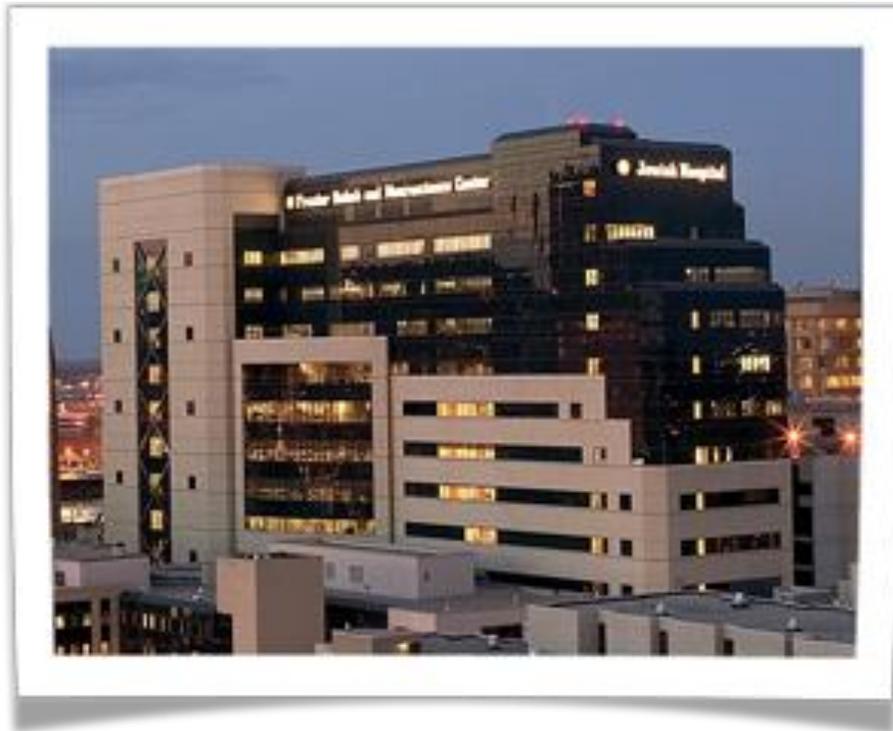


Frazier Rehab Institute
Pediatric
Community Resource Guide



220 Abraham Flexner Way
Louisville, KY 40202
502 582-7400
www.frazierrehab.org

FRAZIER REHAB INSTITUTE

COMMUNITY RESOURCE GUIDE

Community Resource Guide

The team members of Frazier Rehab Institute understand the impact an illness, injury, or disability can have on the everyday lives of members in our community. We hope you will find the area resources compiled in this guide to be helpful. This is by no means a complete list of agencies. If you have identified a need that is not listed here or have questions about getting help, please ask one of our experienced team members or contact your case manager at (502) 582-7466. We may be able to help or offer direction to get the help you need.

This guide contains some of the most requested and utilized community resources that might be of benefit to you and/or your family. This information has been gathered from agencies serving the Greater Louisville and Southern Indiana area.

Michael Brent Resource Center

Many of the agencies listed in this guide book have websites which offer much more information regarding the services available than we can list here. If you don't have access to a computer, you may use one of the computers in the Michael Brent Resource Center. The Center is located on the 11th floor of Frazier Rehab Institute and is open to Frazier families from 8:00am to 4:30pm Monday through Friday.

The Center is supported by Friends for Michael Inc., a non-profit group dedicated to raising funds and awareness of spinal cord injury in memory of Michael Brent. The Center provides information to survivors and their families about not only spinal cord injury, but other disabling conditions as well. Functioning as a lending library of books, magazines, DVDs, and CDs, the Center also provides adaptive computer access to the internet. For more information about the Michael Brent Resource Center, visit www.spinalcordmedicineresources.com

Computer and Internet Access

You can learn about available programs listed in this guide through web links. If you do not have access to a computer with internet capacity, visit your local public library. You can sign up to use the computers for free. The closest library to downtown Frazier is:

Louisville Free Public Library
301 York Street
Louisville, KY 40203
(502) 574-1611
<http://www.lfpl.org/computer-classes.htm>

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INTRODUCTION – WHERE TO START

Education

The experienced Frazier Rehab Team has found education regarding an injury or illness is essential for preparing patients and families for discharge to home and managing future recovery needs. We invite you to take advantage of our family and caregiver educational opportunities.

- Ask your case manager about available educational material and support groups here at Frazier and in your community.
- Schedule family teaching days to attend therapy sessions with Frazier team members.
- Attend Team Rounds to participate in treatment planning.
- Keep a journal, take notes, and ask lots of questions.
- Review educational material available in the Michael Brent Resource Room.
- Research outside information in your library or on the internet.

Caregivers

In the early phase of recovery, caregivers may be involved in treatment planning, decision making, and coordinating discharge plans. If you need to take time off from work to participate in the rehab program, ask your employer about signing up for leave under the **Family Medical Leave Act (FMLA)**. FMLA allows you to take up to 12 weeks off from work, either all at once or intermittently, without jeopardizing your employment with many employers.

Being a caregiver can be a tough job. It is very important for caregivers to take care of themselves. Do your best to eat right, rest when you can, and take time out for yourself. The caregiver role may be more prominent after discharge and we want you to be prepared for the transition to home.

Family, Friends, and Neighbors as Resources

The people around you can be good resources and often want to help, they just don't know how. If extended family, friends, or neighbors offer to help, give them something to do. For example, ask them to sit with your loved one so you can go home and take a shower, feed the dog, run an errand, mow the lawn, set out your trash cans, collect your mail, make a donation to a charitable organization that may be assisting you, etc.

Community

If you are unable to find the resources you need around you, look to your community for help. There are public assistance programs and community agencies that may be able to assist you. Some of the services available are listed in this guide.

FAMILY LODGING

Family Lodging

Ronald McDonald House Kentuckiana
550 S. First Street
Louisville, Kentucky 40202
(502) 581-1416
<https://rmhc-kentuckiana.org/>

The Ronald McDonald House provides lodging to families who are from outside of the metro Louisville area and are seeking medical care for their child. RMH eligibility requirements include:

- Patient must be 21 and younger
- Must live outside of Jefferson County in Kentucky or Clark and Floyd Counties in Indiana.
- Must have a referral from physician, nurse or social worker on your child's treatment team.

Information about lodging at Ronald McDonald House:

- The rate is \$20 night, but no one is turned away
- Rooms have a shared bath, kitchen, living room, and laundry areas.
- Internet access is available on 1st floor.
- Stocked kitchen areas are available and often volunteers provide meals.

HEALTH CARE COVERAGE

Health Insurance

Medical care is costly. Read your health insurance policy and learn the vocabulary to better understand the benefits and limitations of the policy. For example, do you know?

- What is your annual deductible for your health insurance plan?
- What is your coinsurance responsibility for care?
- Do you have an out of pocket maximum?
- What are the benefits for outpatient therapy recommended by the rehab team?
- What are the benefits for the durable medical equipment needed at discharge?

If you live in Kentucky and do not have health insurance, check with the Kentucky Health Benefit Exchange to determine your eligibility for health insurance. You may find an affordable health care plan, be eligible for premium subsidies, or obtain Medicaid coverage under the Affordable Care Act of 2010. There are Application Assistants who can help you with this process. For more information, contact Kentucky's Health Benefit Exchange at (855) 459-6328 or visit the website <https://kyhbe.ky.gov/>.

If you live in Indiana or another state, you can find health insurance information at the new www.healthcare.gov website or by calling (800) 318-2596.

Medicaid

Medicaid is a health insurance plan covering children, seniors, and disabled individuals from low income families. Non-disabled individuals who meet the federal income requirements may also be eligible. Each state administers the program differently. To determine if you are eligible for Medicaid, contact your state's Department of Medicaid Services, health insurance exchange, or your county social services office. For more information regarding Medicaid, visit Kentucky's website at <https://benefind.ky.gov/> or Indiana's website at www.indianamedicaid.com.

Early and Periodic Screening, Diagnostic, and Treatment

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a Medicaid program that is federally mandated to ensure low income children under the age of 21 are provided an array of prevention, diagnostic, and treatment services. Services include the areas of medical, mental health, vision, hearing, and dental care. Through a prior-authorization process, children may receive medically necessary treatment or equipment that is not available to Medicaid members 21 years old or older. For more information regarding EPSDT, visit Kentucky's website at <https://chfs.ky.gov/agencies/dms/dpqo/dcmb/Pages/epsdt-screenings.aspx> or Indiana's website at <https://www.in.gov/medicaid/files/epsdt.pdf>

Supplemental Health Care Assistance for Children

The following agencies may provide supplemental medical coverage for uncovered services or equipment for children ages birth to 21 years of age with chronic medical conditions. Families will need to meet specified income criteria. For more information contact:

Indiana

Children's Special Health Care Services
(800) 475-1355
<http://www.in.gov/isdh/19613.htm>

Kentucky

Office for Children with Special Health Care Needs
(800) 232-1160
<https://chfs.ky.gov/agencies/ccshcn/Pages/default.aspx>

FINANCIAL ASSISTANCE

Income

When a catastrophic injury or illness impacts the income of an individual or family, the results can be devastating. Review the options available to you through your employer, insurance policies, and government assistance programs, or in your community. Find out if you or your child are eligible for any of the following:

- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Temporary Financial Assistance for Needy Families (TANF) or Kentucky Temporary Assistance Program (KTAP)
- Supplemental Nutrition Assistance Program (SNAP)

Disability Income

To apply for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) programs, contact the Social Security Administration at (800) 772-1213, go to your local Social Security office or visit the website at www.ssa.gov.

Social Security – Louisville
Main Office
601 West Broadway
Louisville, KY 40202
(866) 716-9671

Social Security – New Albany
Federal Building
121 West Spring Street
New Albany, IN 47150
(812) 948-5288

Helpful information to apply for SSDI or SSI:

- Children can be eligible for SSI if they have a disabling condition that meets impairment criteria listed by the Social Security Administration for greater than one year AND their parent(s) income and assets fall below the allowable amount. If your child is 18 or over, the Social Security Administration's determination for SSDI or SSI is based on if the applicant will be disabled (unable to work) for greater than one year.
- Make sure all requested information is submitted with the application and deadlines are followed.
- The application process can take several months before the initial decision is made.
- Some applicants are deferred. This means their progress is reviewed again after a specified period of time before a decision will be made.
- Many applicants are denied. The appeal process is explained in the denial letter.
- There are four levels of appeal and the appeal process can take up to 1-2 years.
- Individuals have found that legal assistance can facilitate the appeal process.
- If you are declared disabled, you will be awarded one of two disability programs, Social Security Disability Income (SSDI) or Supplemental Security Income (SSI), based on the

amount of money you have contributed to the Social Security tax system through your work history.

- If you are approved for SSDI, you will be eligible for Medicare after a 2 year waiting period, except individuals with End Stage Renal Disease and Amyotrophic Lateral Sclerosis. Those diagnoses allow for Medicare to start at the same time SSDI starts.
- If you live in Kentucky and are approved for SSI, you will automatically be eligible for Medicaid. There is no waiting period for Medicaid.
- If you live in Indiana you will need to apply separately for IN Medicaid.

Numbers that may be helpful to complete the application:

Health Information Departments (Medical Records)

Jewish Hospital & Frazier Rehab Institute	(502) 587-4416
University of Louisville Healthcare	(502) 562-3062
Norton Children's Hospital	(502) 629-8700
Baptist Hospital East	(502) 897-8491
Norton's Healthcare	(502) 629-8766
Southern Indiana Rehabilitation Hospital	(812) 941-6131
Floyd Memorial Hospital Healthcare Services	(812) 944-7701
Clark Memorial Hospital	(812) 283-2521

Legal Documents (Birth, Death, Marriage, and Divorce Certificates)

Indiana Bureau of Vital Statistics	(317) 233-2700
Kentucky Bureau of Vital Statistics	(502) 564-4212
National Record Network	(800) 255-2414

Legal Assistance

Lawyer Referral Service	(502) 583-1801
Legal Aid Society	(502) 584-1254

Temporary Assistance for Needy Families

Temporary Assistance for Needy Families (TANF) is also known as the Kentucky Temporary Assistance Program (KTAP) for Kentucky residents. TANF or KTAP is a cash assistance programs to families with dependent children. To learn if your family is eligible contact your county social services office or visit the state Benefind website at <https://benefind.ky.gov/>.

Supplemental Nutrition Assistance Program

Supplemental Nutrition Assistance Program (SNAP), more commonly known as food stamps, is a program that helps needy families buy groceries. To learn if you are eligible for SNAP, contact your county social services office or visit the state Benefind website at <https://benefind.ky.gov/> .

State Social Services Programs

Indiana
Division of Family and Children's Services
Floyd County
842 University Woods
New Albany, IN 47150
(812) 949-4056

Kentucky
Department of Community Based Services
Jefferson County
908 West Broadway
Louisville, KY 40202
(502) 595-4238

State social services programs can assist families with limited income and resources. Contact your local county office for assistance with the following:

- Temporary Assistance for Needy Families (TANF) - also called KY Temporary Assistance Program (KTAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Applications for Medicaid including waiver program eligibility
- Low Income Home Energy Assistance Program (LIHEAP)
- Kentucky Works Program (KWP)

PRESCRIPTION ASSISTANCE

Prescriptions can be expensive, especially if you have no insurance coverage. This section provides suggestions to help you obtain your child's discharge medications.

Tips to Find Prescription Help

1. Review your child's prescriptions. If you already have a medication at home, let your doctor know you do not need a new prescription.
2. Ask your doctor if there is another medication just as effective that may be a generic or cheaper alternative.
3. Ask your child's primary care doctor or specialist if she/he can provide samples of the medication.
4. Ask your child's primary care doctor or specialist if she/he can refer you to an indigent drug program. These programs may require a form to be completed or a letter from your doctor.
5. Ask your pharmacy to partially fill your child's medication according to how much you can afford. When you get paid, you can have the rest filled.
6. Check the discount prescription lists at Target, Wal-Mart, and Kroger, or ask your pharmacist for available discounts.
7. Borrow money from a family member or friend.
8. Contact your area church or community ministry for possible assistance. See page 31 of this guide for information about Louisville area ministries.

Patient Assistance Programs

Check with the manufacturer of your prescription medication to determine if there is a patient assistance program. You can find information regarding patient prescription programs here:

Partnership for Prescription Assist	(888) 477-2669	www.pparx.org
RX Assist	(800) 808-1213	http://rxassist.org/
NeedyMeds	(800) 503-6897	www.needymeds.org
Select Care Benefits Network	(888) 331-1002	www.scbn.org
Together Rx Access	(800) 444-4106	www.togetherrxaccess.com/
Good Rx	(855) 268-2822	www.goodrx.com/

Family Health Centers

Discuss with your doctor the possibility of transferring your primary care to a Family Health Center. The Family Health Centers offer assistance with medications as part of the clinic services. For locations or more information, call (502) 774-8631.

Americana	4805 Southside Drive	(502) 772-8860
East Broadway	834 East Broadway	(502) 583-1981
Fairdale	1000 Neighborhood Place	(502) 361-2381
Iroquois	4100 Taylor Blvd.	(502) 366-4747
Phoenix	712 E Muhammad Ali Blvd.	(502) 568-6972
Portland	2215 Portland Avenue	(502) 774-8631
Southwest	9702 Stonestreet Road	(502) 995-5051
West Market	2500 West Market	(502) 778-8400

TRANSPORTATION

Please see below for information about parking permits, driver's evaluations and training, vehicle modification and transportation services.

Disabled Parking

Applications for handicapped parking permits and plates are available at the County Clerk's Office in Kentucky or the License Bureau in Indiana. Available permits:

Plates and Placards

Indiana:

- The application will need to be signed by your physician and submitted to your local license branch.
- There is a \$5.00 fee for a temporary placard; it is good for 6 months.

- There is no charge for a permanent placard; it is good until a physician certifies you are no longer disabled.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Floyd County License Branch office (888) 692-6841.

Kentucky:

- The application will need to be signed by your physician and submitted to your local county clerk's office.
- Your signature must be notarized.
- There is no charge for a temporary placard; it is good for 3 months.
- There is no charge for a permanent placard; it is good for 6 years.
- There is no charge for disabled license plates however standard tax and registration fees apply.
- Notary is available for \$2.00 in the County Clerk's office.
- Jefferson County Clerk's office (502) 574-5700

Disabled Parking Spaces

Metro Louisville residents can apply to have an Accessible Parking Zone (disabled parking space) installed to allow for accessible on-street parking near their home. Call the Public Works Department at (502) 574-3893 for more information or to apply. Fees apply.

Driver Evaluations, Training and Vehicle Modifications

Before your child starts or resumes driving, his/her physician or occupational therapist may recommend a driver's evaluation to assess safety for driving. Driver's evaluations will test:

- Coordination
- Range of motion
- Reaction times
- Problem solving or decision making
- Vision and hearing
- Need for vehicle modifications

The following locations provide driver's evaluation services:

Driver Assessments and Training
 Frazier Rehab – Newburg
 3430 Newburg Road, Suite 111
 Louisville, KY 40218
 (502) 451-6886
www.frazierrehab.org

Office of Vocational Rehabilitation
Driver Evaluation/Vehicle Modification Branch
301 East Main Street
Lexington, KY 40507
(859) 246-2117
www.ovr.ky.gov/

Wheelchair Accessible Vehicles

Superior Van and Mobility
4734 Rockford Plaza Drive
Louisville, KY 40216
(502) 447-8267
(800) 458-8267
www.superiorvan.com

Cook and Reeves
Van Sales and Rentals
4443 Dixie Highway
Louisville, KY 40216
(502) 447-8255
<http://www.cookandreevesvans.com/>

Public Transportation

Transit Authority of the River City (TARC)
(502) 585-1234
www.ridetarc.org

- All TARC routes are wheelchair accessible. The front of each TARC bus has seating for seniors and riders with disabilities. All TARC routes feature buses with lift mechanisms or ramps to assist riders in wheelchairs.
- Kneeling buses are available to make boarding easier for riders with mobility impairments. Kneeling buses are identified with a decal near the front door.
- An online trip planner is available on the website or you can call (502) 585-1234 to speak with a TARC representative for assistance.
- Fare: \$1.75 cash or \$1.50 with MyTARC smart card.
- With a TARC ID, students, seniors, disabled persons can ride for \$.80

TARC 3 via TARC's Para Transit Department
1000 West Broadway
Louisville, KY 40203
(502) 213-3217
www.ridetarc.org/tarc3-paratransit-forms

- Must be unable to use the fixed-route system due to disability or functional limitations.

- Must submit application and be approved by TARC.
- Cost: \$ 3.00 each way.
- Service area is up to 3/4 of a mile from fixed bus route lines excluding the express routes.

Yellow Cab
 (502) 214-7505
www.goloucab.com

- 200 cabs can take folding wheelchairs
- 8 vans can transport power chairs
- Accept cash or credit; no checks
- The rates are the same for a cab or a wheelchair van.
- Serves Metro Louisville and parts of Southern Indiana

Medicaid – Medical Transport

Indiana Medicaid offers non-emergency transportation assistance for members needing transportation to physician offices, medical testing or therapy appointments.

- Effective January of 2018, Southeastrans can provide transportation for traditional IN Medicaid members. Call to schedule an appointment at 855 325-7586. If you are in managed care Medicaid, call your managed care company for information to schedule.

Kentucky Medicaid offers non-emergency transportation assistance for members needing transportation to physician offices, medical testing or therapy appointments. This service is available to KY Medicaid members even if they are enrolled in a managed care plan.

- Federated Transportation of the Bluegrass (FTSB) is the company used by KY Medicaid in Jefferson, Oldham, Bullitt, Henry, Shelby, and Spencer counties.
- To be eligible, there can not be a vehicle registered to anyone in your home unless the vehicle is used for employment purposes or is not running. Proof will be required.
- If you live on a TARC route and are able to ride, TARC passes may be provided.
- Call FTSB at (888) 848-0989 to schedule. 72 hours notice is required.

Private Pay Transportation Services

Medical transportation companies typically provide door to door transport services for ambulatory and non-ambulatory citizens. There are multiple companies in the Louisville area who provide transportation services. The following private companies have provided marketing material to Frazier Rehab for medical transport services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

Able Care	(502) 267-1911
Care Conextion	(502) 466-7000
Louisville Wheelchair & Mobility Transportation	(502) 419-0884
Lyft Accessible Dispatch	Download App

Magic Transportation	(502) 935-1871
Nolan's Medical Transport	(502) 295-3423
uberWAV	Download App
Valley Medical	(502) 634-2552

*Tip - Private pay hired help and companion companies provide transportation services as part of a package of services. Ask your case manager for a list of private pay hired help companies or go to page 21 of this guide to call to compare rate information.

Ironman Housing and Transportation Fund

Ironman Housing and Transportation Fund
Frazier Rehab Institute
Emily Coons, Spinal Cord Medicine Program Coordinator
220 Abraham Flexner Way,
Louisville, KY 40202
502 407-3296

If you are unable to use TARC, TARC 3 or Medicaid transportation services and are unable to afford paying privately for transportation, you may be eligible for assistance through the Ironman Housing and Transportation Fund. Eligible patients may receive assistance with transportation costs during the time they are actively engaged in therapy at Frazier. Degree of assistance will be determined based on need and availability of funds (supply and demand).

ACCESSIBLE HOUSING

Housing Resources

Center for Accessible Living
305 W Broadway, Suite 2
Louisville, KY 40202
(502) 589-6620
(502) 589-6690 TTY
(888) 813-8497
www.calky.org

The Center for Accessible Living in Louisville helps people with disabilities live independently in the community through the following resources:

- Accessible Area Housing Resources
- Independent Living Skills
- Personal Care Attendant Program
- Ramps (Waiting list) or ramp resources
- Peer Counseling
- Employment Programs

- Advocacy

Wheelchair Ramp Programs

Your child may need a ramp for access to your home. Ramps can be rented, purchased pre-made or constructed. If you and your family want to build a ramp, ask your Case Manager or Occupational Therapist for a brochure with detailed instructions.

Unfortunately, very few insurance plans will provide funding for the cost of ramp installation. Medicare and Medicaid DO NOT provide any funding for ramp installation.

The agencies listed below have financial assistance available; however, funds are very limited and most have waiting lists.

RampUp	(800) 327-5287
Lifespan Resources	(812) 948-8330
Center for Accessible Living	(502) 589-6620
New Directions	(502) 589-2272
Kentucky Assistive Technology Network	(502) 489-8285

Wheelchair Ramp Resources

The Minnesota Ramp Project - <http://www.klownwerkz.com/ramp/> - This Internet resource includes many resources including the downloadable “Ramp Manual” with illustrated instructions, helpful tips, videos and discussion of ramp safety and suggestions about funding resources for ramps.

The Center for Accessible Living in Louisville KY at (502) 589-6620 manages a contract from the City of Louisville for building ramps for local seniors and persons with disabilities. For more information or to obtain an application for ramp assistance through this project call CAL.

A source of reduced cost building materials is ReStore, which is associated with *Habitat for Humanity*. In Louisville, *Habitat for Humanity* has three ReStore locations (Portland, Hikes Point and Papa Johns Cardinal Stadium). Builders, contractors, and home owners drop off unwanted building materials at ReStore locations and the proceeds from ReStore sales support *Habitat* building projects. Either, Google *Habitat for Humanity* for your community or check the Louisville website as a possible source for low-cost materials that can be used to build your ramp: <http://www.louisvillerestore.com/>

Portable Ramp Suppliers: go to Google and search on “Portable Wheelchair Ramps” or use this short list of companies below to see some options. Inclusion on this list should NOT be considered a recommendation.

- Amazon.com www.amazon.com
- AmRamp www.amramp.com/
- Discount Ramps www.discountramps.com/portable_ramps.htm

- Express Ramps www.portable-wheelchair-ramps.com/
- Gould's Discount Medical www.gouldsdiscoutmedical.com
- Handi-Ramp www.handiramp.com/

Home Modifications

In working with the Frazier Rehab therapy team you may find modifications are needed to improve your safety and function in your home. Needed modifications may include but are not limited to:

- | | |
|---------------------------|---|
| • Ramp installation | • Handrail installation |
| • Bath room remodel | • Larger entry door installation |
| • Cabinet alterations | • Chair lift installation |
| • Elevator installation | • Wide-door hinge installation |
| • Wood floor installation | • General ease and access modifications |

New Directions Housing Corporation
 Repair Affair
 1000 E. Liberty, 40204
 (502) 589-2272

- Annual program - applications are taken in January of each year.
- Repairs houses for people 60 and over or people with disabilities.
- Must be a homeowner and a resident of Louisville
- Income guidelines apply

Center for Accessible Living
 305 W. Broadway, Ste. 200, 40202
 (502) 589-6620

- Manages the former Jefferson County Ramp Program wait list.
- Must be resident of Jefferson County.
- Maintains list of alternate, accessible area public housing
- Provides contact information to companies who may offer discounted construction rates for persons who are disabled.

Hart Supported Living Grant
 PO Box 206037
 Louisville, KY 40220
 Phone: (502) 229-6500
 Region 3 Counties: Bullitt, Jefferson, and Spencer
<https://chfs.ky.gov/agencies/dail/Pages/hslp.aspx>

Grant requests may be awarded for but are not limited to the following services:

- Home and vehicle modifications

- Attendant or personal care assistance.
- Housing deposits and set up of housing costs.
- Training in independent living skills

Hart Supported Living grants are awarded on an annual basis. Applications are due by April 1st of each year for grants paid in July. For more information contact the Hart Supported Living Program.

Home Modification Companies

The following private companies have provided marketing material to Frazier Rehab for home modification services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

CapAble Living (502) 309-4231 www.capablelivingllc.com
 Easy Home Access LLC (502) 822-6032
 Gould's Discount Medical (502) 492-2000 www.gouldsdiscountmedical.com
 Senior Citizens Network, Inc (502) 451-4758

ASSISTIVE TECHNOLOGY

Assistive Technology Resource Center
 Frazier Rehab Institute
 220 Abraham Flexner
 Louisville, KY 40202
 (502) 582-7660 or (866) 540-7719
www.kentuckyonehealth.com/assistive-technology

The Assistive Technology Resource Center uses technology to maximize function for individuals being treated for disabling conditions such as spinal cord injury, movement disorders, brain injury, stroke and developmental disabilities. The services offered by ATRC include:

- Seating and mobility
- Augmentative and alternative communication
- Adaptive computer access
- Electronic aids to daily living
- Home and work modification

Kentucky Assistive Technology Services Network (KATS)
 (502) 489-8258
 (800) 327-5287
www.katsnet.org

KATS Network seeks to “connect individuals with disabilities to the appropriate organizations that can improve the quality and productivity of their lives through assistive technology.” The KATS Network provides the following services and more:

- Assistive technology services
- Loan of assistive devices
- Funding information and referrals
- Assessments and evaluations
- Consultations on appropriate technologies

Kentucky Assistive Technology Loan Corporation
 275 East Main Street
 Mail Stop 2 E-K
 Frankfort, KY 40621
 (877) 675-0195
www.katlc.ky.gov/

The Kentucky Assistive Technology Loan Corporation (KATLC) offers low interest loans for qualified applicants with disabilities who need assistive technology.

Enabling Technologies (enTECH)
 812 S. Second Street
 Louisville, KY 40203
 Phone: (502) 992-2448
www.spalding.edu/academics/entech/

EnTECH is a Spalding University program that provides consultation, assessment, material development, training, resources, and a lending library among other services for children with developmental disabilities. EnTECH also hosts a program for children ages 3-12 to provide physical, cognitive, and sensory experiences called Kosair's Integrated Technology Experience (KITE).

Kentucky Relay Service
 Services for Deaf and Hearing Impaired
 632 Versailles Rd.
 Frankfort, KY 40601
 Voice Users (502) 573-2604
 Video Users (502) 416-0607
www.kcdhh.ky.gov/

- Interpreters or computer aided transcription services
- Equipment
- Telecommunications Access Program
- Information and Advocacy

Assistive Technology Products

AbleData provides product information and sellers for various AT devices. For more information, visit the website at www.abledata.com

Enablemart sells AT products and devices. For more information, visit the website at www.enablemart.com

HEALTH AND SELF CARE AIDES

The Frazier Rehab therapy team may recommend items to help improve your functional ability to take care of yourself. Some of these items may include:

Button Hook	Weighted Utensils	Suction Denture Brush
Rocker Knife	Zipper Pull	Long Handled Comb/Brush
Suction Cup Reacher	Expiratory Muscle Trainers	Thickening Agents
Dressing Stick	Stainless Plate Guard	Wanchik Writers
Walker Basket	Beverage Cup Holder	

Local Specialty Stores

Health and self care aides can be purchased at many area pharmacies including the following locations:

Cooley Medical
6413 Dutchman's Parkway
Louisville, KY 40205
(502) 896-8471

Gould's Discount Medical
3901 Dutchman's Lane, Suite 100
Louisville, KY 40207
(502) 491-2000 or (800) 876-6846
www.gouldsdiscounmedical.com

Online Catalogs

Health and self-care aides can also be found in catalogs of online companies including the following:

Allegro Medical
(800) 861-3211
www.allegromedical.com

Patterson Medical
(800) 343 9742
www.pattersonmedical.com/

CAREGIVER SUPPORT

Paid Time Off or Medical Leave

To continue to receive pay while you need to be off from work to take care of yourself or a loved one, check with the human resources representative of your employer to determine if you can use your sick time, medical leave, or vacation time. Ask about the **Family Medical Leave Act (FMLA)**. FMLA allows you to take up to 12 weeks off from work, either all at once or intermittently, without jeopardizing your employment with many employers

Family, Friends and Neighbors as Resources

The people around you can be good resources and often want to help, they just don't know how. If extended family, friends or neighbors offer to help, give them something to do. For example, ask them to sit with your loved one so you can go home and take a shower, feed the dog, run an errand, mow the lawn, set out your trash cans, collect your mail, make a donation to a charitable organization that may be assisting you, etc.

Hiring Caregiver Assistance

Families often need assistance when providing care to a loved one. You may need to consider hiring help at home. The following private companies have provided marketing material to Frazier Rehab for hired caregiver services. The companies noted below are not endorsed by Frazier Rehab and are listed for informational purposes only:

BrightStar	(502) 893-4700	http://www.brightstarcare.com/
Maxim Nursing Services	(888) 917-7962	https://www.maximhealthcare.com/
ResCare	(502) 773-2227	https://www.rescare.com/youth-services/

Medicaid Waiver Programs

Medicaid waiver programs provide in-home care and services to help disabled persons remain in their home.

Kentucky Medicaid Waiver programs
(502) 564-5560
<http://chfs.ky.gov/dms/mws.htm>

In Kentucky - there are 3 waiver programs that are open to children.

- Michelle P – serves children and adults with developmental or intellectual disabilities.
- Supports for Community Living – serves children and adults with developmental or intellectual disabilities.

- Model Waiver II – serves children and adults who are medically fragile and ventilator technology dependent.

Indiana Medicaid Waiver programs

(800) 403-0864

<http://www.in.gov/fssa/ompp/2549.htm>

In Indiana - there are four waiver programs that serve children..

- Community Integration and Habilitation – serves children and adults with developmental or intellectual disabilities, including autism.
- Family Supports – serves children and adults with developmental and intellectual disabilities, including autism.
- Aged and Disabled – serves children and adults with physical or medical disabilities
- Traumatic Brain Injury – serves children and adults with brain injuries.
- Child Mental Health Wraparound

To qualify for Medicaid waiver services for either state:

- Meet the specific medical criteria for the waiver
- Meet the nursing home level of care as certified by a physician
- Choose to remain at home or in residential care with waiver services
- Meet the income/resource criteria for the program

Waiver programs can provide a variety of services to help parents care for children in the home setting. Some of the waiver services include:

- Medically Fragile Day Care
- Personal Care
- Disposable Medical Supplies
- Case Management
- Environmental/Minor Home Adaptation
- Community Living Supports
- Home and Vehicle Modifications
- Home Delivered Meals and Nutritional Supplements
- Homemaker
- Physical, Occupational or Speech Therapy
- Respite Care
- Specialized Medical Equipment

There is a two-part application process to determine eligibility for all waiver programs. First the individual has to be approved for medical eligibility for the program. The individual/family must then apply at the county Medicaid office to determine financial eligibility. The income criteria to be eligible for a waiver program are higher than the criteria for standard Medicaid. To

learn more about Medicaid waiver eligibility and services, contact your state's Medicaid Waiver program department.

Some waivers have Participant Directed options which allow waiver recipients to choose their own providers for non-medical waiver services. This option may allow you to hire a family member or friend to help with your care. Ask about Participant Directed options when applying for waiver programs.

Participant Directed Services (PDS)

Participant Directed Services (PDS) allows individuals eligible for Medicaid waiver programs to choose their own providers for non-medical waiver services. Kentucky Medicaid members may participate in PDS if they currently receive or are eligible for services through waiver programs. This option may allow you to hire a friend or family member to help with care. Rules apply. Contact the Department for Aging and Independent Living for more information about this option and how to apply.

Department for Aging and Independent Living
(502) 564-6930
<https://chfs.ky.gov/agencies/dail/Pages/pds.aspx>

Traumatic Brain Injury Trust Fund

Traumatic Brain Injury (TBI) Trust Fund serves children and adults with brain injuries living in Kentucky. This fund was designed to supplement existing resources to provide services not covered by other sources (i.e. health insurance, vocational rehab, etc.). There are no income criteria to be eligible for this program. There benefits are limited to \$15,000 per year with a lifetime maximum of \$60,000 per person. To learn more information or to apply, contact the Trust Fund department at (855) 816-9577 or (502) 564-6930 or visit the website at <https://chfs.ky.gov/agencies/dail/Pages/tbi-trust.aspx>. Some of the services available for funding include:

- Case management
- Personal care assistants
- Respite for caregivers
- Structured Day programs
- Physical, Occupation or Speech Therapy
- Prevocational services
- Psychological services

Kentucky Transitions Program

Kentucky Transitions Program
KY Department for Medicaid Services
Division of Community Alternatives

(502) 564-0330
(877) 564-0330

KY Transitions was developed by the state of Kentucky through a Money Follows the Person Grant from the Center for Medicare and Medicaid Services (CMS). This grant was established to help residents of a nursing facility or an intermediate care facility transition back to the community. To be eligible for the program, a KY resident must be:

- Elderly, disabled, or diagnosed with an acquired brain injury, mental retardation or a developmental disability.
- Lived in a nursing or intermediate care facility paid for by KY Medicaid for greater than 90 days.

The KY Transitions program provides waiver type services plus additional expansion services for up to 365 days. Expansion services may include:

- Home modifications up to \$15,000 or 20% of the home value.
- A combination of the following services up to \$2,000:
 - Housing and utility deposits
 - Household goods and housing set up
 - Caregiver assistance and training
 - Transportation services

To learn more about the KY Transitions program or to apply, contact the Kentucky Transitions Program.

Hart Supported Living Grant

Hart Supported Living Grant
PO Box 206037
Louisville, KY 40220
Phone: (502) 229-6500
Region 3 Counties: Bullitt, Jefferson, and Spencer
<https://chfs.ky.gov/agencies/dail/Pages/hslp.aspx>

Kentucky's Hart Supported Living Grant allows disabled residents to submit requests for grants to provide services to help them remain living in their community. Grant requests may be awarded for but are not limited to the following services:

- Home and vehicle modifications
- Attendant or personal care assistance.
- Housing deposits and set up of housing costs.
- Training in independent living skills

Hart Supported Living grants are awarded on an annual basis. Applications are due by April 1st of each year for grants paid in July. For more information contact the Hart Supported Living Program.

SPECIALTY CHILDCARE

The Carriage House

The Carriage House
13101 Eastpoint Park Blvd.
Louisville, KY 40223
Phone: (502) 253-1293
<http://www.carriagehouseps.org>

Carriage House is a non-profit preschool program dedicated to the belief that children of all abilities can learn and make progress in an environment that is stimulating and nurturing, where individual differences are respected and celebrated. They have programs for children with developmental and behavioral issues as well as children who are autistic.

The Kidz Club

The Kidz Club- Neighborhood House
225 N. 25th Street
Louisville, KY 40212
Phone: (502) 365-2426
www.thekidzclub.com

The Kidz Club- Preston Highway
7140 Preston Highway
Louisville, KY 40219
Phone: (502) 368-9318

The Kidz Club- Dixie Highway
1517 Gagel Avenue
Louisville, KY 40216
Phone: (502) 409-5316

Children who aren't able to attend a typical daycare because they have a medical condition can safely attend The Kidz Club. Children receive the skilled nursing care they need in a stimulating, fun, daycare setting. In addition to Louisville, The Kidz Club has locations in Bowling Green, Erlanger, and Lexington, KY.

Sproutlings Pediatric Day Care & Preschool

Sproutlings Pediatric Day Care and Preschool

3701 Frankfort Avenue
Louisville, KY
(502) 753-8222
<http://sproutlingsdaycare.com/>

Sproutlings provides daycare and pre-school services for children, including those with medical needs requiring skilled nursing services.

The Center for Courageous Kids

The Center for Courageous Kids
1501 Burnley Road
Scottsville, KY 42164
Phone: (270) 618-2900
www.thecenterforcourageouskids.org

The Center for Courageous Kids is a camp in Scottsville, KY for kids who are medically fragile and their families. The camp is free of charge and gives campers with a variety of diagnoses a chance to create memories and participate in activities while having access to a staffed medical facility. The Center also has retreat opportunities for families.

YMCA

YMCA School Age Childcare Services

2411 Bowman Avenue
Louisville, KY 40217
Phone: (502) 637-157
<http://www.ymcalsouvillechildcare.org/>

The YMCA is an organization with facilities across the nation for children and adults. They offer year round child care for ages K-8, sports programs, and engagement activities to promote education and healthy lifestyles for families.

Home of the Innocents - Kosair Charities Pediatric Convalescent Center

1100 East Market Street
Louisville, KY 40206h
Phone: (502) 596-1131
<http://www.homeoftheinnocents.org/kcpcc>

The Kosair Charities Pediatric Convalescent Center (KCPCC) is a home away from home for medically fragile children, ages birth to 21. Their skilled nursing facility provides short-term, long-term and respite care for children with severe developmental and/or physical disabilities, as well as ventilator dependency.

Communiy Coordinated Child Care

1215 S. Third St.

Louisville, KY 40203
502-636-1358
<http://www.4cforkids.org/>

- To find available child care in your area or to see if you are eligible for financial assistance to help you pay for child care, contact a referral 4C counselor.
- 4C serves the Kentucky counties of Breckinridge, Bullitt, Grayson, Hardin, Henry, Jefferson, Larue, Marion, Meade, Nelson, Oldham, Shelby, Spencer, Trimble, and Washington, and the Indiana counties of Clark, Floyd and Harrison.

SAFETY EDUCATION AND TRAINING FOR PARENTS

Safe Kids Coalition Louisville

Safe Kids Coalition Louisville
315 E. Broadway
Louisville, KY 40202
(502) 629-7335
<https://www.safekids.org/coalition/safe-kids-louisville>

Safe Kids Coalition Louisville is led by the Kentucky Department of Health, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, **such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.** – from Safe Kids website.

You can call and make an appointment to have your child’s car seat checked prior to discharge from Frazier.

Norton Children’s Hospital Parenting Classes

Norton Children’s Hospital Parenting Classes
Patient and Family Education Department
200 E Chestnut
Louisville, KY 40202
502 629-7348
<https://nortonhealthcare.com/services-and-conditions/obstetrics-and-gynecology/services/pregnancy/during-pregnancy/parent-classes>

Norton Children’s Hospital provides a variety of classes to help parents care for their infants at home. The Frazier Pediatric rehab team often refers parents to the Infant CPR class prior to discharge from Frazier to help prepare parents for the transition to home. You can review available classes and sign up at the link provided, or call to register for a class.

COMMUNITY INTERVENTION PROGRAMS

Commission for Children with Special Health Care Needs

310 Whittington Parkway, Suite 200

Louisville KY 40222

Phone: (502) 429-4430

<https://chfs.ky.gov/agencies/ccshcn>

The Commission for Children with Special Health Care Needs provides comprehensive services to KY residents under the age of 21 who have complex medical needs and meet financial eligibility guidelines. The Commission provides a variety of specialty clinics and the services provided are supported by funds that ensure children receive assessment, treatment, as well as recommended equipment, and supplies.

Visual Impaired Preschool Services (VIPS)

VIPS-Greater Louisville

1906 Goldsmith Lane

Louisville, KY 40218

Toll free 1-888-636-8477

www.vips.org

Visually Impaired Preschool Services (VIPS) empowers families by providing educational excellence to young children with visual impairments in order to build a strong foundation for reaching their highest potential.

Kentucky School for the Blind

1867 Frankfort Avenue

Louisville, KY 40206

Phone: (502) 897-1583

<http://www.ksb.k12.ky.us/>

The mission of the Kentucky School for the Blind is to provide comprehensive educational services to all Kentucky students who are blind or visually impaired, from birth to age 21. They provide multiple different services and programs, all of which who are located on their website

Heuser Hearing Institute (HHI)

Downtown Hearing Clinic

111-117 E. Kentucky St.

Louisville, KY 40203

Phone: (502) 584-3573

www.thehearinginstitute.org

Heuser Hearing Institute (HHI) is a multi-specialty nonprofit campus promoting the needs of children and adults with disorders of hearing and balance. HHI was formally known as the Louisville Deaf Oral School. The institute includes three facilities: the Heuser Hearing & Language Academy, the Heuser Hearing Clinic, and the regional Heuser Early Intervention Program.

COMMUNITY ASSISTANCE

Neighborhood Place

Neighborhood Place coordinates Metro Louisville services from multiple agencies in one location to work with families in their own neighborhoods. All residents of Jefferson County will be served by one of the Neighborhood Place centers. Services may include:

- Emergency financial assistance with rent or utilities
- Metro Health Department
- Department of Housing
- Food commodities program
- WIC program
- Jefferson Alcohol and Drug Addiction (JADAC) referrals
- Seven Counties Services
- Jefferson County Public Schools resources
- Adult and Child Protective services

The services will vary from center to center according to the needs and scope of the existing service network of the neighborhood. For the Neighborhood Place location that serves your area call (502) 574-6638 or visit:

Charmoli Center	200 Juneau Drive	(502) 574-6638
Bridges of Hope	1411 Algonquin Pkwy	(502) 634-6050
Northwest Shawnee High School	4018 West Market St.	(502) 485-7230
Ujima – Duvalle Ed. Center	3610 Bohne Avenue	(502) 485-6710
Greater Cane Run Area	3410 Lees Lane	(502) 485-6810
South Central	4255 Hazelwood Ave	(502) 485-7130
South Jefferson Valley/Fairdale	1000 Neighborhood Place	(502) 363-1424
South Jefferson	10200 Dixie Highway	(502) 485-7310
First Neighborhood Place	1503 Rangeland Road	(502) 962-3160

For the Neighborhood Place location that serves your area call (502) 574-6638 or go to <http://www.louisvilleky.gov/NeighborhoodPlace/>

Applications for Kentucky Temporary Assistance Program (KTAP), Supplemental Nutrition Assistance Program (SNAP) and Medicaid can also be submitted online at www.benefind.ky.gov or at the Department of Community Based Services main office at:

L & N Building

908 W. Broadway

(502) 595-4238

Association of Community Ministries

The Association of Community Ministries is a coordinated, inter-faith network of community ministries working together to provide support and services to members of the Louisville community. A variety of services offered include:

- Emergency assistance for rent and utilities
- Food pantry
- Meals on Wheels
- Clothes closets
- Prescription assistance
- Senior wellness and nutrition programs
- English as second language (ESL) classes

Each ministry may offer all or a combination of the above services. To learn more about the community ministry serving your area, contact your area ministry or visit the website at:

<http://www.louisvilleministries.org/>

Central Louisville	809 S. 4 th Street; 40203	(502) 426-2824
Eastern Area	9104 Westport Rd; 40242	(502) 426-2824
Fairdale	10616 W. Manslick Road; 40118	(502) 367-9519
Fern Creek/Highview	9300 Beulah Church Rd; 40291	(502) 762-9608
Highlands	1228 E. Breckinridge St. 40204	(502) 451-3695
Jeffersontown	10617 Taylorsville Road; 40299	(502) 267-1055
Ministries United South	1207 Hart Avenue; 40213	(502) 363-9087
St. Matthews	201 Biltmore Rd; 40207	(502) 893-0205
Shively	4415 Dixie Highway; 40216	(502) 447-4330
Sister Visitors Center	2235 West Market; 40212	(502) 776-0155
South East	600 Six Mile Lane; 40218	(502) 499-2059
South Louisville	415 W Ashland Ave; 40214	(502) 367-6445
Southwest	8504 Terry Rd.; 40258	(502) 935-0310
United Crescent Hill	150 South Street; 40206	(502) 893-0346
West Louisville	3146 West Broadway; 40211	(502) 409-7371

LEGAL CONSIDERATIONS

Guardianship

As disabled children approach the age of adulthood, parents should consider guardianship to attend to the ongoing management of their personal affairs, financial holdings or debts and/or medical treatment decisions. Each state has different requirements to pursue guardianship through the legal system. An attorney who practices in Family, Elder or Probate Law may be helpful.

Indiana: Petitions for guardianship are submitted to the County Clerk's office.

Floyd County Clerk's Office
311 Haus Square
New Albany, IN 47150
(812) 948 5145
www.floydcounty.in.gov/

Kentucky: Petitions for guardianship are submitted to the Disability Court.

Mental Inquest and Guardianship Department
Office of Circuit Court Clerk
Louis D. Brandeis Hall of Justice, room 3177
500 W. Jefferson St.
Louisville, KY 40202
(502) 595-4053
<https://courts.ky.gov/courts/jefferson/mentalinquestguardianship/Pages/default.aspx>

EDUCATION/ACADEMIC RESOURCES

Education and School Re-entry

Legislation, such as the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, provides all children with the right to a free and appropriate education. The law says that children with disabilities must be provided the same opportunity to learn as children without disabilities.

Indiana Department of Education
Room 229 State House
Indianapolis, IN 46204
(317) 232-0588
www.doe.state.in.us

Kentucky Department of Education
500 Mero Street
Frankfort, KY 40601
(502) 564-3141
www.education.ky.gov

After an injury or illness, children and families are provided services through their local education systems to help children transition back to school. Exceptional Child Education (ECE) programs are designed to meet the needs of students who have educational disabilities. Services are provided to students in both comprehensive and special education facilities, and a range of programs, techniques, methods, and materials is available for individualized instruction.

- Home or Hospital instruction is offered to children who have suffered an injury or have a chronic illness impacting their ability to attend school. A tutor can meet with your child at home or while they are in the hospital if approved by your child's physician.
- When your child is ready to return to school, a committee may meet to discuss an educational plan for your child. This plan is called an Individual Education Program or IEP. An IEP is a document developed by a committee for students with disabilities. The committee meets annually to review the student's progress and develop a new IEP. IEP goals for students are developed to address academic, social/emotional, and transition needs (e.g., changing to a different academic program, progressing from one level to another, or starting a career).
- Admission and Release Committee (ARC) is the name of the committee that meets to develop IEPs for students. The ARC includes the student, parents, general education teacher, special education teachers, and possibly counselors. Parents are vital members of this committee and are encouraged to be strong advocates for your child. Funding for services to assist your child in school is tied to what is written in the IEP. Always have recommendations specified in writing.
- If your child is not eligible for an IEP, your child may still be eligible for special accommodations under a 504 Plan if he or she has a physical or mental health disability that limits one or more major life functions.
- Vocational rehabilitation counselors are available for high school students in the school setting. Counselors can help students with disabilities make decisions regarding post secondary education or vocational training.
- Schools may provide early childhood education programs for 3 and 4 year olds to help pre-school children prepare to start school. Age and ability specific programs

Indiana and Kentucky Departments of Education provide assistance with:

- Exceptional children services
- Individual Education Plan (IEP) and 504 plans
- Home/hospital tutoring programs
- Early childhood education programs for 3 and 4 year olds

If you have questions regarding school related services, you can contact Frazier Case Management at (502) 582-7686 for assistance.

First Steps

Southern Indiana Cluster I
 P.O. Box 547
 Corydon, IN 47112
 (812) 738-1975
 (800) 674-2285 – other state offices
<http://www.in.gov/fssa/ddrs/2815.htm>

Kentuckiana District #6 Point of Entry
 3717 Taylorsville Road
 Louisville, KY 40220
 (502) 459-0225
 (877) 417-8377 – other state offices
<http://www.kyfirststeps.org>

First Steps is a statewide early intervention system that provides services to children with developmental disabilities, or a particular medical condition that is known to cause a developmental delay, from birth to age 3 and their families. Services include the following:

- Evaluation and development of an individual family service plan
- Nursing and nutrition assessments
- Physical, Occupational and Communication development
- Assistive technology
- Skill development services
- Vision and hearing services
- Transition services to early childhood education programs

Vocational Rehabilitation Services

Vocational Rehabilitation assists people with disabilities in making informed career choices and utilizing available support services to prepare for, obtain or retain employment. Counselors are assigned to students 16 years of age or older to assist in the transition from high school to adult vocational services. Vocational Rehabilitation services include:

- Counseling and guidance
- Physical and mental restorative services
- Vocational training
- Placement and job coaching
- Transportation (driver's evaluations and vehicle modification)
- Telecommunications
- Other rehabilitation technological aids and devices

After a referral is made to your area Vocational Rehabilitation office, a counselor will contact parents to schedule an appointment and begin the application process. If your child is determined eligible, the counselor will work with you to determine which programs are appropriate to help your child meet their vocational goals.

For more information regarding Vocation Rehabilitation services, contact your local Vocational Rehab office.

Indiana Division of Disability and Rehabilitation Services
(800) 545-7763 choose option 2 for Vocational Rehab
www.in.gov/fssa/ddrs/2636.htm

Indiana Area 25 Vocational Rehab Office
Serves Clark, Floyd, Harrison and Scott counties
452 Vaxter Avenue
Clarksville, IN 47131
(812) 288-8261

Kentucky Office of Vocational Rehabilitation

800 372-7172
www.ovr.ky.gov

Louisville Regional Office of Vocational Rehabilitation
410 West Chestnut, Suite 100
Louisville, KY 40202
(502) 595-4173

MENTAL HEALTH AND COUNSELING SERVICES

Community Mental Health Services

LifeSpring
460 Spring Street
Jeffersonville, IN 47130
(812) 280-2080
(800) 456-2117
<http://www.lifespr.com/>

LifeSpring Provides services to IN residents living in Clark, Floyd, Harrison, Jefferson, Scott and Washington counties. Payment for services is based on your income. Services include:

- Alcohol & Addiction Recovery Services
- Children & Family Mental Health Services
- Residential Programs
- Supported Employment Programs
- School Outreach Programs

Centerstone Louisville
914 East Browadway
Louisville, KY 40204
(502) 589-1100
(800) 221-0446
KY Relay @ 711
<https://centerstone.org/>

Centerstone provides services to KY residents living in Jefferson, Bullitt, Oldham, Henry, Trimble, Shelby, and Spencer counties. Payment for services is based on your income. Services include:

- **Crisis and Information Hotline (502) 589-4313 or (800) 221-0446**
- Family and Children Mental Health Services
- Alcohol and Addiction Treatment programs
- Developmental Disability services

Weisskopf Child Evaluation Center

571 S. Floyd St.

Suite 100

Louisville, KY 40202

Phone: (502) 588-0850

<http://www.uoflphysicians.com/weisskopf-center>

The Weisskopf Center provides diagnostic evaluations and treatment to infants and children with, or at risk for, developmental disabilities, congenital anomalies, genetic disorders, autism, organic behavior disorders (ADHD) and learning disabilities, as well as genetic counseling to adults.

Bingham Clinic-University of Louisville Dept of Pediatrics**Norton Hospital**

200 E. Chestnut St.

Louisville, Kentucky 40202

502-588-0800

<https://www.uoflphysicians.com/bingham-clinic>

The Division of Child and Adolescent Psychiatry and Psychology provides an array of clinical services that cover a broad range of clinical disorders, provide a continuum of care for the community, and serve as a local and regional resource for the most complex psychiatric problems of children and adolescents.

Pediatric Psychological Associates, PLLC

9700 Park Plaza Avenue Suite 106

Louisville, KY 40241

Phone: (502) 429-5431

Fax: (502) 429-5439

<https://www.helpingkidsreachhigher.com/index.html?param=sunshine>

This Child Psychology group provides individual and family therapy, assessment and testing, and cognitive behavioral therapy to toddlers through teen years.

SquareOne Specialists in Child and Adolescent Development

6440 Dutchmans Parkway

Second Floor

Louisville, KY 40205

Phone: (502) 896-2606

<https://squareonemd.com/>

Multi-disciplinary team approach to diagnosis and assessment of various developmental and behavioral issues in pediatrics

COMMUNITY FITNESS AND ADAPTED LEISURE

Community Fitness

Community Fitness and Wellness Program

Frazier Rehab Institute, 9th floor

220 Abraham Flexner Way

Louisville, KY 40202

(502) 582-7411

<https://www.kentuckyonehealth.org/community-fitness-wellness-facility>

The Community Fitness and Wellness Center Facility at Frazier Rehab Institute is an activity-based exercise program designed specifically for individuals with physical disabilities within the community. This fully accessible facility is designed to assist clients in the improvement of cardiovascular/aerobic fitness, muscular strengthening and flexibility. Scholarships are available.

Adapted Leisure

Metro Parks & Recreation

Berrytown Recreation Center

1300 Heafer Road

Louisville, KY 40223

(502) 456-8148

<https://louisvilleky.gov/government/parks/berrytown-recreation-center-home-air-program>

- Variety of adapted recreational and competitive sports events
- Advocates for accessibility to all Metro Parks venues and events
- Plays a role in new Louisville development to keep accessibility in mind.

Paws with Purpose

P.O. Box 7834

Louisville, KY 40257

Phone: (502) 689-0804

Paws with Purpose (PwP) is a non-profit organization that provides therapeutic dogs to children and adults with physical disabilities or other special needs. <http://pawswithpurpose.org>

PROTECTION, ADVOCACY, AND SUPPORT

Protective Services

State laws require that all abuse, even suspected abuse, be reported. You can make an anonymous report and the protective services agency will not reveal the source of the referral. When reporting abuse, provide as much information as possible regarding the situation, abuser, victim and demographics.

Most commonly, victims of abuse are children under the age of 18, spouses or significant others, disabled adults and the elderly. There are five types of abuse:

1. Physical abuse
2. Sexual abuse
3. Emotional/psychological abuse
4. Financial or material exploitation
5. Neglect or abandonment (includes self neglect)

To make an anonymous report, please call:

Indiana Protective Services

Child Protective Services (800) 800-5556 (24 hr state hotline)
(812) 949-4056 (Floyd County)
Adult Protective Services (800) 992-6978 (24 hour state hotline)
(812) 285-6364 (Floyd County)
Online: <https://ddrsprovider.fssa.in.gov/APSONlineReporting>

Kentucky Protective Services

Child Protective Services (877) 597-2331 (24 hour state hotline)
(502) 595-4550 (Jefferson County)
Adult Protective Services (800) 752-6200 (24 hour state hotline)
(502) 595-4803 (Jefferson County)

Advocacy

Advocacy groups exist to help promote and protect the rights of individuals with disabilities. If you feel you have been treated unfairly or discriminated against because of your disability, you can receive advice or assistance from one of the following state agencies:

Indiana Protection and Advocacy Services
(800) 622-4845
<http://www.in.gov/ipas/>

Kentucky Protection and Advocacy Services

(502) 564-2967 or (800) 372-2988
www.kypa.net

Americans with Disability Act

The Rehabilitation Act of 1973 and the Americans with Disability Acts of 1990 and 1995 prohibit discrimination on the basis of disability. The ADA addresses equal opportunity for:

- Title I -- Employment
- Title II -- Public Services
- Title III -- Public Accommodations
- Title IV -- Telecommunications
- Title V -- Miscellaneous

To learn more about the ADA contact:

Southeast ADA Center
(800) 949-4232 (v/tty)
www.adasoutheast.org

Support Groups and Diagnosis/Injury Specific Associations

Support groups bring together people who have common needs or problems for the purpose of sharing information and experiences. Contact any of these organizations to locate specific times and locations of available support groups.

Alcohol and Drug Addiction

Al-Anon/Alateen of Kentucky and southern Indiana
(888) 425-2666
<https://twloha.com/local-resources/kentucky/louisville/>

Alcoholics Anonymous
502 582-1849
<https://www.louisvilleaa.org/find-a-meeting.html> - You can call or go to the weblink to find a support group meeting in your area.

Louisville Area Narcotics Anonymous
(502) 499-4423
www.nalouisville.org/

Arthritis

Indiana Arthritis Foundation
(317) 644-6647
<https://www.arthritis.org/indiana/>

Kentucky Arthritis Foundation
(502) 585-1866
<https://www.arthritis.org/kentucky/>

National Arthritis Foundation
www.arthritis.org

Autism

University of Louisville Autism Center at Kosair Charities
1405 E. Burnett Avenue
Louisville, KY 40217
(502) 588-8522
<https://louisville.edu/autism>

Families for Effective Autism Treatment (FEAT)
1100 E. Market St.
Louisville, KY 40206
502 596-1258
<http://www.featoflouisville.org/>

Brain Injury

Brain Injury Association of America
(703) 761-0750
www.biausa.org

Brain Injury Association of Indiana
(866) 854-4246
www.biai.org

Brain Injury Alliance of Kentucky
(502) 493-0609
www.biak.us

Frazier Neuro Rehab Program
Family and Caregiver Acquired Brain Injury Support Group
4912 US Highway 42 (Brownsboro Rd.)
Louisville, KY 40222
(502) 429-8640

- 8-9-10 Survivor Group
- Third Wednesday of each month from 5:30-7:00pm

Cancer

American Cancer Society

(800) 227-2345

<https://www.cancer.org/cancer.html>

American Cancer Society Indiana Chapter

(317) 344-7800

<https://www.cancer.org/about-us/local/indiana.html>

American Cancer Society Kentucky Chapter

(502) 584-6782

<https://www.cancer.org/about-us/local/kentucky.html>

Friends for Hope

(502) 451-9600

<http://www.friendsforhopecancersupport.org/>

Friends for hope provides information and support services. FOH holds monthly support groups for adults living with or caring for persons with cancer and biannual weekend camps.

Friend for Life

Cancer Support Network

4003 Kresge Way, Suite 100

Louisville, KY 40207

(502) 893-0643

866 387-3634

<http://www.friend4life.org/>

Friend for Life is a network of cancers survivors and caregivers providing support to newly diagnosed cancer patients and families.

Gilda's Club Louisville

633 Baxter Avenue

Louisville, KY 40204

(502) 583-0775

www.gildasclublouisville.org

- Support and Networking Groups
- Lectures and Workshops
- Social Activities – potluck dinners, joke nights,
- Team Convene – helps you create your active support network
- Family Focus – helps the family learn together how to live with cancer.

Cardio-Pulmonary

American Heart Association

(800) 242-8721

www.americanheart.org

American Heart Association Indiana Chapter

6500 Technology Center Drive, Suite 100

Indianapolis, Indiana 46278

(317) 732-4700

<https://www.heart.org/en/affiliates/indiana/indianapolis>

American Heart Association Kentucky Chapter

240 Whittington Parkway

Louisville, KY 40222

(877) 693-6208

<https://www.heart.org/en/affiliates/kentucky/louisville>

Caregiver Support

Caregiver Action Network

(202) 454-3970

<https://caregiveraction.org/>

Death and Grief

Hospice Foundation of America

(800) 854-3402

www.hospicefoundation.org

Hosparus of Southern Indiana

(800) 264-0521

<https://www.hosparushealth.org/Locations/Detail/6/Hosparus-Health-of-Southern-Indiana-Grief-Counseling-Center>

Hosparus of Louisville

(502) 456-6200

<https://www.hosparushealth.org/Locations/Detail/7/Hosparus-Health-of-Louisville>

Down Syndrome

Down Syndrome Of Louisville

5001 South Hurstbourne Parkway

Louisville, KY 40291

(502) 495-5088

<https://downsyndromeoflouisville.org/>

Down Syndrome of Louisville – Indiana Chapter
2796 Charlestown Road
New Albany, IN 47150
855 375-5646

Diabetes

American Diabetes Association
(800) 342-2383
www.diabetes.org

American Diabetes Association Indiana Chapter
8604 Allisonville Road, Suite 140
Indianapolis, Indiana 46250
(317) 352-9226

American Diabetes Association Kentucky Chapter
8604 Allisonville Road, Ste. 140
Indianapolis, Indiana, 46250
(859) 268-9129

Multiple Sclerosis

National Multiple Sclerosis Society
(800) 344-4867
www.nmss.org

MS Society Kentucky/Southeast Indiana Chapter
1201 Story Avenue
Louisville, KY 40206
(502) 451-0014
<https://www.nationalmssociety.org/Chapters/KYW>

Muscular Dystrophy

Muscular Dystrophy of Louisville
Novak Center
411 E Chestnut St., Suite 600
Louisville, KY 40202
(502) 588-3650
<https://www.mda.org/office/louisville>

Pain Management

American Pain Society

www.ampainsoc.org

National Foundation for the Treatment of Pain

www.paincare.org

Special Needs Children

Easter Seals of Louisville

9810 Bluegrass Parkway

Louisville, KY 40299

502 584-9781

<http://cardinalhill.org/>

Kids Center

982 Eastern Parkway

Louisville, KY 40217

502 635-6397

<http://www.kidscenterky.org/>

Special Parent Involvement Network

(502) 937-6894

(800) 525-7746

www.kyspin.com

Spina Bifida

Spina Bifida Association of Kentucky

Kosair Charities Centre

982 Eastern Parkway, Box 18

Louisville, KY 40217

(502) 637-7363

<http://spinabifidakentucky.org/>

Spinal Cord Injury

The National Spinal Cord Injury Association

(718) 803-3782

www.spinalcord.org

Michael Feger Paralysis Foundation

(502) 321-3160

www.sciak.org

Friends for Michael

(502)608-7649

<https://www.friendsformichael.org/>

Christopher and Dana Reeve Foundation
(800) 225-0292
www.christopherreeve.org

Stroke

National Stroke Association
888- 4- STROKE or 888 478-7653
www.stroke.org

Kentucky & Southern Indiana Chapter
(502) 499-5757
www.strokekyin.org/

ADDITIONAL RESOURCES

Identification Cards

Many government or community assistance programs require proof of identification. If your child needs an identification card, contact:

Indiana Bureau of Motor Vehicle
(888) 692-6841
<http://www.in.gov/bmv/2766.htm>
Apply at your local license branch

- No age requirement
- Bring 1 document to prove your identity.
- Bring 2 documents to prove IN residency
- Bring 1 document to prove US residency
- Bring 1 document with proof of Social Security number
- Fee: \$11.50

Kentucky Department of Transportation
(502) 564-1257
<https://drive.ky.gov/driver-licensing/Pages/Drivers-License-and-ID-Card.aspx>
Apply at your local Circuit Court Clerk's Office

- Must be 15 years old or older
- Bring proof of KY residency
- Birth Certificate
- Social Security card
- Fee: \$12.00

Computer and Internet Access

If you do not have access to a computer with internet capacity, visit your local public library. You can sign up to use the computers for free.

Louisville Free Public Library
301 York Street
Louisville, KY 40203
(502) 574-1611
<http://www.lfpl.org/computer-classes.htm>

State Social Services Websites

Indiana Family and Social Service Administration
www.state.in.us/fssa

The Indiana Family and Social Service Administration maintain a website outlining the states programs available to help residents of Indiana. Review the website for more services not mentioned in this guide to include additional information for:

- Disability Services
- Family Resources
- Medicaid and Healthcare
- Mental Health and Addiction Services

Kentucky Cabinet for Health and Family Services
<http://chfs.ky.gov/>

The Kentucky Cabinet for Health and Family Services maintains a website outlining the states programs available to help residents of Kentucky. Review the website for more services not mentioned in this guide to include additional information for:

- Family Resource Programs
- Health Programs
- Mental Health
- Protection and Advocacy Programs
- Records