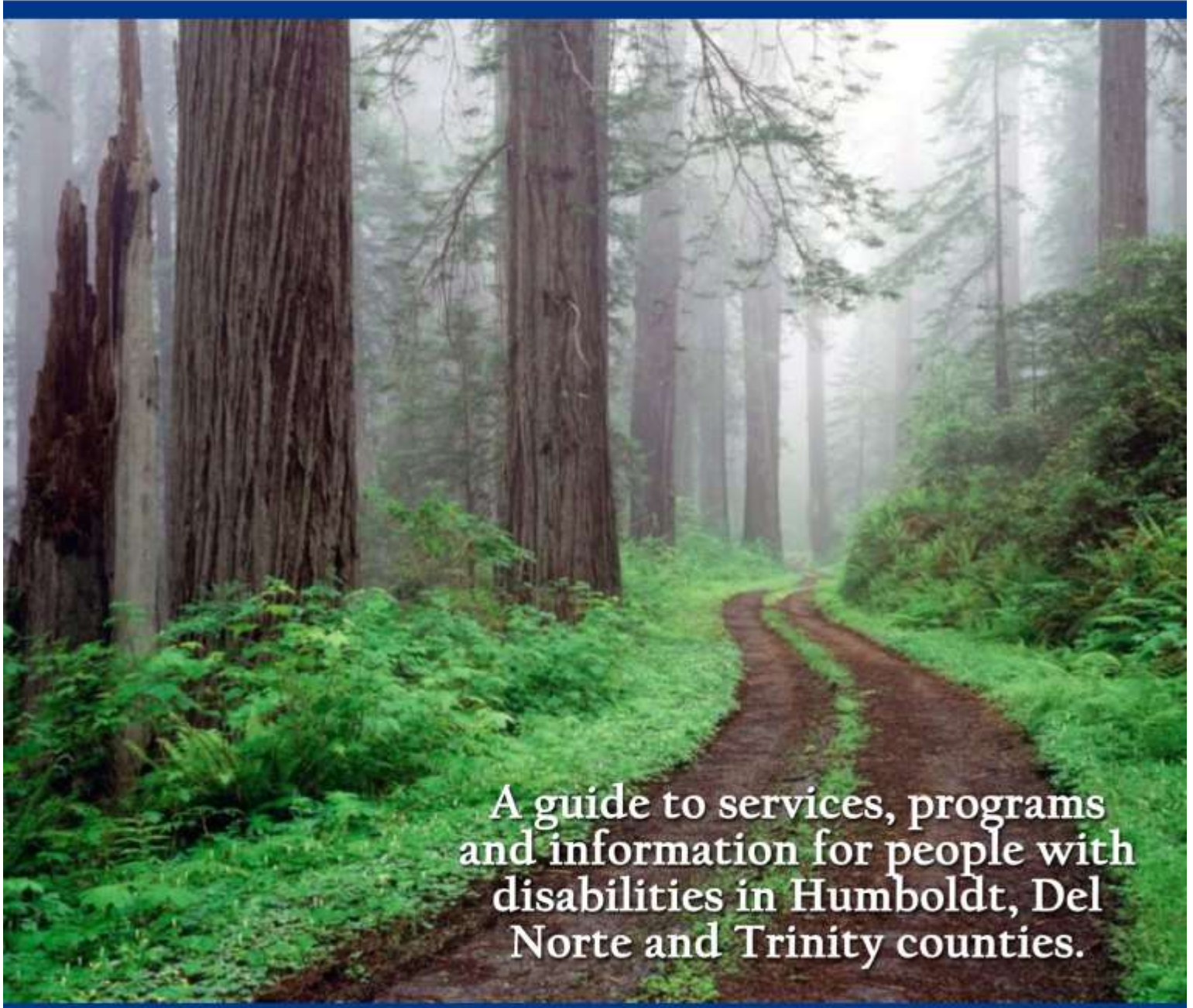


Community Disability Resource Guide

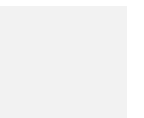


A guide to services, programs and information for people with disabilities in Humboldt, Del Norte and Trinity counties.

A SERVICE OF:



Tri-County
Independent Living



Community Disability Resource Guide

An alphabetical guide to services, programs, and resources to assist people living with disabilities in our communities.

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Blind or Visually Impaired Services

- **Lighthouse of the North Coast**
1910 California Street, 3rd Floor, Eureka, CA 95501
(707) 268-5646
- **Tri-County Independent Living** - Tri-County has a selection of low-vision devices for short term loans
2822 Harris Street, Eureka, CA 95503
(707) 445-8404

Caregivers

- **In Home Supportive Services (IHSS)** – Medi-Cal covers the cost of a caregiver for low-income clients. You must complete the application process for support services.
808 E Street, Eureka, CA 95501
(707) 476-2100
- **Area 1 Agency on Aging (A1AA)** – A1AA provides a registry for private pay care providers.
434 7th Street, Eureka, CA 95501
(707) 442-3763
- **Helping Hands** - Provides private hire, in-home caregivers for hourly fee.
539 G Street, Suite 106, Eureka, CA 95501
(707) 444-3367
- **Humboldt Caregivers Inc.** - Provides private hire, in-home caregivers for hourly fee.
P.O. Box 163, Trinidad, CA 95570
(877) 964-2001
- **Visiting Angels** - Provides private hire, in-home caregivers for hourly fee.
1112 5th Street, Eureka, CA 95501
(707) 825-8008

Craigslist has Jobs and Resume sections that can be used when looking for a caregiver - posting in these sections may help in the search.

Caregiver Relief

Adult day health programs provide a caring therapeutic environment to enhance independence and quality of life for people 18 years of age and older with chronic physical or mental disabilities.

- **Community Based Adult Services (CBAS)**
1901 California Street, Eureka, CA 95501
(707) 444-8254
- **Mad River Adult Day Health Care**
3800 Janes Road, Arcata, CA 95521
(707) 822-4866

Children with Disabilities

- **Humboldt-Del Norte SELPA (Education)**- SELPAs facilitate high quality educational programs and services for special needs students and training for parents and educators. The SELPA collaborates with county agencies and school districts to develop and maintain healthy and enriching environments in which special needs students and families can live and succeed.
901 Myrtle Avenue, Eureka, CA 95501
(707) 441-2051
- **California Children Services** - Medical health needs. Treating children diagnosed with certain physically disabling medical conditions. Must meet income guidelines.
908 7th Street, Eureka CA 95501
(707) 445-6212
- **Children, Youth, and Family Services** - Mental health needs. Provides assessment, treatment, medication support, and case management for children, youth, and families.
1711 3rd Street, Eureka, CA 95501
(707) 268-2800

Developmental Disability

- **Redwood Coast Regional Center** - Offers services and supports for children and adults with developmental disabilities.
525 Second Street, # 300, Eureka, CA 95501
(707) 445-0893
- **Redwood Coast Regional Center – Crescent City**
1301-A Northcrest Drive, Crescent City, CA 95531
Phone: (707) 464-7488

Educational Opportunities

- **Social Security PASS Plan: Tri-County Independent Living** - PASS allows Social Security recipients to receive income and resources for a specified work/educational goal. Recipients must apply and be approved by the Social Security Administration.
2822 Harris Street, Eureka, CA 95503
(707) 445-8404
- **Eureka Adult School**
2100 J Street, Eureka, CA 95501
(707) 441-2462
- **Humboldt State University (Student Disability Resource Center)**
1 Harpst Street, Arcata, CA 95521
(707) 826-4678
- **College of the Redwoods (Disabled Students Programs & Services)**
7351 Tomkins Hill Road, Eureka, CA 95501
(707) 476-4280
883 W. Washington Blvd, Crescent City, CA 95531
(707) 465-2324

Employment Opportunities

- **Social Security PASS Plan: Tri-County Independent Living** - PASS allows Social Security recipients to receive income and resources for a specified work/educational goal. Recipients must apply and be approved by the Social Security Administration.
2822 Harris Street, Eureka, CA 95503
(707) 445-8404

- **Job Market**
409 K Street, Eureka, CA 95501
(707) 441-5627

- **Department of Rehabilitation/Vocational Rehabilitation** - Can help with employment and education goals.
1330 Bayshore Way, Suite 101, Eureka, CA 95501
(707) 445-6300

Craigslist also has a Jobs section (www.humboldt.craigslist.org)

Equipment to Help With Mobility

- **Broadway Medical**
1034 Broadway, Eureka, CA 95501
(707) 442-3719

- **Vector Rehabilitation Loan Closet**
2121 Myrtle Avenue, Eureka, CA 95501
(707) 442-6463

Craigslist has a section for people to sell/give things away, and also a yard sale section. Mobility equipment may often be found in those sections. Walgreens, Cloney's Pharmacy and websites like Amazon.com & MaxiAids.com also carry affordable mobility equipment.

Finances

- **Tri-County Independent Living**
Assistance with applications for Social Security benefits, developing budgets, applying for PASS plans.
2822 Harris Street, Eureka, CA 95503
(707) 445-8404

- **Social Security office in Eureka or Online**
3144 Broadway, (866) 828-1991 www.ssa.gov

- **General Relief office in Eureka** General Relief can help with a loan for those who qualify. An individual must meet restrictive income and property limits.
929 Koster Street, Eureka, CA 95501
(707) 269-3590

- **Financial Resource Center** (Formerly Consumer Credit Counseling Services)
1309 11th Street, Suite 104, Arcata, CA 95521
(707) 822-8536

Programs that may help with utility bills:

- **REACH** – Emergency assistance for a 15-day shutoff notice as a result of a catastrophic event occurring 4 months prior to notice.
Salvation Army (707) 442-6475
- **HEAP** - Emergency assistance for eligible households with payments/purchases of electricity, propane, natural gas, heating oil, or firewood.
RCAA (707) 444-4834 (Mondays only between 9am and 11 am to schedule appointment)
- **Medical Baseline** - If you depend on electrical equipment due to a medical condition, you may qualify for a lower PG&E bill.
PG&E (800) 743-5000
- **CARE** - Monthly discounts for income-qualified households.
PG&E (866) 743-2273
- **FERA** - Monthly discounts for income-qualified homes of three or more people.
PG&E (800)743-5000.

Food Assistance

- **Salvation Army** - Can help with bag/box of food once per month.
2123 Tydd Street, Eureka, CA 95501
(707) 442-6475
- **St. Vincent de Paul “Free Meal”** - A hot meal is served every day from 11am to 12:30pm.
35 West 3rd Street, Eureka, CA 95501
(707) 445-9588

- **Food for People** - The programs at Food for People are intended to serve as a safety net for those whose circumstances have left them at risk of hunger and food insecurity. Their goal is to provide individuals and households with the emergency and supplemental food they need. (One box per month)
307 West 14th Street, Eureka, CA 95501
(707) 445-3166
- **CalFresh (Food Stamps)** - Persons receiving Supplemental Security Income (SSI) do not qualify.
929 Koster Street, Eureka
(707) 269-3590

Other Suggestions:

- **Family Resource Centers** (located in various communities in Humboldt County)
- **Foods Here Delivery** (Can get food delivered to you for a fee from selected local restaurants)
- **Grocery Delivery** - Ray's Food Place (<http://www.gorays.com/>) & Safeway (<http://www.safeway.com>)

Housing:

- **Emergency:** Hotels, safe and sober housing, shelters in Arcata and Eureka, Craigslist, kiosk in front of Co-op Grocery Store in Arcata.
- **General:** Craigslist, local property management companies, HUD subsidized housing, kiosk in front of Co-op Grocery Store in Arcata, local newspapers.

Landlord / Tenant

- **HUD Office, San Francisco** - Federal-level complaints about housing conditions.
Dept. of Housing and Urban Development
600 Harrison Street, 3rd Floor San Francisco, CA
(415) 489-6400
- **California Department of Fair Employment and Housing** - State-level complaints about housing conditions.
(800) 884-1684 or (916) 478-7251

- **Humboldt County Public Health Branch** - Local-level complaints about housing conditions.
Division of Environmental Health
100 H Street Suite 100, Eureka CA 95501
(707) 445-6215
- **Legal Services of Northern California**
123 3rd Street Eureka, CA 95502
(707) 445-0866
- **Americans with Disabilities Act (Information on how to make a complaint regarding accessibility)**
(800) 514-0301 (Voice)
(800) 514-0383 (TTY)

Legal Services

- **Legal Services of Northern California**
123 3rd Street, Eureka, CA 95502
(707) 445-0866
- **Small Claims Court Office**
421 I Street, Eureka CA 95501
(707) 445-7256

Low Cost Firewood

- **Sheriff's Work Alternative Program (SWAP)** - Distribution of low-cost firewood to moderate or low-income senior citizens over age 55. Available through:
Humboldt Senior Resource Center.
1910 California Street, Eureka, CA 95501
(707) 443-9747

Medical Care

- **St. Joseph Hospital**
2700 Dolbeer Street, Eureka, CA 95501
(707) 445-8121

- **Mad River Hospital**
 3800 Janes Road, Arcata, CA 95521
 (707) 826-8265

- **Open Door Clinics** - Clinics in different communities throughout Humboldt County. Call for services in your community.
 - **Humboldt Open Door Clinic**
 770 Tenth Street, Arcata, CA 95521
 Phone: (707) 826-8610 / Fax: (707) 826-8623

 - **Eureka Community Health & Wellness Center**
 2200 Tydd Street, Eureka, CA 95501
 Phone: (707) 441-1624 / Fax: (707) 441-1253

 - **Del Norte Community Health Center**
 550 E Washington Blvd, Crescent City, CA 95531
 Phone: (707) 465-6925 / Fax: (707) 465-6070

 - **McKinleyville Community Health Center**
 1644 Central Avenue, McKinleyville, CA 95519
 Phone: (707) 839-3068 / Fax: (707) 839-3827

 - **Willow Creek Community Health Center**
 Hwy 299 #38883, Willow Creek, Ca 95573
 Phone: (530) 629-3111 / Fax: (530) 629-3122

- **Medi-Cal/Social Services** - Sign up for Medi-Cal here unless you receive Supplemental Security Income (SSI).
 929 Koster Street, Eureka, CA 95501
 (707) 269-3590

- **Medicare - Area 1 Agency on Aging HICAP program.** Free counseling to people with Medicare about benefits, rights, and options.
 434 7th Street, Eureka, CA 95501
 (707) 444-3000

Mental Health

- **Mental Health Patients' Rights Advocacy**
529 I Street, Eureka, CA 95501
Complaint Line: (707) 268-2995
Office Line: (707) 476-4948

- **North Coast Association Mental Health Professionals**
P.O. Box 5363, Eureka, CA 95502
(707) 441-3832

- **Humboldt County Mental Health Branch**
720 Wood Street, Eureka, CA 95501
(707) 268-2900 24-hour services (707) 445-7715

- **Humboldt Family Services Center** - Free walk-in counseling 1pm to 4 pm on Mondays, and other mental health services.
1802 California Street, Eureka 95501
(707) 443-7358

- **Hope Center** - Peer run center with support groups and activities related to mental health.
2933 H Street, Eureka, CA 95501
(707) 441-3723

Native American Services

- **California Indian Legal Services (Legal)**
324 F Street, Eureka, CA 95501
(707) 443-8397

- **Northern California Indian Development Council Inc. (Economic & educational support)**
241 F Street, Eureka, CA 95501
(707) 445-8451

- **United Indian Health Services (Health)**
1600 Weeot Way, Arcata, CA 95521
(707) 825-5000

Payee Services

- **Humboldt Public Guardian**
825 5th Street, Eureka, CA 95501
(707) 445-7343
- **Hight Community Services**
1606 Koster Street, Eureka, CA 95501
(707) 441-1304
- **Alcohol/Drug Care Services**
528 5th Street, Eureka (707) 445-1369
- **Financial Resource Center**
1309 11th Street, Arcata, CA 95521
(707) 822-8536

Service/Companion Animals

Service and Emotional Support Animals are not the same thing and rights of protection are covered under different entities. The new ADA rules define “service animal” as “any dog that is individually trained for an intellectual or mental disability.” Service Animals are professionally trained to help people with disabilities by performing a certain task such as seeing, hearing or mobility assistance. Service animals are covered under the Americans with Disabilities Act (ADA) and are allowed at all public locations.

Emotional support animals require no special training beyond that of a well-behaved pet but are legally NOT pets and are for assisting people who have mental health or emotional disabilities or who have emotional components to serious physical conditions. Emotional Support Animals (ESAs) are not the same as Service Dogs. ESAs are therapeutic pets, usually prescribed by a therapist, psychiatrist or doctor that helps a disabled person with emotional difficulties or with loneliness. They may include various types of animals.

Under the US Federal Laws, Emotional Support Animals (ESAs) cannot go into no-pets-allowed places, BUT THEY ARE ALLOWED to live in “no-pet” housing and in the cabins of airplanes when accompanied by a note from their handler’s doctor.

The ADA does not cover housing. If you need a Service Animal or Companion Animal where you live, it will fall under the Fair Housing Act.

For more in depth explanations:

- **Tri-County Independent Living**
2822 Harris Street, Eureka, CA 95503
(707)444-8404

- **Canine Companions for Independence**
2965 Dutton Avenue Santa Rosa, CA
(707) 577-1700

- **Guide Dogs for the Blind**
350 Los Ranchitos Road, San Rafael, CA 94901
(415) 499-4000

- **Guide Dogs for the Blind**
32901 S.E Kelso Road, Boring OR 97009
(503) 668-1200

Suspected Abuse Services and Support

- **Adult Protective Services** - Investigates reports of adult abuse, neglect, and/or financial exploitation.
808 E Street, Eureka, CA 95501
(707) 476-2100

- **Long-Term Care Ombudsman Program** - Investigates and works to resolve elder abuse of individuals in long-term care facilities.
437 Seventh Street, Eureka, CA 95501
(707) 269-1330

- **Child Welfare Services** (Investigates reports of child mistreatment)
929 Koster Street, Eureka, CA 95501
(707) 445-6182

- **Humboldt Domestic Violence Service**
P.O. Box 969, Eureka, CA 95503
(707) 444-9255

Transportation

- **Humboldt Transit Authority** - Local public bus system.
133 V Street, Eureka, CA 95501
(707) 443-0826
- **City Ambulance of Eureka** - Dial-a-Ride for Eureka, Arcata and McKinleyville.
(707) 442-4555
- **HCAR (Humboldt Community Access & Resource Center)** - Dial-a-Ride for Fields Landing, King Salmon, Humboldt Hill, Elk River Road, Ridgewood Heights, Samoa/Manila, Indianola, and Old Arcata Road.
(707) 443-7077, Ext. 1
- **Angel Flight West** - Volunteer pilots providing transportation to medical appointments – Need professional to help apply.
(888) 426-2643 (Santa Monica, CA)

Traumatic Brain Injury

- **Making Headway Center for Brain Injury Recovery** – Help for Traumatic Brain Injury patients and their families.
305 O Street, Eureka, CA 95501
(707) 442-7668

Veterans Services

- **VA Benefits**
825 5th Street, Room 310, Eureka
(707) 445-7341 or (707) 445-7611
- **Redwoods Veteran's Center**
2830 G Street, Eureka, CA 95501
(707) 444-8271
- **Veterans Housing/Employment**
109 4th Street, Eureka
(707) 442-5852

- **Veterans Medical Clinic**
930 West Harris Street, Eureka, CA 95503
(707) 269-7500

Wheelchair Ramps

- **Tri-County Independent Living** – Can supply information on portable ramps, suitcase ramps and metal ramp kits.
2822 Harris Street, Eureka
(707) 445-8404
- **County of Humboldt** - Possible loans to people who live in unincorporated areas of the county and meet eligibility requirements. Call for information.
520 E Street, Eureka, CA 95501
(707) 445-7745
- **M&M Construction** – Works with the VA, Medi-Cal and other local non-profits. Independent living services include the installation of ramps, rails, bathroom and kitchen accessibility remodels. Eligibility requirements can be strict and complicated – please speak with Erik Van Orden from Tri-County for specific details. (707) 445-8404