



**ndi** | NATIONAL  
DISABILITY  
INSTITUTE

# Connecting You to Opportunities

***A Guide to Support Services  
and Employment  
for People with  
Disabilities***



**Are you looking for a job, help as a Veteran, or special programs for different disabilities? This guide connects you to the best resources. Whether you have Down syndrome, are hearing or vision impaired, or face other challenges, we show you where to find help to grow your career and support your path.**

# Disability Partners Directory

We provide the following resources to help you better understand the disability service system. Not all resources offer a connection to their local offices. To find their local affiliate, you can browse through their website or call 211.

To find local resources, you can also use the Disability Information and Access Line (DIAL), which is a service from the Administration for Community Living (ACL) that connects people with disabilities and their families to local resources that support independent living.

DIAL can be reached by calling 888-677-1199, texting trained staff, or starting an online chat Monday through Friday from 8 AM to 9 PM ET. DIAL also has Spanish-speaking call center specialists and uses a language interpretation service for other callers. For Deaf and hard-of-hearing callers who use American Sign Language, DIAL can connect callers directly to an agent using ASL Now.

Some organizations offer many services and may be listed more than once. Click on the name of the organization to visit their website or reach out to them directly. By doing so, you are taking important steps toward advocating for yourself and becoming financially empowered. Click on a category to jump to that section of this guide.

***Choose one or more resources to help you explore your options and determine next steps towards achieving your financial goals.***



**FAQs QUESTIONS AND ANSWERS  
ABOUT EMPLOYMENT AND  
DISABILITY RIGHTS**



**ACCOMMODATIONS AND  
ASSISTIVE TECHNOLOGY**



**EMPLOYMENT AND  
VOCATIONAL SUPPORT**

→ GENERAL → VETERANS



**ADVOCACY AND CIVIL RIGHTS**



**WORK INCENTIVE  
PROGRAMS**



**HEALTH CARE AND  
MENTAL HEALTH**



**FINANCIAL EMPOWERMENT**



**GENERAL HELP**



**FREE TAX PREPARATION  
SERVICES**



**DISABILITY SPECIFIC  
SERVICES**



# ② FAQs: Questions and Answers about Employment and Disability Rights



## 1. Can I work if I have a disability?

Yes, you definitely can! Many people with disabilities have jobs in all sorts of fields. There are laws to make sure you get the support you need at work.

## 2. What is a reasonable accommodation at work?

A reasonable accommodation is a change or help you can ask for at your job to make it easier for you to work there. This could be special equipment, a different desk setup, or a flexible schedule.

### 3. Do I have to tell my boss about my disability?

You don't have to tell them if you don't want to. But if you need some changes at work to help you do your job, you might need to tell them so they can help you.

### 4. What if I feel I'm being treated unfairly because of my disability?

That's not okay. You have rights. You can talk to someone at your work, like a manager or human resources, or you can contact a group that helps with disability rights to get help.

### 5. Can I still get disability benefits if I start working?

Yes, in many cases you can. There are special programs that let you work and still keep payments or health insurance. You can check with the organization that administers that benefit to find out how it works.

### 6. What is the ADA, and how does it help me?

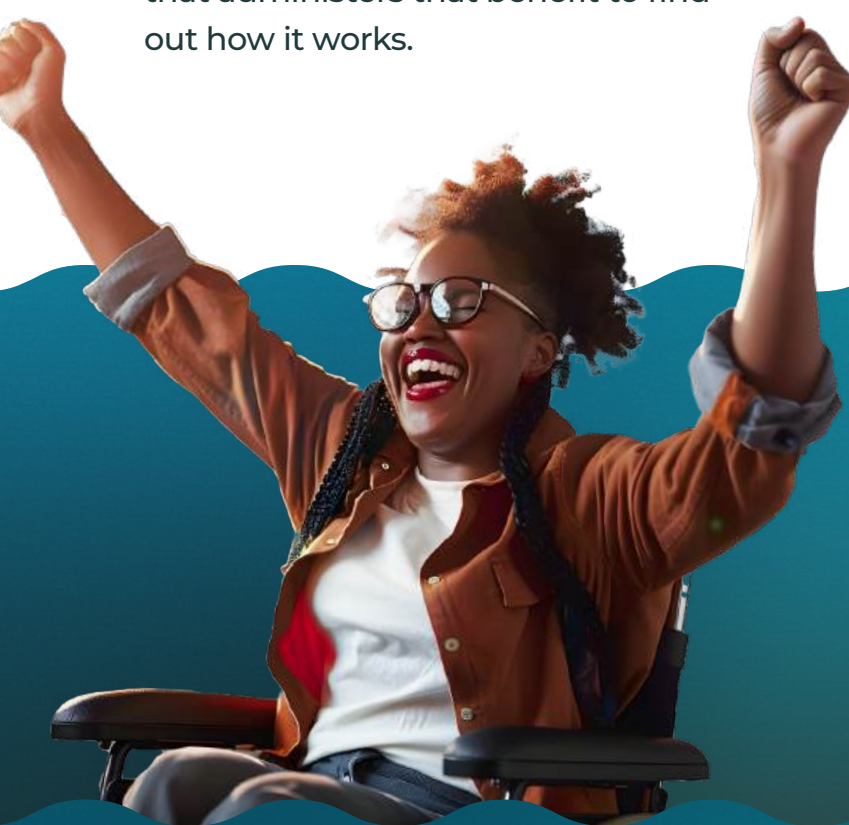
The ADA is the Americans with Disabilities Act. It's a law that protects people with disabilities from being treated unfairly. It helps make sure you have access to things like jobs, schools, and public places.

### 7. Where can I find a job that's right for me?

There are job boards and agencies that help people with disabilities find work. They can match you with jobs that fit what you need and can do.

### 8. What should I do if I need help at work but I'm not sure what to ask for?

You can talk to a job or vocational counselor, a disability support group, or an Employee Resource Group to help you figure out what accommodations you might need and how to ask for them.



## Take the next step:

Explore the Employment and Vocational Support Section

**CONTINUE**



## Employment and Vocational Support for People with Disabilities:

Find resources to help you gain meaningful employment and thrive in the workplace.

### American Job Centers

Provide comprehensive services for job seekers, including career counseling, resume assistance, and training.

 1-877-872-5627 or TTY 1-877-889-5627

### **CareerOneStop**

### American Council of the Blind (ACB)

Connects people who are blind and visually impaired with education, resources and support for independence including an ACB Job Bank of current job postings.

### **ACB**

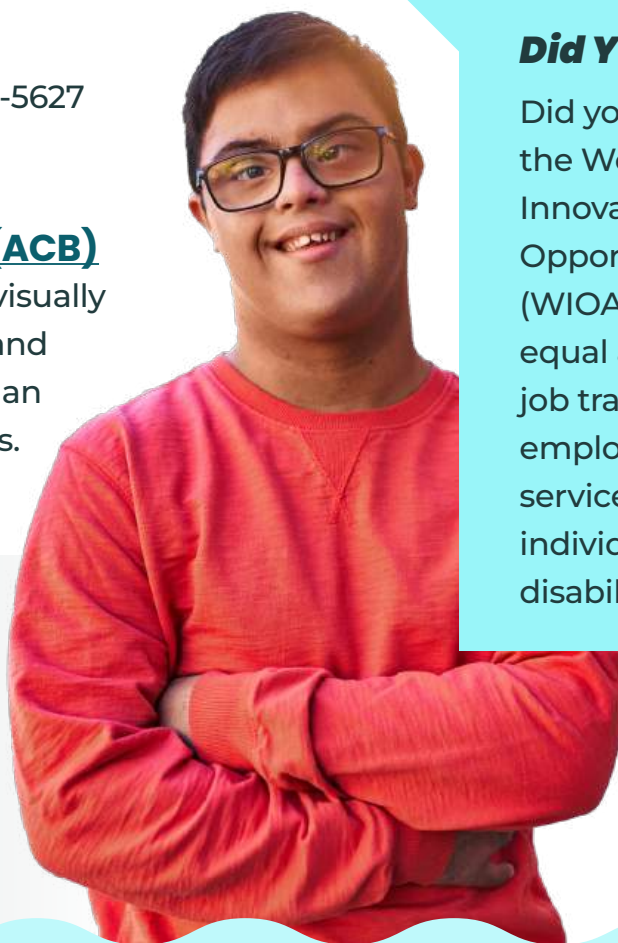
**Quick Tip | Use Employment Resources:** Many online job boards are dedicated to helping people with disabilities find work, such as AbilityJobs.com or DisabledPerson.com.

### LEAD Center

Promotes an inclusive workforce system for people with disabilities.

### National Disability Institute Small Business HUB (SBHUB)

Help for people with a disability who want to start, build and grow their business.



### **Did You Know?**

Did you know that the Workforce Innovation and Opportunity Act (WIOA) ensures equal access to job training and employment services for individuals with disabilities?

## Why Having Different Abilities is Good for Workplaces:

Every place where people work is better when it has all kinds of people, including those with different abilities. People with different skills and experiences bring new ideas and strengths to a team, making the workplace more creative and better at solving problems.

This guide is not just about helping you find a job; it's about helping you find a place where you can do well and help make any workplace better.



## **National Federation of the Blind**

Provides a wide variety of services including training, education and employment to individuals who are blind or losing vision.

**AFB**

## **National Working Positive Coalition (NWPC)**

Helps people who are vulnerable to HIV find employment and develop a career.

 1-646-403-9821

## **Vocational Rehabilitation Services**

Offer job training, counseling, and placement for people with disabilities.

Find services in your state:

**State Vocational Rehabilitation Agencies**

## **TANF (Temporary Assistance for Needy Families)**

Services vary by state but may offer self-sufficiency programs and temporary cash assistance.

Find your State:

**Help for Families | The Administration for Children and Families**

### ***Did You Know?***

Did you know that 90% of people with disabilities perform their jobs as well or better than their colleagues without disabilities, according to studies from the Job Accommodation Network (JAN)?

## **Ticket to Work Program**

Employment networks (EN) help Social Security beneficiaries return to work and understand how working affects monthly payments and health insurance coverage.

 1-866-968-7842 | **Choose Work**

## **American Dream Employment Network (ADEN)**

An administrative EN with members located across the country who assist SSA disability beneficiaries in finding and maintaining employment. ADEN has qualified employment service providers that can help you understand SSA work incentives and provide effective job search supports leading to self-sufficiency. ADEN is an approved Employment Network operating under Social Security's Ticket to Work program.

 1-844-683-6094 | **ADEN**



### ***Did You Know?***

Did you know that hiring people with disabilities can increase workplace diversity and foster innovation? Different perspectives lead to creative solutions!



## Employment and Vocational Support for Veterans with Disabilities

### Compensated Work Therapy (CWT)

VA program helps Veterans with mental illness secure employment while maintaining access to healthcare.

### My Next Move for Veterans

Search for careers with key words, by industry, or by using your military skills by name or classification.


### Office of Veterans Business Development (Self Employment)

Provides Veterans, service members, National Guard and Reserve members, military spouses and family members with programs and services to start, grow and expand their small business.

 1-202-205-6773

### Paralyzed Veterans of America (PVA)

Offers employment support and advocacy for Veterans with spinal cord injuries.

 1-800-424-8200 or  
TTY 1-800-795-4327


## U.S. Department of Veterans Affairs (VA)

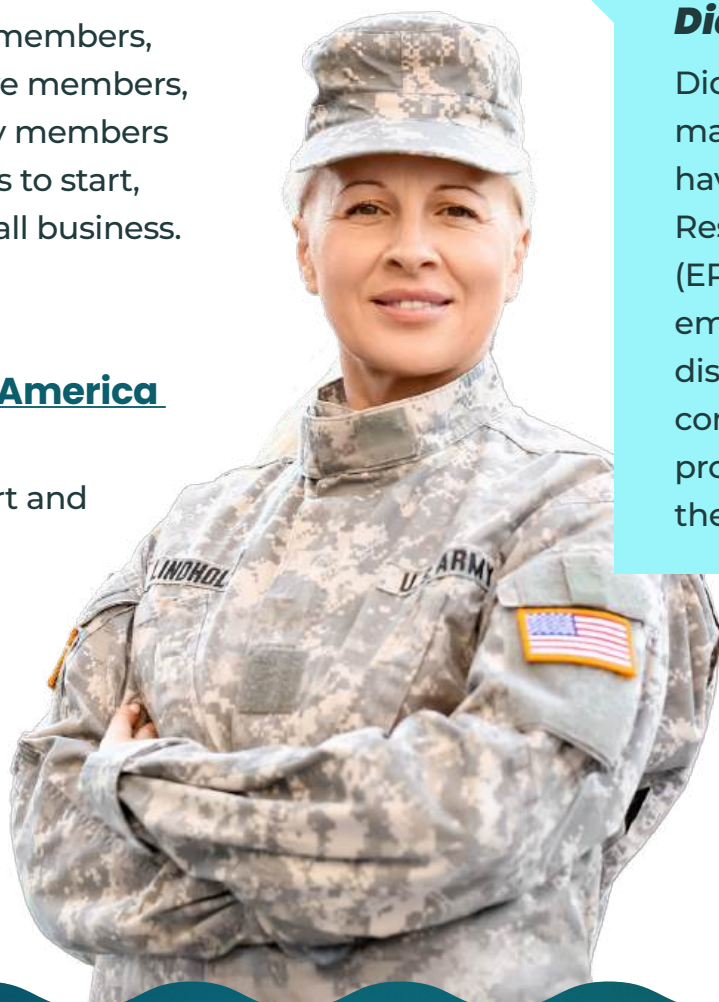
The VA provides resources including health care, housing, education/careers and future planning.

 1-800-698-2411

### Veteran Readiness and Employment (VR&E)

Services for Veterans with service-connected disabilities, including career counseling and education.

 800-698-2411 or  
TTY 711



### ***Did You Know?***

Did you know that many companies have Employee Resource Groups (ERGs) for employees with disabilities to build community and provide support in the workplace?



## Work Incentive Programs

Learn about programs for those who receive SSI and or SSDI disability benefits that help people work and increase their income and keep their medical benefits.

[choosework.ssa.gov/findhelp](https://choosework.ssa.gov/findhelp)

### SOCIAL SECURITY ADMINISTRATION (SSA):

The Social Security Administration and public benefit programs offer disability work supports that help people work to their fullest ability and continue to receive monthly payments and medical benefits, sometimes indefinitely.

### My SSA: My Social Security Account

My SSA provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, review your earnings history, estimate future benefits, or manage the benefits you already receive.

#### **Quick Tip**

##### **Track Your Benefits:**

If you receive Social Security benefits, programs like the Ticket to Work can help you transition into employment without losing necessary support.

SSA also has targeted resources to help people to achieve education, career and life goals:

**SSA Youth Employment Toolkit**

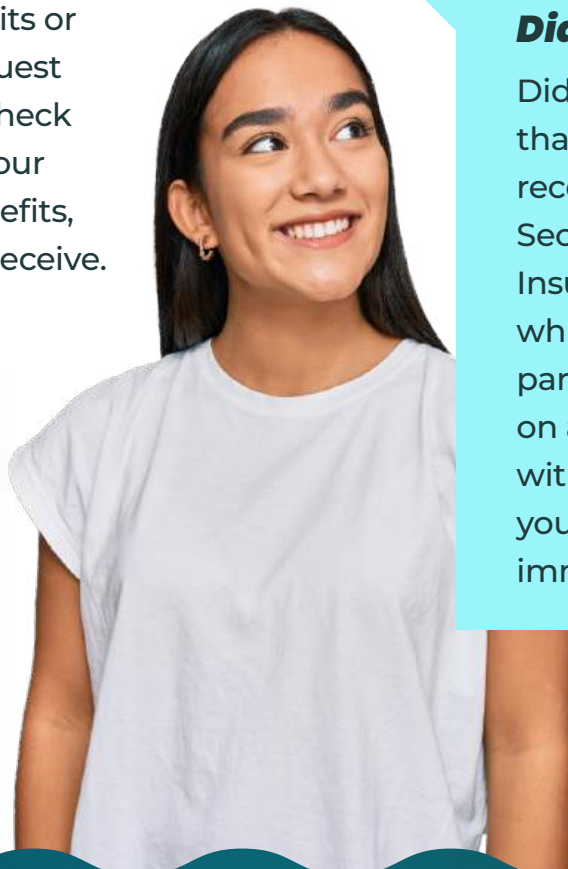
**Information for Military & Veterans**

**SSA Veteran Employment Supports**

**SSA Work Supports for People who are Blind or have Low Vision**

### Red Book

A Guide To Work Incentives and Employment Supports for People Who Have a Disability Under the SSA Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) Programs.



#### **Did You Know?**

Did you know that you can still receive Social Security Disability Insurance (SSDI) while working part-time or on a trial basis, without losing your benefits immediately?



## **SSA Work Incentive Planning and Assistance (WIPA)**

Helps beneficiaries understand how working affects monthly payments, Medicare/Medicaid or other public benefits.

 1-866-968-7842 | **WIPA**

## **HUD (housing assistance)**

Family Self-Sufficiency Program:

**Fact Sheet**

## **Medicare and Medicaid Work Incentives**

Maintain healthcare coverage while pursuing employment through programs like Medicaid 1619(b) or Medicaid Buy-In.

**Medicare Resources | Medicaid Programs**

| Find your **State Contacts**

**Medicaid and Indian Health | CMS**

**Medicare for American Indians and Alaska Natives**

## **SNAP (food stamps)**

Contact your **local SNAP** office to find work incentives



## **Financial Empowerment**

Resources to help manage finances, save for the future, and understand your rights.

## **ABLE National Resource Center (ABLE NRC)**

An ABLE account allows people with disabilities to save and invest money without jeopardizing federally funded benefits based on need. ABLE savings up to \$100,000 is not a countable resource for people who receive SSI. ABLE account is not a countable resource for FAFSA, HUD, SNAP, SSDI, Medicaid or Medicare. Check out the **Financial Education Resources**

**ABLE NRC Youth Transition Toolkit**

**ABLE Materials Toolkit**

**Home Ownership Guide for People with Disabilities**

**Home Inheritance Guide for People with Disabilities**

 [info@ablenrc.org](mailto:info@ablenrc.org)

**ABLE NRC**

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***“I knew I had to find a program that would give me peace of mind and ensure some type of stability for my children as they became older. For me, an ABLE account was the answer for my son. It has been a life saver for us.”***

Beverli A.

## **Better Money Habits by Bank of America**

Provides accessible financial education resources.

## **Consumer Financial Protection Bureau**

### **Your Money Your Goals:**

Resources for people with disabilities and from organizations that serve the disability community.

## **Federal Deposit Insurance Corporation**

### **Money Smart Financial Education Curriculum**

## **Hands on Banking – Financial Education and Financial Literacy from Wells Fargo**

The Hands-on Banking® financial education program can help you get started on your financial education journey.

## **National Disability Institute (NDI)**

This organization collaborates with hundreds of organizations across the country from financial institutions and employers to government and community organizations to empower people with disabilities and their families to build a better financial future.

## **National Disability Institute Financial Resilience Center (FRC)**

This information hub focuses on providing financial stability information for individuals with disabilities.

## **Special Needs Alliance**

Legal and financial planning for families with special needs.

### **Find an Attorney**

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***“I know we’re not alone in wanting our daughter to have a bright financial future, so we want all parents of children with disabilities to know about the tools and resources available to help them prepare for and enter the world of work. We feel lucky these tools are available to support our daughter as she steps closer and closer to her dream job—and becoming a proud, contributing member of the workforce and community.”***

Jenny C.



## Free Tax Preparation Resources

National Disability Institute **Taxes and Information** for people with disabilities.

### FREE TAX PREPARATION:

Two programs are available that provide assistance to people. Eligibility is based on adjusted gross income. The income amount changes each year and may be flexible.

### Volunteer Income Tax Assistance (VITA)

To locate the nearest VITA or TCE site, use the **VITA Locator Tool** or call:

 800-906-9887

### Tax Counseling for the Elderly (TCE)

Programs are available for people age 60 and older. Most TCE sites are operated by the AARP Tax Aide Program.

To locate the nearest AARP TCE Tax-Aide site between January and April use the **AARP Site Locator Tool** or call:

 888-227-7669

### My Free Taxes

My Free Taxes is available to taxpayers Based upon Adjusted Gross Income (AGI) which is changes each year. Call My free Taxes or visit their website:

 866-698-9435

### **My Free Taxes**

## IRS Free File

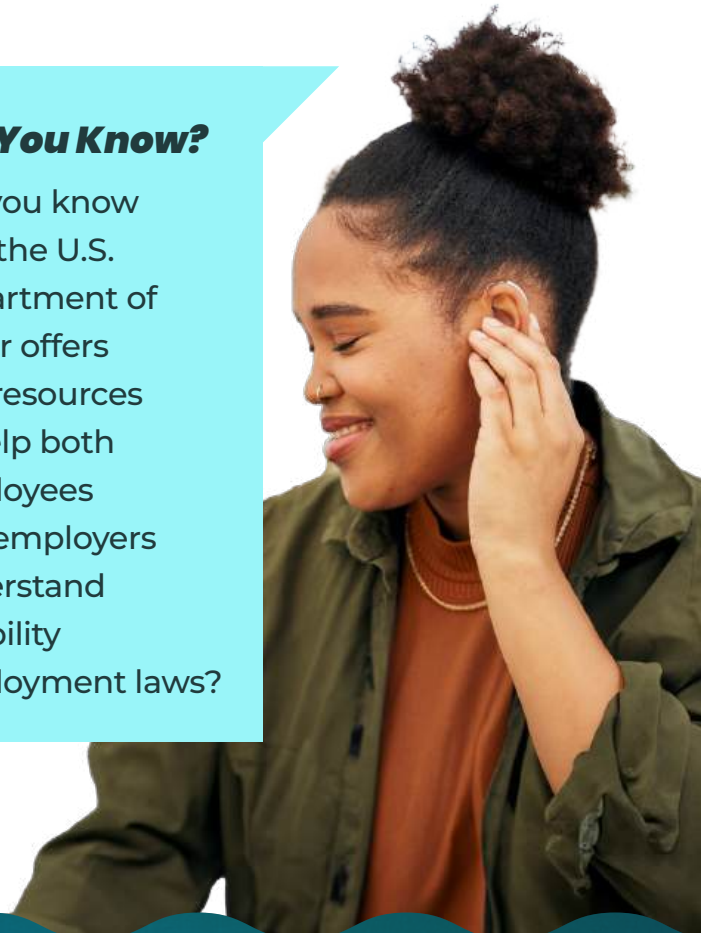
Allows eligible taxpayers to self-prepare and file their federal income tax online in one of two ways:

1. Guided, online tax preparation and filing at an IRS **partner site** is at no cost to qualifying taxpayers. Eligibility is based on taxpayers' **Adjustable Gross Income (AGI)** and may be limited to Federal tax return.
2. **Free File Fillable Forms** are electronic federal tax forms you fill out online. It is the only IRS free file option available for taxpayers whose **income (AGI)** is limited. If you choose this option, you should know how to prepare your own tax return.

Some, but not all, state-level tax filing options are also available for free.

### ***Did You Know?***

Did you know that the U.S. Department of Labor offers free resources to help both employees and employers understand disability employment laws?







## Accommodations and Assistive Technology

### Job Accommodation Network (JAN)

Provides accommodation solutions, strategies, and guidance on the Americans with Disabilities Act (ADA) that increase employment opportunities for people with disabilities. Information for individuals and employers. If you are going to school or working and need a disability accommodation, contact JAN for ideas and solutions.

 1-800-526-7234

### AT3C Assistive Technology (AT)

Assistive technology such as computer apps, vision/hearing aids, devices, home modifications and wheelchair accessible vehicles may be available at AT demonstration sites, reuse centers, or through grants and loan programs to help people get the AT they need.

#### **Quick Tip**

##### **Prepare for Interviews:**

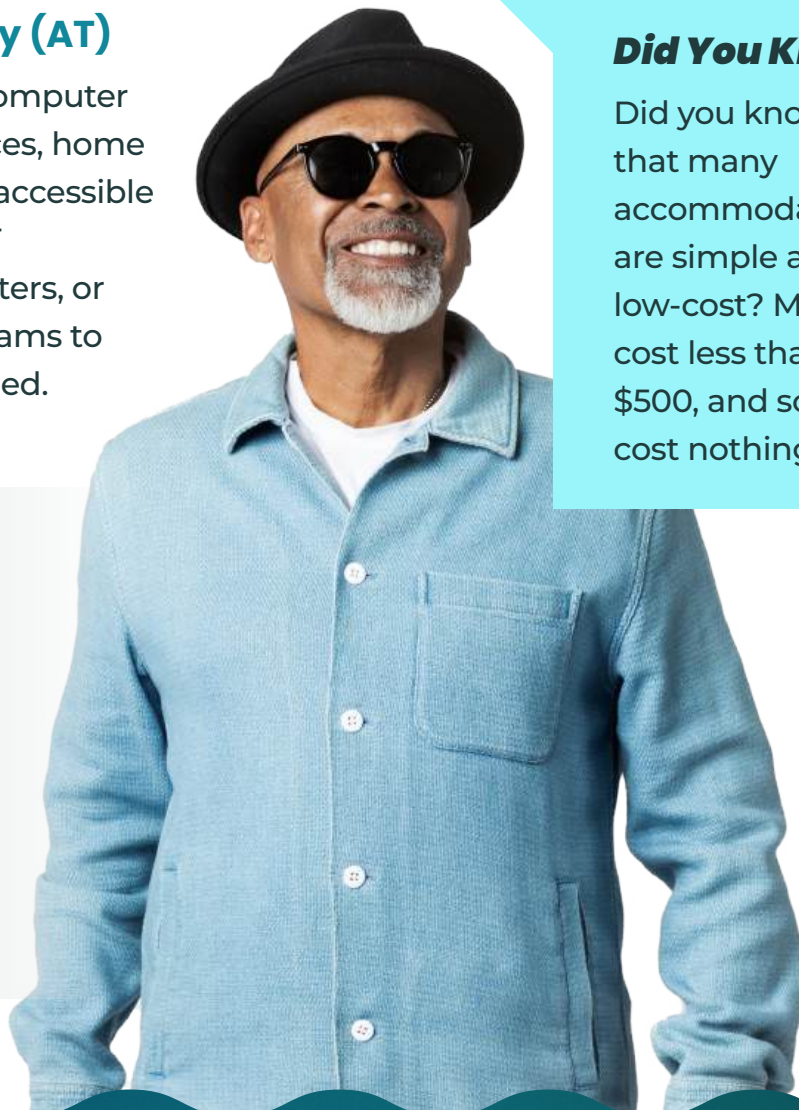
When interviewing, focus on your strengths and how your unique skills make you an asset to the company.

### Alternative Financing Programs (AFP) for Assistive Technology (AT)

Assistive Technology includes hearing, vision and communication devices, wheelchairs, modification for accessibility of a home or vehicle, stair glides, elevators and more. Your state's AFP can provide referrals for AT demonstration sites, grants and other funding that can reduce expenses; affordable loans with favorable lending terms are offered too; this may be an opportunity to develop a positive credit history.

#### **Did You Know?**

Did you know that many accommodations are simple and low-cost? Most cost less than \$500, and some cost nothing at all!



## **Epilepsy Foundation: Seizure Alert Dogs**

A seizure dog is a dog that has been trained (or has learned) to respond to a seizure in someone who has epilepsy. The law protects a person's right to use a service animal in any public place.

**[epilepsy.com/recognition/seizure-dogs](https://epilepsy.com/recognition/seizure-dogs)**

## **The Seeing Eye**

Training and provision of seeing eye dogs  
Free seeing eye dog training and provision.

 1-973-539-4425

**[seeingeye.org/puppies-dogs/  
seeing-eye-dogs](https://seeingeye.org/puppies-dogs/seeing-eye-dogs)**

### ***Quick Tip***

#### **Leverage Assistive Technology:**

Tools like screen readers, voice-to-text software, or ergonomic devices can improve your job performance and comfort.

### ***Quick Tip* | Know Your Rights:**

If you're facing challenges at work due to a disability, remember you have the right to request reasonable accommodations under the Americans with Disabilities Act (ADA).



## **Advocacy and Civil Rights**

### **Americans with Disabilities Act (ADA)**

Disability rights are civil rights. From voting to parking, the ADA is a law that protects people with disabilities in many areas of public life.

If you feel that you are being (or have been) discriminated against due to your disability, you can go to this website to see if you are covered under the ADA and view their services/products.

 Toll Free Voice or TTY 1-800-949-4232

### **Equal Employment Opportunity Center: EEOC**

The U.S. Equal Employment Opportunity Commission (EEOC) enforces federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy, childbirth, or related conditions, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.

Most employers, labor unions and employment agencies are covered. The laws apply to all types of work situations, including hiring, firing, promotions, harassment, training, wages, and benefits.




## **Job Accommodation Network (JAN)**

Provides strategies for workplace accommodations and ADA compliance.

 1-800-526-7234

## **Consumer Financial Protection Bureau**


A U.S. government agency dedicated to making sure you are treated fairly by banks, lenders and other financial institutions. CFPB also offers a complaint filing option. If you need to report a bank, lender, or financial company for treating you unfairly.

 855-411-2372  
TTY/TDD 855-729-2372

**[consumerfinance.gov/complaint](https://consumerfinance.gov/complaint)**

## **National Association of the Deaf**

The nation's premier civil rights organization of, by, and for deaf and hard-of-hearing individuals in the United States. If you are needing resources such as employment and interpreters or if you are wanting to have a political impact for the deaf/hard of hearing community. They also have an open complaint section for those who have faced discrimination.

 301-587-1788 (Purple/ZVRS)  
301-328-1443 (Sorenson)  
301-338-6380 (Convo)  
301-810-3182 (TTY)

 [nad.info@nad.org](mailto:nad.info@nad.org)

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***“The Americans with Disabilities Act (ADA) was a great first step for the disabled community, but it was only a first step. In order for the disabled community to have real lives like everyone else has the opportunity to live, we have to be allowed to play on the same field. We are tired of being spectators in the game of life.”***

Timothy E.



## **National Disability Rights Network**

The only legally based advocacy organization established by Congress to protect the rights of all individuals with disabilities. As part of that mandate, their network includes agencies in every state and U.S. territory, working to provide legal protection and advocacy services for people with disabilities.

## **Protection and Advocacy for Beneficiaries of Social Security (PABSS)**

PABSS falls under NDRN (above) and is a program funded by the Social Security Administration serving Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) beneficiaries with disabilities who encounter barriers in working. They provide information and advice to help resolve a disability employment related issue.

Find your local office

**[ssa.gov/work/protectionadvocacy.html](https://ssa.gov/work/protectionadvocacy.html)**

## **National Federation of the Blind (NFB)**

The National Federation of the Blind (NFB) has affiliates in every state as well as the District of Columbia and Puerto Rico. Directory of services and resources for people who are blind in your area. If you are looking for resources for the blind or visually impaired such as the Free White Cane Project, Braille Certifications, research, and education/employment.

 410-659-9314



## **Health Care and Mental Health**

Access resources and organizations that help with mental health and wellness.

## **Center for Medicare and Medicaid (CMS)**

The federal agency that provides health coverage to more than 160 million through Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace. CMS works in partnership with the entire health care community to improve quality, equity and outcomes in the health care system.

**People who do not have medical insurance may apply.**

## **Health Insurance Marketplace**

Find affordable coverage options and subsidies for working individuals with disabilities. People who have Medicare are not eligible for marketplace.

**Healthcare.gov**

**Health Care Coverage for American Indians and Alaska Natives**

**Health Care Insurance Coverage for Self-Employed Individuals**

**Find help choosing a plan and enrolling**



## Medicare and Medicaid Work Incentives

Maintain healthcare coverage while pursuing employment through programs like Medicaid 1619(b) or Medicaid Buy-In.

### Medicare Resources | Medicaid Programs

| Find your **State Contacts**

### Medicaid and Indian Health | CMS

### Medicare for American Indians and Alaska Natives

## National Alliance on Mental Illness (NAMI)

Offers support groups, education, and advocacy for individuals and families.

 703-524-7600

## State Health Insurance Assistance Programs

Your local SHIP will provide you with one-on-one insurance counseling and assistance with Medicare or Medicaid at no cost. Click on “Find Your local SHIP” in lower right of link.

## 988 Suicide & Crisis Lifeline

24/7 confidential support for individuals in crisis.

 Call or Text: 988 | **988lifeline**



## General Help

### 211

211 is a comprehensive source of information about local resources and services in the county.

If you need of local community resources. You can call 211 and request resources for things like help paying bills, caregiver resources, food programs, etc.



211

311 (New York City Residents)

**[211.org/about-us/your-local-211](https://211.org/about-us/your-local-211)**

## Crisis Services 988

National Suicide and Crisis Hot Line We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



Call or Text 988

### **Quick Tip | Network for Success:**

Join disability-related professional organizations or online communities to expand your network and learn about job opportunities.

## **DB101**

Gives you tools and information on employment, health coverage, and benefits for your state.

If you live in AK, AZ, CA, CO, IL, KY, MI, MN, MS, NJ, OH and are looking for more information on your disability benefits, employment, coverage, for your state.


## **Eldercare**

Connects you to services for older adults and their families so that you can become employed with peace of mind that your elder is being cared for.

 1-800-677-1116

## **Social Security Administration**

If you are looking to apply for SSI/SSDI, retirement benefits, or have questions about your current benefits and reported wages, or work supports, etc.

 1-800-772-1213  
TTY 1-800-325-0778

**[ssa.gov](https://ssa.gov)**

## **SNAP (food stamps)**

Contact your **local SNAP** office for food assistance



## **Disability Specific Support Services**

Find support that's right for your specific health condition.

## **Disability Information & Access Line (DIAL)**

Connects people with disabilities to information about local community resources that support independent living.

If you are looking for local vaccination options, accessible transportation, housing support, disability rights and other independent living resources. 1-888-677-1199, additional contact services available online

**[dial.acl.gov](https://dial.acl.gov)**

## **Administration for Community Living**

Created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where/ with the people they choose and be able to fully participate in their communities. If you are looking for resources for things like Eldercare, transportation, benefits information, and disability specific resources.

 1-202-401-4634

**[acl.gov/programs/strengthening-agingand-disability-networks/nationalresource-centers](https://acl.gov/programs/strengthening-agingand-disability-networks/nationalresource-centers)**



**American Autoimmune Related Diseases Association (AARDA)**

**American Cancer Society**

**American Council of the Blind**

**American Diabetes Association**

**American Heart Association**

**The Arc**

Support for people with intellectual and/or developmental disabilities

**Arthritis Foundation**

**Asthma and Allergy Foundation (AAFA)**

**Autism Society**

**Centers for Independent Living**

Provide information, referrals and case management services to persons with disabilities that help to them to live as independently as possible.

**Epilepsy Foundation**

**HIV/AIDS**

**National Association of Councils on Developmental Disabilities**

**National Association of the Deaf (NAD)**

or **Get in touch**

**National Federation of the Blind (NFB)**

**National Disability Institute (NDI)**

**National Down Syndrome Congress (NDSC)**

**National Down Syndrome Society (NDSS)**

**National Limb Loss Resource Center**

**National Multiple Sclerosis Society (NMSS)**

**Parkinson's Foundation**

**Spina Bifida Association**

**Think College**

Listing of college programs designed specifically for people with developmental disabilities

**United Spinal Association**

**This guide is your roadmap to success. Whether you're looking for a job, healthcare, or financial resources, there is support available to help you achieve your goals.**

**This guide was created by National Disability Institute.**

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**For more information, please use the contact information below to connect with a service provider that can offer additional help.**

***Directory Provided By:***