and small employers to find affordable and easier-to-understand health insurance and assist small employers in purchasing qualified health benefit plans for their employees. The exchange will facilitate the purchase of qualified health plans and assist individuals and groups to access programs, premium assistance tax credits and cost-sharing reductions.

Phone: 202-715-7576

Email: hbx@dchbx.com Website: <http://hbx.dc.gov>

**State Health Insurance Assistance Program (SHIP)**

This is a state-based program that provides local one-on-one counseling and assistance to Medicare beneficiaries and their families on Medicare and other health insurance issues. The goal of the program is to provide beneficiaries with accurate, understandable, and objective health insurance information so they can make informed coverage decisions and understand their rights and protections.

**DC SHIP - Health Insurance Counseling Project (HICP)**

The D.C. Office on Aging contracts with the George Washington University Law School to provide services through the Health Insurance Counseling Project (HICP), which is a part of the George Washington Law School's Jacob Burns Legal Clinics. Its unique setting complements the services offered at no cost to Medicare beneficiaries, by including assistance from attorneys and law students.

Phone: (202) 994-6272; (202) 994-6656 (TTY)

E-mail: dchicp@gmail.com

Website: <http://www.law.gwu.edu/Academics/EL/clinics/insurance/Pages/About.aspx>

**Total Family Care Coalition in DC**

Their mission is to "keep families together for a better community" by teaching our families and youths how to advocate in finding community services and resources for sustaining a better quality of life. TFCC vision as the leading provider of family advocacy and support for the District of Columbia helps families that have emotional, behavioral, and mental health difficulties.

Phone: (202) 758-3281

E-mail: TotalFamilyCareCoalition@gmail.com

Website: <http://www.totalfamilycarecoalition.org>

**Office of the State Superintendent of Education, Wellness and Nutrition Services**

The mission of the Wellness and Nutrition Services Division is to work with schools and community-based organizations to promote positive healthy behaviors and to improve the quality of life for children and youth in the District of Columbia. We offer capacity building to schools and community based organizations through the administration of the federal child nutrition programs, the distribution of federal and local funding, technical assistance and programming.

Phone: 202-727-1839

Email: wellness.nutrition@dc.gov

Website: <http://osse.dc.gov/service/wellness-and-nutrition-services>

**District of Columbia Department of Parks and Recreation**

The DC Department of Parks and Recreation (DPR) offers a variety of programs, events, activities, and sports to serve DC residents and visitors.

E-mail: dpr@dc.gov

Phone: (202) 673-7647; Fax: (202) 673-2087; TTY: (023) 345-6789

Website: <http://dpr.dc.gov>

**DPR Center for Therapeutic Recreation (TR Center)**

The DC Department of Parks and Recreation (DPR) Therapeutic Recreation division provides recreation and athletic programs for residents of all ages, including adaptive programs and facilities for persons with disabilities, by addressing the needs of individuals living with disabilities through a continuum of specialized therapeutic recreation program services.

Phone: 202-673-7647

Email: dpr@dc.gov

 Website: <http://dpr.dc.gov/service/therapeutic-recreation>

**Community Foodworks**

Community Foodworks is dedicated to creating market opportunities for local farmers and food producers in the mid-Atlantic region while increasing access to good, healthy, local food. They operate farmers markets in Brookland, Columbia Heights, and Arlington. They manage a variety of incentive and educational programs to ensure that all community members can access more healthy food, including a Bonus Bucks program that allows customers who show with WIC, FMNP, or SNAP benefits to receive $10 in matching funds each week.

Website: [www.community-foodworks.org](http://www.community-foodworks.org)

**Kids Enjoy Exercise Now (KEEN)**

KEEN Greater DC is a nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

E-mail: info@keengreaterdc.org

Phone: (301) 770-3200

Website: <http://www.keengreaterdc.org/>

**HSC Healthy Living Center**

Provides a rotating variety of physical activities such as yoga, belly dancing, and Jazzercise for both adults and families. Classes are free and childcare is provided. Call for current offerings and registration information.

Phone: (202) 467-2708

Website: [www.hscsn-net.org](http://www.hscsn-net.org)

**Unity Health**

Unity Health Care, Inc. (Unity) was founded in 1985 as the Health Care for the Homeless Project providing primary health care services to homeless individuals and families that resided in local emergency shelters or on the streets of the District of Columbia. In 1996, the organization expanded when it became the federal government’s emergency grantee for the Community Health Center programs, which expanded our patient base to include the underserved, uninsured and working poor residents of the city. Unity’s mission is to promote healthier communities through compassion and comprehensive health and human services, regardless of ability to pay. Provides services in many languages.

Website: <http://www.unityhealthcare.org>

**Mary’s Center**

Mary’s Center, founded in 1988, is a Federally Qualified Health Center that provides health care, family literacy and social services to individuals whose needs too often go unmet by the public and private systems. Mary’s Center uses a holistic, multipronged approach to help each participant access individualized services that set them on the path toward good health, stable families, and economic independence. The Center offers high-quality, professional care in a safe and trusting environment to residents from the entire DC metropolitan region. Provides Spanish language services.

Phone: 202-483-8196

Website: <http://www.maryscenter.org>

**Community of Hope**

Community of Hope creates opportunities for low-income families in Washington, DC, including those experiencing homelessness, to achieve good health, a stable home, family sustaining income, and hope. Community of hope provides healthcare, housing with supportive services, and programs supporting strong families.

Website: <http://www.communityofhopedc.org>

**La Clinica del Pueblo**

La Clinica del Pueblo is a non-profit, federally qualified health center that serves the Latino and immigrant populations of the Washington, DC metro area. Our goal is to provide culturally appropriate health services, focusing on those most in need. Our services include Patient Services, Mental Health

& Substance Abuse Services, Interpreter Services, and Community Health Action.

Phone: 202-462-4788

Email: info@lcdp.org Website: <http://www.lcdp.org>

**Whitman-Walker Health**

Whitman-Walker Health is a Washington DC community health center specializing in HIV/AIDS care and lesbian, gay bisexual and transgender care. For nearly four decades, Whitman-Walker Health has provided health care services for the LGBT community. In the 1980s, they became a leader in the fight against HIV/AIDS. And, in the 21st Century, they have evolved into a full-service community health center. Their mission is to be the highest quality, culturally competent community health center serving greater Washington’s diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBT and HIV care.

Phone: 202-745-7000

Email: info@whitman-walker.org Website: <http://www.whitman-walker.org>

**DC Child Development Center Easter Seals Greater Washington- Baltimore Region**

Programs and services for children with and without disabilities, including child care that incorporates physical activity (exercise) and nutrition education.

Phone: (202) 387-4434

Website: <http://gwbr.easterseals.com>

**Senior Help Line Jewish Council for the Aging**

Provides information and referrals to seniors and those with disabilities for transportation services (including to grocery stores) in Maryland, Virginia, and the District of Columbia.

Phone: (301) 255-4200 for Maryland; (703) 323-6494 for Virginia;

(301) 255-4200 for DC

Website: [www.jcagw.org](http://www.jcagw.org)

**Federal Agencies**

**US Department of Health and Human Services**

The Department of Health and Human Services (HHS) is the United States government’s principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

Phone: 1-877-696-6775

Website: <http://dhhs.gov/>

**The Center for Medicaid and CHIP Services (CMCS)**

The Center for Medicaid and CHIP Services (CMCS) is one of six Centers within the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services (HHS). CMCS serves as the focal point for all national program policies and operations related to Medicaid and the Children’s Health Insurance Program (CHIP).

**Medicaid**

Medicaid is government health insurance that helps many low-income people in the United States to pay their medical bills. Although the Federal government establishes general guidelines for the program, each state has its own rules.

**Medicaid State Waiver Programs**

The Social Security Act authorizes multiple waiver and demonstration authorities to allow states flexibility in operating Medicaid programs. Each authority has distinct purposes, and requirements.

Website: <https://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Waivers/Waivers.html?filterBy=district%20of%20Columbia>

Medicaid entitlement programs for people with disabilities provide an array of benefits and services designed to promote independence and autonomy. Home and community-based waivers can provide many benefits, including home health aide services and/or personal care attendant services and residential and home care services in lieu of institutional care. There may be other waivers and options.

**“Money Follows the Person” Rebalancing Demonstration Program (MFP)**

The “Money Follows the Person” Rebalancing Demonstration Program (MFP) helps States rebalance their long-term care systems to transition people with Medicaid from institutions to the community. Forty-three States and the District of Columbia have implemented MFP

Programs. From spring 2008 through December 2010, nearly 12,000 people have transitioned back into the community through MFP Programs. The Affordable Care Act of 2010 strengthens and expands the “Money Follows the Person” Program to more States.

Website: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Balancing/Money-Follows-the-Person.html>

**Real Choice Systems Change**

In 2001, Congress began funding the Real Choice Systems Change Grants for Community Living program (hereafter, Systems Change grants) to help States change their long-term care systems to rely less on institutional services and to increase access to home and community-based services.

The overarching purpose is to help States develop the necessary regulatory, administrative, program, and funding infrastructure to enable individuals of all ages who have a disability or long-term illness to live in the most integrated community setting of their choice; exercise meaningful choice and control over their living environment, services, and service providers; and obtain high-quality services in a manner consistent with their preferences.

Website: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Support/Balancing/Real-Choice-Systems-Change-Grant-Program-RCSC/Real-Choice-Systems-Change-Grant-Program-RCSC.html>

**Medicare**

Medicare is the federal health insurance program for Americans age 65 and older and for younger adults with permanent disabilities, End-Stage Renal Disease (ESRD), or Amyotrophic Lateral Sclerosis (ALS). Knowing the basics about Medicare can help you make good decisions about your health coverage and care. For specific questions about your claims, medical records, or expenses:

Phone: 1-800-MEDICARE (1-800-633-4227)

Website: <http://www.medicare.gov>

**National Clearinghouse on Long-Term Care Information**

This clearinghouse provides information and resources to help plan for future long-term care. It is primarily focused on care of individuals over age 65. The Administration on Community Living (ACL) is the Administrator of the National Clearinghouse for Long-Term Care Information. For information about the Clearinghouse website, contact ACL here:

Phone: (202) 619-0724; Fax: (202) 357-3555

E-mail: aclinfo@acl.hss.gov Website: <http://www.longtermcare.gov>

**SSI and SSDI**

SSI, or Supplemental Security Income is a national program that pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits. The Red Book is an authoritative resource for learning about SSI. The Red Book is a general reference tool designed to provide a working knowledge of SSI and SSDI. The Red Book is as self-help guide written primarily for educators, advocates, rehabilitation professionals, counselors and applicants and beneficiaries.

Website: <http://www.ssa.gov/redbook/eng/introduction.htm>

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. The Consumer Affairs Program provides consumers the opportunity to participate in treatment and policy issues, consumer-operated networks and information activities.

Phone: 1-877-SAMHSA-7 (1-877-726-4727); TTY: 1-800-487-4889;

Fax: (240) 221-4292

Email: SAMHSAInfo@samhsa.hhs.gov Website: <http://www.samhsa.gov>

**Accessibility Management Program**

Provides people with disabilities access to National Park Service facilities, programs, activities, and services. For information on the accessibility of individual parks, visit specific park web pages at www.nps.gov. Some parks have small entrance fees.

Website: [www.nps.gov/aboutus/accessibility.htm](http://www.nps.gov/aboutus/accessibility.htm)

**National Organizations**

**Family Voices**

Family Voices provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care. There are Family Voices programs in most states, including Washington, D.C. (see DC listing on page 1).

National Phone: (888) 835-5669; Fax: (505) 872-4780

Website: <http://www.familyvoices.org/>

**American Association on Health and Disability**

AAHD is dedicated to the advancement of theory, knowledge and practice in the prevention of secondary disabling conditions and promotion of health and wellness for people with disabilities. AAHD’s method includes professional and public education, advocacy efforts, and expansion of public awareness on issues related to the prevention of impairments and disabilities.

Phone: (301) 545-6140; Fax: (301) 545-6144

Website: <http://www.aahd.us/>

**The Bazelon Center for Mental Health Law**

The mission of the Judge David L. Bazelon Center for Mental Health Law is to protect and advance the rights of adults and children who have mental disabilities. The Bazelon Center envisions an America where people who have mental illnesses or developmental disabilities exercise their own life choices and have access to the resources that enable them to participate fully in their communities.

Phone: 202.467.5730

Email: communications@bazelon.org Website: <http://www.bazelon.org>

**National Institute on Mental Health**

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. You can find mental health information here in English and Spanish.

Phone: 1-866-615-6464 (Toll-free)

E-mail: nimhinfo@nih.gov Website: <http://www.nimh.nih.gov/health/index.shtml>

**Health and Disability Advocates**

Health & Disability Advocates (HDA) is a national organization, based in Chicago, Illinois, that promotes income security, work and education opportunities and improves healthcare access and services for children, people with disabilities and low-income, older adults. They develop innovative projects and policies to protect and strengthen federal and state safety-net programs including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare and Medicaid.

Phone: (312) 223-9600; TTY: 1-866-584-8750

Email: hda@hdadvocates.org Website: [www.hdadvocates.org](http://www.hdadvocates.org)

**Got Transition**

Got Transition aims to improve transition from pediatric to adult health care through the use of new and innovative strategies for health professionals and youth and families. Got Transition works to:

* Partner with health professional training programs to improve knowledge and competencies in providing effective health care transition supports to youth, young adults, and families;
* Develop youth and parent leadership in advocating for needed transition supports and participating in transition quality improvement efforts;
* Promote health system measurement, performance, and payment policies aligned with the Six Core Elements of Health Care Transition; and
* Serve as a clearinghouse for current transition information, tools, and resources.

Phone: 202-223-1500

Email: info@GotTransition.org Website: [www.GotTransition.org](http://www.GotTransition.org)

**The Consumer Voice**

They provide information and leadership on federal and state regulatory and legislative policy development and models and strategies to improve care and life for residents of nursing homes and other long-term care facilities. They advocate for public policies that support quality care and quality of life responsive to consumers’ needs in all long-term care settings, empower and educate consumers and families with the knowledge and tools they need to advocate for themselves, and train and support individuals and groups that empower and advocate for consumers of long- term care.

Telephone: (202) 332-2275; Fax: (202) 332-2949

E-mail: info@theconsumervoice.org Website: <http://www.theconsumervoice.org>

**National Alliance on Mental Illness (NAMI)**

NAMI is a grassroots mental health advocacy organization with chapters in all states. Housing and homelessness for individuals with mental illness is an important part of their work.

National Address: 3803 N. Fairfax Dr., Ste. 100, Arlington, VA 22203

Phone: (703) 524-7600

Website: <http://www.nami.org/>

State NAMI: 422 8th St SE, 2nd Floor, Washington, DC 20003-2832

Phone: (202) 546-0646

E-mail: namidc@namidc.org Website: <http://www.namidc.org/>

**Mental Health America**

MHA, the leading advocacy organization addressing the full spectrum of mental and substance use conditions and their effects nationwide, works to inform, advocate and enable access to quality behavioral health services for all Americans. With nearly a century of experience, MHA has an established record of effective national and grassroots actions that promote mental health, and address mental and substance use issues with compassionate and concrete solutions. MHA’s actions inform, support and enable mental wellness, and emphasize recovery from mental illness. Our 240 affiliates in 41 states represent a potent voice for healthy communities throughout the nation.

Address: 2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311

Phone: (703) 684-7722

Website: <http://www.mentalhealthamerica.net> Email: info@mentalhealthamerica.net

**Center for Mental Health in Schools**

Operating under the auspices of the School Mental Health Project at UCLA, the national Center for Mental Health in Schools was established in 1995.

Phone: (310) 825-3634

E-mail: smhp@ucla.edu or ltaylor@ucla.edu Website: <http://smhp.psych.ucla.edu/>

**DREDF Healthcare Stories**

Healthcare Stories is a new video advocacy tool in DREDF’s ongoing campaign for healthcare justice for people with disabilities. The stories, dispatches from the front lines of health care, add an essential human dimension to a large body of research showing that people with disabilities experience both health and healthcare disparities and face specific, persistent barriers to care. We know firsthand that poor health care inevitably affects the quality and length of our lives as well as our productivity, autonomy and independence. Because we experience unequal healthcare every day, out of necessity we have become experts in what must be done to remove barriers and increase access to the care we need. We invite you to watch the videos, meet the people behind the stories, and learn what you can do to spark change.

Website: <http://www.dredf.org/healthcare-stories/>

**Patient Advocate Foundation**

Patient services provide patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness. Case managers work with patients to discover local, state, and federal programs that provide assistance for their individual needs.

Phone: 1-800-532-5274

Website: <http://www.patientadvocate.org/>

**National Center on Health, Physical Activity and Disability (NCHPAD)**

The National Center on Health, Physical Activity and Disability (NCHPAD) is positioned to effect change in health promotion/obesity management among people with disabilities through its existing 13-year history of providing advocacy, services and programs to numerous organizations and people throughout the country. The primary focus of the Center’s approach is to collaborate with the nation’s leading health advocacy and disability organizations in linking them to the hundreds of program initiatives ongoing across the nation and using this framework to build inclusion and integration into these existing programs. NCHPAD also has a 14-week online fitness program specifically designed for people with a variety of disabilities and fitness levels.

Phone: 1-800-900-8086 (voice and TTY)

Email: email@nchpad.org Website: <http://www.ncpad.org>

**Families USA**

Families USA is a national nonprofit, nonpartisan organization dedicated to the achievement of high-quality, affordable health care for all Americans. Families USA produces timely policy reports, fact sheets, issue briefs, and other informative resources. They conduct research and analysis on current and future developments in health care policy, as well as targeted information campaigns. They also collaborate with organizations across the political, business, nonprofit, and health care sectors. They also provide technical assistance at the state and community levels and collect and share stories from consumers.

Phone: 202-628-3030

Email: info@familiesusa.org Website: <http://familiesusa.org>

**National Sports Center for the Disabled (NSCD)**

The NSCD is one of the largest outdoor therapeutic recreation agencies in the world. With specially trained staff and its own adaptive equipment lab, the NSCD teaches a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional, or behavioral diagnosis. NSCD is located in Denver, CO.

Phone: (303) 316-1518

Website: <http://www.nscd.org/>

**Let’s Move**

Let’s Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Includes information on diet/nutrition, exercise and lifestyles.

Website: <http://www.letsmove.gov/>

**Disabled Sports USA**

Provides sports rehabilitation programs for anyone with a disability. Costs of programs vary. For some programs, scholarships are available based on income and evaluation of individual. Call (301) 217-0960 for programs.

Chapters in D.C. Metro Area: Team River Runner, Inc. 12 Froude Circle Cabin John, MD 20818

Phone: (301) 217-0960

Website: [www.dsusa.org](http://www.dsusa.org)

**Special Olympics Healthy Athletes**

At more than 1.2 million free health screenings in more than 100 countries, the Special Olympics Healthy Athletes program has offered health services and information to athletes in dire need. In the process, Special Olympics has become the largest global public health organization dedicated to serving people with intellectual disabilities.

Phone: (202) 824-0308

Website: <http://www.specialolympics.org/Sections/WhatWeDo/Healthy_Athletes/Health_Programs.aspx>

**SESSION 6 – Healthy Living Activity & Testimony**

**Instructions**

**Part One: Brainstorm**

As a group, brainstorm issues related to healthy living. These can be DC or national issues. We will list these issues on the board. Start thinking about which topic you would be most interested in testifying about.

**Part Two: Develop the testimony**

Select which topic from the board or another you have thought of related to healthy living that you would like to testify about.

Develop a 3-minute testimony on some aspect of this topic that you would give to a committee or perhaps use in a one-to-one meeting with a health care provider, agency or legislator. You could talk about the need for some service/information on your chosen aspect of healthy lifestyles that is currently not available, is not being provided, or is not being adequately provided. Or you could talk about the success of a service or program that is currently being implemented. Use some statistics in your comments to strengthen your remarks. You can use some from your community involvement work, your packet, or you can look something up online. **See the next page for a testimony template, if you want guidance.**

Pick where you would like to testify, such as a Congressional Committee, City Council, Committee of the Council, OSSE, Department of Parks and Recreation, Department of Health and Human Services, a healthcare service, or other.

**Part Three: Watch testimonies & provide written feedback.**

You will receive a comment card to provide anonymous feedback to your Partners.

After the session, if you would like to write up your testimony and send it to a DC agency or commission and/or a federal Congressional Committee member with a copy to Eleanor Holmes Norton’s office, you are welcome to do so, but this is not a requirement.

**Suggested Testimony Template**

Hello, my name is

I live (or work) in Ward

I am a DC Advocacy Partner.

I am here today to talk about the need to/ importance of (state problem in 1 sentence).

This is a problem because (use some statistics here).

* How many people does this affect?
* Which people?
* Where?
* How does it affect them?

I know improvements are needed and I want to focus on (list 1-2 suggestions here)

1.
2.
3.

This is important to me and many others because (share your personal story here)

I would like you to (vote for or against something, support a bill, increase awareness or funding?), or I would like to see (what change?)

With your help we can (increase…, improve lives by…, reduce costs by…)

Thank you for the opportunity to speak with you today. Please let me know how I can be of further assistance. Here is my card and copies of my testimony.

**THE CDC’s RESOURCES ON HEALTH & DISABILITY**

Website for more information: <https://www.cdc.gov/ncbddd/disabilityandhealth/healthyliving.html>

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

Having a disability does not mean a person is not healthy or that he or she cannot be healthy. Being healthy means the same thing for all of us—getting and staying well so we can lead full, active lives. That means having the tools and information to make healthy choices and knowing how to prevent illness.

For people with disabilities, it also means knowing that health problems related to a disability can be treated. These problems, also called secondary conditions, can include pain, depression, and a greater risk for certain illnesses.

To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. Most people with or without disabilities can stay healthy by learning about and living healthy lifestyles.

**Leading a Long and Healthy Life**

Although people with disabilities sometimes have a harder time getting and staying healthy than people without disabilities, there are things we can all do to get and stay healthy.

Tips for leading a long and healthy life:

* Be physically active every day. Learn about physical activity.
* Eat healthy foods in healthy portions. Learn about nutrition.
* Don’t get too much sun. Learn about preventing skin cancer.
* Get regular checkups. Learn what health services and screenings may be good for you.
* Don’t smoke. Learn how to stop smoking.
* Use medicines wisely. Learn about medication safety.
* If you drink alcoholic beverages, drink in moderation. Learn about alcohol.
* Get help for substance abuse. Find treatment services near you
* Stay in touch with family and friends.
* If you need help, talk with your health care professional.

**SESSION 6 - YOUTH TRANSITION COLLABORATIVE**

**TRANSITION QUICKGUIDE: TAKE CHARGE OF PLANNING AND MANAGING YOUR OWN HEALTH AND CAREER GOALS**

PDF - <https://www.dol.gov/odep/pdf/HealthCareCareerTransitionQuickGuide.pdf>

This information is for youth and young adults, including those with disabilities and chronic health conditions, from ages 12-30. With support from families, health care providers, workforce professionals, and others, young people can gain self-care and decision-making skills to take charge of planning and managing their own health and career goals.

Because the ability to manage one’s health and wellness is critical to going to school, learning, and transitioning into employment, planning your health and career goals goes hand in hand. The first step to making your career dream a reality is taking care of your health. This checklist provides information and resources about health insurance coverage, self-care, health care transition, decision-making, and career planning and management.

**HEALTH INCUSRANCE COVERAGE**

Health insurance coverage pays for provider services, medications, hospital care, and special equipment when you’re sick. It is also important when you’re not sick. Insurance coverage includes preventive health services, immunizations, mental/behavioral health services, and more to help you and your family stay healthy.

Understanding these key health insurance words will help you manage your health insurance coverage.

Co-insurance is your share of the costs of a covered health care service, calculated as a percent (for example, 20%) of the allowed amount for the service. You pay co-insurance plus any deductibles you owe.

Co-payment or copay is the amount you may be required to pay for a covered service (for example,

$30). It is usually paid at the time you receive the service.

Deductible is the amount you owe for health care services before your health insurance or plan begins to pay. For example, if your deductible is $1,000, your insurance provider won’t pay anything except for preventive care until you’ve met your $1,000 deductible.

Premium is the amount that must be paid for your health insurance or plan. You, your employer, and/or your parents usually pay it monthly, quarterly, or yearly. It is not included in your deductible, your copayment, or your co-insurance.

Network is the facilities, providers, and suppliers your health insurer has contracted with to provide health care services. Contact your insurance company to find out which providers are in-network.

Networks can change. Check with your provider each time you make an appointment, so you can know how much you will have to pay. If a provider is out-of-network, it might cost you more to see them.

**What do I need to know?**

* Your options for health insurance coverage depend on a variety of factors, including your age, state of residence, income level, employment status, and other personal circumstances.
* The costs you are responsible for – co-insurance, co-payment, deductible, and premium.
* The cost difference between seeing a provider in-network and out-of-network.
* The cost you have to pay for prescription medicine.
* Limits on the number of visits for certain services, such as physical therapy or home health care.
* Requirements for approval to see a specialist or go to the hospital.

**Resources You Can Use?**

* Healthcare.Gov is the destination for the Health Insurance Marketplace. If you do not have coverage through a job, Medicaid, CHIP or another source. It provides information about health care plans and prices to help you decide what plan would be a good fit for you and within your budget.
* From Coverage to Care provides written resources and videos to help people with new health care coverage understand their benefits and connect to care. The From Coverage to Care, A Roadmap to Better Care and a Healthier You provides information from start to finish on how to get and manage your health care insurance coverage.
* Young Invincible FAQs provide answers to frequently asked questions about health care law, including the Affordable Care Act.
* The Catalyst Center provides information related to health insurance for youth with disabilities and their families.

**SELF-CARE**

Self-care involves actions you take to care for your physical and mental health. These include learning about your medical conditions, how often you need to take your medications, and how to make your own appointments.

**What do I need to know?**

* Taking charge of your own health care takes time and patience.
* Seeing your provider alone, making your own appointments, and fi prescriptions may be challenging at fi but gets easier with practice.
* Learn as much as possible about your health needs, your family history, your medical condition and your medications, what preventive steps help you stay healthy, and what to do in case of a medical emergency.
* Use a calendar, either a paper one or one on your phone, to keep track of doctors’ appointments and medication refills.
* Have your insurance card with you at all times. If you don’t have an insurance card or another document to use as proof of your insurance, ask your parents or family how to get it or contact your insurance provider.
* Save the phone numbers and addresses of your doctor(s) and pharmacy in your cell phone or on a card in your wallet. Oftentimes a pharmacy will require the name and address of your doctor, so it’s a good thing to have.
* Keep a medical summary on your phone or in your wallet that lists your diagnosis, medications, allergies, emergency contacts, and past medical services.

**Resources You Can Use**

* Got Transition’s Sample Medical Summary and Emergency Care Plan can be useful to keep track of your medical information. Work with your health care provider to fill it out.
* Disability.Gov connects people with disabilities, their families, and their caregivers to resources on topics such as benefits, civil rights, community life, education, emergency preparedness, employment, health, housing, technology, and transportation. Learning about disability-related programs, services, policies, laws, and regulations is another crucial element to taking care of yourself.

**HEALTH CARE TRANSITION**

Health care transition is the purposeful, planned movement of adolescents and young adults from

child-centered to adult-centered medical care.

**What do I need to know?**

* Every young adult transitions to adult care and most to a new doctor(s), usually between ages
* 18 and 21.
* Adult-centered care is different from pediatric care. Parents and family are no longer in charge
* after age 18 - you are. Finding an adult doctor who meets your needs can take some time.
* If you go to a pediatrician, find out when you will have to switch to an adult doctor, and ask if your
* doctor can help you find a new doctor.
* Talk to your doctor’s office staff to make sure your medical information is sent to your new doctor.
* Ask your new adult provider about the services they provide and their costs, as well as the insurance plans they accept.

**Resources You Can Use**

* Got Transition’s Transition Readiness Assessment checklist can help you identify needed health care skills to become more independent.
* Got Transition’s Dr. Right: The Right Way to Discuss Transition video shows a young woman talking with her health care provider about her health care transition plan.

**DECISION-MAKING**

Decision-making is a skill that requires practice and a variety of experiences. Having this skill will allow you to choose the best course of action to take care of your health and well-being in partnership with your health care providers.

**What do I need to know?**

* When you turn 18, you are in charge of making your own health care decisions and are also the only one that can access your medical information, unless other plans are made.
* If you want to have your family or others involved in making your health care decisions or knowing your medical information, you will need to give written permission to your health care providers.
* There are a range of options for assistance in decision-making after age 18, ranging from the least restrictive (signed consent form at doctor’s office) to the most restrictive (legal guardianship). Another option to consider is supported decision-making, which allows you to direct your own health care with assistance from others whom you trust to help you understand and make decisions for yourself. It is best to consider these options well before age 18.
* If you need support with making health care decisions, become familiar with available resources as early as possible. Disability groups in your state can help guide you to free or inexpensive legal resources.

**Resources You Can Use**

* Got Transition’s Resources on Guardianship and Decision-Making provide tips and webinars about health care decision-making for youth with disabilities.
* The Department of Health and Human Services’ Office for Civil Rights’ Sharing Health Information with Family Members and Friends provides information about the Health Insurance Portability and Accountability Act of 1996 (HIPPA).
* The Supported Decision-Making: An Agenda for Action brief provides an overview of action steps, legal issues, policies and practices, and research issues to consider when providing people in need of support with individualized decision making assistance.

**CAREER PLANNING AND MANAGEMENT**

Career planning and management involves acquiring the job search skills needed to secure employment in a chosen career path, and to maximize your employability across the life span. It also involves the continued development of career readiness skills and the traits, work habits, and behaviors associated with a lifelong commitment to seeking new opportunities for gaining skills and experiences.

**What do I need to know?**

* Understanding the role of your health when thinking about your career plans will help set you up for a successful transition into adulthood.
* It’s good to have a variety of paid and unpaid work-based learning experiences, including part-time or summer jobs, community service, volunteer work, apprenticeships or internships. Having these experiences can help you learn about the types of careers that most interest you and about how to manage your health and/or need for reasonable accommodation in different employment situations.
* Telling someone you have a disability is a very personal decision. Knowing how and when disclosure will be most effective is something that takes thought and practice. Practicing with your friends and family will give you a chance to explore how to disclose your disability and request an accommodation, if needed.
* A great way to start your search for paid or unpaid work-based learning experience is to ask your friends and family if they know about opportunities that match your interests and will help you prepare for your dream career.
* Learn how to expand your network. When networking for the purpose of career development, this means talking with friends, family members, teachers, community leaders, and acquaintances about your goals, interests, and dreams.
* Everyone can work, if they have the right supports in place. In addition to financial benefits, including access to employer-based health insurance, work contributes to one’s overall health by helping maintain physical and mental fitness.
* Many employers provide insurance as a job benefit. Employer-based health insurance is one of the most common ways people get health insurance as adults.
* Learn about the salary and benefits package before accepting a job offer. For example, some employers may offer health insurance only when you work 40 hours a week.
* If you receive Social Security benefits, talk to your benefits counselor about work incentive opportunities that allow you to keep your benefits while working.

**Resources You Can Use**

* The Individualized Learning Plans How-to Guide provides career development activities and

resources that can be used to prepare youth and young adults to identify a career goal that fits

with their personal strengths and interests.

* The Making the Move to Managing Your Own Personal Assistance Services (PAS): A Toolkit for Youth with Disabilities Transitioning to Adulthood toolkit provides tips on how to better manage your own personal assistance services.
* The My Next Move website provides information to help you learn more about an industry or

career of your choice.

* The American Job Center, Workforce Recruitment Program, Pathways Program, Greater

Washington Internship Coalition, Corporation for National and Community Service, and the National Youth Transitions Resume Database & Job Listings provide additional resources about work-based learning experiences.

* The Mastering Soft Skills for Workplace Success provides information on what soft skills youth and young adults need to get a job and advance in their career.
* The 411 on Disability Disclosure and Cyber Disclosure provide tips and information to learn more about disability disclosure.
* The Social Security Work Incentives website provides information on work incentive programs for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) beneficiaries.
* The MyMoney.Gov website provides tips on how to better manage your money.

**SESSION 6 – NCWD/Youth Policy Brief on Health Care Transition**

**Transition’s Missing Link: Health Care Transition**

NCWD/Youth’s Guideposts for Success provide a framework for what all youth, including youth with chronic conditions and disabilities, need to make a successful transition to further education, careers and adulthood. One of the key elements of the Guideposts under Connecting Activities is health care. This Policy Brief draws on a number of recent health care-related reports to identify policy strategies for improving health care transition for youth with chronic conditions and disabilities.

Download the PDF - <http://www.ncwd-youth.info/wp-content/uploads/2018/03/policy-brief-05.pdf>

**Session 6 – Dental Crisis in America: The Need to Expand Access**

**Introduction**

In the U.S., many people have access to the best oral health care in the world, yet millions are unable to get even the basic dental care they need. Individuals who are low-income or racial or ethnic minorities, pregnant women, older adults, those with special needs, and those who live in rural communities of- ten have a much harder time accessing a dental provider than other groups of Americans. Tooth decay is almost completely preventable, yet when people do not see a dental provider, they do not get the preventive services and early diagnosis and interventions that can halt or slow the progress of most oral dis- eases. The issue of lack of access to dental care is extremely serious because untreated oral diseases can lead to not only pain, infection, and tooth loss, but also contribute to an increased risk for serious medical conditions such as diabetes, heart disease, and poor birth outcomes.

**Key Findings**

* More than 47 million people live in places where it is difﬁcult to access dental care.
* About 17 million low-income children received no dental care in 2009.
* One fourth of adults in the U.S. ages 65 and older have lost all of their teeth.
* Low-income adults are almost twice as likely as higher-income adults to have gone without a dental check up in the previous year.
* Bad dental health impacts over- all health and increases the risk for diabetes, heart disease, and poor birth outcomes.
* There were over 830,000 visits to emergency rooms across the country for preventable dental conditions in 2009 - a 16% increase since 2006.
* Almost 60% of kids ages 5 to 17 have cavities - making tooth decay ﬁve times more common than asthma among children of this age.
* Nearly 9,500 new dental providers are needed to meet the country’s current oral health needs.8
* However, there are more dentists retiring each year than there are dental school graduates to replace them.

**Read the Entire Report here:** <https://www.sanders.senate.gov/imo/media/doc/DENTALCRISIS.REPORT.pdf>

**Session 6 – USDA 10 Tips Smart Shopping for Veggies & Fruits**

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. **Celebrate the Season**

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.

1. **Why Pay Full Price**

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

1. **Stick to Your List**

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.

1. **Try Canned or Frozen**

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

1. **Buy Small Amounts Frequently**

Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

1. **Buy in Bulk when Items are on Sale**

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

1. **Store Brands – Savings**

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

1. **Keep it Simple**

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

1. **Plant Your Own**

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

1. **Plan & Cook Smart**

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

**Session 6 – USDA’s 10 Tips for Eating Better on a Budget**

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1. **Plan, Plan, Plan!**

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

1. **Get the Best Price**

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

1. **Compare & Contrast**

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

1. **Buy in Bulk**

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

1. **Buy in Season**

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

1. **Convenience Costs… Go back to the Basics**

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

1. **Easy on Your Wallet**

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

1. **Cook once... Eat all Week!**

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

1. **Get Your Creative Juices Flowing**

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

1. **Eating Out**

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

**Session 6 – Community Health Resources for DC Residents**

**DC Community Health Centers**

* Unity Health (Many languages) www.unityhealthcare.org; 202-715-7900
* Mary’s Center (Spanish) http://www.maryscenter.org/; 202-483-8196
* La Clinica del Pueblo (Spanish) http://www.lcdp.org; 202-462-4788
* Community of Hope http://www.communityofhopedc.org/; 202-232-9022

**DC Free Clinics**

* Bread for the City http://www.breadforthecity.org/ ; 202-265-2400 (NW DC Center) or 202-561-8587 (SE DC Center)
* So Others Might Eat (includes eye clinic) http://www.some.org/ ; 202-797-8806

**Homeless Health**

* Unity Health (www.unityhealthcare.org) has many, including
* Community for Creative Non-Violence (425 2nd St, NW) http://www.theccnv.org; 202-393-1909
* Christ House (1717 Columbia Road NW) http://www.christhouse.org; 202-328-1100
* So Others Might Eat (includes eye clinic) http://www.some.org/; 202-797-8806
* Community of Hope Marie Reed Clinic http://www.communityofhopedc.org/; 202-232-9022
* Hypothermia number in DC: 1-800-535-7252 (blankets and shelter if wind chill or temperature is under 32 degrees)

**HIV Care**

* Newly diagnosed: DC Department of Health “Red Carpet” to establish quick care; http://www.doh.dc.gov/service/red-carpet-entry-program/ ; phone numbers based on location
* DOH AIDS Drugs Assistance Program (ADAP) – covers HIV meds or pays co-pays for them, limited pharmacies http://www.doh.dc.gov/service/dc-aids-drug- assistance-program
* Whitman Walker Health http://www.whitman-walker.org/; 202-745-7000
* Unity Health www.unityhealthcare.org ; many phone numbers based on location
* Family and Medical Counseling Services http://www.fmcsinc.org/; 202-889- 7900

**Mental health**

* Community Connections http://www.communityconnectionsdc.org/; 202-546- 1512

**Discount prescriptions**

* DOH DC Rx Prescription Drug Discount Card – free, available to ALL DC residents. Not to be used in conjunction with insurance, but patients who have insurance can use it for meds that are not covered. Will be charged cheaper of this rate or their insurance rate. Automatic discounts at most DC pharmacies. http://www.dcrxcard.com

**GW Health Insurance Counseling Project**

* Medicare Savings Program: Medicare eligible, up to 300% FPL can get support for co-pays, deductibles, all meds cost $2.50 generic/$6 brand name. Can enroll any time, even if already have Part D. <http://www.law.gwu.edu/academics/el/clinics/insurance/Pages/about.aspx>
* Also handle Medicare questions, resolve unpaid bills, appeal claim denials.; 202-739-0668; 2136 Pennsylvania Ave, NW

**Food/Soup Kitchens**

* Miriam’s Kitchen: 2401 Virginia Ave, NW
* Bread for the City: 1525 7th Street, NW and 1640 Good Hope Road, SE
* Martha’s Table: 2114 14th Street, NW and 2204 Martin Luther King Jr Ave, SE
* So Others Might Eat: 71 O Street, NW and 1338 R Street, NW and 2125 18th Street, SE
* DC Office on Aging Senior Luncheon programs - meal centers with a daily meal or will bring meals to homebound persons. Many phone numbers based on location. http://dcoa.dc.gov/service/our-senior-service-network

**Free Preventive Care**

* DC DOH Project WISH: free mammograms women over age 40; free pap smears over age 50 and no pap in 5yrs (includes free transportation and interpreter services): 202-442-5900, in Spanish 202-442-9128
* Diabetes Self-Management Workshop –through DC Office on Aging for ANY DC resident who can make 6 weekly sessions (2.5 hours each). http://dcoa.dc.gov/; 1-800-872-9613
* Free smoking cessation & nicotine replacement products (DC Quitline): 1- 800- QUIT-NOW (784-8669)
* Senior Wellness Centers – exercise, classes and activities through DC Office on Aging for any resident 60+yrs http://dcoa.dc.gov/service/senior-wellness- centers
* Free condoms: “Rubber Revolution” mailed to any DC resident 10 at a time, also dispensed at sites around city, some also have female condoms (DC’s Doin’ It). http://www.rubbertrevolutiondc.com

**Dental Care**

* Howard University and Sound Dentistry: <http://soundentistry.com/howard-univ-dental/>