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## HEALTHY LIVING AGENCIES AND ORGANIZATIONS

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### 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.

**Address:** 899 North Capitol Street, NE., Washington, DC 20002

**Phone:** (202) 442-5955

**Website:** <http://dchealth.dc.gov/doh/site/default.asp>

#### **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.

**Address:** 4201 Georgia Ave NW or 1012 Pennsylvania Ave SE

**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.

Service Center	Address	Phone	Fax
Anacostia	2100 Martin Luther King Avenue, SE	(202) 645-4614	(202) 727-3527
Congress Heights	4001 South Capitol Street, SW	(202) 645-4546	(202) 654-4524
Fort Davis	3851 Alabama Avenue, SE	(202) 645-4500	(202) 645-6205
H Street*	645 H Street, NE	(202) 698-4350	(202) 724-8964
Taylor Street	1207 Taylor Street, NW	(202) 576-8000	(202) 576-8740

## 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 from law students.

**Phone:** (202) 994-6272; (202) 994-6656 (TDD)

**E-mail:** [dchicp@gmail.com](mailto:dchicp@gmail.com)

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

## Medicare Contacts in Washington, DC

Organization Name	Agency Name	Can Answer My Question About	Contact Information
Carrier	TrailBlazer Health Enterprises, LLC	Part B bills and services.	Toll Free: (800) 633-4227 <a href="http://www.trailblazerhealth.com">www.trailblazerhealth.com</a>
DME MAC -- Durable Medical Equipment Medicare Administrative Contractor	National Heritage Insurance Company	Bills for durable medical equipment and a list of approved suppliers of this equipment.	Toll Free: (800) 633-4227 <a href="http://www.medicarenhic.com">www.medicarenhic.com</a>
Fiscal Intermediary	Highmark Medicare Services	Part A bills and services, hospital care, skilled nursing care, and fraud.	Toll Free: (800) 633-4227
SSA -- Social Security Administration	Social Security Administration	Changing my address, Medicare Part A or Part B, lost Medicare card, and Social Security benefits.	Toll Free: (800) 772-1213 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
State Medical Assistance Office	DC Healthy Families and DC HealthCare Alliance - formerly (DC Healthy Family)	Low-income programs (such as Medicaid) to help pay medical bills.	Toll Free: (800) 620-7802 Local: (202) 639-4030 <a href="http://www.dchealthyfamilies.com">www.dchealthyfamilies.com</a>

## **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.

**Address:** 1214 I. Street S.E Suite 11 Washington, DC 20003

**Phone:** (202) 758-3281

**E-mail:** [TotalFamilyCareCoalition@gmail.com](mailto:TotalFamilyCareCoalition@gmail.com)

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

## **District of Columbia 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.

**Address:** 1250 U Street, NW, Washington, DC 20009

**E-mail:** [dpr@dc.gov](mailto:dpr@dc.gov)

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

**Website:** <http://dpr.dc.gov/DC/DPR/Programs+and+Services>

## **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.

Section 1115 Research & Demonstration Projects: projects that test policy innovations likely to further the objectives of the Medicaid program.

Section 1915(b) Managed Care/Freedom of Choice Waivers: managed care delivery systems

Section 1915(c) Home and Community-Based Services Waivers: Facilitates long-term care services delivered in community settings. This program is the Medicaid alternative to providing comprehensive long-term services in institutional settings.

**Website:** [http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Waivers/Waivers.html?filterBy=district of columbia](http://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-Support/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/default.aspx>

## **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 Aging (AoA) is the Administrator of the National Clearinghouse for Long-Term Care Information. For information about the Clearinghouse website, contact AoA here:

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

**E-mail:** [oainfo@aoa.hhs.gov](mailto:oainfo@aoa.hhs.gov)

**Website:** [http://www.longtermcare.gov/LTC/Main\\_Site/index.aspx](http://www.longtermcare.gov/LTC/Main_Site/index.aspx)

## **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 a 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](mailto:SAMHSAInfo@samhsa.hhs.gov)

**Website:** <http://www.samhsa.gov/ConsumerSurvivor/about.asp>

## **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.

**Address:** 6001 Executive Boulevard, Rockville, MD 20852

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

**E-mail:** [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

**Website:** <http://www.nimh.nih.gov/health/index.shtml>

## **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 Address:** 3701 San Mateo Blvd. NE, Suite 103, Albuquerque, NM 87110

**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.

**Address:** 110 N. Washington Street, Suite 328-J, Rockville, MD 20850

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

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

### **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

**E-mail:** [hda@hdadvocates.org](mailto:hda@hdadvocates.org)

**Website:** [www.hdadvocates.org](http://www.hdadvocates.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.

**Address:** 1001 Connecticut Avenue, NW, Suite 425, Washington, DC 20036

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

**E-mail:** [info@theconsumervoice.org](mailto: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@juno.com](mailto:namidc@juno.com)

**Website:** [www.nami.org/about/namidc/](http://www.nami.org/about/namidc/)

## **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. Its mission and aims are to improve outcomes for young people by enhancing the field of mental health.

**Phone:** (310) 825-3634

**E-mail:** [smhp@ucla.edu](mailto:smhp@ucla.edu)

**Website:** <http://smhp.psych.ucla.edu/>

## **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 Physical Activity and Disability (NCPAD)**

The mission of NCPAD is to promote the substantial health benefits that can be gained from participating in regular physical activity.

**Address:** 1640 W. Roosevelt Road Chicago, IL 60608-6904

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

**E-mail:** [ncpad@uic.edu](mailto:ncpad@uic.edu)

**Website:** <http://www.ncpad.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

**E-mail:** [khejlik@specialolympics.org](mailto:khejlik@specialolympics.org)

**Website:**

[http://www.specialolympics.org/Sections/What\\_We\\_Do/Healthy\\_Athletes/Health\\_Programs.aspx](http://www.specialolympics.org/Sections/What_We_Do/Healthy_Athletes/Health_Programs.aspx)

## **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.

**Address:** 1801 Mile High Stadium Circle, #1500, Denver, CO 80204

**Phone:** (303) 316-1540 or (970) 726-5514

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

## **VSA, the International Organization on Arts and Disability**

VSA administers numerous programs that stimulate the use of the arts as a valuable educational tool in the classroom, for life-long learning and as a means to develop skills for future employment.

**Address:** The John F. Kennedy Center for the Performing Arts  
2700 F Street, NW Washington, DC 20566

**Website:** <http://www.kennedy-center.org/education/vsa/programs/>