

Oklahoma

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 MDF. 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.

Caregivers

Caregiver Advise, Record, and Enable (CARE) Act: The CARE (Caregiver Advise, Record, and Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. <https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2016/2016-10/ok-ich-care-act-flyer-aarp.pdf>

Senior Info Line: This toll-free statewide telephone number links older Oklahomans and their caregivers to information and assistance at the local level. Calls are automatically routed to a specialist housed in one of the 11 Area Agencies on Aging or sponsoring agencies nearest to the caller. **1-800-211-2116**

Respite Voucher Program: This voucher payment program funds respite vouchers to caregivers so they can pay another person to care for their loved one and take a break from their caregiving duties. <http://www.okdhs.org/services/dd/Pages/RVPp.aspx>

Employment

Oklahoma Career Guide: Oklahoma Career Guide is an easy online tool for all Oklahoma students, adults, veterans, parents, educators and employers to explore and guide their future. You can take assessments, identify occupations, establish education plans and, ultimately, connect to employers. <https://okcareerguide.kuder.com/landing-page>

Oklahoma Works: Find employment opportunities in Oklahoma, all gathered in one place. Browse listings or post your resume to get matched with employers looking for people with your skills and qualifications. <https://oklahomaworks.gov/find-a-job/>

Ticket to Work: The Ticket to Work and Self-Sufficiency Program is a voluntary employment program administered by the Social Security Administration. It offers beneficiaries with disabilities receiving Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) increased choices in obtaining services and supports to engage in work and attain self-supporting employment. <http://www.okdrs.org/job-seekers/ticket>

Work Ready Oklahoma: Work Ready Oklahoma is an employment service that provides job training, educational opportunities, job placement assistance, soft skills training, and career coaching. <http://workreadyoklahoma.com/>

Financial Resources

Low Income Home Energy Assistance Program (LIHEAP): The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. https://www.needhelppayingbills.com/html/oklahoma_liheap_energy_and_wea.html

Oklahoma Lifeline Telephone Program: Local county DHS offices across Oklahoma partner with phone companies and the Federal Communications Commission (FCC) to provide low income families with a discount on their monthly telephone bills. https://www.needhelppayingbills.com/html/oklahoma_lifeline_program.html

Oklahoma Salvation Army Assistance Programs: Salvation Army tries to address a number of human needs and offer financial assistance when possible, including funds for paying rent, electric bills, medications, gasoline, and much more. https://www.needhelppayingbills.com/html/salvation_army_oklahoma_financ.html

Temporary Assistance for Needy Families: The purpose of Oklahoma Temporary Assistance for Needy Families (TANF) is to provide temporary support in meeting basic needs, training leading to employment, employment services, and day care assistance for qualified families with children. <https://www.benefits.gov/benefit/1675>

Food/Nutrition

Child and Adult Care Food Program: CACFP provides reimbursement for well-balanced, nutritious meals served to individuals enrolled in day care centers, Family Day Care Homes (FDCH), after school programs, emergency shelters, and/or head start programs. <https://cnp.sde.ok.gov/CACFP/WelcomeSNPM.aspx>

Commodity Supplemental Food Program: CSFP provides commodity food to low-income seniors. Once a month, qualified seniors receive a box with 16-20 commodity food items, such as: pasta, canned meats, canned fruits and vegetables, cheese, milk, fruit juice and cereal. <https://regionalfoodbank.org/get-help/csfp-program>

Summer Food Service Program: The Oklahoma Summer Food Service Program (SFSP) provides nutritious meals to children who would normally receive free or reduced price meals when school is in session. <https://www.benefits.gov/benefit/1747>

Supplemental Nutrition Assistance Program (SNAP): The federal Supplemental Nutrition Assistance Program (SNAP) provides a monthly benefit for you to buy food. Your benefit amount is based on the size of your household, your income, and your allowed expenses. <https://www.okdhslive.org/popups/ProgramFAQSEnglish.aspx#FoodStampFAQ>

Housing

Subsidized Apartments: HUD helps apartment owners offer reduced rents to low-income tenants. To apply, contact or visit the management office of each apartment building that interests you. <https://resources.hud.gov/#>

Public Housing and Housing Choice Vouchers: To apply for either type of help, visit your local Public Housing Agency (PHA). Find the one closest to you: https://www.hud.gov/sites/dfiles/PIH/documents/PHA>Contact_Report_OK.pdf

Talk to a Housing Counselor: Want advice on buying a home, renting, default, foreclosure avoidance, credit issues or reverse mortgages? HUD sponsors housing counseling agencies throughout the country to provide free or low-cost advice. Call HUD's interactive voice system at: **(800) 569-4287**.

Living with a Disability/Elderly

Adult Day Services: Adult Day Services is a community-based program designed to meet the needs of functionally impaired older persons, generally those aged 60 and over, through an individualized plan of care.

<http://www.okdhs.org/services/aging/Pages/ads.aspx>

ADvantage Services: The ADvantage Program of the Home-and Community-Based Services provides Medicaid services to help people stay at home instead of going to a nursing home. The program assists frail elders and adults who have physical disabilities.

<http://www.okdhs.org/services/aging/Pages/ADvantageservices.aspx>

Aging Services: The Aging Services Division (ASD) helps develop systems that support independence and help protect the quality of life for older persons as well as promotes citizen involvement in planning and delivering services.

<http://www.okdhs.org/services/aging/Pages/AgingServicesMain.aspx>

Developmental Disability Services: Developmental Disabilities Services Division (DDSD) offers a wide array of community services for individuals with developmental disabilities and their families. <http://www.okdhs.org/services/dd/Pages/default.aspx>

Long-Term Care Ombudsman: The Ombudsman Program serves residents in Oklahoma's long-term care facilities, including nursing homes, assisted living and similar adult care homes. An ombudsman helps improve the quality of life and the quality of care available to long-term care facility residents.

<http://www.okdhs.org/services/aging/Pages/ombudsman.aspx>

Medical/Health Related

Medicare: People who are eligible for Medicare Part A and/or Part B may also qualify to have Medicaid pay their Medicare premiums, co-payments and deductibles as a Qualified Medicare Beneficiary (QMB), a Qualified Disabled and Working Individual (QDWI) or a Specified Low Income Medicare Beneficiary (SLMB).

<http://www.okdhs.org/services/health/Pages/default8.aspx>

SoonerCare: SoonerCare, Oklahoma's Medicaid program, provides health care to children under the age of 19, adults with children under the age of 18, pregnant women and people who are older than 65 or have blindness or another disability.

<http://www.okdhs.org/services/health/Pages/sooner-care.aspx>

State Plan Personal Care: State Plan Personal Care is a Medicaid service that helps individuals, from children through aging adults, with daily living activities at home. A personal care attendant helps the individual with things like bathing, grooming, getting in and out of bed, toileting, meals, eating, laundry tasks, shopping/errand tasks and light housekeeping. Skilled nursing services include assessment of need and development and oversight of a care plan. <http://www.okdhs.org/services/aging/Pages/pSPPC.aspx>

Supplemental Security Income: This program assists children from birth to age 18 who receive a Supplemental Security Income - Disability Payment (SSI) to receive assistance in getting needed equipment and services. This includes adaptive equipment and specialty formula for children from birth to age 18 and diapers from ages 4-18.

<http://www.okdhs.org/services/health/Pages/default11.aspx>

Additional Resources

COVID-19 Resources: a resource for Oklahomans to find services and information related to the COVID-19 virus. <https://govstatus.egov.com/oklahoma-coronavirus-information>

Muscular Dystrophy Association Oklahoma Clinics: <https://www.mda.org/care/care-center-list?province=OK>