

HELPFUL PEOPLE AND RESOURCES

Shore's Human Rights Advocates: There is a photo of your Human Rights Advocate on the wall of your program room.

Shore's Human Rights Coordinator is Kate Dufort. You can reach her anytime at the Woburn program (781) 503-5800, or by email kdufort@shorecollaborative.org

Human Right Specialist for the Northeast Region: Rebecca Christie. You can reach her at (978) 774-5000, extension 528.



Massachusetts Advocates Standing Strong: MASS is a state-wide, self-advocacy organization run for and by people with intellectual and developmental disabilities.

<https://ma-advocates.org>

Massachusetts Office on Disability (MOD): Provides advocacy assistance to people with disabilities in Massachusetts and runs the client assistance project, which assists people who have problems with the state vocational rehabilitation agencies, MRC and MCB. Toll Free: 800-322-2020 or Phone: 617-727-7440

MOD– Disability Law Center – Provides free legal services to low-income people with disabilities in the areas of special education, accessibility to community service, health care, disability benefits and right and conditions in facilities.

email: mail@dlc-ma.org **Boston/Phone:** 617-723-8455 **Toll Free:** 800-872-9992

MASS MOBILITY – hstmobility@state.ma.us

MassMATCH – Maximizing Assistive Technology in Consumers' Hands
Telephone: 877-508-3974

The resources that are listed are offered only as suggestions, they are not associated with nor endorsed by Shore.

Explore Accessible Travel: <http://www.massvacation.com/explore/accessible-travel/>

Massachusetts Commission Against Discrimination (MCAD): To take legal action against a person or entity that has discriminated against you, file a complaint with Massachusetts Commission Against Discrimination (MCAD)**Boston: 617-994-6000 TTY: 617-994-6196**

MassMATCH – The Commonwealth’s Initiative to Maximize Assistive Technology in Consumer’s Hands. MassMATCH assists individuals with disabilities, family members, and disability-related providers, agencies and organizations across the state with getting AT through the following programs: device demonstration program, device short term loan program, device reutilization program and state financing activities.

Mass Assistive Technology Helpline: 877-508-3974

Voice: 617-204-3851 TDD: 617-204-3815 Email: info@massmatch.org

Massachusetts Equipment Distribution Program (MassEDP): If you are a Massachusetts resident with a permanent disability that in the majority of circumstances limits your ability to use the telephone effectively you may be eligible to receive assistive telephone equipment / adaptive communication equipment at a reduced rate. Under the program, equipment is available to individuals who have cognitive, hearing, motion, speech or vision impairments. **Phone/TTY: 800-300-5658**

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Massachusetts Rehabilitation Commission : Assists individuals with disabilities to enter the work force. Services include identifying job goals, vocational training, assessing work site accommodations, educating employers about applicable laws, job search assistance and job placement. Toll Free: 800-245-6543 (V/TTY) Phone: 617-204-3600

Work Without Limits: Info about benefits, insurance and job search tips for individuals, employers and providers in Massachusetts.
UMass Medical School, Phone: 508-856-2710 Email: info@workwithoutlimits.org

Mayor’s Health Line in Boston: Provides assistance to callers on a variety of personal and public issues in the Boston area including: primary care providers, assisting with applying for health insurance, support groups, mental health services, nutritional programs, legal and financial assistance programs and more. Toll Free: 800-847-0710 or 617-534-5050

Massachusetts Rehabilitation Commission (MRC) Home Care Assistance Program: Clients must have a disability that requires homemaker assistance. Homemaker tasks include: meal preparation, food planning, grocery shopping, medication pick-up, laundry and light housekeeping. Must be between ages of 18 and 59, live alone or with minor children or others with disabilities unable to help. Financial needs statement taken to assess eligibility. All disabilities except legally blind. Phone: 617-204-3853
Toll Free: 800-223-2559

Massachusetts Commission for The Blind (MCB): Homemaker Service may be provided to consumers less than 60 years of age who, without this assistance, could not remain in their home.

In order for MCB to provide homemaker service, consumers must be financially eligible and have a serious illness or injury in addition to legal blindness.

Telephone: 617-727-5550

800-392-6450 (MASS. ONLY) Voice

800-392-6556 (MASS. ONLY) TD

If you are 60 or over you may qualify for homemaker services through Elder Services. Call the **Executive Office of Elder Affairs (EOEA)** at 800-243-4636 or TTY: 1-800-439-2370 for information regarding services offered by local Elder Services offices.

Massachusetts Directory of Personal Care Assistants: Helps Massachusetts elders, residents with disabilities of all ages, their families, and parents of children with disabilities in hiring their own PCA or direct care worker. Phone: 866-212-WORK (9675)

Massachusetts Registry of Motor Vehicles Disability Plates and Placards: You are eligible for a disability plate or placard if you have a diagnosed long-term disease or disorder that substantially impairs or interferes with mobility. The fee for a disability plate is \$60.00 for a two-year registration. There is no fee for a placard. Medical Affairs Branch, Registry of Motor Vehicles, P.O. Box 199100, Boston, MA 02119

From Massachusetts area codes 339/617/781/857 and from outside of Massachusetts call: 857-368-8000 From all other Massachusetts area codes not listed above call: 800-858-3926

MBTA Services: The MBTA has a Senior and Access Pass Office and an Office for Transportation Access (OTA). OTA oversees programs and services for people with disabilities and senior citizens, manages the MBTA's paratransit program, The RIDE; the Call-A-Lift Bus Program; and the Senior and Access Pass Office, which issues reduced fare passes. The OTA addresses customer concerns regarding station and vehicle access.

OTA, 10 Park Plaza, 4th Floor, Boston, MA 02116 Phone: 617-222-5123

Reduced Fare Passes for People with Disabilities: A Transportation Access Pass entitles you to reduced fares on all MBTA services including buses, trains, rapid transit, trackless trolleys, commuter rail, and commuter boats.

Phone: 617-222-5976 for application.

http://www.mbta.com/fares_and_passes/reduced_fare_programs/

The RIDE – The MBTA's paratransit service, The RIDE, provides advance notice, door-to-door transportation to those who, because of a mental, physical or sensory disability, are unable to use general public transportation. The RIDE has wheelchair equipped vans and covers the same service area as the T and Commuter Rail. Call for application and information. Twenty one days allowed to process application upon receipt per ADA regulations. Phone: 617-222-5123 or Toll Free: 800-533-6282

TRIP Metro North: Mystic Valley Elder Services has a program called TRIP Metro North. Trip Metro North is a unique, free, passenger-controlled transportation program open to older adults and adults living with disabilities in Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. TRIP Metro North gives you the tools you need to recruit friends,

neighbors, or relatives to drive you where you need to go – and the money to reimburse them for mileage! With TRIP Metro North, you can get to the doctor, the market, or out to meet friends, all on your own terms and wherever you want to go. If you have a need for transportation, please contact the Mystic Valley Elder Services to sign up for TRIP. Phone: 781-324-7705 ext 346 TTY 781-321-8880 Email: info@mves.org

Department of Developmental Services <https://www.mass.gov/orgs/department-of-developmental-services>

Mass Health
<https://www.mass.gov/topics/masshealth>

Disability Law Center
<https://www.dlc-ma.org/our-history/>

Disabled Persons Protection Commission
<https://www.mass.gov/orgs/disabled-persons-protection-commission>

Social Security Disability
<https://www.ssa.gov/disability/>

Health and Disability Partnership Health Resources
<https://www.mass.gov/service-details/health-and-disability-partnership>

CHAPA Housing Resources for People with Disabilities
<https://www.chapa.org/housing-courses/housing-search-guide-for-people-with-disabilities-in-massachusetts>

Woburn Council of Social Concern Woburn Food Pantry 781-935-6495
<http://www.socialconcern.org/>

Community Action Programs Inter-City, Inc Chelsea 617-884-6130
<http://www.capicinc.org/> Food Pantry, Fuel Assistance, Rep Payee

Haven From Hunger Pantry Peabody Food Pantry 978-531-1530
<https://www.foodpantries.org/ci/ma-peabody>