

Section Q Return to Community Resource Information

Referral Resources

Aging and Disability Resource Centers (ADRCs)

ADRCs assist people of all incomes and ages. All Fifty states and four Territories have ADRCs. To find out if your area is served by an ADRC, visit www.adrc-tae.org.

Area Agencies on Aging (AAAs)

AAAs assist adults age 60 and older and their caregivers. To find the AAA in your area, call The Eldercare Locator at 1-800-677-1116 weekdays from 9:00 a.m. to 8:00 p.m. (EST) or visit www.eldercare.gov.

Centers for Independent Living (CILs)

CILs assist people with disabilities. A state-by-state directory of CILs can be found by visiting www.ilru.org/html/publications/directory/index.html

State Health Insurance and Assistance Programs (SHIP)

A SHIP is a state-based program that offers local one-on-one counseling and assistance to people with Medicare and their families. To find information on what a SHIP is at http://www.cms.hhs.gov/partnerships/10_SHIPS.asp. To find a list of State SHIP offices at <http://www.medicare.gov/Contacts/>.

National Council on Aging (NCOA)

NCOA has information on benefits and how to enroll in federal, state, local, and private programs that help pay for prescription drugs, utility bills, meals, health care, and other needs. To find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs at <http://www.benefitscheckup.org/>

Federal & State Information Resources
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State Medicaid Agency

The State Medical Assistance (Medicaid) office provides information about Medicaid. To find your local office, visit www.nasmd.org/links/links.asp. (Scroll halfway down the page to see a clickable map of the United States.) You can also call 1-800-MEDICARE, and say, "Medicaid."

Medicare

Medicare is a federal health insurance program for people 65 years of age and older; certain younger people with disabilities; and people with End-Stage Renal Disease (those with permanent kidney failure who need dialysis or a transplant), sometimes called ESRD. For more information about the Medicare Program, call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can also visit www.medicare.gov/LongTermCare/Static/Counseling.asp.

State Technology Assistance Project

The State Technology Assistance Project has information on medical equipment and other assistive technology. Contact the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) at (703) 524-6686 to get the contact information for your state or visit <http://www.resna.org>.

Money Follows the Person (MFP)

The MFP Rebalancing Demonstration assists States, in collaboration with stakeholders, to make widespread changes to their long-term care support systems. MFP information can be found by visiting http://www.cms.hhs.gov/CommunityServices/20_MFP.asp#TopOfPage.

Centers for Medicare & Medicaid Services (CMS) Section Q Training Materials

CMS' Informing Long-Term Care Choice Section Q April 16, 2010 conference and resources materials and Stakeholder MDS 3.0 training materials are posted and available to download at the MDS 3.0 Training and Conference information visit http://www.cms.hhs.gov/NursingHomeQualityInits/40_NHQIMDS30TrainingConferenceInformation.asp#TopOfPage.

Additional Community Long-Term Care Information
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Clearinghouse for Home and Community Based Services

The clearinghouse provides resources, tools and publications on state transition efforts. Transition information can be found by visiting www.hcbs.org. (Search on "Transition Diversion")

National Academy for State Health Policy (NASHP)

NASHP assists state policymakers and provides publications on Access to Chronic and Long Term Care Services and Transitions. Chronic and Long Term Care Services and Transitions information can be found by visiting www.nashp.org/chronic-care.