

Oregon

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 Myotonic. 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

Information on how to find a home care worker:

<https://www.adrcoforegon.org/consite/explore-who-can-help.php>

Information on how to hire a caregiver: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/Pages/Consumers-Employers.aspx>

Information on who can be a caregiver and how to be a successful caregiver:

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Employment

Benefits and Work Incentive Counseling: services help people with disabilities make informed decisions about work, benefits and the use of work incentives to achieve their employment goals, as well as helping them navigate the benefits systems when they begin working. <https://www.oregon.gov/DHS/EMPLOYMENT/VR/WIN/Pages/index.aspx>

Employment First: provides information and tools designed to help an individual with developmental disabilities find and keep a job or career.

<https://www.oregon.gov/DHS/EMPLOYMENT/EMPLOYMENT-FIRST/Pages/index.aspx>

Jobs Opportunity and Basic Skills (JOBS) Program: The JOBS program is the state's employment and training program for low income families on Temporary Assistance for Needy Families (TANF). Services include job search, work experience, JOBS Plus subsidized, employment, high school and GED completion, vocational and on the job training, life skills, family stability services, and limited support payments.

<https://www.oregon.gov/DHS/ASSISTANCE/CASH/Pages/Jobs-Program.aspx>

Senior Community Service Employment Program (SCSEP): serves persons with low income who are 55 years old or older and have poor employment prospects. The program has two purposes: to provide useful community services and to foster individual economic self-sufficiency through training and job placement in unsubsidized jobs.

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/Senior-Employment.aspx>

Ticket Program: The goal of the Ticket Program is to increase opportunities and choices for Social Security disability beneficiaries to obtain employment, vocational rehabilitation (VR), and other support services from public and private providers, employers, and other organizations. <https://www.oregon.gov/DHS/EMPLOYMENT/VR/Pages/Ticket-to-Work.aspx>

Vocational Rehabilitation (VR): assists individuals with disabilities to get and keep a job that matches their skills, interests, and abilities. VR staff work in partnership with the community and businesses to provide services that are individualized to help each eligible person receive services that are essential to their employment success.

<https://www.oregon.gov/DHS/EMPLOYMENT/VR/Pages/index.aspx>

Financial Resources

Application and Eligibility for Refugee Benefits:

<https://www.oregon.gov/DHS/assistance/REFUGEE/Pages/apply.aspx>

Employment Related Day Care (ERDC): Low income working families may be eligible for financial help with child care costs. ERDC is a subsidy program, which means eligible families still pay part of the child care cost. This amount depends on the family's income, size, and the amount the child care provider charges.

<https://www.oregon.gov/DHS/assistance/CHILD-CARE/Pages/parents.aspx>



Temporary Assistance for Needy Families (TANF) program provides cash assistance to low-income families with children while they strive to become self-sufficient. Cash assistance is intended to meet a family's basic needs such as food, clothing, shelter, and utilities. Most cash benefits in Oregon are issued via an Electronic Benefit Transfer (EBT) card. This is also known as an Oregon Trail Card.

<https://www.oregon.gov/DHS/ASSISTANCE/CASH/Pages/Apply-TANF.aspx>

Food/Nutrition

Commodity Supplemental Food Program (CSFP): works to improve the health of low-income persons at least 60 years of age by supplementing their diets on nutritious USDA Foods. <https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

The Emergency Food Assistance Program (TEFAP): is a federal program that supplements the diets of low-income Americans by providing them with emergency food assistance at no cost. <https://www.fns.usda.gov/tefap/emergency-food-assistance-program>

Food Distribution Program on Indian Reservations (FDPIR): provides USDA Foods to income-eligible households living on Indian reservations and to Native American households residing in designated areas near reservations.

<https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations>

Free or Reduced-Price Meals: School Lunch Program: This program benefits school-aged children by providing a nutritionally balanced lunch. Families can now apply online for free or reduced school lunches. Recipients of SNAP and/or TANF are also eligible for the School Lunch Program. <https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Food-Resources.aspx>

Meals-On Wheels America: delivers a nutritious meal to seniors to keep them healthy, safe and living independently in their own homes. <https://www.mealsonwheelsamerica.org/>

Meal Programs: help meet older adults' and individuals with disabilities' nutritional needs if they find it hard to prepare meals on their own.

<https://www.adrcforegon.org/consite/explore-community-meal-programs.php>

Oregon Food Bank: works with a cooperative, statewide network of partner agencies to distribute emergency food to hungry families. <https://www.oregonfoodbank.org/>

Supplemental Nutrition Assistance Program (SNAP): SNAP offers food benefits to eligible, low-income individuals and families. For more information and eligibility requirements, visit <https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/pages/index.aspx>.

SNAP-Ed: is a national, evidence-based program that works with communities and provides direct education, social marketing, and environmental supports to SNAP participants and low-income households. The program collaborates with community agencies to provide skills, knowledge, and surroundings to support a healthy and affordable diet, leading to obesity prevention and healthier lifestyles.

<https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/nutrition.aspx>

SNAP Match at Farmers Markets: There are many farmers markets currently providing an incentive for using your SNAP benefits. The participating farmer's market will match a certain amount of SNAP benefits spent to increase the amount of fresh fruits and vegetables you may purchase. This link provides a map of the participating farmers markets: <https://www.google.com/maps/d/u/0/viewer?mid=1xiBH7hVSO4-Ti-q9p1iosV76E3risDiA&ll=43.73193806710552%2C-121.1379961875&z=7>.

Senior Farm Direct Nutrition Program (SFDNP): provides low-income eligible seniors with checks that can be used to purchase fresh Oregon grown fruit, vegetables and herbs at approved farm stands and farmers markets. <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/SFDNP.aspx>

Summer Food Service Program: is meant to help fill the nutritional gap of school ending and free and reduced-price meals are no longer available.

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

Women, Infants, and Children (WIC): is a federally funded special supplemental nutrition program that serves: pregnant women, breastfeeding women with children under 12 months of age, non-breastfeeding women with children under 6 months of age and infants, and children under 5 years of age. Fathers, grandparents, foster parents, or other guardians may apply for WIC for their children as well.

<https://www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Food-Resources.aspx>

Housing

Adult Foster/Care Homes: are licensed single-family residences that offer 24-hour care in a homelike setting for up to five people. Adult foster/care homes serve individuals with a wide range of needs, and is often less expensive than other long-term service and supports settings. For more information about foster/care homes, visit

<https://adrcforegon.org/consite/explore-adult-foster-homes.php>. To view a guide to

Oregon adult foster care homes, visit

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de9033.pdf>.

Assisted Living and Residential Care Facilities: Assisted living and residential care facilities provide housing and supportive services to six or more people. For more information about assisted living and residential care facilities in Oregon, visit

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/se9098.pdf>. For general

information about assisted living and residential care facilities, visit

<https://adrcforegon.org/consite/explore-assisted-living-and-residential-care.php>.

Centers for Independent Living (CILs): are private, non-profit organizations, run by people with disabilities. Services are provided through a peer mentoring model. To learn more about CILs visit the following links with information about CIL basic facts:

<https://www.oregon.gov/DHS/SENIORS->

[DISABILITIES/SILC/Documents/CIL%20Basic%20Facts.pdf](https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SILC/Documents/CIL%20Basic%20Facts.pdf) and the Oregon CIL directory:

<https://www.oregon.gov/DHS/SENIORS->

[DISABILITIES/SILC/Documents/Oregon%20CIL%20Directory.pdf](https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SILC/Documents/Oregon%20CIL%20Directory.pdf).

Nursing Facilities: The Oregon Department of Human Services licenses nursing facilities (homes) that offer: twenty-four-hour nursing care, on-site physical rehabilitation, recuperation after hospitalization for serious illness or surgery, physical rehabilitation services, and end-of-life care. For more information about nursing facilities in Oregon, visit <https://adrcforegon.org/consite/explore-nursing-facilities.php>.

Ombudsman: Oregon's Office of the Long-Term Care Ombudsman is an independent state agency. It advocates for long-term care facilities' residents, their families, facility staff and the general public. This free program serves residents in nursing facilities, residential care facilities, assisted living facilities and adult foster care homes. For more information, visit <https://adrcforegon.org/consite/explore-ombudsman.php>.



Oregon Project Independence (OPI): OPI is a program designed to help people stay in their homes who do not receive Medicaid Long-Term Care services. Services may include: home-delivered meals, transportation assistance, respite, and/or help in home.

<https://www.adrcoforegon.org/consite/explore-oregon-project-independence.php>

Living with Disabilities and/or Elderly

Adult Day Centers: provide services to people who are disabled and/or confused or have memory loss. Participants socialize, eat nutritious meals, and sometimes receive health services. They return home each night. <https://www.adrcoforegon.org/consite/explore-adult-day-services.php>

Home health skilled nursing and therapy services resources:

<https://www.adrcoforegon.org/consite/explore-specialized-care.php>

Individual Support Plan (ISP): is the written details of the supports, activities, and resources that an individual, Personal Agent or Service Coordinator, and other people of the individual's choice agree are important to or for achieving and maintaining personal outcomes. The Oregon ISP process is used to support planning with people who experience intellectual and/or developmental disabilities. It is required for use when the person chooses any Medicaid-funded services. For more information, visit

<https://oregonisp.org/>.

The Office of Developmental Disability Services (ODDS): offers services to adults ranging from supports to assist an individual to live in their own home or with family or friends, to 24-hour comprehensive services. For more information about ODDS, visit

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/about.aspx>. For information about community developmental disabilities programs (CDDP) per county, visit <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/county-programs.aspx>.

Senior Centers: provide a safe and helpful setting for elders to be together. They often offer lectures, day trips and a variety of hobby and exercise programs. Many serve hot meals, and some provide home-delivered meals.

<https://www.adrcoforegon.org/consite/explore-senior-centers.php>



Medical/Health-Related

Adult Mental Health Services: <https://www.oregon.gov/oha/HSD/AMH/Pages/Mental-Health.aspx>

Child and Family Behavioral Health Resources:
<https://www.oregon.gov/oha/HSD/AMH/Pages/Child-Mental-Health.aspx>

Employed Persons with Disabilities (EPD): EPD is a Medicaid program administered by the Oregon Department of Human Services. EPD provides medical coverage and long-term services to people with disabilities who are employed. If you are eligible to participate, you will be charged a nominal fee based on your income.
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de9029.pdf>

Individual Health Plan Price Comparison Tool:
<https://dfr.oregon.gov/insure/health/Pages/health-plan-comparison-tool.aspx>

Long-Term Care Insurance: can help pay for long-term care costs. For more information, visit <https://www.oregon.gov/DHS/seniors-disabilities/LTC/Pages/index.aspx>. For insurance long-term care insurance information from the Oregon Insurance Division, visit <https://dfr.oregon.gov/Pages/index.aspx>.

Medicaid Long-Term Care Services: Medicaid pays the long-term care costs for eligible, low-income individuals. There are several programs that provide assistance, each with different eligibility criteria. Services can be provided in a person's home or care settings. These include: assistance with daily living, assistance with instrumental activities on daily living, health related tasks, and other services designed to keep people living as independently as possible. For more information, visit these links:
<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/LTC/Pages/ADL.aspx> and
<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/LTC/Pages/index.aspx>.

Medicare, Oregon Guide to Medicare Insurance Plans:
https://healthcare.oregon.gov/shiba/Documents/2020_Medicare_Guide.pdf

Oregon Health Plan (OHP): The Oregon Health Plan is Oregon's state Medicaid program, which provides health coverage for low-income Oregonians. People eligible for OHP can include working families, children, pregnant women, single adults, seniors, and more. To learn more information about OHP or to apply, visit <https://www.oregon.gov/oha/HSD/OHP/Pages/index.aspx>.

Program for All-Inclusive Care for the Elderly (PACE): is a Medicare program and a Medicaid service option that offers an array of health and care services in an all-inclusive service model. PACE provides individuals a comprehensive service that includes coverage for health care and long-term services and supports.

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SPPD/Documents/PACE-Fact-Sheet.pdf>

Programs for individuals with chronic conditions:

<https://www.adrcoforegon.org/consite/explore-chronic-disease-management.php>

Additional Resources

Reporting abuse/neglect: <https://www.oregon.gov/DHS/ABUSE/Pages/index.aspx> and/or <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/ADULT-ABUSE/Pages/index.aspx>

211: has free information about 3,000 agencies providing over 50,000 programs to people throughout Oregon and Southwest Washington. <https://www.211info.org/>