

## California

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with the Myotonic Dystrophy Foundation. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Financial Resources

UCP One Stop Resource Guide: Includes access to resources including independent living, aging and disability benefits, financial resources, and more.

<http://www.ucpsacto.org/resources/one-stop-resource-guide/>

Triumph Foundation: Government Assistance Programs: A large list of different financial and disability resources ranging from healthcare to housing to transportation.

<https://triumphfoundation.org/resource/government-resources/#title>

## Employment

AbilityFirst: AbilityFirst provides opportunities for individuals with developmental disabilities to learn job skills, and find gainful employment.

<https://www.abilityfirst.org/programs/>

State of California Employment Development Department, Services for People with Disabilities: A large list of resources, training opportunities, disability resource coordinators, EDD resources, and more.

[http://www.edd.ca.gov/jobs\\_and\\_training/Services\\_for\\_People\\_with\\_Disabilities.htm](http://www.edd.ca.gov/jobs_and_training/Services_for_People_with_Disabilities.htm)

## Housing

Ambitions Disability Support Services: Ambitions provides a variety of support resources to those with disabilities, including adult care, residential home care, assisted living, and more. <http://www.ambitions.org/default.aspx>

## Miscellaneous

Assistance Dog Special Allowance Program: The ADSA program provides a monthly payment of \$50 to eligible persons who use a guide, signal, or service dog to help them with their disability-related needs. The allowance is to help pay the costs of food, grooming, and health care for the dog. <http://www.cdss.ca.gov/Assistance-Dogs>

California State Parks Disability Discount: Discounted California state park passes for those with disabilities. [http://www.parks.ca.gov/?page\\_id=1049](http://www.parks.ca.gov/?page_id=1049)

Disability Rights California: This PDF resource provides a wide range of information about disability rights and resources in California, including social security, benefits, how to apply, considerations for applying as an immigrant, and more. <http://www.disabilityrightsca.org/pubs/501401.pdf>

San-Francisco Based Resources Independent Living Resource Center of San Francisco: Offers advocacy, resources and support. Provides access to independent living resources, legal help and resources, community activities, and group resources. <http://www.ilrcsf.org/>

Human Services agency of SF, Community Living Fund: Community Living Fund case managers help clients evaluate all the possible funding sources and service options available to them. The Community Living Fund works to fill in the gaps so that seniors and adults with disabilities can live safely at home. <http://www.sfhsa.org/6662.htm>

Human Services agency of SF, Programs Serving Vulnerable Adults: San Francisco offers three programs for seniors and adults with disabilities who are substantially unable to provide for their own personal needs or financial needs, or who are disabled by mental illness. <http://www.sfhsa.org/368.htm>

Human Services agency of SF, Financial Assistance: If you are an unemployed, underemployed or disabled San Franciscan, there are a variety of cash aid assistance programs that can help you. Which program you qualify for depends on whether you are single or have children living with you, if you are able to work or are disabled, and your citizenship status. <http://www.sfhsa.org/159.htm>

Financial Assistance Available to Adults Without Children: <http://www.sfhsa.org/171.htm>

Institute on Aging: The Institute on Aging offers a wide variety of resources to the elderly and the disabled, including financial assistance and planning.

<https://www.ioaging.org/collaborations-elder-protection/aging-and-disability-resourcecentersadrc>

SF Mayor's Office on Disability: This page offers a variety of resources related to independent living for the disabled. <http://sfgov.org/mod/housing-affordable-andoraccessible-and-supportiveservices>

## **Los Angeles Based Resources**

LA County Department of Public Services: A listing of cash assistance programs and other resources available to families and individuals.

<http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services>

Los Angeles Human and Social Services Programs: A large array of programs including those for the disabled/caretakers of the disabled.

[http://www.needhelppayingbills.com/html/los\\_angeles\\_human\\_and\\_social\\_s.html](http://www.needhelppayingbills.com/html/los_angeles_human_and_social_s.html)

## **Fresno Based Resources**

Network of Care: Fresno County: A list of resources for people with disabilities.

<http://fresno.networkofcare.org/aging/services/subcategory.aspx?tax=YF-6500>