



AGING AND DISABILITY RESOURCES HANDBOOK

User Message: The PA Link SA9 has developed a Resource Handbook for services provided within Cumberland County. This Handbook has been developed for use primarily by human service professionals. Please direct further questions to the Cumberland County PA Link office at 717-240-7887 or 1-888-697-0371, ext. 7887 in order to ensure accurate and timely assistance.

*PA Link to
Aging and
Disability
Resources
Carlisle, PA*

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About

This handbook allows users to navigate quickly through the resources available to consumers in Cumberland County. Place the cursor on the topic you wish to investigate and click to navigate to that topic. If your computer has internet capabilities, web links can be accessed simply by clicking the link.

We strive to keep the information found in this Resource Handbook as up-to-date as possible but cannot guarantee that all information in this document is accurate. To ensure the most accurate information is available, please report any corrections or additions to the Link office by email at thelink@ccpa.net or by telephone at 717-240-7887 or 1-888-697-0371, ext. 7887. Thank you.

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CUMBERLAND COUNTY RESOURCES HANDBOOK

BASIC NEEDS

FOOD

FOOD BANKS

To participate in any of the food banks, consumers should arrive at proper date, time and location. Consumers should bring a utility stub for proof of residency and something to determine income eligibility. Consumers can only participate in the food bank located in proximity to their primary residence.

Big Spring Area Food Bank

Big Spring United Lutheran Church
101 Crossroad School Rd., Newville, PA, 17241
Date: Last Monday of the month
Time: 9:00 am to 11:00 am

The Bridge Food Pantry

West Shore Senior Center
122 Geary Ave., New Cumberland, PA 17070
Phone: 717-774-6255
Date: Third Friday of the month
Time: 9:00 am to 11:30 am

Christian Life Assembly Food Bank

2645 Lisburn Rd., Camp Hill, Pa, 17011
Phone: 717-737-6560
Date: Second Tuesday of the month
Time: 9:00 am to 12:00 noon

Cornerstone Fellowship Church

32 S. Front St., Wormleysburg, PA 17043
Phone: 717-737-1903
Serves zip codes: 17043, 17010, 17011 & 17025
Date: Third Saturday of the month
Time: 10:00 am to 12:00 noon

King's Kettle Food Bank

30 N. Fayette St., Shippensburg, PA 17257
Phone: 717-530-9200
Date: First, Second and Third Tuesday of the month
Time: 5:00 pm to 6:30 pm

Mt. Holly Springs Food Bank

202 W. Butler St., Mt. Holly Springs, PA, 17065
Phone: 717-486-4883
Date: Tuesdays
Time: 12:00 noon to 2:00 pm

New Hope Ministries

5228 E. Trindle Rd., Mechanicsburg, PA 17050
Phone: 717-766-7333
701 Bolser Ave Lemoyne PA 17043
Date & Time: Monday –Friday 9:30 to 3:15
Saturday 10 to 11:45

Project S.H.A.R.E.

5 N. Orange St. #4, Carlisle, PA 17013
Phone: 717-249-7773
Date: Varies, call ahead
Time: Varies, call ahead
Farm Stand: 123 Lincoln Street, Carlisle PA.

Salvation Army Food Bank

20 E. Pomfret St., Carlisle, PA 17013
Phone: 717-249-1411
Date: Monday through Friday
Time: Monday 10:00 am to 12:00 pm and
1:00 to 6:00 pm; Other days 9:00 am to
12:00 pm and 1:00 to 3:00 pm

MEAL PROGRAMS

Carlisle Meals on Wheels: 717-245-0707

Monday-Friday, 8:00 am to 4:00 pm
Meals provided 5 days per week;
Carlisle Borough residents only;
Special and regular diets

East Pennsboro / Mechanicsburg Meals on Wheels: 717-697-5011

Monday-Friday, 7:00 am to 12:30 pm
Meals provided Mondays, Wednesdays and Fridays;
Regular diets only

Newville Meals on Wheels: 717-776-5650 / 717-776-3715

Monday-Friday, delivery 11:00 am to 1:00 pm
Meals provided 5 days per week;
Newville area only;
Special and regular diets

West Shore Meals on Wheels: 717-737-3924

Monday-Friday
Meals provided 5 days per week;
Special and regular diets
Number listed is the West Shore YMCA – ask for the Meals on Wheels number

Salvation Army Soup Kitchen: 717-249-1411

20 E. Pomfret St., Carlisle, PA 17013
Monday-Friday 4:30 to 5:30 pm; Saturday 12:00 to 1:00 pm; Sunday 5:00 to 6:00 pm

Salvation Army Breakfast for Homeless Individuals: 717-249-1411

20 E. Pomfret St., Carlisle, PA 17013
Monday-Friday 8:00 to 8:30 am

- **Leaf Project:** <http://www.leafprojectpa.org/leaf-kits/>
Prepared food kits for purchase Summer and Fall.
554 Warm Springs Rd, Landisburg, PA 17040
717-557-5323

Shippensburg Meals on Wheels: 717-530-8217

Monday-Friday, 9:00 am to 12:00 Noon
Shippensburg borough and within 7 mile radius
Regular diets only

Cumberland County Home Delivered Meals: 717-240-6110 or 1-888-697-0371, ext. 6110

Monday-Friday, 8:00 am to 4:30 pm
Regular diets only
Frozen meals delivered weekly to qualified home bound individuals living outside locations served by Meals on Wheels programs

Mom's Meals: 1-866-204-6111 or www.MomsMeals.com

Special diets available
Fresh-made home-delivered meals, shipped to the home. Private Pay.

River of God Church

747 Wertzville Road, Enola, PA 17025
Phone: 717-236-4506
Date: Monday-Friday
Time: 12:30pm

HOUSING / SHELTER

ASSISTED LIVING FACILITIES / PERSONAL CARE HOMES

Personal Care Homes / Assisted Living Facilities listed in this section are “stand alone” facilities. For additional resources, view Long Term Care Facilities section below. Some facilities may offer specific services.

Codes used in this section to indicate the levels of care provided at each facility:

ALZ – Alzheimer's unit available

IND – Independent Living

PC – Personal Care

R - Respite Services

SSI – SSI Supplement Accepted

-
- **The Bridges at Bent Creek:** 717-795-1100 or www.bridgesatBentcreek.com; (code: ALZ, R)
2100 Bent Creek Boulevard, Mechanicsburg, PA 17050

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- **Country Meadows Retirement Communities:** 717-975-3434; (code: ALZ, PC, IND, R)
4905 E. Trindle Road, Mechanicsburg, PA 17050
- **The Cromer Home:** 717-776-6517; (code: SSI)
180 Quarry Hill, Shippensburg, PA 17257
- **Elmcroft of Dillsburg:** 717-502-1000; (code: PC, R)
153 Logan Road, Dillsburg, PA 17019
- **Elmcroft of Shippensburg:** 717-530-1400; (code: ALZ, PC, IND, R)
129 Walnut Bottom Road, Shippensburg, PA 17257
- **Brookdale:** 717-730-4033; (code: ALZ, PC, R)
1100 Grandon Way, Mechanicsburg, PA 17050
- **Episcopal Home:** 717-532-4612; (code: SSI, R)
206 E. Burd St., Shippensburg, PA 17257
- **Golden Living Community Blue Ridge:** 717-763-1679; (code: SSI, PC, R)
10 House Ave., Camp Hill, PA 17011
- **Thornwald Home:** 717-249-8906; (code: PC, R – when space is available)
442 Walnut Bottom Road, Carlisle, PA 17013
- **The Woods at Cedar Run:** 717-737-3373; (code: IND, PC, R, ALZ)
824 Lisburn Road, Camp Hill, PA 17011

HOMELESS SHELTERS / TRANSITIONAL HOUSING

- **Bethesda Mission:** 717-257-4440 (Men's Shelter); 611 Reily St., Harrisburg, PA 17102
717-257-4447 (Women and Children's Shelter); 818 N. 20th St., Harrisburg, PA 17013
- **Cumberland CARES Homeless Shelter and Resource Center:** 717-249-1009
50 West Penn Street, Carlisle, PA 17013
- **Family Promise of Harrisburg Capital Region:** families only 717-737-1100
525 Hummel Ave., Lemoyne, PA 17043
- **Safe Harbour Inc.:** 717-249-2200
102 W. High St., Carlisle, PA 17013
Permanent housing for women, families and emergency shelter when space is available
- **Salvation Army:** 717-249-1411
20 E. Pomfret St, Carlisle, PA 17013
Genesis House (Permanent supportive housing for men)
Stuart House (Housing for women and children)
- **Shalom House:** 717-232-3482 or www.shalomhouse.net
9 S. 15th St, Harrisburg, PA 17104
Women and children and Domestic Violence

HOUSING REHABILITATION / IMPROVEMENTS

- **Cumberland County Housing and Redevelopment Authorities:** 717-249-0789 or 1-866-683-5907 or www.cchra.com
114 N. Hanover St., Carlisle, PA 17013
Provides housing repair / rehabilitation services and sidewalk repair services
- **Cumberland Valley Habitat for Humanity:** Home Again program. 717-258-1830
www.cumberlandvalleyhabitat.com
39 Heisers Lane, Carlisle, PA 17013
Provides affordable first-time home ownership opportunities and home repairs to qualifying low-income residents of Cumberland County
- **Habitat for Humanity of the Greater Harrisburg Area:** 717-545-7299 or www.harrisburghabitat.org
900 Arlington Ave., Suite 131A, Harrisburg, PA 17109
Provides a critical home repair program for low-income homeowners in the west shore area and a repair corps program for veterans in Mechanicsburg Borough
- **Mid-Penn Renovations:** 717-477-9101
6173 White Church Road, Shippensburg, PA 17257
Home access and mobility specialists
- **Rebuilding Together:** 717-232-2557
Home repairs and maintenance for low income homeowners
- **Senior Home Repairs:** 717-545-8747
6203 Elaine Ave., Harrisburg, PA 17112
Home repair services, including a Certified Aging in Place Specialist (CAPS)
- **South Central Community Action:** 717-334-7634, ext. 134 or 1-800-451-9869
Home weatherization program for low income residents
- **US Department of Agriculture, Rural Development:** 717-237-2186
Low interest housing and home repair loans
- **Winter Relief Assistance Program (PPL-WRAP):** 1-800-342-5775
Weatherization services for low-income PP&L customers

LONG TERM CARE FACILITIES

Some Long Term Care Facilities offer multiple levels of care. Each facility listing has notations made regarding which levels of care they provide.

Codes used in this section to indicate the levels of care provided at each facility:

ALZ – Alzheimer's unit available

CCR – Continuing Care Retirement Community

H – In-patient Hospice Care

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IND – Independent Living

M – Medicare Approved

MA – Medicaid Accepted

NC – Skilled Nursing Care

PC – Personal Care

R - Respite Services

SSI – SSI Supplement Accepted

- **Bethany Village Retirement Center:** 717-766-0279; (code: M, MA, CCR w/ IND, PC, NC, R)
325 Wesley Drive, Mechanicsburg, PA 17050
- **Chapel Pointe At Carlisle:** 717-249-1363 or 1-866-764-6831; (code: M, MA, CCR w/ IND, PC, NC, R- depends on the needs of the patient) 770 S. Hanover St., Carlisle, PA 17013
- **Church Of God Home:** 717-249-5322; (code: M, MA, CCR w/ IND, PC, NC, R, also rental apartments and purchased apartments) 801 N. Hanover St., Carlisle, PA 17013
- **Claremont Nursing & Rehab Center of Cumberland County.:** 717-243-2031 or 1-877-243-2031 (code: M, MA NC, ALZ, R) 1000 Claremont Road, Carlisle, PA 17013
- **Cumberland Crossings Retirement Community:** 717-245-9941; (code: M, MA, CCR w/ IND, PC, NC, R)
1 Longsdorf Way, Carlisle, PA 17013
- **Forest Park Health Center:** 717-960-7700; (code: M, MA, NC, ALZ, R)
700 Walnut Bottom Road, Carlisle, PA, 17013
- **Fox Subacute (Specialized Ventilator Care):** 800-424-7201; (code: M, NC, R - for vent patient only)
120 S. Filbert St., Mechanicsburg, PA 17055
- **The Gardens - Camp Hill:** 717-763-7361; (code: M, MA, NC, H, R)
46 Erford Road, Camp Hill, PA 17011
- **The Gardens - West Shore:** 717-763-7070; (code: M, MA, NC, ALZ, R)
770 Poplar Church Road, Camp Hill, PA 17011
- **Green Ridge Village:** 717-776-8200; (code: M, MA, CCR w/ IND, PC, NC, ALZ)
210 Big Spring Road, Newville, PA 17241
- **ManorCare Health Services - Camp Hill:** 717-737-8551; (code: M, PC, NC, R, ALZ)
1700 Market St., Camp Hill, PA 17011
- **ManorCare Health Services - Carlisle:** 717-249-0085; (code: M, MA, NC, R, ALZ)
940 Walnut Bottom Road, Carlisle, PA 17013
- **Messiah Lifeways:** 717-697-4666; (code: M, MA, CCR w/ IND, PC, NC, ALZ, R)
100 Mt. Allen Drive, Mechanicsburg, PA 17055
- **Sarah A. Todd Memorial Home:** 717-245-2187; (code: M, MA, CCR W/ IND, NC, ALZ, R)
1000 W. South St., Carlisle, PA 17013
- **Shippensburg Health Care Center:** 717 -530-8300; (code: M, MA, NC, ALZ,R)
121 Walnut Bottom Road, Shippensburg, PA 17257

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- **Thornwald Home:** 717-249-4118 (code: M, MA, NC, PC, R)
442 Walnut Bottom Road, Carlisle, PA 17013

NON EMERGENCY/SHORT TERM HOUSING

- **Colony House:** 717-691-3131
W. Main St., Mechanicsburg, PA 17055
Rents rooms to individuals and couples
- **Cumberland Valley Motel:** 717-766-3779
Carlisle Pike, New Kingstown, PA 17022
Rents rooms to individuals and families
- **Harvon Motel:** 717-243-3113
N. Hanover St., Carlisle, PA 17013
Rents rooms to individuals and families
- **Pike Motel:** 717-249-3120
Harrisburg Pike, Carlisle, PA 17013
Rents rooms to individuals and families
- **YMCA:** 717-232-9622 (East Shore); 717-243-2525 (Carlisle)
East Shore Branch: Front & North Streets., Harrisburg, PA 17101: Rents rooms to men only
Carlisle Branch: 311 S. West St., Carlisle, PA 17013

OTHER HOUSING PROGRAMS

- **Cumberland County Homeless Assistance Program:**
717-240-6117 (Last names A-I); 717-240-6112 (Last names J-Z)
18 N. Hanover St., Suite 300, Carlisle, PA 17013
- **Housing Counseling Services:**
 - **Advantage Credit Counseling Service:** 1-866-699-2227 or www.advantageccs.org
2000 Linglestown Road, Suite 302 Harrisburg, PA 17110
Housing counseling and financial management services
 - **Community Action Commission:** 717-232-9757
1514 Derry St., Harrisburg, PA 17102
Housing counseling services
 - **Fair Housing Council of the Capital Region:** 717-238-9540 or www.pafairhousing.org
2100 N. 6th St., Harrisburg, PA 17110
Fair housing counseling, housing counseling and financial management services
 - **Pennsylvania Housing Finance Agency:** 717-780-3800 or 1-800-342-2397 or www.phfa.org
211 N. Front St., Harrisburg, PA 17101
Housing counseling services
- **Pennsylvania Housing Search:** 1-877-428-8844 or www.pahousingsearch.com
A free service to list and find affordable homes and apartments across Pennsylvania

PERMANENT HOUSING ASSISTANCE

- **American House Apartments:** 717-766-1633
26 N. Market St., Mechanicsburg, PA 17055
One bedroom income based apartments designed for the elderly and/or persons with a disability. One accessible unit and one unit for people with hearing impairments. Apply at cchra.com
- **Bethany Towers:** 717-766-7698
335 Wesley Dr., Mechanicsburg, PA 17055
One bedroom income based apartments designed for the elderly and/or persons with a disability
- **Boiling Springs Apartments:** 717-258-8387
297 Plaza Dr., Boiling Springs, PA 17007
One, two and three bedroom income based apartments with three mobility accessible units
- **Brethren House:** 717-791-6200
51 W. Simpson St., Mechanicsburg, PA 17055
One bedroom income based apartments, serves behavioral health population only. One accessible unit.
- **Carlisle Supportive Housing Program:** 717-249-0789, ext. 147
152-154 N. Pitt St., Carlisle, PA 17013
One bedroom apartments, serves behavioral health and substance abuse population only
- **Chestnut Commons:** 717-249-3484
324 Chestnut St., Mt. Holly Springs, PA 17065
HUD subsidized, one-bedroom apartments designed for the elderly. One accessible unit.
- **College Park Apartments:** 717-243-9121
525 Third St., Carlisle, PA 17013
Accepts HUD.
- **Cottages of Shippensburg:** 717-530-1573
300 Dwelling Court, Shippensburg, PA 17257
Two bedroom cottages for low income individuals, based on number of people in the household
- **Crossroads Apartments:** 717-249-1315 or 1-866-683-5907
2121 & 2141 Cedar Run Drive, Camp Hill, PA 17011
Two and three bedroom apartments with two accessible units and one unit for people with hearing / vision impairments. Income limits apply. Below market rents.
- **Cumberland County Housing and Redevelopment Authorities (HUD):** 717-249-1315 or 1-866-683-5907 or www.cchra.com
114 N Hanover St. Ste. 104, Carlisle, PA 17013
Administers rental assistance to individuals who are disabled or 62+years of age whose income falls within the set guidelines
- **Cumberland Pointe:** 717-697-7200
1254 Rocky Road, Mechanicsburg, PA 17055
income based housing for families or individuals

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- **East Gate Apartments:** 717-249-9800
35 E. Gate Dr., Carlisle PA 17013
One bedroom apartment for individuals 62+ years old. Below fair market rates with utilities included.
Income guidelines apply. Four accessible units.
- **Elwood Gardens:** 717-249-1257
121 W. Ridge St., Carlisle, PA 17013
Accepts HUD
- **Enola Chapel Apartments:** 717-732-1740
400 S. Enola Dr., Enola PA 17025
Efficiency income based apartments, serves homeless and behavioral health population only. Two accessible units.
- **Enola Commons Senior Apartments:** 717-732-2811
16 South Enola Dr., Enola, PA 17025
One and two bedroom apartments for individuals 62+ years old. Below fair market rates with utilities included.
Income guidelines apply. Three accessible units.
- **Episcopal Square Apartments:** 717-530-1277
101 N. Prince St., Shippensburg, PA 17257
One bedroom and efficiency apartments, income based for elderly and/or persons with a disability
- **Essex House:** 717-730-7302
20 N. 12th St., Lemoyne, PA 17043
Offers studio, one & two bedroom apartments designed for the elderly. Not suitable for low income.
- **Family Public Housing:** 717-245-0516
60 W. Penn St., Carlisle, PA 17013
- **Farmington Manor:** 717-532-3444
535 Farmington Dr., Shippensburg, PA 17257
Subsidized three and four bedroom apartments for families
- **Geneva Greens Apartments:** 717-691-8620
500 Geneva Dr., Mechanicsburg, PA 17055
Two and three bedroom apartments for families, with a maximum income limited based on people in household
- **Hamilton Commons:** 717-243-8555
700 Stanwick Circle, Carlisle, PA 17013
- **Iroquois Hotel Senior Apartments:** 717-774-4500
202-204 N. Third St., New Cumberland, PA 17070
One bedroom apartments for low income persons age 62 and older with two accessible units and one unit for people with hearing / vision impairments

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- **Mallard Run Apartments:** 717-761-5414
820 Lisburn Rd., Camp Hill, PA 17011
One and two bedroom apartments for low income elderly and/ or persons with a disability
- **Meadowood Apartments:** 717-697-9517
1051 Allendale Rd., Mechanicsburg, PA 17055
Rural housing service with subsidized one bedroom apartments for elderly or persons with a disability
- **Molly Pitcher Apartments:** 717-249-9800
13 S. Hanover St., Carlisle, PA 17013
One and two bedroom apartments for individuals 62+ years old/disabled. Below fair market rates. Income guidelines apply. Two accessible units.
- **Mountain View Apartments:** 717-776-3292
91 Doubling Gap Rd., Newville, PA 17241
HUD subsidized, one-bedroom apartments designed for the elderly and/or persons with a disability. One accessible unit.
- **New Visions:** 717-477-2153 or www.new-visions.org/services/index.html
138 E. King St., Shippensburg, PA 17257
Shared housing, serves behavioral health population only
- **One West Penn:** 717-249-7797
1 West Penn St., Carlisle, PA 17013
One bedroom income based apartment for individual 62+ years old and/or persons with a mobility impairment
- **Orchard Apartments:** 717-763-0937
2204 Cedar Run Dr., Camp Hill, PA 17011
One and two bedroom subsidized apartments for families or individuals, four mobility accessible units
- **Penn School Apartments:** 717-243-8555
121 N Bedford St., Carlisle, PA 17013
One-bedroom apartments for income based individuals
- **Pheasant Run Estates:** 717-249-3939
1824 Sterrets Gap Rd., Carlisle, PA 17013
One, two and three bedroom affordable apartments
- **Pine Ridge Estates:** 717-486-4063
7 Pine Rd., Mt. Holly Springs, PA 17065
One and two bedroom apartments for low income families or individuals
- **Project Based Shelter + Care:** 717-249-0789, ext. 161
102 W. High St., 4th Floor, Carlisle, PA 17013
Efficiency apartments serving homeless individuals with a mental health or substance abuse disability
- **Roth Village:** 717-732-7006
62 Village Court, Mechanicsburg, PA 17050
Two and three bedroom apartments for families, four mobility accessible units

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- **Roundhouse View Apartments:** 717-732-0622
20 Susquehanna Ave., Enola, PA 17025
One bedroom income based apartments designed for the elderly and/or persons with a disability. One accessible unit
- **Roxbury Ridge:** 717-532-9425
100 Meadow Dr., Shippensburg, PA 17257
One, two and three bedroom apartments, some income based, allows pets
- **Shepherd's Crossing:** 717-249-0789, ext. 135 or 866-683-5907
251 Lamb's Gap Road, Mechanicsburg, PA 17050
Income based apartments and townhomes for individuals and families, including four mobility accessible units
- **Shippen House:** 717-532-7885
19 Hollar Ave., Shippensburg, PA 17257
One bedroom income based apartments for individuals 62+ years old
- **Silver Spring Courtyards:** 717-591-1413
43 Ashburg Dr. Ste.23, Mechanicsburg, PA 17050
One and two bedroom apartments. A federal program sets the rents based on income guidelines for individuals 55+ years old, six mobility accessible units
- **Silver Springs Gardens:** 717-591-1918
64 Ashburg Dr., Mechanicsburg, PA 17050
One and two bedroom apartments for income qualified individuals 62+ years old, three mobility accessible units
- **Stevens Affordable Housing:** 717-243-6033
65 W. Louthier St., Carlisle, PA 17013: One and two bedroom apartments, serves behavioral health population only
- **Susquehanna View Apartments:** 717-763-1184
208 Senate Ave., Camp Hill, PA 17011
One bedroom income based apartments designed for the elderly and/or persons with a disability
- **Two West Penn:** 717-249-3484
2 West Penn St., Carlisle, PA 17013
One bedroom income based apartments designed for persons 50+ years old and/or persons with a disability. Two accessible units.
- **Valley Ridge Apartments:** 717-258-9317
371 Army Heritage Dr., Carlisle, PA 17103
One bedroom apartments designed for low income elderly and/or persons with a disability. One accessible unit and one unit for people with hearing / vision impairments.
- **Veteran's Home:** 717-530-1300
90 Doubling Gap Rd., Newville, PA 17241
Shared housing serves homeless behavioral health veterans only

RELOCATION ASSISTANCE

- **Premier Transitions:** 717-492-4155
Full-time senior downsizing and relocation service- Private pay.
- **New Leaf Transition** 717-214-4258
Full-service relocation service for seniors- Private pay
- **Caring Transitions of Central Pennsylvania:** 717-609-1079
Household downsizing and estate dispersal- Private Pay.

MATERIAL GOODS

CLOTHING

- **Brethren in Christ Church Clothing Closet:** 717-243-1863
1155 Walnut Bottom Rd., Carlisle PA 17015
- **Caring Closet, West Shore Evangelical Free Church:** 717-697-0226
1345 Williams Grove Rd, Mechanicsburg PA 17055
- **Carlisle Barracks Thrift Shop:** 717-243-1434
- **Community Aid:** 717-412-7706 or www.communityaid.net
4833 Carlisle Pike, Mechanicsburg, PA 17050
- **Cumberland Valley Animal Shelter Thrift Shop:** 717-477-8025
1 E. King St. Shippensburg PA 17257
- **Goodwill Industries:** 717-737-6134
1051 Hummel Ave #C, Lemoyne PA 17043:
- **Goodwill Industries:** 717-691-3699
105 Gateway Dr., Mechanicsburg PA 17055:
- **Salvation Army Thrift Shop (Sally's Shop):** 717-706-3670
469 E. North Street, Carlisle, PA 17013
- **Salvation Army Thrift Shop:** 717-731-0576
3901 Trindle Rd. Camp Hill, PA 17011
- **Shining Light Thrift Shop:** 717-234-2436
1310 N. 3rd St., Harrisburg, PA 17102
- **Trinity United Methodist Church:** 717-532-7606
118 W. Main St, Walnut Bottom, PA 17266
- **Volunteers of America:** 717-766-2999
675 Silver Spring Road, Mechanicsburg, PA

HOUSEHOLD ITEMS

- **Bountiful Blessings:** 717-802-1222 or www.bountifulblessingsinc.org
P.O. Box 299, Mechanicsburg, PA 17055
Assists working families and senior citizens during their financial hardships by supplementing them with non-food items
 - Trinity Evangelical Lutheran Church, 509 Hummel Ave., Lemoyne, PA: 1st and 3rd Wednesdays of the month, 5:00 to 7:00 pm
 - Capital Area Christian Church, 1775 Lamb's Gap Road, Mechanicsburg, PA: 1st and 3rd Saturdays of the month, 9:30 to 11:30 am
- **New Digs (Mission Central):** 717-620-9735 or info@newdigsministry.org
5 Pleasant View Drive, Mechanicsburg, PA 17055
Assists individuals and families in Cumberland, Dauphin & Perry Counties with limited assets. Provides donated household items. Consumer must arrange for pick up and must be referred by an agency. Agency representative must complete a referral for the consumer.
- **Salvation Army:** 717-249-1411
20 E. Pomfret St., Carlisle, PA 17013
Provides vouchers for household items

TRANSPORTATION

- **Capital Area Transit (CAT):** 717-238-8304 or www.cattransit.com
Provides fixed route public transportation services and Special Efforts Transportation (SET) services for persons with disabilities in the CAT service area who cannot use the fixed route system
- **Carlisle Hearts-n-Hands Sertoma Club:** 717-258-3438 or info@carlisleheartsnhands.org
Offers transportation services to medical appointments and other support services for cancer patients
- **Commuter Services of Pennsylvania:** 1-866-579-RIDE or www.pacommuterservices.com
Free help for commuters to find alternatives other than driving alone to work
- **Cumberland Valley Car Service:** 717-745-7475 or www.cumberlandvalleycarservice.com
Flat rate transportation services for the Cumberland Valley
- **Cumberland Goodwill EMS:** 717-249-0012 (option 3) or www.cumberlandgoodwill.org
519 S. Hanover St., Carlisle, PA 17013
Provides routine medical transportation services in a wheelchair accessible van
- **Ella Home Care:** 717-963-7280 or info@ellahc.com
P.O. Box 1529, Camp Hill, PA 17001
Provides incidental transportation services
- **Griswold Home Care:** 717-975-0540
6 West Main St, Shiremanstown, PA 17011
Provides door-to-door transportation services

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- **His Hands Auto Repair Ministry:** 717-258-5483 or hh-arm@email.toast.net
730 N. College St., Carlisle, PA 17013
Provides routine auto repair services for low income individuals. Does not assist with vehicle adaptations
- **Pennsylvania Department of Transportation Older Driver Information Center:**
www.dmv.state.pa.us/centers/olderDriverCenter.shtml
- **Personal Touch Transportation:** 717-649-6521 or chptt10536@outlook.com
Rosa-Lee Weaver, 105 N. 36th St., Camp Hill, PA 17011
Provides specialized transportation service for special needs
- **PinnacleHealth Cardiovascular Institute:** 1-877-432-7887
Offers free van service for patients and family members to and from the Cardiovascular Institute in Harrisburg
- **Rabbit Transit:** 1-800-632-9063 or www.rabbittransit.org
Programs Sponsored:
 - Medical Assistance Transportation Program
 - MH/IDD Transportation Program
 - Rural Transport Program for Persons with Disabilities
 - Shared Ride Program for Seniors (60 years and older)
- **Raider Regional Transit (RRT):** 717-530-8891 or www.ship.edu/RRT
1871 Old Main Drive, Shippensburg, PA 17257
Provides fixed route transportation services in the Shippensburg area for senior citizens, people with disabilities, Shippensburg University students and employees and the general public
- **Respect Ambulance Company:** 717-412-7965 or www.respectambulance.com
1993 Hummel Ave., Suite 100, Camp Hill, PA 17011
Provides medical transportation, including dialysis patient transport
- **Salvation Army:** 717-249-1411
20 E. Pomfret St., Carlisle, PA 17013
Provides transportation to essential meetings and appointments in the Carlisle area, including medical, employment and social services. Consumers must call by 12:00 pm the day before to arrange transportation. Hours of service are limited to 8:00 to 9:00 am and 3:00 to 4:00 pm. Also offers bus tickets and gas cards for essential meetings and appointments.
- **West Shore EMS:** 717-763-2108 or 1-800-367-0512, ext. 3 or www.wsems.org
205 Grandview Ave., Suite 211, Camp Hill, PA 17011
Provides routine medical transportation services in a wheelchair accessible van

UBER/LYFT

UTILITIES

- **Adams Electric Project Helping Hand:** 1-888-232-6732
204 W. King St., Shippensburg, PA 17257

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or South Central Community Action: 717-263-5060, ext. 252

or Neighbors in Christ Project Helping Hand: 717-385-1053

at First Presbyterian Church, 111 Big Spring Ave., Newville, PA 17241

- **Dollar Energy Program:** 1-888-282-6816 or contact New Hope Ministries at 717-766-7333
PA American Water H2O Help Program, electric assistance and fuel assistance
- **Low Income Home Energy Assistance Program (LIHEAP):** 717-240-2700 or 1-866-857-7095
Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013
Financial assistance to pay utility bills and crisis assistance to address emergency situations
- **Met Ed Pennsylvania Consumer Assistance Program:** Contact New Hope Ministries at 717-766-7333
Financial assistance with Met Ed electric bills
- **Penelec Customer Assistance Program:** Contact South Central Community Action at 717-263-5060, ext. 252
Financial assistance for Penelec utility bills
- **PP&L Gas Assistance:** Contact South Central Community Action at 717-263-5060, ext. 252
- **PP&L On Track Program:** Contact the Community Action Commission at 717-232-9757
Offers temporary affordable payments and debt forgiveness for electric service for income qualified customers
- **PP&L Operation Help for Cumberland County:**
 - Mechanicsburg and East – New Hope Ministries: 717-766-7333
 - West of Mechanicsburg to Shippensburg – Homeless Assistance Program: 717-240-6117Assists customers who are having difficulty paying their electric bill due to a crisis
- **Public Utility Commission Consumer Service:** 717-783-2067 or 1-800-692-7380
- **Telephone Lifeline Services:** For land lines, contact your telephone service provider.
Wireless Lifeline Service Providers:
 - Assurance Wireless: 1-888-898-4888 or www.assurancewireless.com
 - SafeLink Wireless: 1-800-723-3546 or www.safelinkwireless.comHelps to reduce the cost of monthly telephone service for low income customers
- **UGI Gas Assistance:** 1-800-UGI-WARM
 - Heating Assistance – Contact Project Share at 717-249-7773
 - Customer Assistance Program – Contact Salvation Army in Harrisburg at 717-231-3653
 - Operation Share – Contact United Way of Carlisle and Cumberland County at 717-243-4805
- **United Way of Carlisle and Cumberland County:** 717-243-4805
145 S. Hanover St., Carlisle, PA 17013
Heating assistance for consumers who do not qualify for LIHEAP or have exhausted LIHEAP benefits

CONSUMER SERVICES

CONSUMER ASSISTANCE AND PROTECTION

- **EPA Safe Drinking Water Hotline:** 1-800-426-4791
- **MoneyGeek:** Guides to protect consumers against insurance scams:
 - Common Car Insurance Scams: www.moneygeek.com/insurance/auto/resources/protecting-against-fraud
 - Health Insurance Fraud: www.moneygeek.com/insurance/health/resources/protecting-against-fraud
 - Life Insurance Scams and Schemes: www.moneygeek.com/insurance/life/resources/protecting-against-fraud
- **National Association for Working Women Job Survival Hotline:** 1-800-522-0925
Provides information on legal rights and strategies to ensure fair treatment at work
- **Neighborhood Dispute Settlement:** 717-233-8255 315 Peffer St., Harrisburg, PA 17102
Community based mediation center
- **Office for Dispute Resolution for Parents and Educational Agencies:** 1-800-992-4334
- **Penn State Cooperative Extension Office:** 717-240-6500 or extension.psu.edu/cumberland
310 Allen Road, Suite 601, Carlisle, PA 17013
- **Pennsylvania Attorney General Bureau of Consumer Protection:** 1-800-441-2555
- **Pennsylvania Client Assistance Program (CAP):** 717-731-1077 or 1-800-829-7404 (TDD) or www.equalemployment.org
Ensures that vocational rehabilitation is open and responsive to consumers' needs
- **Pennsylvania Health Law Project (PHLP):** 1-800-274-3258 (Voice) or 1-866-236-6310 (TTY) or www.phlp.org
Provides free advocacy to Pennsylvanians having trouble accessing publicly funded health care coverage or services
- **Pennsylvania Human Relations Commission:** 717-787-9780
Anti-discrimination assistance.
- **Pennsylvania Office of Consumer Advocate (Utilities):** 717-783-5048 or 1-800-684-6560
- **Pennsylvania Public Utility Commission Consumer Complaints:** 717-783-1661 or 1-800-782-1110
- **Pension Help America:** 1-866-735-7737 or www.PensionHelp.org
A free service to help consumers understand pension rights and to claim the benefits they earned
- **U.S. Department of Housing and Urban Development Housing Discrimination Hotline:** 1-800-669-9777

CONSUMER REGULATION

- **Medicare Provider Comparison:** www.medicare.gov/quality-care-finder/index.html

- **Pennsylvania Department of Health Nursing Care Facility Information:**
app2.health.state.pa.us/commonpoc/nhlocator.asp
- **Pennsylvania Department of Human Services Personal Care Homes Directory:**
<http://www.dhs.pa.gov/searchforprovider/pchdirectory>

MONEY MANAGEMENT

- **Advantage Credit Counseling Service:** 1-866-699-2227 or www.advantageccs.org
2000 Linglestown Road, Suite 302 Harrisburg, PA 17110
Financial management and housing counseling services
- **CareConnect USA:** 1-800-379-0985
Bankruptcy advice hotline
- **Fair Housing Council of the Capital Region:** 717-238-9540 or www.pafairhousing.org
2100 N. 6th St., Harrisburg, PA 17110
Financial management, fair housing counseling and housing counseling services
- **Maranatha - Carlisle:** 717-258-1000 or www.maranatha-carlisle.org
PO Box 834, Carlisle, PA 17013
Hours: Tuesday, Wednesday, Thursday - 9 am to 3 pm
Financial management and representative payee services
- **Tax Relief Hotline:** 1-877-283-8580
Agency works directly with the IRS on behalf of citizens who generally owe over \$10,000 in back taxes. Free consultation.

TAX ORGANIZATIONS AND SERVICES

- **Internal Revenue Service Tax Payer Advocate Program:** 1-877-777-4778

CRIMINAL JUSTICE AND LEGAL SERVICES

LEGAL EDUCATION / INFORMATION

- **American Civil Liberties Union:** 717-238-2258
105 N. Front St., Harrisburg, PA 17101
- **Disability Rights Network of Pennsylvania:** 1-800-692-7443 or 717-236-8110 (Voice);
717-346-0293 or 1-877-375-7139 (TTD)
1414 North Cameron Street, Suite C, Harrisburg, PA 17103.
Formerly Pennsylvania Protection and Advocacy (PP&A) and the Disability Law Project (DLP)
- **Pennsylvania Human Relations Commission:** 717-787-9784
1101 S. Front St., 5th Floor, Harrisburg, PA 17104

Enforces anti-discrimination laws, investigates complaints of illegal discrimination and promotes equal opportunity

- **Pennsylvania Protection and Advocacy (PP&A):** See **Disability Rights Network of Pennsylvania**

LEGAL SERVICES

- **Cumberland County Bar Association Lawyer Referral Service:** 717-249-3166 or 1-800-990-9108
An initial 30 minute consultation with a lawyer costs \$25.00
- **Harrisburg Civil Law Clinic (Widener Law School):** 717-541-0320
3605 Vartan Way, Harrisburg, PA 17110
Legal representation for low income people
- **Mid Penn Legal Services:** 717-243-9400 or 800-822-5288
401 E. Louthier St., Suite 103, Carlisle, PA 17013
Legal services for low income persons and victims of domestic violence in areas such as domestic violence, welfare, consumer, elder law, housing, homeless outreach, Social Security/disability, health, AIDS, education, custody, divorce and other poverty related issues
- **Penn State Dickinson School of Law:**
 - **Community Law Clinic:** 717-218-2459 45 N. Pitt St., Carlisle, PA 17013
Provides legal services in areas such as divorce, custody, child support, spousal support, protection from abuse, ability discrimination, special education, Americans with Disabilities Act claims and Social Security Disability claims
- **Senior Law Center:** 1-877-727-7529 or www.seniorlawcenter.org
Provides legal services to protect the legal rights and interests of the elderly

EDUCATION

EDUCATIONAL PROGRAMS

- **Capital Area Head Start:** 717-258-5559 (Carlisle); 717-477-1626 (Shippensburg/ Newville);
717-541-1795 (West Shore)
3700 Vartan Way, Harrisburg, PA 17103
- **Carlisle Early Education Center:** 717-243-1528
100 E. Pomfret St., Carlisle, PA 17013
- **Harrisburg Area Community College (HACC):** 717-780-2300 or 1-800-ABC-HACC

- **Tri-County Opportunities Industrialization Center:** 717-238-7318
500 Maclay St., Harrisburg, PA 17110
Adult education and basic literacy training

EDUCATIONAL SUPPORT SERVICES

- **Best Colleges:** www.bestcolleges.com/resources
Provides on-line college resource guides for people with disabilities
- **Capital Area Intermediate Unit:** 717-732-8400 55 Miller Street, Enola, PA 17025
Educational services for students with special needs
- **Central Pennsylvania Literacy Council:** 717-763-7522
- **Pennsylvania Department of Education, Bureau of Special Education:** 717-783-2311
For special/gifted needs
- **Pennsylvania Department of Education, Bureau of Teaching and Learning Support:** 717-787-8913
For special/gifted needs
- **United Way Early Childhood Initiative:** 717-732-0700 (Capital Region); 717-243-4805 (Carlisle)

ENVIRONMENT AND PUBLIC HEALTH / SAFETY

PUBLIC HEALTH

- **Cumberland County State Health Center:** 717-243-5151
431 E. North St, Carlisle, PA 17013
 - Immunization Outreach Project: Second Wednesdays of the month at Mt. Zion Church in Enola and third Thursdays of the month at New Hope Ministries in Mechanicsburg. Please call 717-243-5151 to schedule an appointment.

HEALTH CARE

GENERAL MEDICAL CARE

- **Carlisle Regional Medical Center Women's Health Center:** 717-960-1687
361 Alexander Spring Road, Carlisle, PA 17015
Medical care, wellness and support services for women
- **Community Check-up Center:** 717-233-1700
38C Hall Manor, Harrisburg, PA 17104
Comprehensive healthcare services for women and children
- **Hamilton Health Center:** 717-232-9971

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110 S. 17th St., Harrisburg, PA 17104

Provides health care services to individuals regardless of their financial and insurance status

- **Keystone Health:**

- Family Practice, 820 Fifth St., Chambersburg, PA, 17201: 717-263-4313
- Behavioral Health, 820 Fifth St. Chambersburg, PA, 17201: 717-263-0384
- Dental Care, 767 Fifth Ave., Chambersburg, PA, 17201: 717-263-4462

Provides services to Medical Assistance consumers and low income families by offering general medical, pediatric, OB/GYN and social services. Counseling and translation services are also available.

- **MD at Home:** 717-840-4646 or 1-877-638-6968

Provides physician house calls to home bound individuals in South Central Pennsylvania

- **Mission of Mercy:** www.amissionofmercy.org/marylandpennsylvania

Provides free medical care and dental care through a mobile clinic at two South Central Pennsylvania sites:

- Gettysburg Foursquare Church, 330 W. Middle St., Gettysburg, PA Phone: 717-549-3069
- Christ Lutheran Church, 124 S. 13th St., Harrisburg, PA Phone: 717-972-4993

- **Pinnacle Health WomanCare Resource Center:** 717-213-8900

409 S. Second St., Harrisburg, PA 17105

Free lifetime membership program offers services and resources for women and their families

- **Sadler Health Center:** 717-218-6670 or 1-866-Sadler-7

100 N. Hanover St., Carlisle, PA 17013

Serves low income individuals that reside in the Sadler Health Center service area.

Open Monday –Friday by appointment only. Call center for more information.

- **Veterans Administration Out Patient Clinic:** 717-730-9782

5070 Ritter Road Mechanicsburg PA 17055

Medical care for veterans

HEALTH SUPPORTIVE SERVICES

GENERAL HEALTH SUPPORTIVE SERVICES

Ability Prosthetics and Orthotics: <https://www.abilitypo.com/>

660 West Lincoln Highway Exton, PA 19341 1-800-455-0058

- **Cheryl Kay Foundation:** www.cherylkayfoundation.org or admin@cherylkayfoundation.org

661 Allegheny Avenue, Oakmont, PA 15139

Financial assistance for non-medical home care services

- **Children’s Health Insurance Program (CHIP):** 1-800-986-KIDS (5437)

Free or reduced cost health insurance for children

- **Grace United Methodist Church Medical Loan Closet:** 717-763-7632

309 Herman Avenue, Lemoyne, PA 17043

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- **Health Share Community Partnership** (Holy Spirit Health System): 717-766-7333 (Mechanicsburg) or 717-732-1944 (West Shore)
Medical care assistance for low to moderate-income individuals who are uninsured or underinsured
- **Health Insurance Marketplace:** 1-800-318-2596 or www.healthcare.gov
Provides information to help consumers understand choices for health insurance and select the coverage that best meets their needs. Assistance with selecting and enrolling in qualified health plans is provided by the following health care navigators:
 - PA Association of Community Health Centers: 1-866-761-0626 or www.pachc.com
 - PA Health Access Network: 1-877-570-3642 or helpline@pahealthaccess.org
 - PA Mental Health Consumers Association: 1-800-887-6422 or www.pmhca.org
- **Highmark SpecialCare:** 1-866-230-3025 or 1-800-862-0709 (TTY) or www.highmarkblueshield.com/SpecialCare
Low cost, limited benefit plan for low income uninsured adults and families in central Pennsylvania.
- **James T. Hambay Foundation:** 717-652-7911
PO Box 6361, Harrisburg, PA 17112
Provides medical expense assistance to blind, physically disabled, and indigent children under the age of 18, who reside in Harrisburg and vicinity
- **Pennsylvania Department of Health Healthy Babies Help Line:** 1-800-986-BABY (2229)
Information and referral to medical providers and health care coverage programs for pregnant women
- **Poison Control Center:** 1-800-222-1222 or www.poison.org
- **Severino Health Advisors:** 717-561-2720 or www.severinohealthadvisors.com or SeverinoHA@comcast.net
7057 Beaver Spring Road, Harrisburg, PA 17111
Health advocacy services to assist with managing the challenges of a new or existing health related condition
- **Shippensburg Community Nurse:** 717-530-7900
- **Tapestry of Health WIC (Women, Infants and Children) Program:** 717-243-0523 or 1-800-882-8812
401 E. Louthier St., Suite 104, Carlisle, PA 17013
Assists families in Cumberland and Perry Counties with nutrition services through the WIC program.

HOME CARE AGENCIES

There are two levels of care a person may need in the home; “Skilled” and “Non-Medical.” Some Home Care Agencies offer only one level, while others offer both.

- *“Skilled” services are basically provided by a licensed or registered professional. This may include: administration of medication, wound care, and other advanced care needs and therapies.*
- *“Non-Medical” services are provided by non-licensed professional. This may include: personal care, meal preparation, transportation, homemaker services and companionship.*

Fees and payment are also important to consider. Home Care providers have their own fee scale and approved methods of payment. There are programs which can assist with payment if a consumer qualifies. For more information on these programs, contact the Cumberland Link at 717-240-7887 or thelink@ccpa.net.

- **Accept In-Home Care:** 717-834-3008 or 1-800-811-1285
P. O. Box 758 New Bloomfield, PA 17068
Provides Personal Care Aides, Respite, Homemaker Services and Companion Services:
- **Addus Health Care:** 717-245-9006 or 1-888-447-4447
401 E. Louthier St., Suite 306, Carlisle, PA 17013
Provides Personal Care Aides, Homemaker Service, Companion Service, Respite, Nursing, Physical Therapy and Occupational Therapy
- **Amedisys Home Health:** 717-763-5610 or 1-866-835-3391
101 Erford Rd., Suite 303, Camp Hill, PA 17011
Provides Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Personal Care, Medical Social Work and Registered Dietician
- **Angels on Call (Honor Healthcare Group):** 717-963-8077
717 Market St., Lemoyne, PA 17043
Provides Personal Care Aides, Homemaker Services, Companion, Light Housekeeping
- **Bayada Nurses Home Care:** 717-561-8800 or 1-888-422-9232
750 East Park Dr. 1st Floor Harrisburg, PA 17111
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Social Worker, includes pediatric care
- **BETRA In-Home Care:** 717-258-3881
1026 Ritner Highway, Carlisle, PA 17013
Provides Personal Care Aides, Nursing, and Case Management
- **Caring Companions:** 610-374-6522 or 1-888-280-7552
1333 Wayne St, Reading, PA 19601
Provides Personal Care Aides, Respite, Homemaker Service and Companion Service
- **Celtic Home Health Care:** 717-245-5600
220 Wilson St. Suite 100, Carlisle, PA 17013
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Dieticians, Social Worker, and Hospice Service
- **Center for Independent Living Central PA:** 717-731-1900 or 1-800-323-6060
207 House Ave, Camp Hill, PA 17011: Provides a variety of services for persons with disabilities, including Personal Care Aides, Case Management, Respite and Fitness Center
- **Christian Companion Senior Care:** 717-249-1700
43 Brookwood Ave., Carlisle, PA 17013
Provides non-medical personal care, companionship, light housekeeping, transportation

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- **Comfort Keepers:** 717-352-2133 or 1-800-207-4693
3374 Lincoln Way East Fayetteville, PA 17222
Provides Personal Care Aides, Homemaker Services, Respite and Companion Services
- **Community Home Health Care, Inc.:** 717-261-2546 or 1-888-261-2546
1035 Wayne Ave., Suite 6, Chambersburg, PA 17201
Provides skilled nursing and therapy services and home health care aides
- **Compassionate Senior Care:** 717-697-8878
4601 Locust Lane, Suite 301, Harrisburg, PA 17109
Provides Personal Care Aides, Respite, and Companion Services
- **CT Home Care Services:** 717-963-5422 or www.cthcservices.com
3705 Trindle Road, Suite 108, Camp Hill, PA 17011
Provides a full range of non-medical home care services
- **Dedicated Nursing Associates:** 717-900-6000 or www.dedicatednurses.com
1715 Whiteford Road, York, PA 17402
Provides Personal Care, Meal Preparation, Companionship and Respite services
- **Dignity at Home LLC:** 717-477-0001
76 Diller Dr., Shippensburg, PA 17257
Provides non-medical home care
- **Elders Choice:** 717-991-2742
2005 Laura Lane Harrisburg, PA 17110
Provides Personal Care Aides, Case Management and Care Planning, 24/7 Live-In Care ONLY
- **Elite Staffing:** 717-540-3530
4800 Linglestown Rd, Suite 200, Harrisburg, PA 17112
Provides Personal Care Aides, Nursing, and Infusion Services
- **Ella Home Care:** 717-963-7280 or info@ellahc.com
P.O. Box 1529, Camp Hill, PA 17001
Provides Companion Services, Personal Care, Incidental Transportation, Meal Preparation, Housekeeping and Household Management
- **Emerald Senior Services:** 717-944-4712 or 1-888-944-4712
563 N. Spring St Middletown, PA 17057
Provides Personal Care Aides, Respite, and Companion Services
- **Global Health Care Group:** 717-540-1500
2151 Linglestown Rd Harrisburg, PA 17110
Provides Personal Care Aides, Respite and Companion Services
- **Griswold Home Care:** 717-975-0540
6 West Main St, Shiremanstown, PA 17011

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Provides Personal Care Aides, Homemaker Services, Respite, Transportation Companion Services and Live-In Care

- **Guardian In-Home Services:** 717-446-0971 or 1-888-482-7319
1035 Wayne Ave., Chambersburg, PA 17201
Provides Personal Care Aides, Respite, Homemaker Services and Companion Services
- **Heartland Home Health Care & Hospice:** 717-240-0018 or 1-800-830-9750
1200 Walnut Bottom Rd., Carlisle, PA 17013
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Infusion Services, Social Worker and Spiritual Counselors
- **Holy Spirit Home Health:** 717-972-4663
205 Grandview Ave. Camp Hill, PA 17011
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Tele-health Services, all services must be directed by physician
- **Home Instead Senior Care:** 717-731-9984 (West Shore) 717-241-2273 (Carlisle)
5002 Lenker St Mechanicsburg, PA 17050
Provides Personal Care Aides, Companion Service and Respite
- **Home Sweet Home:** 717-677-7915
616 Reservoir Rd., Gardners, PA 17324
Provides Personal Care Aides, Respite and Companion Services
- **Homeland Hospice:** 717-221-7890 or www.homelandhospice.org
2300 Vartan Way, Suite 115, Harrisburg, PA 17110
Provides hospice care services for adult and pediatric patients
- **Honor Healthcare Group (Angels on Call):** 717-963-8077
717 Market St., Lemoyne, PA 17043
Provides Personal Care Aides, Physical Therapy, Occupational Therapy, Speech Therapy, Dieticians, Social Worker, Nursing and Primary Medical Care (in home)
- **Intrepid USA Home Healthcare Services:** 717-545-1910 or 1-800-300-1530
3 Lemoyne Dr., Suite 101, Lemoyne, PA 17043
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Social Worker
- **In Your Home Care:** 717-243-5080 or 1-877-223-2846
19 S. Hanover St. Suite 108, Carlisle, PA 17013
Provides Personal Care Aides, Respite, Homemaker Services, and Companion Services
- **Links 2 Care:** 717-263-2190
518 Cleveland Ave, Chambersburg, PA 17202
Provides Personal Care Aides, Nursing, Companion Service and Respite

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- **Maxim Health Care Services:** 717-526-4555
4813 Jonestown Rd, Suite 106, Harrisburg, Pa 17109
Provides Personal Care Aides, Nursing, Respite and companion Service
- **Med Staffers:** 717-243-3485 or 1-866-695-8233
701C S. West St., Carlisle, PA 17013
Provides Personal Care Aides, Nursing, Respite, Physical Therapy, Occupational Therapy, Speech Therapy, and Children with Autism Service
- **Messiah Lifeways Home Care Services:** 717-790-8209
100 MT Allen Dr., Mechanicsburg, Pa 17055
Provides Personal Care Aides, Companion Service and Respite, only serves people within 20 mile radius of Messiah Lifeways
- **Omni Home Care:** 717-671-5075
4813 Jonestown Rd., Suite 103, Harrisburg, PA 17109
Provides Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Personal Care and Medical Social Work
- **Pediatric HealthCare for Kids:** 717-790-9566
801 East Park Dr., Harrisburg, PA 17109
Provides Personal Care Aides, Respite, Nursing and Case Management for children ONLY
- **Pediatrics Services of America (PSA) :** 717-540-1051
75 S. Houcks Rd, Suite 100, Harrisburg, PA 17109
Provides Personal care Aides and Nursing for Children ONLY
- **Pinnacle Health Home Care:** 717-724-6670 or 1-800-453-6497
264 N. 3rd St., Suite 300, Harrisburg, Pa 17110: Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, and Speech Therapy, Infusion Services, Dieticians, MH Nursing and Wound Care
- **Safe Haven Quality Care:** 717-238-1111
3309 Spring Rd, Camp Hill, PA, 17011
Provides Personal Care Aides, Respite, Nursing and Companion Service
- **Senior Helpers:** 717-920-0707
3400 Trindle Rd, Camp Hill, PA 17011
Provides Personal Care Aides, Respite, Homemaker Service and Companion Service
- **Spiritrust Lutheran Home Care and Hospice:** 717-264-8178 or 1-800-840-9081
2700 Luther Dr., Chambersburg, PA 17202
Provides Personal Care Aides, Respite, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Infusion Service, and Hospice Service
- **Visiting Angels:** 717-241-5900 or 1-800-365-4189
325 S. Hanover St, Suite 2A, Carlisle, PA 17013
Provides Personal Care Aides, Respite and Companion Service

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- **Visiting Nurse Association of Central PA:** 717-233-1035 or 1-800-995-8207
3315 Derry St., Harrisburg, PA 17111
Provides Personal Care Aides, Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Social Worker and Hospice Service

PRESCRIPTION ASSISTANCE

- **American Association of Retired Persons (AARP) Prescription Discount Program:** 1-877-422-7718
- **American Consultants Rx Discount Card:** 404-767-1072 or www.acirx.org
Prescription discount card
- **Catalyst Scripts:** 717-240-6110 or www.ccpa.net/2505/Prescription-Assistance
Prescription discounts for any resident of Cumberland County
- **Health Share Community Partnership (Holy Spirit Health System):** 717-766-7333 (Mechanicsburg) or 717-732-1944 (West Shore)
Prescription assistance for low to moderate-income individuals who are uninsured or underinsured
- **Healthy Rx, Sadler Health Center:** 717-960-4386 or 1-866-723-5377
100 North Hanover Street, Carlisle, PA 17013
Provides assistance in obtaining medications for uninsured persons
- **HELP Ministry:** 717-238-2851
413 S. 19th St., Harrisburg, PA 17104
Provides prescription assistance when available
- **Medical Assistance / Healthy PA (Cumberland County Assistance Office):** 717-240-2700
33 Westminster Dr., Carlisle, PA 17013
Medical Assistance applications also can be made through the PA Customer Service Center at 1-866-550-4355
- **Medicare Part D:** 717-240-6110
Apprise insurance counseling program at Cumberland County Aging and Community Services
- **National Organization for Rare Disorders (NORD) Patient Assistance Program:** 203-744-0100 or 1-800-999-6673 or www.rarediseases.org
- **NeedyMeds:** 978-865-4115 or www.needymeds.org
Helps people in need to find assistance programs for medications
- **Partnership for Prescription Assistance:** 1-888-477-2669 or www.pparx.org
Helps persons without prescription drug coverage to get the medicines they need
- **PACE/ PACENET:** 717-787-7313 or 1-800-225-7223 or www.aging.state.pa.us/portal/server.pt/community/pace_and_affordable_medications/17942
Prescription assistance for income eligible individuals 65 years and older who do not have Medical Assistance
- **Pennsylvania Department of Human Services Special Pharmaceutical Benefits Program:**
1-800-922-9384 (HIV / AIDS Program) or 1-800-443-4459 (Mental Health Program)
Offers prescription assistance for HIV/AIDS or specific anti-psychotics

- **Pennsylvania Patient Assistance Program Clearinghouse:** 717-651-3600 or 1-800-955-0989
Assists Pennsylvania residents to reduce or eliminate the cost of their prescription medications
- **Pennsylvania Prescription Price Finder:** 1-800-835-4080 or www.parxpricefinder.com
Provides price comparisons on frequently used drugs
- **RxAssist:** www.rxassist.org
Offers a comprehensive data base of pharmaceutical patient assistance programs
- **Salvation Army:** 717-249-1411
20 E. Pomfret St., Carlisle, PA 17013
Offers prescription assistance for life sustaining medications
- **Together Rx Access:** 1-800-444-4106 or www.togetherrxaccess.com
Prescription discount card

HUMAN REPRODUCTION

- **Chambersburg Hospital Maternity Clinic:** 717-267-7787
59 North Seventh St, Chambersburg, PA 17201
Accepts medical assistance and offers comprehensive perinatal services to include: social services, nutritional counseling, prenatal care, home assessment & education, childbirth education, parenting classes and postpartum parenting support; Hours: Monday through Friday 8 am to 4 pm.
- **Penn State Women's Health OB/GYN (Hershey Medical Center):** 1-800-243-1455
Services include childbirth, parenting, breastfeeding and postpartum. Services for high risk pregnancies and infertility are also available.
- **Planned Parenthood (Mid-Penn):** 717-234-2468
1514 N. Second St., Harrisburg, PA 17102
Offers a variety of services regarding contraception, sexually transmitted disease testing and educational programs.

SPECIALIZED TREATMENT

DENTAL SERVICES

- **Donated Dental Services - Southeastern PA:** 717-238-8721 or 1-800-716-8721
Offers major dental treatment services at no cost to low income senior citizens and people with disabilities
- **Hamilton Health Center Dental Services:** 717-230-3958
110 17th St., Harrisburg, PA 17104
- **Harrisburg Area Community College Dental Hygiene Clinic:** 717-780-2441
Oral health assessments, oral cancer screening, x-rays, minor periodontal treatment, polishing, sealants.
Patients seen at reduced fees and senior discounts offered.

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- **Health Share Community Partnership** (Holy Spirit Health System): 717-766-7333 (New Hope Ministries, Mechanicsburg) or 717-732-1944 (Community Action Commission, West Shore)
Medical and dental care referrals for low to moderate-income individuals who are uninsured, underinsured or who cannot find a health professional who will accept the Access Card.
- **Keystone Health Dental Care:** 717-263-4462
767 Fifth Ave., Chambersburg, PA, 17201
- **Living Water Dental Health Ministry:** 717-516-2134 or livingwater@earthlink.net
Provides comprehensive and emergent dental care to low-income residents of Adams, Cumberland and Franklin Counties who have no dental insurance
- **Medical Assistance Dental Services:** 1-800-537-8862
- **Sadler Health Center Dental Services:** 717-218-6670
100 N. Hanover St., Carlisle, PA 17013
- **Senior Dental Care Program:** 717-234-5941 or www.padental.org
PA Dental Association, PO Box 3341, Harrisburg, PA 17105.
Mail-in registration only (call your local area agency on aging for the registration forms). Offers reduced cost dental care to eligible senior citizens 65 or older by dentists who are members of the PA Dental Association.
- **Senior Discounts Offered by Dentists:**
 - Dr. Klein – N. Hershey St., Harrisburg (Age 60+ - 10%): 717-938-1415
 - Dr. Parikh & Sensenig – Market St., Harrisburg (Age 60+ - 10%): 717-236-0300
 - Dr. Majid – N. Progress Ave., Harrisburg (Age 65+ - 15% preventative, 7% major): 717-652-5288
 - Mechanicsburg Family Dentistry – Trindle Rd., Mechanicsburg (Age 60+ - 10%): 717-761-8056

EYE CARE

- **EyeCare America:** 1-877-887-6327 or www.eyecareamerica.org
Assists persons age 65 and older through volunteer ophthalmologist services
- **Health Share Community Partnership** (Holy Spirit Health System): 717-766-7333 (Mechanicsburg) or 717-732-1944 (West Shore)
Eye care assistance for low to moderate-income individuals who are uninsured or underinsured
- **Murphy Eye:** 717-564-7015
3550 Paxton St., Harrisburg, PA 17111 (across from Harrisburg Mall)
Provides a 10% discount to persons age 60+
- **New Eyes for the Needy:** 973-376-4903 or www.neweyesfortheneedy.org
Eye glass voucher program – Must meet income guidelines for eligibility
Visit website to download an application
- **Pennsylvania Bureau of Blindness & Visual Services:** 1-866-375-8264

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Assists persons who are blind or visually impaired to work and maintain independent lives

- **USA Optical:** 717-561-6000; in Harrisburg East Mall
Offers persons age 60+ exam for \$38 and 15% discount on frames and lenses; accepts Gateway
- **Vision Resources of Central PA:** 717-238-2531
1130 S. 19th St., Harrisburg, PA 17104
Provides services to people who are blind or visually impaired

HEARING

- **Audient:** 1-877-283-4368 or www.audientalliance.org
Helps low income people access hearing aids and related care at a significantly lower cost
- **Starkey Hearing Foundation HEAR Now Program:** 1-800-328-8602 or www.starkeyhearingfoundation.org/hear-now
Assists low income persons to acquire hearing aids

HIV / AIDS

- **Alder Health Services:** 717-233-7190 or 1-800-867-1550 or www.alderhealth.org
100 N. Cameron St., Suite 301, Harrisburg, PA 17101
Provides HIV /AIDS services and prevention, primary medical care, STD screenings and treatments and mental health services for lesbian, gay, bisexual and transgender individuals
- **Pinnacle Health Systems Reach Program:** 717-782-2750
2501 N. Third St., Harrisburg, PA 17110
Treatment and prevention of the spread of AIDS/HIV for adults

PODIATRY

- **Podiatrist, Darren B. Barbacci, DPM, FAC FAS Board Certified Foot Surgery:** 717-691-8128
900 Century Dr., Suite 101, Mechanicsburg, PA 17055
- **Podiatrist, Ijaz A. Zia, DPM:** 717-697-2727
Capital City Foot and Ankle Center, 1300 Bent Creek Blvd., Suite 101, Mechanicsburg, PA 17050

INCOME SUPORT AND EMPLOYMENT

EMPLOYMENT

- **ARC of Cumberland & Perry Counties, S. Wilson Pollock Center for Industrial Training:** 717-766-8512
262 Silver Spring Road, Mechanicsburg, PA 17050
Provides remunerative training and employment opportunities to individual with disabilities and other vocational challenges
- **Community Action Commission:** 717-532-8611 (Shippensburg) or 717-732-1944 (Enola)
130 S. Penn St., Shippensburg, PA 17257

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125 N. Enola Dr., Suite 204B, Enola, PA 17025

- **Employment Skills Center:** 717-243-6040
29 S. Hanover St., Carlisle, PA 17013
Workforce education and training services
- **A4TD Senior Community Service Employment Program SCSEP:** 1 Alexandra Court, Carlisle PA 17015.
717-243-4431 Ext 233.
- **Job Corps, Admissions:** 717-233-7305; 2001 N Front St # 335, Harrisburg, PA 17102
- **PA CareerLink® Cumberland County:** 717-243-4431 or www.jobgateway.pa.gov
1 Alexandra Court, Carlisle, PA 17015
- **PROBE (Potential Reentry Opportunities in Business and Education):** 717-273-2090
Career preparation for homemakers and single parents
- **Recruit Disability:** www.RecruitDisability.org
Job board for Americans with disabilities
- **ResCare Workforce Services:** 717-245-2785 or 717-243-7767 (Fax)
401 E. Louthier St., Suite 210, Carlisle, PA 17013
Jobs, education and training for people age 21 and younger who have significant barriers to employment, have lost their jobs or are just entering the workforce
- **Senior Job Bank:** 1-866-562-2627 or www.seniorjobbank.org
Helps employers connect with the over-50 talent pool
- **Works for Me:** 1-877-268-9894
Employment solutions for people with disabilities
- **YW Works Program (YWCA Greater Harrisburg):** 717-234-7931

PUBLIC ASSISTANCE PROGRAMS

- **Child Support Enforcement Hotline:** 1-877-696-6775
For single parents due support, the US Department of Health and Human Services will send a handbook complete with advice and contact numbers.
- **Cumberland County Assistance Office:** 717-240-2700 or 1-800-269-0173 or 1-800-692-7462 (Helpline) or 1-800-451-5886 (TTY)
Provides cash assistance, food stamps, medical assistance, heating assistance
Hours: Monday – Friday 9:00 am to 5:00 pm

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Medical Assistance applications also can be made through the PA Customer Service Center at 1-866-550-4355

- **Cumberland County Domestic Relations:** 717-240-6225 or 1-888-697-0371, ext. 6225 (Toll-free)
13 N. Hanover St., Carlisle, PA 17013
Establishes and enforces child support orders and establishes civil paternity cases and spousal support orders
- **Statewide Customer Service Center:** 1-877-395-8930 TTY call 711 for TTY Relay Services

SOCIAL INSURANCE PROGRAMS

- **Pennsylvania Department of Labor Unemployment Compensation Service Center:** 1-888-313-7284 or 1-888-334-4046 (TTY) or 717-704-8474 (Videophone, Wednesdays from noon to 4:00 pm) or www.uc.pa.gov
- **Pennsylvania Department of Labor Bureau of Workers' Compensation:** 1-800-482-2383 or 1-800-362-4228 (TTY) or www.dli.state.pa.us
- **Social Security Administration:** 1-800-772-1213 or 1-866-635-0507 (Carlisle) or 1-888-327-1176 (Harrisburg) or www.ssa.gov
200 S. Spring Garden St., Carlisle, PA 17013
555 Walnut St., Suite 810, Harrisburg, PA 17101

TEMPORARY FINANCIAL ASSISTANCE

- **Christ Among Neighbors:** 717-532-7577
130 S. Penn St., Shippensburg, PA 17257
Offers assistance to residents of the Shippensburg area and parts of Walnut Bottom. Must get written referral from Shippensburg Community Action Center, King's Kettle or the Homeless Assistance Program. Hours are Saturday from 9:00 am to 10:00 am. Bring documentation to verify residency and financial need
- **HELP Ministry:** 717-238-2851
413 S. 19th St., Harrisburg, PA 17104
Provides prescription assistance, transportation, energy assistance, and assistance with emergency housing when available (Dauphin County Residents have priority)
- **Neighbors in Christ:** 717-385-1053
First Presbyterian Church, 111 Big Spring Ave., Newville, PA 17241
Provides limited emergency help to persons in Big Spring Area School District. Residents need to stop by Saturdays from 9:00 am to 10:00 am. Bring documentation to verify residency and financial need.
- **New Hope Ministries:** 717-766-7333 or www.nhm-pa.org
5228 E. Trindle Road, Mechanicsburg, PA 17050
Provides general assistance to residents of Mechanicsburg and the west shore area.

- **Samaritan Fellowship:** www.samaritanfellowship.org
Carlisle United Methodist Church (CUMC), 45 S. West St. (P.O. Box 495), Carlisle, PA 17013
Provides crisis financial and referral assistance to residents of Carlisle and South Middleton School District, Middlesex Twp. Applicants must apply and be present Saturday mornings between 7:30 am and 10:00 am. Bring documentation to verify identification, residency and financial need. Referrals are required for all under case management or in subsidized housing. Fax referrals are not accepted.
- **Todd Baird Lindsey Foundation:** 717-486-4121 or www.tbl.dreamhosters.com
Assists Carlisle area residents 55 years or older with a variety of needs and services, to include financial assistance.

INDIVIDUAL AND FAMILY LIFE

DEATH CERTIFICATION / BURIAL ARRANGEMENTS

- **Compassionate Closure Program:** 717-233-1035, ext. 126
Visiting Nurse Association of Central PA, 3315 Derry St., Harrisburg, PA 17111
A partnership of local agencies that provides emotional and spiritual support to families in Cumberland and Dauphin Counties by providing a memorial service.

INDIVIDUAL AND FAMILY SUPPORT SERVICES

- **Adoption Horizons:** 717-249-8850
899 Petersburg Rd, Carlisle, PA 17013
A non-profit, PA licensed adoption agency with emphasis on the placement of minority and internationally born children. In home studies and post placement services are provided. Services for pregnant mothers planning adoption are offered at no fee.
- **Big Brothers and Big Sisters Carlisle:** 717-258-4417 (Carlisle); 717-236-0199 (Harrisburg)
1 W. High St., Carlisle, PA 17013; 1500 N. 2nd St. #A, Harrisburg, PA 17103
- **Capital Area Pregnancy Center:** 717-761-4411
2515 Gettysburg Rd., Camp Hill, PA 17011
- **Carlisle Area Family Life Center:** 717-243-1918 (Local); 1-800-848-5683 (international office)
155 N. Hanover St., Carlisle, PA 17013. (formerly Birthright of Carlisle)
Offers baby clothing/ formula and baby food etc.
- **Child Care Network:** 717-243-4014 or 1-800-358-8725
230 S. Spring Garden St., Carlisle, PA 17013
Financial help with child care

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- **Child Care Subsidy Hotline:** 1-800-424-2246
The National Association of Child Care Resources will help callers find payment assistance programs.
- **Child Find of America:** 1-800-426-5678
Missing child hot line
- **Child Help USA:** 1-800-422-4453 (1-800-4-A-CHILD)
National child abuse hot line
- **Child Line & Abuse Registry:** 717-783-1964; To report abuse call: 1-800-932-0313
- **Computer Ministry (Mission Central):** 717-766-6373 or www.compministry.org
5 Pleasant View Drive, Mechanicsburg, PA 17055
Collects computers, refurbishes them and then donates the equipment to non-profit ministries and organizations that need computers. Individuals in need of computers must be referred through an agency. Request forms available at the web site.
- **Cumberland Cares for families:** 717-240-6172 or 1-888-697-0371, press 10
Educating and supporting families of newborns and pre-school children
- **Cumberland County Children & Youth Services:** 717-240-6120 or 1-888-697-0371, ext. 6120
16 W. High St., #200, Carlisle, PA 17013
- **Family Support of Central PA:** 1-800-984-9923
Support groups to strengthen families
- **Grocery Shopping / Assistance with Errands:**
 - At Your Service (Dianne Martin): 717-774-4489
 - Marlene Slusser (Carlisle area): 717-243-7414
 - Shop Easy (Ellen Clare Trattner): 717-609-9925
 - Tammy Polson: 717-421-1460
 - The Personal Shopper (Brian McWilliams): 717-218-4096
 - Your Grocery Shoppers: 717-398-0887 or www.yourgroceryshoppers.com
- **Hair Care (in home stylists and barbers):**
 - Erin: Hair on Wheels: 717-802-5297
 - Linda's Hair Care (Carlisle area): 717-243-1988
 - Susan Lucente: Home Hair Care for the Homebound: 717-701-4444
- **Holy Spirit Hospital Teen Line:** 717-763-2345 or 1-800-722-5385
503 N 21st St., Camp Hill, PA 17011
Provides prevention and intervention services to young people and their families
- **Hope Station:** 717-249-5144; 149 W. Penn St., Carlisle, PA 17013
Youth leadership development
- **Kingdom Choices:** 717-328-5401
9271 Mercersburg Rd., Mercersburg, PA 17236:

Aging and Disability Resources Handbook

Provides services for pregnant women/girls ages 13 to 28 from conception to five months. Mother must be keeping her baby.

- **Morning Star Pregnancy Services:** 717-901-2799
3837 Walnut Street, Harrisburg, PA 17109
- **National Center Missing & Exploited Children:** 1-800-THE-LOST (1-800-843-5678)
- **National Runaway Switchboard:** 1-800-621-4000
- **Parent Works, Inc.:** 717-774-3673
331 Bridge St. #20, New Cumberland, PA 17070:
Support and education for parents
- **Pennsylvania Department of Human Services Regional Child Development Office:** 1-800-222-2117
- **PinnacleHealth:** 717-231-8900
Offers a variety of educational and support programs for parents and families
- **Pregnancy Ministries:** 717-532-4446
20 E. Burd St., Shippensburg, PA 17257
Offers a variety of services to include testing, counseling, education, clothing and referrals
- **Pregnancy Resource Center:** 717-241-5510
300 S. Hanover St., Carlisle, PA 17013
- **Pinnacle Nurse-Family Partnership:** 717-960-4323
A voluntary, free home visitation service that provides education, support and advocacy to first time parents living anywhere in Cumberland and Perry Counties.
- **Tough Love:** 1-800-333-1069
Self-help support group for parents of children with behavior problems.

VOLUNTEER OPPORTUNITIES

- **Retired and Senior Volunteer Program (RSVP):** 717-541-9521
5301 Jonestown Rd., Harrisburg, PA, 17102
A community based volunteer program which helps to find volunteer opportunities for interested persons and also offers daily telephone calls to seniors or persons with disabilities in order to improve socialization.
- **Volunteer Match:** www.volunteermatch.org
Assists people in finding volunteer opportunities

MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

COUNSELING SETTINGS

- **Christian Services Counseling Center:** 717-249-7410
309 Allen Rd. Carlisle, PA 17013
- **Cumberland Valley Counseling Associates:** 717-243-1511
1200 Walnut Bottom Road, Suite 311, Carlisle, PA 17015
- **Diakon Family Life Services** (formerly known as Tressler Lutheran Services): 717-795-0330 or 1-866-700-6868
960 Century Drive, Mechanicsburg, PA 17055
- **Franco Psychological Associates:** 717-243-1896
26 State Ave., Suite 101, Carlisle, PA 17015
- **Franklin Family Services:** 717-243-6500
816 Belvedere St., Carlisle, PA 17013
- **Growing Edges Community Counseling Clinic:** 717-477-1248 or growingedges@ship.edu
Shippensburg University, 110C Shippen Hall, Shippensburg, PA 17257
No-fee community counseling clinic at Shippensburg University
- **Holy Spirit Behavioral Health Services:** 717-763-2219
503 N. 21st St., Camp Hill, PA 17011
- **Laurel Life Counseling Services (Manito):** 717-243-1326
1710 Ritner Hwy., Suite 5, Carlisle, PA 17013
- **Leedy / Abbey Counseling Services:** 717-241-2345
781 Poplar Church Road, Camp Hill, PA 17011
3201 Spring Road, Carlisle, PA 17013
- **Mock-Mays Associates:** 717-258-0214
47 W. Pomfret St., Carlisle, PA 17013
- **Mohr Counseling Services:** 717-245-0088
401 E. Louthier St., Suite 219, Carlisle, PA 17013
- **Pennsylvania Counseling Services:** 717-245-9255
1 Greystone Rd, Carlisle, PA 17013
- **Merakey:** 717-243-6033
33 State Ave., Carlisle, PA 17013

MENTAL HEALTH EVALUATION AND TREATMENT

- **Crisis Intervention:** 717-243-6005 (Carlisle) or 717-763-2222 (West Shore) or 1-866-350-HELP (All other areas)

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Walk-in Service Locations: Carlisle Regional Hospital Emergency Room, 45 Sprint Drive, Carlisle, PA 17013 or Holy Spirit Hospital Emergency Room, 503 N. 21st St., Camp Hill, PA 17011

- **Holy Spirit Behavioral Health Center:** 717-763-2219
503 N. 21st St., Camp Hill, PA 17011
- **Keystone Behavioral Health:** 717-263-0384
820 Fifth Ave., Chambersburg, PA 17201
- **Merakey** 717-243-6033
33 State Ave., Carlisle, PA 17013

MENTAL HEALTH SUPPORT SERVICES

- **Aurora Club:** 717-591-9598 (Mechanicsburg) or 717-232-6675 (Harrisburg)
104 W. Main St., Mechanicsburg, PA 17055 or 401 Division St., Harrisburg, PA 17110
Social and psych rehab services for person with mental health
- **Behavioral Health Connection:** 717-541-4219 or 1-866-588-0223 or www.olderpa.org/bhc
525 S. 29th St., Harrisburg, PA 17104
Provides free, unbiased information and assistance regarding Medicare coverage and assistance programs for behavioral health services
- **Bereavement Support Groups:** 717-851-3467 or www.wellspan.org/body.cfm?id=1296
- **Cumberland/Perry Warm Line:** 1-877-243-7153
Mental Health Consumer Talk Line for Non-Crisis Calls
Hours: Mon & Fri - 7pm-9pm; Tue, Wed & Thu – 7pm-10pm; Sat – 1pm-4pm; Sun – 1pm-4pm & 6pm-9pm
- **Hospice of Central Pennsylvania Support Groups:** 717-732-1000 or www.hospiceofcentralpa.org/grief_support.php
1320 Linglestown Rd, Harrisburg PA 17110
- **National Alliance on Mental Illness (NAMI):** 717-240-8715 (message line)
P.O. Box 527, Carlisle, PA 17013
Provides emotional support and education for families and persons affected by mental illness
- **NAMI Support Groups:**
Camp Hill 1st Thursday of month 6:30-8:00pm St Timothy Lutheran Church 4200 Carlisle Pike, Camp Hill, PA
Carlisle 3rd Thursday of month 7:00-9:00pm NHS STAR Center 253 Penrose Place, Carlisle, PA
- **Merakey STAR Center:** 717-243-2278
253 Penrose Place, Carlisle, PA 17013
Social and psych rehab services for person with mental health disabilities

- **Shippensburg Empowerment Dock:** 717-300-3821
128 E. King St., Shippensburg, PA 17257
Social rehab services for person with mental health disabilities

SUBSTANCE ABUSE SERVICES

- **Salvation Army Adult Rehab Center:** 717-541-0203
3650 Vartan Way, Harrisburg, PA, 17112
Offers rehab for persons with substance abuse issues
- **Holy Spirit Hospital Maternal Assistance Program:** 717-763-3008 or 1-800-773-0280
Help for pregnant women and new mothers addicted to drugs, alcohol and/or tobacco

ORGANIZATIONAL / COMMUNITY / INTERNATIONAL SERVICES

COMMUNITY FACILITIES / CENTERS

PUBLIC LIBRARIES

- **Amelia Given Library:** 717-486-3688
114 N. Baltimore Ave., Mt. Holly Springs, PA 17065
- **Bosler Library:** 717-243-4642
158 W. High St., Carlisle, PA 17013
- **East Pennsboro Library:** 717-732-4274
98 S. Enola Drive, Enola, PA 17025
- **Fredricksen Library:** 717-761-3900
100 N. 19th St., Camp Hill, PA 17011
- **John Graham Library:** 717-776-5900
9 Parsonage St., Newville, PA 17241
- **New Cumberland Library:** 717-774-7820
1 Benjamin Plaza, New Cumberland, PA 17070
- **Shippensburg Library:** 717-532-4508
73 W. King St., Shippensburg, PA 17257
- **Simpson Library:** 717-766-0171
16 N. Walnut St., Mechanicsburg, PA 17055
- **Cumberland County Library Service to Adult Readers (STAR):** 717-240-6175 or 1-888-697-0371. ext. 6175
Provides homebound adults with free, personalized selection and delivery of books, large print books, audio books, CD's, DVD's and videos

- **Free Library of Philadelphia, Library for the Blind and Physically Handicapped:**
215-683-3217 or 1-800-222-1754 or www.freelibrary.org/lbph
919 Walnut St., Philadelphia, PA 19107
Offers a wide variety of services both on site and through the mail for persons with disabilities throughout Pennsylvania

SENIOR CENTERS

- **Big Spring Senior Center:** 717-776-4478 or www.bigspringseniorcenter.weebly.com
91 Doubling Gap Road, Newville, PA 17241
Hours: Monday-Friday, 8:00 a.m. – 3:30 p.m.
- **Carlisle Senior Action Center:** 717-249-5007
20 E. Pomfret St., Carlisle, PA 17013
Hours: Monday-Friday, 9:00 a.m. – 2:00 p.m.
- **Mary C. Schaner Senior Center (Enola Senior Center):** 717-732-3915 or www.eastpennsboro.net/Administration/Senior_Citizens/senior_citizens.html
98 S. Enola Drive, Enola, PA 17025
Hours: Monday-Friday, 8:00 a.m. – 3:00 p.m.
- **Mechanicsburg Place:** 717-697-5947 or www.messiahlifeways.org/live-well/senior-centers/mechanicsburg-place
97 W. Portland St., Mechanicsburg, PA 17055
Hours: Monday-Friday, 8:30 a.m. – 3:00 p.m.
- **Branch Creek Place (Shippensburg Senior Center):** 717-300-3563
115 N. Fayette St., Shippensburg, PA 17257
Hours: Monday-Friday, 9:00 a.m. – 3:00 p.m.
- **West Shore Senior Center:** 717-774-0409
122 Geary Ave., New Cumberland, PA 17070
Hours: Monday-Thursday, 8:00 a.m. – 4:00 p.m. and Friday, 8:00 a.m. – 2:00 p.m.

COMMUNITY GROUPS AND GOVERNMENT / ADMINISTRATIVE OFFICES

- **American Association of Retired Persons (AARP):** 1-888-687-2277
Assisting persons 50 years or older.

DISASTER SERVICES

- **American Red Cross:** 717-234-3101 (Susquehanna Valley); 717-243-5211 (Carlisle)
Susquehanna Valley Chapter www.sqvalleyredcross.org
79 East Pomfret Street, Carlisle, PA 17013

INFORMATION SERVICES

- **Cumberland County Aging & Community Services:** 717-240-6110 or 1-888-697-0371, x6110
Provides information and assistance for persons age 60 and over; Hours - Monday – Friday 8:00 am to 4:30 pm.
- **CONTACT Helpline (Pennsylvania 2-1-1):** 2-1-1 or 717-249-6226 (Carlisle) or 1-800-932-4616 (Toll-free)
Listening service and health and human services information and referral service

MILITARY SERVICE

- **Cumberland County Veterans' Affairs:** 717-240-6178
18 N Hanover St, Suite 103, Carlisle
- **Disabled Veterans Outreach Program:** 717-243-4431, ext. 212
Employment services for disabled and other eligible veterans
- **Family Services (Defense Distribution Center in New Cumberland):** 717-770-7737
Offers information and referral to military personnel and their families
- **Lebanon VA Medical Center Healthcare for Homeless Veterans:** 717-272-6621, ext. 5434 or 717-673-8804
- **Supportive Services for Veteran Families (SSVF)**
Provides services to prevent homelessness and provide stability for low income veterans and veteran families
Contact one of the following SSVF Providers:
 - Volunteers of America Pennsylvania: 717-236-1440, ext. 16 or www.voapa.org
 - YWCA of Greater Harrisburg: 717-234-7931, ext. 3078 or www.ywcahbg.org
- **U.S. Department of Veterans' Affairs:**
 - Benefits Hotline: 1-800-827-1000
 - Help for Homeless Veterans: 1-877-4AID-VET (1-877-424-3838) or www.va.gov/homeless
- **YWCA Greater Harrisburg Homeless Veterans Services:** 717-234-7931, ext. 3126

TARGET POPULATIONS

AGE GROUPS

ADULT DAY LIVING CENTERS

- **Life Time Adult Day Care:** 717-975-9762 or 717-245-0413
3 Crossgate Drive, Mechanicsburg, PA 17050
- **Menno Haven Elder Day Center:** 717-263-8545
2075 Scotland Avenue, Chambersburg, PA 17201
- **Messiah Lifeways Adult Day at Carlisle Meeting House:** 717- 243-0447
1155 Walnut Bottom Road, Carlisle, PA 17013

- **Messiah Lifeways Adult Day Services:** 717-790-8224 or www.messiahvillage.org
100 Mt. Allen Drive, Mechanicsburg, PA 17055

COMMUNITY BASED SERVICES

- **Beck Care Managers:** 717-599-4447 or www.beckcaremanagers.com
P.O. Box 387, Hummelstown, PA 17036
Private pay care management services to assist seniors and their families in meeting long term care needs
- **Cumberland County Aging and Community Services:** 717-240-6110
1100 Claremont Rd., Carlisle, PA 17015
The Area Agency on Aging for Cumberland County, providing a variety of services for people age 60 and older
- **Messiah Lifeways Connections:** 717-591-7223 or www.messiahlifeways.org/connections
100 Mt. Allen Drive, Mechanicsburg, PA 17055
A community of people 55 and better who choose to age in place
- **Spiritrust Lutheran LIFE Services:** 1-800-840-9084 or www.spiritrustlutheranlife.org
1920 Good Hope Road, Enola, PA 17025
840 Fifth Avenue, Chambersburg, PA 17201
A program of comprehensive health care and supportive services for people age 55 and older

CAREGIVERS

- **Alzheimer's Disease Caregiver Support Groups**
 - **Alzheimer's Association 24/7 Helpline:** 1-800-272-3900 or TDD 1-866-403-3073
 - **Coffee Breaks & A Little "Tea"-L-C:** 717-732-1000
Hospice of Central PA
Cracker Barrel, 3 E. Garland Dr., Carlisle, 17013
 - **Coffee Breaks & A Little "Tea"-L-C:** 717-732-1000
Hospice of Central PA
Brother's Diner, 705 Gettysburg Pike, Mechanicsburg, 17055
 - **Church of the Brethren:** 717-691-6786, or 717-766-5003, (alternate – Brethren Church: 717-766-8880)
45 S. West St, Carlisle, PA 17013
 - **Country Meadows:** 717-533-2474 x2138
4837 E. Trindle Rd., Mechanicsburg, PA, 17055:
 - **Cumberland Crossings:** 717-245-9941
1 Longsdorf Way, Carlisle, PA 17013:
 -

Aging and Disability Resources Handbook

- **Green Ridge Village:** 717-776-8249
210 Big Spring Rd., Newville, PA 17241

- **Mt. Zion Evangelical Lutheran Church:** 717-776-4876
51 W. Main St., Newville, PA 17241

- **Otterbein United Methodist Church:** 717-249-8288
647 Forge Rd., Carlisle, PA 17015

- **Second Presbyterian Church:** 717-243-4571
528 Garland Dr., Carlisle, PA 17013

- **ARCH National Respite Network and Resource Center:** archrespite.org/home
Provides a National Respite Locator and A Consumer's Guide for Family Caregivers

- **Senior Caregiver Support Group:** 717-477-1969
St. Andrews Episcopal Church, (Prince St. entrance), Shippensburg, PA 17257
Meets 3rd Thursday of the month, 7:00pm

DISABILITIES AND HEALTH CONDITIONS

- **Alleghany Valley School:** 717-566-3267
1291 Middletown Road, Hummelstown, PA 17036
Provides services for individuals with intellectual and developmental disabilities

- **ALS Association, Greater Philadelphia Chapter:** 215-643-5434 or 1-877-GEHRIG-1 (1-877-434-7441) or www.alsphiladelphia.org
321 Norristown Road, Suite 260, Ambler, PA 19002
Leading the fight to treat and cure ALS while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support

- **Alzheimer's Association of Greater Pennsylvania:** 717-651-5020
3544 N. Progress Ave., Harrisburg, PA 17110
Alzheimer's Association national web site and Care Finder tool for consumers and their families;
www.alz.org/carefinder/index.asp

- **American Cancer Society Capital Area Office:** 1-888-227-5445
2 Lemoyne Drive, Suite 101, Lemoyne, PA 17043

- **The ARC of Cumberland and Perry Counties:** 717-249-2611
71 Ashland Ave., Carlisle, PA 17013
Provides support, training and opportunities to people with intellectual disabilities and their families

Aging and Disability Resources Handbook

- **Arthritis Foundation Central Pennsylvania Office:** 717-763-0900 or 1-800-776-0746
3544 North Progress Avenue, Suite 201, Harrisburg, PA 17110
- **ASERT Statewide Resource Center:** 877-231-4244 or www.PAautism.org or info@PAautism.org
Pennsylvania's leading source of autism-related resources and information
- **Cancer Support Groups:**
 - Carlisle Area Women's Cancer Support
Carlisle Hearts-n-Hands Sertoma Club
The Live Well Center of Carlisle Regional Medical Center
3 Alexandra Court, Carlisle, PA 17013
Meets 3rd Tuesday of the month, 6:30 – 8:00 pm
 - Carlisle Area Men's Cancer Support
Carlisle Hearts-n-Hands Sertoma Club
The Live Well Center of Carlisle Regional Medical Center
3 Alexandra Court, Carlisle, PA 17013
Meets 2nd Tuesday of the month, 6:30 – 8:00 pm
- **Center for Independent Living:** 717-731-1900 or 1-800-323-6060 (Voice); 717-731-1335 (TTY)
207 House Avenue, Camp Hill, PA 17011: Web www.cilcp.org
- **CONNECT Helpline:** 1-800-692-7288
Information and referral services about programs for children with developmental delays
- **CouponChief.com:** www.couponchief.com/guides/savings_guide_for_those_with_disability
Retail savings guide for people with disabilities
- **Cumberland/Perry Mental Health & Intellectual/Developmental Disabilities Programs:** 717-240-6320 or 1-888-697-0371, ext. 6320
- **Hearing Loss Association of America, Capital Region Chapter:** 717-777-0030 or www.hlacapregion.org
An organization of hard of hearing people, their relatives and friends. Meetings are held on the 4th Monday of the month (except July and August) at 7:00 PM at the Giant Community Center, 3301 Trindle Road in Camp Hill.
- **Leukemia and Lymphoma Society Central Pennsylvania Chapter:** 717-652-6520
2405 Park Drive, Suite 100, Harrisburg, PA 17110
- **Multiple Sclerosis Society, Central Pennsylvania Chapter:** 717-652-2108 or 1-800-227-2108
2040 Linglestown Rd, Suite 104, Harrisburg, PA 17110
- **National Alliance on Mental Illness (NAMI), Cumberland and Perry Counties:** 717-240-8715 (message line)
Provides support, education and advocacy on behalf of persons with mental illness
- **Pennsylvania Department of Health Chronic Renal Disease Program:** 1-800-225-7223 or www.portal.state.pa.us/portal/server.pt/community/chronic_renal_disease/14233

Aging and Disability Resources Handbook

- **Pennsylvania Early Hearing Detection and Intervention Program:** 717-541-4960, ext. 3908 or agaspich@pattan.net or www.paearlyhearing.org/families/diagnosed/item/70
Hands and Voices Guide By Your Side of Pennsylvania supports families and their infants and toddlers who are newly identified with hearing loss
- **Pennsylvania Mental Health Consumers' Association:** 717-564-4930 or 1-800-887-6422
4105 Derry Street, Harrisburg, PA, 17111
Provides information, referrals and support to people receiving services or in recovery from mental illness
- **Pinnacle Health Support Groups:** 717-231-8900 or www.pinnaclehealth.org/Conditions-Treatments/Services/Support-Groups.aspx
- **Social Security Disability Benefits Guide:** www.thesimpledollar.com/disability-benefits-guide
Information on how Social Security Disability works and how to calculate benefits
- **Special Kids Network:** 1-800-986-4550 or <http://www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Special%20Kids%20Network/Pages/default.aspx#.V0MD1PkrLcs>
Information and referral services for families who have children with special health care needs
- **Turner Syndrome Foundation:** 1-800-594-4585 or www.turnersyndromefoundation.org
Supports research initiatives and facilitates education programs that increase professional awareness and enhance medical care of those affected by Turner syndrome
- **Vision Resources of Central PA :** 717-238-2531
1130 S. 19th St., Harrisburg, PA 17104
Provides social services, radio reading services, blindness prevention, social recreation, shelter workshops and computer training
- **United Cerebral Palsy (UCP) :** 717-737-3477
925 Linda Lane, Camp Hill, PA 17011

ETHNIC GROUPS / NATIONAL ORIGIN

- **Catholic Charities Immigration & Refugee Services:** 717-232-0568
939 East Park Drive, Suite 102, Harrisburg, PA 17111
Employment services, refugee resettlement program and English as a second language
- **Governor's Advisory Commissions:**
 - African American Affairs: 717-772-5085 or 1-877-374-0222
 - Asian American Affairs: 215-560-2640
 - Latino Affairs: 717-783-3877 or 1-800-233-1407
- **Institute for Cultural Partnerships:** 717-238-1770
3211 N. Front St., Harrisburg, PA , 17110
Helps individuals and communities successfully live, learn and work in our increasingly diverse society

- **International Service Center:** 717-236-9401
21 South River Street, Harrisburg, PA 17101
Provides social services, language bank, immigration services and refugee services

OFFENDERS

- **Capital Region Ex-Offenders Support Coalition:** www.reentrynow.org
A Directory of Services for the Ex-Offender is available at:
<http://www.reentrynow.org/ex-offender-resources.html>

SEXUAL ORIENTATION / GENDER IDENTITY

- **Alder Health Services:** 717-233-7190 or 1-800-867-1550 or www.alderhealth.org
100 N. Cameron St., Suite 301, Harrisburg, PA 17101
Provides HIV /AIDS services and prevention, primary medical care, STD screenings and treatments and mental health services for lesbian, gay, bisexual and transgender individuals
- **The Lesbian Gay Bisexual Transgender (LGBT) Center of Central PA:**
717-920-9534 or www.centralpalgbtcenter.org
1306 N. Third St., Harrisburg, PA 17102
Provides educational, cultural and community activities

VICTIMS / SURVIVORS

- **Adult Protective Services (Pennsylvania Department of Human Services):** 1-800-490-8505
Investigates cases of suspected abuse of adults ages 18 to 59
- **Cumberland County Victims Services:** 717-240-6220 or 1-888-697-0371, ext. 6220
Room 201, 1 Court House Square, Carlisle, PA 17013
West Shore Office: 717-761-5599
2120 Market Street, Camp Hill, PA 17011
Assists victims and witnesses of crimes during their involvement with the criminal justice system
- **Domestic Violence Services of Cumberland and Perry Counties:** 717-258-4249 or 1-800-852-2102 (Toll-free) or www.dvscp.org
PO Box 1039, Carlisle, PA 17013
- **Older Adult Protective Services :** 717-240-6110 or 1-888-697-0371, ext. 6110 (Toll-free)
Investigates and provides services in cases of suspected abuse of persons age 60 or older
- **Pennsylvania Office of Victims' Services:** 1-800-233-2339 or www.pacrimevictims.org
Operates the State Victims Compensation Assistance Program
- **Sexual Assault / Rape Crisis:** 717-243-3818 or 1-888-727-2877 (Toll-free) or www.ywcacarlisle.org

STATE SPONSORED PROGRAMS

BASIC NEEDS

HOUSING / SHELTER

SECTION 8 HOUSING CHOICE VOUCHERS AND PROJECT ACCESS VOUCHERS

Section 8 Housing Choice vouchers offer a housing subsidy to consumers that can be used at any rental unit that qualifies. Typically, an individual's rent will be about 30% of their income with a Section 8 Housing Choice voucher. These vouchers can be combined with other forms of subsidies. The voucher will not help pay for security deposits or home modifications.

- **Eligibility Requirements:**
 - Consumer must have a credit check
 - Consumer must have a criminal background check; certain convictions will prevent someone from qualifying for a voucher
 - Consumer's income must fall within the range set by the U.S. Department of Housing and Urban Development
- **Process:** Fill out an application with your local housing agency. Housing agencies do not accept Section 8 applications all the time – the times they will accept them must be publicly posted or you can call your housing authority for more details. Applications for the Cumberland County Housing and Redevelopment Authority must be completed on line at www.cchra.com.

SUBSIDIZED BUILDINGS AND UNITS

Subsidized buildings and units are rental properties that cost less than the average rent in an area. Some units have a standard rent amount while other units have a rent based on the tenant's income. Some units will accept a Section 8 voucher in addition to their subsidy. Many buildings and units will have a waiting list.

- **Eligibility Requirements:**
 - Credit check; some units require a good credit history
 - Criminal background check; certain convictions will prevent someone from qualifying for a unit
 - Consumer's income must fall within the range set by the building or unit
 - Some buildings may have requirements that are specific to that building; consumers should call to find out the specific requirements
- **Process:** Applications must be filled out for each building or unit a consumer is interested in renting. A list of subsidized properties is available by contacting PA Housing search at 1-877-428-8844 or visiting their website at www.pahousingsearch.com. The U.S. Department of Housing and Urban Development also has a useful website at www.hud.gov. For properties managed by the Cumberland County Housing and Redevelopment Authority applications must be completed on line at www.cchra.com.

TRANSPORTATION

MEDICAL ASSISTANCE TRANSPORTATION PROGRAM (MATP)

MATP provides transportation to medical services for Medical Assistance consumers who do not have other transportation available to them. These transportation services are provided through county governments. The counties either provide transportation services directly or hire a transportation provider, depending on the transportation resources available in a county. The transportation available may include tickets or tokens to ride public transportation, mileage reimbursement for use of a private care or para transit / shared ride services.

Transportation is available to almost any service that MA pays for. MATP does not include emergency or other transportation via ambulance, transportation to sheltered workshops, day care programs, transportation for visitation purposes, or transportation to non-medical services. Transportation during severe weather conditions may be canceled.

- **Eligibility Requirements:** Consumer must receive Medical Assistance / Medicaid
- **Process:** Contact Rabbit transit : 1-800-632-9063 to complete an application or visit www.rabbittransit.org
- A list of local providers is available at: matp.pa.gov

SHARED-RIDE TRANSPORTATION PROGRAM (PERSONS AGE 65 & OVER)

This program provides reduced fare transportation services to eligible older persons utilizing shared-ride transportation services. The Pennsylvania Lottery pays 85% of the existing shared-ride fare. Local Area Agencies on Aging also may subsidize this service for persons age 60 to 64.

- **Eligibility Requirements:** Age 65 or older
- **Process:** Contact Rabbit transit : 1-800-632-9063 to complete an application or visit www.rabbittransit.org
- You can also contact the Shared Ride Program at the Bureau of Public Transportation, telephone 717-783-8025

SHARED-RIDE TRANSPORTATION PROGRAM (PERSONS WITH DISABILITIES)

The Pennsylvania Department of Transportation provides funding to local transportation providers for this service. This funding is not to replace any other existing funding sources. If you live within $\frac{1}{4}$ of a mile from public transportation route and your destination is also within $\frac{1}{4}$ of a mile of public transportation route, you must call the public transportation provider for the Special Efforts Transportation (SET) service.

- **Eligibility Requirements:** Under age 65 and have a verified disability as defined by the ADA, either temporary or permanent
- **Service Area:** Capital Area Transit (CAT) provides service in the urbanized area of Cumberland County. Raider Regional Transit (RRT) provides service in the Shippensburg area. rabbittransit provides services in the rural areas of the County.
- **Process:**
 - Contact Capital Area Transit Special Efforts Transportation (SET) service at 717-232-6100 or 1-800-303-1904 or www.cattransit.com/services/share-a-ride/set-ada-service
 - Contact Raider Regional Transit at 717-530-8891 or www.ship.edu/rrt
 - Contact Rabbit transit 1-800-632-9063 to complete an application or visit www.rabbittransit.org

UTILITIES

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

The Pennsylvania Low Income Home Energy Assistance Program helps low income people pay their heating bills through energy assistance grants. You can rent or own your home to qualify. Additional money is available to individuals if they have an emergency situation and are in jeopardy of losing their heat. These include broken heating equipment or leaking lines, lack of fuel, termination of utility service, or danger of being without fuel or having utility service terminated.

- **Eligibility Requirements:**
 - Income guidelines apply
 - Must provide the name, date of birth, SSN, and proof of income for **all** household members
 - Must provide a copy of a recent heating bill
- **Process:** Applications for LIHEAP are accepted during the published LIHEAP program dates in the fall and winter of each year. The Department of Human Services (DHS) may extend or shorten the program depending

upon availability of Federal funds. Online applications for the cash benefits portion of LIHEAP are available on COMPASS when each LIHEAP season begins. Interested consumers can contact their local County Assistance Office for more information. To apply for LIHEAP, you may apply online at www.compass.state.pa.us or fill out a printed application at Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: Phone 717-240-2700 or Toll Free 1-800-269-0173 or Fax 717-249-0919.

CRIMINAL JUSTICE AND LEGAL SERVICES

LEGAL SERVICES

If you are a Pennsylvania resident who needs help with a legal matter and cannot afford an attorney, legal services can help. Legal services are available for legal needs such as:

- a victim of domestic violence in need of a protection order
 - a tenant being wrongfully evicted
 - a victim of a consumer scam
 - a family facing a mortgage foreclosure
 - a parent fighting for child custody
 - a person fighting for disability benefits or other public benefits
 - many other needs
- **Eligibility Requirements:** Income limit of 125% of the Federal Poverty Guidelines
 - **Process:** Pennsylvania Legal Aid Network can help consumers find information about available legal assistance and the office nearest you: 717-236-9486 or 1-800-322-7572 or www.palegalaid.net
 - The legal services program in Cumberland County is MidPenn Legal Services, 401 E. Louthier St., Suite 103, Carlisle, PA 17013: 717-243-9400 or 1-800-822-5288 or www.midpenn.org

HEALTH CARE

HEALTH SUPPORTIVE SERVICES

APPRISE

APPRISE is a free health insurance counseling program designed to help Pennsylvanians understand Medicare and Medicaid related issues. Trained counselors are available to educate make suggestions and advocate for consumers regarding Medicare related concerns.

- **Eligibility Requirements:**
 - Individuals new to Medicare: age 65 or receiving disability benefits for 24 months
 - Current beneficiaries
 - Family members assisting beneficiaries
- **Process:** There are no costs associated with this program. Contact your local Area Agency on Aging.
- Cumberland County residents can contact Cumberland County Aging and Community Services: 717-240-6110 or 1-888-697-0371, ext. 6110
- The APPRISE program also offers volunteer opportunities for any individual interested in assisting beneficiaries. Free training offered by the State and there is a minimal commitment of 4 hours per month.

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

CHIP is Pennsylvania’s program to provide quality health insurance for children of working families who otherwise could not afford it.

- **Eligibility Requirements:**
 - NOT eligible for Medicaid or have any other health insurance
 - Under age 19
 - U.S. citizen, legal alien, or refugee
 - Pennsylvania resident for at least 30 days, except for a newborn
 - Based on family size and annual household income
- **Process:** Application can be accessed for this program through COMPASS at www.compass.state.pa.us or by calling 1-800-986-KIDS, or www.chipcoverspakids.com

PENNSYLVANIA MEDICAL ASSISTANCE PROGRAM (MA or Medicaid)

This program provides health insurance to low-income uninsured Pennsylvanians.

- **Eligibility Requirements:**
 - The following income must be reported:
 - Wages (the CAO will determine allowable deductions)
 - Dividends
 - Veteran’s benefits
 - Spouse’s income if living with consumer
 - The following resources must be reported:
 - Cash
 - Stocks and bonds
 - Life insurance
 - Non-resident property
- **Process:** To apply, contact the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or FAX 717-249-0919 or apply online through COMPASS at www.compass.state.pa.us. Medical Assistance applications also can be made through the PA Customer Service Center at 1-866-550-4355

PA ENROLLMENT SERVICES

PA Enrollment Services helps people with Medical Assistance choose a doctor and a health plan.

- Health plans serving MA consumers in Cumberland County
 - Aetna: 1-866-638-1232
 - AmeriHealth Mercy: 1-888-991-7200
 - Gateway Health Plan: 1-800-392-1147
 - United Healthcare: 1-800-414-9025
 - UPMC for You: 1-866-353-4345
- **Process:** For help in selecting a health plan, contact PA Enrollment Services: 1-800-440-3989 or www.enrollnow.net

INCOME SUPORT AND EMPLOYMENT

MEDICAL ASSISTANCE FOR WORKERS WITH DISABILITIES (MAWD)

For people with disabilities, finding a job or returning to work can be a challenge. For a long time, one of the big obstacles to working was healthcare coverage. Earning too much money meant risking losing healthcare benefits. MAWD lets Pennsylvanians with disabilities take a fulfilling job, earn more money, and still keep their full medical benefits. With MAWD, a consumer can keep Medicaid while they work, even if their earnings increase above the limits for other programs. Under MAWD, consumers pay a monthly premium for their coverage. Their premium is 5% of their countable monthly income.

- **Benefits include:** Doctor visits, durable medical equipment, prescription drugs, emergency care, mental health services, dental services, drug and alcohol treatment, hospital stays, rehabilitation services, Hospice services, medical transportation services.
- **Eligibility Requirements:**
 - Consumer must be between 16 and 65 years of age
 - Consumer must be employed and receiving compensation
 - Consumer must have a disability that meets the Social Security Administration's standards
 - Consumer must have a countable income below 250% of the Federal Poverty Guidelines
 - Consumer must have \$10,000 or less in countable resources (excluding resident property and one automobile)
- **Process:** To apply, contact the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

OFFICE OF VOCATIONAL REHABILITATION (OVR)

The Department of Labor and Industry, Office of Vocational Rehabilitation provides individualized services to assist people with disabilities to pursue, obtain, and maintain satisfactory employment. An OVR counselor can help each consumer select employment goals and develop a comprehensive strategy so that they can find the type of job that meets their needs. OVR placement services are provided at no cost to eligible individuals with disabilities.

- **Specific services that may be available include:**
 - Diagnostic Services, Vocational Evaluation, Vocational Rehabilitation Counseling and Guidance, Restoration Services
 - Training, Placement, Post Employment Services
 - Support services are provided if necessary for you to start your career or retain your employment
- **Eligibility Requirements:**
 - You have a disability, that is, a physical, mental or emotional impairment which results in a substantial impediment to employment, you can benefit in terms of an employment outcome from services provided, and you need multiple vocational rehabilitation services over an extended period of time.
 - Vocational rehabilitation services are required for you to prepare for, enter, engage in, or retain gainful employment.
- **Process:** Contact a Rehabilitation Counselor at OVR, Forum Place, 555 Walnut Street, 8th Floor, Harrisburg, PA 17101: 717-787-7834 or 1-800-442-6352

PA CAREERLINK®

PA CareerLink® is an Internet-based system of services for employers and job seekers, supported by a network of professionally staffed offices across Pennsylvania. The system offers online access to a wealth of information,

including labor-market data, state and federal job banks, government services, veterans' employment services and education and training programs. Job seekers can search for jobs, post resumes, access training opportunities, research the job market and much more.

- **Eligibility Requirements:** Services are available to all job seekers who have a legal right to work in the U.S.
- **Process:** Contact PA CareerLink® Cumberland County, 1 Alexandra Court, Carlisle, PA 17015: 717-243-4431 or 717-243-7767 (Fax) or www.jobgateway.pa.gov

TICKET TO WORK PROGRAM

Ticket to Work is a program for people who receive SSDI benefits and SSI benefits because of disability or blindness. The program offers the consumer choices in getting the services they need to go to work or earn more money. The program removes some of the barriers that force consumers to choose between health care and employment. Once a consumer has a "ticket," they take it to OVR or an Employment Network, both of whom will help to develop a plan to go to work and then provide needed services.

- **Eligibility Requirements:**
 - Receiving SSDI or receiving SSI because of disability or blindness
 - Ages 18-64
 - Must not be medically expected to improve or must have undergone a Continuing Medical Review in the last 12 months
- **Process:** Contact a Rehabilitation Counselor at OVR, Forum Place, 555 Walnut Street, 8th Floor, Harrisburg, PA 17101: 717-787-7834 or 1-800-442-6352

PUBLIC ASSISTANCE PROGRAMS

CASH ASSISTANCE (TANF)

Pennsylvania offers cash assistance to low-income families. Temporary Assistance for Needy Families (TANF) provides money for dependent children, parents, or other relatives with whom they live, and for pregnant women. TANF receipt is limited to 60 months in a recipient's lifetime. General Assistance (GA) was terminated by the Commonwealth effective August 1, 2012.

- **Eligibility Requirements:**
 - TANF consumers cannot have more than \$1000 in resources for one or more people
 - Recipients must be U.S. citizens or certain non-citizens lawfully admitted as residents
 - Recipients must be Pennsylvania residents
 - Recipients must provide a Social Security Number
 - Adult recipients are required to seek employment or participate in an employment training program. Some recipients may be exempt from this requirement due to personal circumstances
 - Adult recipients are required to sign an Agreement of Mutual Responsibility (AMR) and follow through with the plans on this. An AMR is a written plan of action that describes what the recipient will do to work toward self-sufficiency.
- **TANF eligibility for children:**
 - Under 18, or 18 and a full-time student in a secondary school or the equivalent level of technical school
 - Living with and cared for by a relative
 - Deprived of support or care because of the death of, or the incapacity, continued absence, or unemployment of a parent
- **Process:** To apply, contact the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) -

Supplemental Nutrition Assistance Program benefits are used to buy food and help low-income households obtain more nutritious diets by increasing the food purchasing power for all eligible participants. The amount of the food stamp reward is determined by the consumer's income.

- **Eligibility Requirements:**
 - Consumers must have limited resources based on household composition
 - Consumers must meet the monthly income requirements. For more details visit: www.dhs.state.pa.us/foradults/supplementalnutritionassistanceprogram/index.htm
 - Consumers must be a resident of Pennsylvania
 - Consumers must provide proof of identity
 - Able bodied consumers must meet certain work requirements
 - Consumers must provide a Social Security Number or apply for one
 - Consumers must be U.S. citizens or a qualified non-citizens
- **Process:** To apply, contact the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

SOCIAL INSURANCE PROGRAMS

PENNSYLVANIA UNEMPLOYMENT COMPENSATION (UC) PROGRAM

Unemployment Compensation is money paid to people who have lost a job through no fault of their own. It is temporary income meant to help make ends meet while people look for a job.

- **Eligibility Requirements:**
 - Previously employed in a job covered by Unemployment Compensation
 - Loss of employment through no fault of the employee
- **Process:** Contact the Pennsylvania Unemployment Compensation Service Center at 1-888-313-7284 or 1-888-334-4046 (TTY) or 717-704-8474 (Videophone, Wednesdays from noon to 4:00 pm) or www.uc.pa.gov

PENNSYLVANIA WORKERS' COMPENSATION (WC) PROGRAM

The Pennsylvania Workers' Compensation Act provides benefits for workers who sustain a job injury or work-related illness. Benefits can cover medical expenses wage-lost compensation and death benefits for survivors.

- **Eligibility Requirements:**
 - Employed in a job that provides Workers' Compensation benefits through a private insurance company or through the State Workers' Insurance Fund
 - Sustain a work-related illness, injury or disease that is not self-inflicted and not caused by the employee's violation of the law. An injury or death caused by intoxication also may not be covered.
- **Process:** Immediately report any work-related injury or illness to your employer or supervisor. Information on the Pennsylvania Workers' Compensation Program may be obtained by contacting the Pennsylvania Department of Labor and Industry: 717-772-4447 or 1-800-482-2383 or 1-800-362-4228 (TTY) or www.portal.state.pa.us/portal/server.pt/community/workers%27_compensation/10386/about_workers%27_compensation/552721

INDIVIDUAL AND FAMILY LIFE

INDIVIDUAL AND FAMILY SUPPORT SERVICES

INFANT, TODDLERS, AND FAMILIES WAIVER (EARLY INTERVENTION)

Infants, Toddlers, and Families Waiver, which also is called Early Intervention provides services to children from birth to age three who have a delay in development as determined by an evaluation. Services include habilitation by qualified professionals with family/caregiver participation.

- **Specific services may include:**
 - Physical therapy
 - Occupational therapy
 - Speech therapy
 - Hearing services
 - Nutrition
 - Vision
 - Special instruction
 - Assistive technology
- **Eligibility Requirements:**
 - Children between birth and age three who have a developmental delay
 - Families at any level of income are eligible for services
- **Process:** Contact Cumberland / Perry Mental Health / Intellectual Disabilities at 717-240-6320 or 1-888-697-0371, ext. 6320 or www.ccpa.net/3808/Early-Intervention-Birth-to-Age-3

SPECIAL KIDS NETWORK SYSTEM OF CARE

Special Kids Network System of Care links callers to health care products, training, recreation, social services, counseling, support, advocacy, and therapy for children and youth with special health care needs. It also can help identify local needs and assist communities in improving services for children and youth with special health care needs and their families.

- **Eligibility Requirements:** All families with children and youth who have special health care needs.
- **Process:** Call the Special Kids Network at 1-800-986-4550. On-line information is available at: <http://www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Special%20Kids%20Network/Pages/default.aspx#.V0MD1PkrLcs>

PA ABLE

- **The Pennsylvania ABLE Savings Program (PA ABLE) is a low cost savings vehicle that allows people with disabilities and their families to have greater control of their finances and to plan for a more financially secure future.**
PAABLE.gov 855-529-2253

MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

MENTAL HEALTH EVALUATION AND TREATMENT

COUNTY MENTAL HEALTH SYSTEM

Community mental health services are administered through County Mental Health/Intellectual and Developmental Disabilities (MH/IDD) offices. These offices are part of county government and are overseen by a county MH/IDD administrator. Most County mental health services are delivered by local agencies under contract with the County MH/IDD office. Access to mental health services is provided by a Case Management

Agency or Base Service Unit, which determines a person's eligibility for service funding, assesses the need for treatment or other resources, and makes referrals to appropriate programs, treatment, and/or other services.

- **Eligibility Requirements:** Mental Health diagnosis

- **Process:** Contact one of the following Base Service Units and ask for Intake:
 - Merakey, 33 State Ave., Carlisle, PA 17013: 717-243-6033
 - Holy Spirit Behavioral Health Center, 503 N. 21st St., Camp Hill, PA 17011: 717-763-2219

BEHAVIORAL HEALTH PROGRAM (MEDICAL ASSISTANCE)

Under the behavioral health component of the Medical Assistance HealthChoices program, counties are responsible for ensuring high quality care and timely access to appropriate mental health and drug and alcohol services and to facilitate effective coordination with other needed services. Counties may provide these services directly or through a contracted Private Sector Behavioral Health Managed Care Organization (BH-MCO).

- **Services include:**
 - Inpatient psychiatric hospital services, except when provided in a state mental hospital
 - Inpatient drug and alcohol detoxification
 - Non-hospital residential detoxification
 - Rehabilitation and half-way house services for drug/alcohol abuse or dependence
 - Psychiatric outpatient clinic
 - Licensed psychologist and psychiatrist services
 - Drug and Alcohol outpatient services including Methadone Maintenance Clinic
 - Psychiatric partial hospitalization services
 - Family based mental health services for children and adolescents
 - Targeted case management, intensive case management and resource coordination
 - Behavioral health rehabilitation services (BHRS) for children and adolescents with psychiatric, substance abuse or intellectual / developmental disabilities
 - Mental Health residential treatment services for children and adolescents (JCAHO accredited and non-JCAHO)
 - Methadone when used to treat narcotic/opioid dependency and dispensed by an in-plan drug and alcohol services provider
 - Crisis intervention services (telephone and mobile with in-home capability)
 - Clozapine support services
 - Laboratory and diagnostic studies and procedures for the purpose of determining response to behavioral health medication and/or treatment ordered by Behavioral Health services providers acting within the scope of their license
- **Eligibility Requirements:** Members are enrolled in the County/BH-MCO that operates in their county of residence upon being determined eligible for Medical Assistance by the County Assistance Office.
- **Process:** To apply for Medical Assistance, you may apply online at www.compass.state.pa.us or fill out a printed application at Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: Phone 717-240-2700 or Toll Free 1-800-269-0173 or FAX 717-249-0919. Once the individual is determined eligible for Medical Assistance and becomes a member of HealthChoices, the member will receive a Member Handbook from the County/BH-MCO (1-888-722-8646) which explains benefits, rights and responsibilities under the HealthChoices Behavioral Health Program.

SUBSTANCE ABUSE SERVICES

COUNTY DRUG AND ALCOHOL PROGRAM

Community drug and alcohol programs are administered through a county program office called the Single County Authority (SCA). Licensed drug and alcohol treatment and other services are delivered by local provider agencies under contract with the county SCA. The county SCA determines a person's eligibility for funding, assesses the need for treatment or other services and makes referrals to appropriate programs for treatment and/or service needs. The SCA also can provide information about the resources available. Any costs to receive these services will be determined by the SCA based on the individual's ability to pay.

- **Eligibility Requirements:** Need for substance abuse services
- **Process:** Contact the Cumberland/Perry Drug and Alcohol Commission, Human Service Building, 16 West High Street, Carlisle, PA 17013: 717-240-6300 or 1-888-697-0371, ext. 6300

HEALTHCHOICES BEHAVIORAL HEALTH PROGRAM (MEDICAL ASSISTANCE)

Please refer to the description above under "Mental Health Evaluation and Treatment."

TARGET POPULATIONS

AGING WAIVER

The PDA (Pennsylvania Department of Aging) Waiver provides long-term care services to qualified older Pennsylvanians living in their home and community.

- **Services include:**

○ Attendant care	Companion services
○ Counseling	Environmental modifications
○ Extended physician services	Home delivered meals
○ Home health services	Home support services
○ Older adult daily living center	Personal care services
○ Personal Emergency Response System	Respite care
○ Specialized medical equipment and supplies	Transportation
- **Ageing Waiver Eligibility Requirements:**
 - 60 years old or older
 - Monthly gross income limits
 - Resource limits
 - Clinically eligible
 - Must be assessed as nursing facility clinically eligible (NFCE)
- **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com. Financial eligibility is determined by the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

CAREGIVER SUPPORT PROGRAM (CSP)

The CSP offers services to family caregivers caring for an elderly person or relative.

- **Services include:**

○ Specialized information and referral	Care management
○ Assessment of need	Respite care
○ Family consultation/care planning	Emergency response
○ Legal consultation	Caregiver education and training
○ Home modification/repair	Support groups
○ Financial assistance to purchase durable goods and supplies	

- **Eligibility requirements:** Consumers and family members must meet either the state or federal requirements, but not both.
 - State program requirements:
 - Family caregivers of functionally dependent adult age 60 and older or age 18-59 with dementia
 - There is NO requirement that caregivers and care receivers live together or be related
 - Federal program requirements:
 - Adult primary caregivers of functionally dependent adult age 60 and older with NO requirement that they live together or be related; or
 - Age 60 and older primary caregivers who are grandparents or other relatives of children age 18 and younger with the requirement that they be related and live together. This component is at the option of the state and is limited to a maximum of 10% of the program budget.
 - Household income guidelines apply.
- **Process:** Contact the Cumberland County Office of Aging and Community Services: 717-240-6110 or 1-888-697-0371, ext. 6110

OPTIONS SERVICES

The Options program offers home and community based services to older Pennsylvanians who need the assistance but are nursing facility ineligible (NFI) or are over the income limits for the Aging Waiver. There may be a cost share based on the consumer's income for this program. Counties may have a waiting list for this program.

- **Services include:**
 - Personal assistance services for daily living assistance
 - respite needs
 - Environmental modifications
- **Eligibility Requirements:**
 - 60 years or older
 - PA resident
 - Must have an Options assessment done
- **Process:** Contact the Cumberland County Office of Aging and Community Services: 717-240-6110 or 1-888-697-0371, ext. 6110

PACE & PACENET

The PACE and PACENET programs assist eligible Pennsylvania residents, age 65 or older who meet the program requirements, with the cost of their prescription medications. These programs offer comprehensive prescription coverage to older Pennsylvanians and cover most medications that require prescriptions. These programs do not cover over-the-counter medicines, medical equipment or doctor, hospital, dental or vision services.

- **Services:**
 - **PACE** consumers pay no monthly premium. Consumers will pay no more than a \$6 co-payment for generic drugs and a \$9 co-payment for single-source brand name drugs.
 - **PACENET** consumers pay a monthly premium. Consumers will pay no more than an \$8 co-payment for generic drugs and a \$15 co-payment for single-source brand name drugs.
- **Eligibility Requirements:**
 - **PACE:**
 - 65 years or older
 - Pennsylvania resident for 90 days prior to applying
 - Cannot be enrolled in the Medicaid prescription benefit
 - Previous calendar year's income limits

- **PACENET:**
 - 65 years or older
 - Pennsylvania resident for 90 days prior to applying
 - Cannot be enrolled in the Medicaid prescription benefit
 - Previous calendar year's income limits
- **Process:** Applications can be submitted online at pacecares.magellanhealth.com or can be printed from the same website. Applicants must provide age, residency, and income documentation. Consumers also can apply through the Cumberland County Office of Aging and Community Services: 717-240-6110 or 1-888-697-0371, ext. 6110

DISABILITIES AND HEALTH CONDITIONS

ATTENDANT CARE ACT 150 PROGRAM

The purpose of the Pennsylvania Attendant Care Act 150 Program is to enable eligible consumers to live independently. Eligible consumers are those who have a physical disability, are aged 18-59, are mentally alert and are able to manage their own services. This Program provides the same services that are available through the Attendant Care Waiver, but includes a cost share component for consumers who may exceed eligibility limits for the Waiver Program or who are not nursing facility level of care eligible. Waiver eligibility must be explored before Attendant Care Act 150 services are considered.

- **Services:**
 - Assistance with transfers from bed, wheelchair, and/or motor vehicle
 - Assistance with routine bodily functions, including but not limited to bathing and personal hygiene, dressing and grooming and eating, including meal preparation and clean up
 - Health maintenance activities
 - Ancillary services
 - Homemaker type services such as shopping and cleaning
 - Assistance with miscellaneous services such as errands, shopping, reading/writing and routine appointments
 - Companion-type services
- **Eligibility Requirements:**
 - Ages 18-59
 - Consumer must be mentally alert
 - Have a physical disability that will last at least 12 months or result in death and require assistance to complete functions of daily living, self-care, and mobility
 - Pennsylvania resident
 - U.S. citizen or lawful alien
 - Capable of selecting, supervising, and if needed, firing an attendant
 - Capable of managing their own financial and legal affairs
- **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com

ATTENDANT CARE WAIVER

The purpose of the Pennsylvania Attendant Care Program is to enable eligible consumers to live independently. Eligible consumers are those who have a physical disability, aged 18-59, and are mentally alert and able to manage their own services.

- **Services include:**
 - Assistance with transfers from bed, wheelchair, and/or motor vehicle
 - Assistance with routine bodily functions, including but not limited to:
 - Bathing and personal hygiene, Dressing and grooming, Eating, Health Maintenance Activities
 - Ancillary services
 - Homemaker type services such as shopping, meal preparation and cleaning
 - Assistance with miscellaneous services such as errands, shopping, reading/writing and routine appointments
- **Eligibility Requirements:**
 - Ages 18-59
 - Consumer must be mentally alert
 - Pennsylvania resident
 - U.S. citizen or lawful alien
 - Monthly gross limits
 - Resource limits
 - Must have a medically determined physical disability which can be expected to last for a continuous period of not less than 12 months or result in death and require assistance to complete functions of daily living, self-care and mobility
 - Capable of selecting, supervising, and if needed, firing an attendant
 - Capable of managing their own financial and legal affairs
 - Must be eligible for nursing facility level of care
- **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com. Financial eligibility is determined by the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

BUREAU OF BLINDNESS AND VISUAL SERVICES (BBVS)

The BBVS assists Pennsylvanians who are blind or visually impaired to work and maintain independent lives. BBVS has six district offices which provide a wide range of services.

- **Services include:**

○ Vocational Rehabilitation	Rehabilitation Teaching
○ Orientation and Mobility Instruction	Business Enterprise Program
○ Specialized Services Program for Children and Adults	Independent Living Program for the Older Blind
○ Job Search Assistance	
- **Eligibility Requirements:** Consumers who are blind or have a visual impairment. Each program has established eligibility criteria that must be met by the applicant.
- **Process:** Contact your local Blindness and Visual Services Office:
 - Altoona: 1-866-695-7673
 - Erie: 1-866-521-5073
 - Harrisburg: 1-866-375-8264
 - Philadelphia: 1-866-631-3892
 - Pittsburgh: 1-866-412-4072
 - Wilkes-Barre: 1-866-227-4163

COMMCARE WAIVER

The COMMCARE Waiver is a home and community based waiver program that provides services to individuals with traumatic brain injury (TBI) to allow them to live in the community and remain as independent as possible.

- **Services include:**

Aging and Disability Resources Handbook

- Behavioral Specialist Consultant
 - Behavioral Therapy (Coaching/Cueing)
 - Community Integration
 - Counseling (Consumer and Family)
 - Environmental Adaptations
 - Physical Therapy
 - Speech Therapy
 - Habilitation and Support
 - Non-medical Transportation
 - Personal Emergency Response System
 - Respite
 - Supported Employment Services
 - Specialized Medical Equipment/Supplies and Assistive Technology
 - Chore Services
 - Cognitive Therapy
 - Community Transition Services
 - Educational Services
 - Extended State Plan Services
 - Occupational Therapy
 - Part-time Nursing
 - Night Supervision
 - Personal Care Services
 - Prevocational Services
 - Service Coordination
 - Structured Day Program
- **Eligibility Requirements:**
 - Monthly gross income limits
 - Age 21 or older
 - Must have a primary diagnosis of TBI
 - Requires a Special Rehabilitation Facility (SRF) level of care, as determined by a doctor
 - Cannot be dependent on mechanical ventilation supports
 - Disability must result in substantial functional limitation in 3 or more of the following major life activities: Mobility, Behavior, Communication, Self-care, Self-direction, Capacity for Independent Living, Cognitive capacity
 - **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com. Financial eligibility is determined by the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

CONSOLIDATED WAIVER FOR INDIVIDUALS WITH IDD

The consolidated waiver provides services to eligible persons with Intellectual / Developmental Disabilities (IDD) so that they can remain in the community.

- **Services include:**
 - Homemaker/Chore
 - Home and Community Habilitation
 - Prevocational Services
 - Job Support
 - Environmental Accessibility Adaptations
 - Nursing
 - Home Finding
 - Adaptive appliances and equipment
 - Respite/Family Aid
 - Licensed Residential Habilitation
 - Job Finding
 - Transitional Work Services
 - Transportation
 - Behavior Therapy
 - Visual/Mobility therapy
- **Eligibility Requirements:**
 - Age 3 and older
 - Diagnosis of Intellectual / Developmental Disabilities
 - Resource limits
 - Monthly gross income limits
 - Requires an Intermediate Care Facility level of care
- **Process:** Call Cumberland & Perry MH/IDD: 717-240-6320 or 1-866-240-6320

HIV ANONYMOUS COUNSELING AND TESTING SITES

The Pennsylvania Department of Health has designated offices and agencies throughout the

Commonwealth where individuals can access free and anonymous HIV counseling and testing services.

- **Services:** Free and anonymous HIV counseling and testing
- **Eligibility Requirements:** None
- **Process:** Contact one of the following sites in Cumberland County:
 - Carlisle Clinic Services, 117 N. Hanover St., Carlisle, PA 17013: 717-245-5433
 - Cumberland County State Health Center, 431 E. North St., Carlisle, PA 17013: 717-243-5151Information also is available through the Pennsylvania Department of Health AIDS Factline at 1-800-662-6080 or www.portal.state.pa.us/portal/server.pt/community/hiv_aids/14241/hiv_anonymous_counseling_and_testing_sites/557955

INDEPENDENCE WAIVER

The Independence Waiver is a home and community based waiver program that provides services to persons with physical disabilities to allow them to live in the community and remain as independent as possible.

- **Services Include:**
 - Community Integration Services
 - Education Services
 - Extended State Plan Services
 - Occupational Therapy
 - Speech Therapy
 - Non-medical transportation
 - Respite Services
 - Assistive Technology/Specialized Medical Equipment and Supplies
 - Community Transition Services
 - Daily Living Services
 - Environmental Adaptations
 - Behavioral Therapy
 - Physical Therapy
 - Visiting Nurse
 - Personal Emergency Response Systems
 - Service Coordination
- **Eligibility Requirements:**
 - Monthly gross income limits
 - Resource limits
 - Age 18 and older
 - Require nursing facility level of care, as determined by a doctor
 - Primary diagnosis is not mental health or intellectual / developmental disabilities
 - Severe physical disability which is likely to continue indefinitely and results in substantial functional limitation in 3 or more major life activities such as Mobility, Communication, Self-care, Self-direction, Capacity for Independent Living or Learning
- **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com. Financial eligibility is determined by the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SERVICES (NON-MEDICAID)

Community Intellectual and Developmental Disabilities (IDD) services are accessed through the 45 county Mental Health/ Intellectual and Developmental Disabilities Programs that cover all 67 Pennsylvania counties. County IDD offices provide intake and case management services and either contract for or provide directly a wide variety of community-based in-home, residential, day services and community supports. The Intellectual and Developmental Disabilities system emphasizes home-based and community services that are individualized and community integrated.

- **Eligibility Requirements:** All residents of Pennsylvania with intellectual and developmental disabilities and their families are eligible, regardless of age.
- **Process:** Contact Cumberland/Perry MH/IDD at 717-240-6320

NURSING HOME TRANSITION

Pennsylvania's Nursing Home Transition Project helps eligible nursing home residents safely return to a more self-sufficient lifestyle by providing home and community-based support services.

- **Eligibility Requirements:**
 - Reside in a Long Term Care Facility
 - All potential candidates will be counseled by a Nursing Home Transition coordinator to determine further eligibility. This includes ensuring the consumer wants to relocate and understands the potential issues that may occur due to residing in a less structured environment.
- **Process:** Consumers under age 60 should contact the Center for Independent Living of Central PA (CILCP), 207 House Avenue, Camp Hill, PA 17011: Phone 717-731-1900 or Toll Free 1-800-323-6060 or TTY 717-737-1335. Consumers aged 60 and older should contact Cumberland County Aging and Community Services, 1100 Claremont Road, Carlisle, PA 17015: 717-240-6110 or 1-888-697-0371, ext. 6110.

OBRA WAIVER

The OBRA Waiver is a home and community based waiver program that provides services to people with developmental disabilities to allow them to live in the community and remain as independent as possible.

- **Services include:**

○ Adult Day Services	Community Integration Services
○ Community Transition Services	Daily Living Services
○ Education Services	Environmental Adaptations
○ Extended State Plan Services	Behavioral Therapy
○ Occupational Therapy	Physical Therapy
○ Speech Therapy	Visiting Nurse
○ Non-medical Transportation	Personal Emergency Response Systems
○ Prevocational Services	Respite Services
○ Service Coordination	Supported Employment Services
○ Assistive Technology/Specialized Medical Equipment and Supplies	
- **Eligibility Requirements:**
 - Monthly gross income limits
 - Resources limits
 - Must have a developmental disability (onset prior to age 22)
 - Age 18 or older
 - Disability must result in substantial functional limitations in at least three or more of the following major life activities: Mobility, Communication, Self-care, Self-direction, Capacity for Independent Living, Learning
 - Require an Intermediate Care Facility for Persons with Other Related Conditions level of care, as determined by a doctor
 - Primary diagnosis cannot be mental health disabilities
- **Process:** Contact the PA Independent Enrollment Broker at 1-877-550-4227 or www.paieb.com. Financial eligibility is determined by the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013: 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax) or apply online through COMPASS at www.compass.state.pa.us

OFFICE FOR THE DEAF AND HARD OF HEARING (ODHH)

The Office for the Deaf and Hard of Hearing (ODHH) office provides information, referral, and advocacy to adults and children who are deaf or hard of hearing, their employers, relatives, friends, physicians, lawyers, and counselors. The office provides information on issues which concern people with hearing loss and on programs

and funding that will provide the tools and training our clients and those close to them need. The office can refer people to appropriate organizations. The office has a long list of providers able to meet challenges and needs. ODDH stands ready to serve as liaison, to open doors, explain procedures and make referrals. Finally, the office can advocate for people with hearing loss who are not receiving proper services from government or private agencies.

- **Eligibility Requirements:** People who are deaf, deaf-blind or hard of hearing
- **Process:** Contact the Office for the Deaf and Hard of Hearing: 717-783-4912 (Voice / TTY) or 1-800-233-3008 (Voice / TTY) or 717-783-4913 (FAX)

PENNSYLVANIA INITIATIVE ON ASSISTIVE TECHNOLOGY (PIAT)

A statewide program affiliated with the Temple University Institute on Disabilities that is designed to improve access to and the acquisition of Assistive Technology (AT) devices and services.

- For general inquiries about Assistive Technology, contact PIAT at 1-800-204-7428 (Voice) or 1-866-268-0579 (TTY) or disabilities.temple.edu/programs/assistive/piat
- For the Changing Hands Assistive Technology and home medical equipment recycling program, contact UCP Central PA at 717-737-3477 (Voice) or 1-800-998-4827 (Toll free) or 717-737-3564 (TTY) or www.changinghandscentralpa.org
- For the Assistive Technology Demonstration Center, which provides hands-on opportunities to explore various Assistive Technology devices, contact UCP Central PA at 717-737-3477 (Voice) or 1-800-998-4827 (Toll free) or www.ucpcentralpa.org
- For the Recycled Equipment Exchange Program (REEP), which allows individuals to sell, donate and purchase Assistive Technology equipment, go to piat.reep.ioddev.org/home.php
- For the Telecommunication Device Distribution Program, which provides free specialized equipment to persons who have disabilities that prevent them from using regular telephone equipment, contact PIAT at 1-800-204-7428 (Voice) or 1-866-268-0579 (TTY) or www.disabilities.temple.edu/tddp

PENNSYLVANIA RELAY SERVICE (PA 7-1-1)

The Pennsylvania Relay Service is a phone service regulated by the Public Utility Commission that offers three ways to connect using the telephone for persons who are deaf, hard of hearing or speech disabled: Traditional Relay, Video Relay, and Internet Relay. Each conversation is relayed by a skillfully trained Communications Assistant, or CA, who follows a strict code of ethics and confidentiality. PA Relay is available 24-hours a day, seven days a week and virtually eliminates the difficulty in communicating by telephone.

- **Eligibility:** Anyone can use the service. People who are deaf or hard of hearing may use a TTY machine. Deaf and blind people may use a TTY machine fitted with Braille output. Persons who are speech disabled may use one of the variations described above.
- **Process:**
 - Questions: Call 1-800-682-8706 or 1-800-682-8786 (TTY) or go to www.parelay.net
 - To place an actual relay call: Dial 7-1-1 or 1-800-654-5988 and follow the prompts

PERSON/FAMILY DIRECTED SUPPORT WAIVER FOR INDIVIDUALS WITH IDD (P/FDS)

The P/FDS waiver provides services to eligible persons with Intellectual / Developmental Disabilities (IDD) so that they can remain in the community.

- **Services include:**

○ Homemaker/Chore	Respite/Family Aid
○ Home and Community Habilitation	Community Habilitation
○ Prevocational Services	Job Finding
○ Job Support	Transitional Work Services
○ Environmental Accessibility Adaptations	Transportation

Aging and Disability Resources Handbook

- Nursing
- Visual/Mobility therapy
- Behavior Therapy
- Adaptive appliances and Equipment
- **Eligibility Requirements:**
 - Monthly gross income requirements
 - Resource limits
 - Intellectual / Developmental Disabilities diagnosis
 - Ages 3 or older
 - IDD community residential services not required
 - Consumer must be eligible for an Intermediate Care Facility level of care (this will be determined by the local IDD office)
- **Process:** Call Cumberland & Perry MH/IDD: 717-240-6320 or 1-866-240-6320

SPECIAL PHARMACEUTICAL BENEFITS PROGRAM (SPBP)

A program for low and moderate income individuals and families that helps pay for specific drug therapies used for the treatment of persons with HIV/AIDS or a DSM IV diagnosis of schizophrenia.

- **Eligibility Requirements:**
 - Consumer must be a resident of Pennsylvania and not institutionalized
 - Income limit is \$35,000 for individuals, with an allowance of \$2,893 for each additional applicable family member.
 - Medical need for SPBP covered drugs as indicated:
 - A diagnosis of HIV/AIDS should be written on the physician's prescription and/or copies of HIV/AIDS specific drug(s) prescriptions provided, or
 - Must have a medical need with a DSM diagnosis of schizophrenia. The prescription must include the DSM diagnosis, the ICD-9-CM diagnosis code number and the physician must sign and date the certification field on the back of the application
 - Consumer cannot be eligible for Medicaid
- **Process:** Applications available from community based AIDS service organizations, Department of Health clinics, hemophilia centers, some doctors' offices and pharmacies, and local mental health providers. Applications can also be printed from:
www.dhs.state.pa.us/provider/healthcaremedicalassistance/specialpharmaceuticalbenefitsprogram/index.htm
Or, contact the Cumberland County Assistance Office, 33 Westminster Drive, Carlisle, PA 17013:
1-877-395-8930, 717-240-2700 or 1-800-269-0173 or 717-249-0919 (Fax)

GLOSSARY OF TERMS & ACRONYMS

AAA – Area Agency on Aging

ACCESS Card – A card issued to a consumer that verifies eligibility for Medical Assistance benefits.

Act 150 – A State program that provides Attendant Care services to persons with disabilities who are not eligible for the Attendant Care Waiver program.

ADLs – Activities of daily living are the activities that one performs in the course of everyday living such as eating, dressing, brushing one's teeth, going to the bathroom, or bathing.

ADRC – Aging and Disability Resource Center, the name used nationally to identify organizations like the Cumberland Link to Aging and Disability Resources.

APPRISE – The Pennsylvania health insurance assistance program for older persons.

APS – Adult Protective Services to prevent and respond to incidents of abuse, neglect, or exploitation of persons ages 18 to 59.

Attendant Care – In-home personal assistance services provided to persons with physical disabilities in order for them to remain as independent as possible.

Attendant Care Waiver – A waiver program that provides services to persons ages 18 to 59 with physical disabilities in order for them to remain as independent as possible.

CAO – County Assistance Office.

CHIP – Children's Health Insurance Program.

CMS – Centers for Medicare and Medicaid Services in the U.S. Department of Health and Human Services.

COMMCARE Waiver – A waiver program that provides services to persons ages 21 and over with traumatic brain injury in order for them to remain as independent as possible.

COMPASS – Commonwealth of Pennsylvania Access to Social Services, a web-based information and on-line application program for state services in Pennsylvania. It can be accessed at www.compass.state.pa.us

Consolidated Waiver – A waiver program that provides services to persons ages 3 and over with Intellectual / Developmental Disabilities in order for them to remain in the community.

CPS – Child Protection Services to prevent and respond to incidents of child abuse or neglect.

Dementia – A loss of an individual's ability to think, remember, reason, or function that is severe enough to interfere with their daily activities. Dementia is not a disease, but a group of symptoms that can be caused by a variety of factors.

DHS – Pennsylvania Department of Human Services (formerly Department of Public Welfare or DPW).

Disability Rights Network of Pennsylvania (Formerly Pennsylvania Protection and Advocacy {PPA} and the Disability Law Project {DPL}): Offers advocacy and legal assistance for people living with disabilities

DSM-IV – The 4th edition of the Diagnostic and Statistical Manual, the official manual of mental health problems developed by the American Psychiatric Association.

EI – The Early Intervention Program provides services to children from birth to age three who have developmental delays. This program is also known as the **Infant, Toddlers, and Families Waiver**.

EPSDT – Early and Periodic Screening, Diagnosis, and Treatment services are provided to children under the Medical Assistance program.

GA – General Assistance, one of the categories under which an individual can qualify for Medical Assistance (This program was terminated effective August 1, 2012).

Federal Benefit Rate – The maximum dollar amount an individual can potentially receive in monthly Supplemental Security Income (SSI) benefits. It is set by the federal government and readjusted annually.

GOHCR – Governor's Office of Health Care Reform.

HCBS – Home and Community Based Services.

HIPAA – Health Insurance Portability and Accountability Act.

HUD – The U.S. Department of Housing and Urban Development.

- ICD-9-CM** – The 9th edition of the International Classification of Diseases, Clinical Modification contains the coding guidelines used by the U.S. Department of Health and Human Services.
- ICF/IDD** – Intermediate Care Facility for Intellectual / Developmental Disabilities is the residential equivalent for some waivers and is always determined by the local IDD office.
- ICF/ORC** – Intermediate Care Facility for Other Related Conditions is the residential equivalent for some waivers.
- I&R** – Information and Referral services.
- Independence Waiver** – A waiver program that provides services to persons ages 18 and over with physical disabilities in order for them to remain as independent as possible.
- JCAHO** – Joint Commission on the Accreditation of Healthcare Organizations.
- LIHEAP** – Low Income Home Energy Assistance Program.
- LOC** – Level of Care.
- LTC** – Long Term Care.
- MAWD** – Medical Assistance for Workers with Disabilities.
- MCO** – Managed Care Organization, a medical delivery system.
- Medicaid** – A health insurance program, sometimes called MA or Medical Assistance.
- Medicare** – A federally funded and administered health insurance program available to people who are ages 65 or older, who have a disability, or who have certain end stage illnesses.
- Medicare Part D** – The prescription drug benefit program for Medicare beneficiaries.
- MH/IDD** – Mental Health/Intellectual Developmental Disability Program.
- NFCE** – Nursing Facility Clinically Eligible is one of the levels of care that can be determined by the Options assessment. A qualification of NFCE does not mean the consumer will be placed in a nursing home.
- Nursing Home Transition** – A program that assists nursing home residents to arrange for Home and Community Based Services that will support their move to the community setting of their choice.
- OAPS** – Older Adult Protective Services to prevent and respond to incidents of abuse, neglect, or exploitation of persons age 60 and older.
- OBRA Waiver** – A waiver program that provides services to persons with a developmental disability that manifests itself before age 22 in order for them to live in the community and to remain as independent as possible. This program is also known as the Community Services Program for Persons with Physical Disabilities (CSPPPD).
- ODP** – The Office of Developmental Programs in the Department of Human Services.
- OLTL** – The Office of Long Term Living is the part of the Department of Human Services (DHS) that manages several Medicaid waivers for people with physical disabilities.
- Options Assessment** – An assessment to determine the level of care a consumer requires. Many waivers have level of care requirements.
- PACE** – Pharmaceutical Assistance Contract for the Elderly.
- PDA** – Pennsylvania Department of Aging.
- PDA Waiver** – A waiver through the Department of Aging that provides long-term care services to qualified persons ages 60 and over in order for them to remain living in their homes and communities.
- P/FDS Waiver** – The Person/Family Directed Support Waiver program that provides services to persons ages 3 and over with Intellectual / Developmental Disabilities in order for them to remain in the community.
- Poverty Guidelines** – The rate used by the federal government to determine poverty levels in the country. This rate is also used by many programs to establish financial eligibility.
- PP&A** – See **Disability Rights Network of Pennsylvania**
- Section 8 Vouchers** – Vouchers that offer a rental housing subsidy to individuals.
- SNF** – Skilled Nursing Facility.
- SRF** – Special Rehabilitative Facility is the institutional equivalent for the COMMCARE Waiver.
- SSDI** – Social Security Disability Insurance is an income support program for persons with Social Security coverage and serious disabilities.
- SSI** – Supplemental Security Income is a Federal income supplement program funded by general tax revenues.

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- TANF** – Temporary Assistance for Needy Families, a qualification category for Medical Assistance. TANF money helps to fund many programs other than MA.
- TBI** – A traumatic brain injury occurs when an outside force impacts the head hard enough to cause the brain to move within the skull or if the force causes the skull to break and directly hurts the brain.
- Ventilator or Technology Dependent** – Dependence on a medical device to replace or compensate for a vital bodily function and to avert immediate threat to life.
- Waiver** – A home and community based services program that is created when the Federal Government waives requirements of the Medical Assistance program so that a State can provide services outside of a facility.