



Disability

February 2006

Arlington County
Office for Persons with Physical Disabilities
Arlington County, Virginia
Department of Human Services
Aging and Disability Services Division
703-228-1700 (V) 703-228-1788 (TTY)
www.arlingtonva.us



DEPARTMENT OF
HUMAN SERVICES

Preface

This directory of services and resources for Arlingtonians with disabilities is prepared under the auspices of the Arlington County Disability Advisory Commission and the Arlington County Office for Persons with Physical Disabilities. It is designed as a source of information and assistance for people with disabilities, their families and friends, and all who work with them. Appointed by the Arlington County Board, the Arlington County Disability Advisory Commission serves to advise the County Board on programs, services, and issues concerning people with disabilities. Citizens are welcome at the Commission meetings, held on the third Tuesday of each month. The public is encouraged to contact the Office for Persons with Physical Disabilities at 703-228-1700, 703-228-1788(TTY) for information and assistance. Also, visit the Arlington County website at www.arlingtonva.us

Common Disability Symbols



Assistive	Materials	Closed	Large Print	Access for	Sign	Wheelchair
Listening	Provided in	Captioning	Materials	Persons who	Language	Access
Device	Braille	Available	Provided	are Blind or	Interpretation	
				Have	Provided	
				Low Vision		

If you need this guide in alternate format, please contact our office at the numbers above.

Quick Reference Guide	
Adult Mental Health Services Intake	703-228-5150 703-228-5242 TTY
Adult Protective Services/Over 60 Intake	703-228-1700
Adult Services Case Management	703-228-1700
AIDS Information	703-228-5175
Arlington Agency on Aging	703-228-1700
Arlington Employment Center	703-228-1400
Business Office	703-228-1600
Child Care Subsidy Program	703-228-1685
Children's Health Insurance	703-228-1350
Community Outreach Program	703-228-1300
Consumer Affairs Office	703-228-3260
Crisis Assistance	703-228-1300
Dental Clinic	703-228-1200
Domestic Violence Hotline (24 hours)	703-228-4848
Emergency Mental Health Services	703-228-5160
After 10pm weekdays; weekends and holidays	703-228-4256 703-228-5242 TTY
Family Planning Clinic	703-228-1200
Financial Assistance Appointments	703-228-1350
Food Stamps	703-228-1350
Guardianship Program	703-228-1700
Homeless Program Services	703-228-1350

Housing Grants	703-228-1350
Human Services Information	703-228-1300 703-228-1398 TTY
Libraries-Talking Books	703-228-6333
Meals on Wheels	703-522-0811
Medicaid Eligibility	703-228-1350
Medicare Information	1-800-633-4227
Mental Retardation/Developmental and Physical Disabilities	703-228-1700
Mental Retardation/Developmental Disabilities Child Case Management	703-228-1550
Nursing Case Management Services	703-228-1700
Office for Persons with Physical Disabilities	703-228-1700 703-228-1788 TTY
Prescription Medication Assistance	703-228-1350
Rape Crisis Hotline (24 hours)	703-228-4848
Real Estate Tax Relief	703-228-1350
Section 8 Housing Office	703-228-1450
Social Security Administration	1-800-772-1213
Substance Abuse Treatment Services	703-228-1550
Tax Relief/Deferral-Real Property	703-228-1350
Tenant Landlord Commission	703-228-3765
Volunteer Office	703-228-1760

Transportation	
MetroAccess	301-562-5361 301-588-7535 TTY
Red Cross	703-527-3010
STAR	703-228-8747 (TRIP) 1-877- 228-8747 (TRIP) Virginia Relay Center, (800) 828-1120

Citizen Commissions Associated with DHS	
Alexandria/Arlington Workforce Investment Board	703-228-1406
Commission on Aging	703-228-1700
Community Services Board	703-228-5001
Disability Advisory Commission	703-228-1700 703-228-1788 TTY

Virginia Relay Service	
All Users	711
TTY/Computer/VCO	1-800-828-1120
Voice Users	1-800-828-1140

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Using this Guide

As you contact various people and organizations for assistance, describe your personal circumstances so that the person you are talking with understands what services you need. The more information you provide, the better the organizations can assist you.

Remember, certain services have specific requirements such as age, income, assets (such as bank accounts or property other than your home), type of disability, etc. Be prepared to provide information about your situation. Also, be prepared to ask questions about the services.

Some organizations may require you to bring identification, such as photo ID, Social Security card, or a birth certificate. Non-US citizens may need to bring a Green Card. Contact the following offices if you need to obtain these documents:

Photo ID

Virginia Department of Motor Vehicles

PO Box 27412

Richmond, VA 23269

1-866-DMVLINE (1-866-368-5463)

1-800-435-5137

FAX 804-367-6631

TTY 1-800-2725-9268

dmv.state.va.us/

SOCIAL SECURITY CARD

Social Security Administration Statewide Information and
Referral System: 1-800-230-6977

www.ssa.gov

Birth Certificate-If you were born in Virginia

Virginia Department of Health

Office of Vital Records and Health Statistics

PO Box 1000

Richmond, VA 23218-1000

Information Line: 804-662-6200

www.vdh.state.va.us

If you were born in another state, you must get your birth certificate form the state in which you were born. Usually the Bureau of Vital Statistics lists contact information.



Questions to ask

Below are some potential questions to ask when you contact an organization about services:

- What is the eligibility requirement?
- Will my income and other assets be considered as part of my eligibility?
- How soon can I receive services?
- Do you have any information that you can mail to me that explain your service, and are they available in alternate format such as large print, Braille, or other languages?
- Can I apply over the phone, by mail, or will I have to come in to your office?
- Where is your office? Can you give me specific directions?
- Is there a waiting list to receive your services?
- What information will I need to bring?
- If I get turned down for the service, is there an appeal process?
- Will I have to pay for the service? If so, how much?
- List your own questions:

ALZHEIMER'S DISEASE

ALZHEIMER'S DISEASE EDUCATION & REFERRAL CENTER

800-438-4380

P.O. Box 8250

Silver Spring, MD 20907

An Information Specialist responds to questions about Alzheimer's Disease, the latest research findings, drug testing and clinical trials information, symptoms of the disease and how diagnosed, and services for patients and families. Also provides numerous publications, videotapes, a listing of conferences, and summaries of publications and videos in English and Spanish.

ARTHRITIS

ARTHRITIS FOUNDATION

4455 Connecticut Avenue

Suite 300

Washington, DC 20008

Information Line 800-283-7800

Metropolitan Washington Chapter 202-537-6800

BLINDNESS AND VISUAL IMPAIRMENT

DEPARTMENT FOR THE BLIND AND VISION IMPAIRED

Fairfax Regional Office

1150 Main Street, Suite 502

Fairfax, VA 22030

703-359-1100

www.vdbvi.org

aubreyja@dbvi.state.va.us

The Rehabilitation Teaching/Independent Living Services program of the Department for the Blind and Vision Impaired provide services necessary to enable people with visual disabilities to achieve their maximum level of independence and participation in society, thus enhancing their economic, social, and personal independence. Services provided include individualized needs assessment, adjustment counseling information and referral, advocacy, outreach, orientation and mobility, daily living skills training, Braille, typing, script writing, home management skills, assistive technology services and devices, and other specialized services.

COLUMBIA LIGHTHOUSE FOR THE BLIND

National Headquarters:

1120 20th Street, NW, Suite 750 South

Washington, DC 20036

202-454-6400

FAX: 202-454-6401

877-324-5252

info@clb.org

Since 1900, the Columbia Lighthouse for the Blind (CLB) has offered programs that enable individuals who are blind or visually impaired to obtain and maintain independence at home, school, work, and in the community. CLB's programs and services include early intervention services, training and consultation in assistive technology, career placement services, comprehensive low vision care and a wide range of rehabilitation services.

VIRGINIA LIONS EYE INSTITUTE FOUNDATION

8110 Gatehouse Road

Falls Church, VA 22042

The Lions Eye Clinic provides services for indigent individuals only. Family assistance workers in the Fairfax County Health Department determine an individual's indigent status.

Individuals, who have no medical insurance coverage, meet certain income standards based on the number of dependents, and are classified as coming under the Income "A" category may qualify as indigent.

Referrals to the Clinic are made by the Fairfax County Health Department, Arlington County Health Department, Arlington

Free Clinic, Baileys Crossroads Health Clinic, Alexandria Casey Clinic, South County Health Clinic, and doctors.

The Lions Eye Clinic at Fairfax Hospital operates five days a week. Eye examination patients are scheduled into the Lions Eye Clinic on designated Fridays. Volunteer ophthalmologists offer their services to conduct examinations. A representative from the Fairfax County Health Department is present to assist in the processing of scheduled patients.

PREVENTION OF BLINDNESS SOCIETY

1775 Church Street, N.W.

Washington, DC 20036

202-234-1010

youreyes.org/

Prevention of Blindness Society was founded in 1936 with three goals: to prevent the needless loss of sight; to restore sight; and to make the use of remaining sight. It is the largest local prevention of blindness agency in the United States. It provides services in the entire Metropolitan Area, including Northern Virginia, suburban Maryland and Washington, D.C.

ARLINGTON COUNTY LIBRARY

1015 N. Quincy Street

Arlington, VA 22201

703-228-5960

TTY: 703-228-6320

Large print materials are provided for persons unable to read standard print. Talking Books program provides books on tape and playback equipment for those unable to read print or hold a book.

LOW VISION INFORMATION CENTER

7701 Woodmont Avenue

Suite 302

Bethesda, MD 20814

301-951-4444

lowvisioninfo.org

Provides information, referral, and support to persons with visual impairments, including up to date information about eye diseases and programs

METROPOLITAN WASHINGTON EAR, INC., THE

35 University Boulevard East

Silver Spring, MD 20901

301-681-6636

FAX: 301-681-5227

Information@washear.org

The Metropolitan Washington Ear: free services for blind, visually impaired, and physically disabled people who cannot effectively read print.

SERVICES FOR THE VISUALLY IMPAIRED, INC.

8720 Georgia Avenue, Suite 210

Silver Spring, MD 20910

301-589-0894

servicesvi.org

Provides professional and volunteer services to people who are blind and visually impaired. Those services include information and referral, peer counseling, community mobility program, Braille classes and public education program. Most services are free; others operate on a sliding fee scale.

VIRGINIA SCHOOL FOR THE DEAF AND THE BLIND

East Beverly Street

Staunton, VA 24402

800-522-8732

540-332-9000

FAX: 540-332-9042

Info@vsdb.state.va.us

One of the oldest schools in Virginia and the second of its kind in the world, the Virginia School for the Deaf and Blind (VSDB), located in historic and scenic Staunton, VA, was established by an act of the Virginia General Assembly on March 31, 1838.

The school utilizes some of the latest and most advanced audio-visual equipment and disability tailored computer applications in its classrooms to provide its students with the

best education possible. The school is available to all deaf and blind children in Virginia.

**THE AMERICAN PRINTING HOUSE FOR THE BLIND, INC.
(APH)**

1839 Frankfort Avenue
P. O. Box 6085
Louisville, KY 40206-0085
502-895-2405
FAX: 502-899-2274
800-223-1839
info@aph.org

The American Printing House for the Blind (APH) was founded in Louisville, Kentucky in 1858, making it the oldest institution of its kind in the United States. APH is also the world's largest company devoted solely to creating products and services for people who are visually impaired.

**BRAIN INJURY AND NEUROLOGICAL
IMPAIRMENT**

BRAIN INJURY SERVICES, INC.

8136 Old Keene Mill Road
Suite B102
Springfield, VA 22152

703-451-8881

Fax: 703-451-8820

srudolph@braininjurysvcs.org

Our mission is to support survivors of brain injuries and their families with individualized case management services, education and advocacy. For questions or comments about the programs offered at BIS, Contact Susan Rudolph, Director of Program Services. Hours: Monday through Friday 9:00 AM to 5:00 PM

TOURETTE SYNDROME ASSOCIATION OF GREATER WASHINGTON

33 University Boulevard, E.

Silver Spring, MD 20901-2485

301-681-4133

FAX: 301-681-4183

877-295-2148

Tsgw@aol.com

Tourette Syndrome (TS) is an inherited, neurological disorder characterized by repeated involuntary movements and uncontrollable vocal (phonic) sounds called tics. In a few cases, such tics can include inappropriate words and phrases. The association is dedicated to serving the needs of families and individuals dealing with Tourette Syndrome, and the professionals who serve them, in the Maryland, Virginia, West Virginia and Washington, D.C. area.

CANCER

AMERICAN CANCER SOCIETY

124 Park Street, SE

Vienna, VA 22180

888-227-6330

703-938-5550

For transportation to medical appointments:

CANCER SUPPORT GROUPS IN ARLINGTON COUNTY:

The Virginia Hospital Center

703-558-5555

Answer Cancer

DEVELOPMENTAL DISABILITIES

ARLINGTON COUNTY DEPARTMENT OF HUMAN SERVICES-AGING AND DISABILITY SERVICES MENTAL RETARDATION/DEVELOPMENTAL DISABILITY SERVICES

3033 Wilson Blvd., Suite 700-A

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

The goal of the program is to promote maximum independence of eligible Arlington County residents with mental retardation or developmental disabilities, and to assist them and their families

in accessing and maintaining appropriate services, which will enable them to participate and remain safely in the community. Among the services are case management and assistance to eligible persons in finding suitable residential and vocational placements.

Transportation services are available on a sliding fee scale. Family support systems are available to families who care at home for their child with a disability of MR/DD.

THE ARC OF NORTHERN VIRGINIA

100 N. Washington Street, Suite 234

Falls Church, VA 22046-4516

703-532-3214

FAX: 703-532-3398

info@thearcofnova.org

The Arc of Northern Virginia, an affiliate of the national organization, The Arc, was founded in May of 1962. From the Arc's roots, a group of concerned parents 50 years ago, has spawned a national movement that has led to services where there were none, legal protections recognizing human rights, and feelings of pride and dignity.

THE VIRGINIA ASSOCIATION OF COMMUNITY SERVICES BOARDS

The Virginia Association of Community Services Boards (VACSB) provides professional development, leadership

training, and education for board members, staff, consumers, advocates and the general public. VACSB develops public information focused on increasing community awareness of community-based mental health, mental retardation, substance abuse and prevention services; provides public policy and advocacy.

ARLINGTON COUNTY CSB – HPR II

County of Arlington
1801 N. George Mason Drive
Arlington, VA 22207
703-228-5002
FAX: 703-228-5073
TTY: 703-228-4614

The Arlington Community Services Board (ACSB) is a 15-member citizens advisory committee appointed by the Arlington County Board. Among the responsibilities of the ACSB, as described in its mission statement (below), are to:

1. Plan community mental health, mental retardation, and substance abuse services
2. Provide the principal forum for citizens and consumers to review and comment on services for persons with mental disabilities and substance abuse problems
3. Approve and submit a proposed annual budget covering all community mental health, mental retardation, and substance abuse services.

The ACSB meets monthly, and meetings are open to the public. For information, call (703) 228-5049.

VIRGINIA DEPARTMENT OF MENTAL HEALTH, MENTAL RETARDATION AND SUBSTANCE ABUSE SERVICES

P. O. Box 1797

Richmond, VA 23218

1220 Bank Street

Richmond, VA 23219

V/TTY: 804-371-8977

800-451-5544

804-786-3921

FAX: 804-371-6638

The Department of Mental Health, Mental Retardation and Substance Abuse Services believes that all people have a right to participate in the life of the community that should not be limited by the presence of mental illness, mental retardation or substance abuse. The Department works to effectively treat those who need services and to prevent the development of mental disabilities and substance abuse problems.

ICON COMMUNITY SERVICES, INC.

1240 N. Pitt Street, Suite LL

Alexandria, VA 22314

703-548-4048

FAX: 703-548-0198

Info@iconservices.org

iconservices.org

Provides supported employment services and community living supports to more than 200 people each year, in addition to providing technical assistance and community education and conducting research and demonstration projects.

THE LT. JOSEPH P. KENNEDY INSTITUTE

Lt. Joseph P. Kennedy Institute

801 Buchanan Street, N.E.

VOICE: 202-529-7600

FAX: 202-529-2028

Washington, D.C. 20017

Creating equal and meaningful opportunities for people with developmental disabilities is the driving force behind the Lt. Joseph P. Kennedy Institute. Kennedy Institute's services promote individual choice and community inclusion for people of all ages with disabilities. Primary program areas include early intervention, education, career development, community living, and family supports.

DIABETES

AMERICAN DIABETES ASSOCIATION

Attn: National Call Center

1701 N. Beauregard Street

Alexandria, VA 22311

800-342-2383

202-331-8303

WASHINGTON D.C. AREA AFFILIATE

Founded in 1940, the American Diabetes Association conducts programs in all 50 states and the District of Columbia, reaching more than 800 communities. Provides information and other services to people with diabetes, their families, health care professionals, and the public. Advocates for scientific research and for the rights of people with diabetes.

ADVOCACY AND LEGAL RIGHTS

VIRGINIA OFFICE FOR PROTECTION AND ADVOCACY (VOPA)

Central & Richmond Offices

Ninth Street Office Buildings

202 N. Ninth Street, 9th floor

Richmond, VA 23219

804-225-2024

(V/TTY)804-225-2042

Fax: 804-225-3221

VOPA protects individuals with mental illness or other disabilities from abuse, neglect, discrimination, and other violations of their legal or human rights.

They also help people with disabilities obtain services and treatment. Callers with problems targeted in VOPA's program

priorities may also receive free advocacy services and/or free legal representation.

AMERICANS WITH DISABILITIES ACT

The ADA Information Center for

The Mid-Atlantic Region

451 Hungerford Drive, Suite 607

Rockville, MD 20850

301-271-0124

FAX: 301-217-0754

TTY: 800-949-4232

adainfo@transcen.org

Provides training, information, and technical assistance on the Americans with Disabilities Act (ADA) and accessible information technology (IT) to businesses, consumers, schools and government agencies within the Mid-Atlantic Region (PA, MD, VA, WV, and DC). The ADA Information Center of the Mid-Atlantic Region is funded by the National Institute on Disability Rehabilitation and Research of the U.S. Department of Education.

NATIONAL REHABILITATION ASSOCIATION

633 S. Washington Street

Alexandria, VA 22314

Info@nationalrehab.org

703-836-0850

FAX: 703-836-0848

TTY: 703-836-0849

Not long after Congress passed the National Rehabilitation Act of 1920, the National Rehabilitation Association (NRA) began its commitment to persons with disabilities. As the oldest and strongest advocate for the rights of persons with disabilities, our mission is to provide advocacy, awareness and career advancement for professionals in the fields of rehabilitation. Our members include rehab counselors, physical, speech and occupational therapists, job trainers, consultants, independent living instructors and other professionals involved in the advocacy of programs and services for people with disabilities.

LEGAL ASSISTANCE

ARLINGTON COUNTY BAR ASSOCIATION

1425 N. Courthouse Road, Room 1800

Arlington, VA 22201

703-228-3390

Provides names of attorneys. Maintains a referral service to lawyers who charge a moderate fee for the first consultation.

LEGAL SERVICES OF NORTHERN VIRGINIA

1916 Wilson Blvd., Ste. 200

Arlington, VA 22201

703-532-3733

Program provides legal services in certain civil cases for persons with limited income. Also, provides assistance with public benefits and other matters. Legal Services of Northern Virginia hold regular office hours for either scheduled or unscheduled new appointments with clients. Appointments are on a first come first served basis every Wednesday beginning at 1 PM at 3033 Wilson Boulevard on the 5th floor.

ASSISTIVE TECHNOLOGY

VIRGINIA ASSISTIVE TECHNOLOGY SYSTEM (VATS)

VATS Northern Regional Site

703-993-3670

Helen A Kellar Institute for Human DisAbilities

George Mason University

4400 University Drive MSN 1F2

Fairfax, VA 22030-4444

FAX: 703-993-3681

chd.gse.gmu.edu/

VATS@virginia.edu

VATS is a statewide systems change project committed to improving the quality of life for all Virginians by increasing awareness and accessibility of assistive technology.

Administered by the Department of Rehabilitative Services and guided by the Virginia Council on Assistive Technology a variety of consumer driven activities and programs, information and technical assistance are provided on devices, educators,

public and private agencies. VATS strives to bring about change in practice, policies and laws to improve access to assistive technology.

**ASSISTIVE TECHNOLOGY LOAN FUND AUTHORITY
(ATLFA)**

P. O. Box K091

Richmond, VA 23288

V/TTY: 804-662-9000

FAX: 804-662-9533

atlfa.org

loanfund@erols.com

Loans are made to Virginians with disabilities, and their family members, for wheelchairs, electric scooters, hearing aids, computers with voice input/output, augmentative communication devices, medically necessary devices, closed circuit televisions and other equipment made for people with disabilities. Loans may be obtained for limited home modification purposes such as: wheelchair ramps, stair climbers, and bathroom modifications. Home equity loans for substantial home renovations including room addition and basement renovations are also available.

**ASSISTIVE TECHNOLOGY (AT) DEMONSTRATION
APARTMENT**

Sunrise Living At Bluemont Park

The Potomac Building, Apartment 458

5910 Wilson Boulevard

Arlington, VA 22201

703-563-2128

Hours: Monday-Friday by appointment

Saturday 1-3 PM

Sunday 3-5 PM

- AT devices are designed to make life easier for older adults and people with permanent or temporary disabilities who have difficulty with routine activities such as bathing, toileting, dressing, eating, home management and moving about inside and outside the house. The demonstration apartment is equipped with more than one hundred products.

CENTERS FOR INDEPENDENT LIVING

Centers for Independent Living, often referred to as "CILs" are non-residential places of action and coalition, where persons with disabilities learn empowerment and develop the skills necessary to make lifestyle choices. Centers provide services and advocacy to promote the leadership, independence, and productivity of people with disabilities. Centers work with both individuals as well as with the local communities to remove barriers to independence and ensuring equality of persons with disabilities.

ENDEPENDENCE CENTER OF NORTHERN VIRGINIA, INC.

703-525-3268

3100 Clarendon Blvd.

Arlington, VA 22201

TTY: 703-525-3553

FAX: 703-535-3585

info@ecnv.org

Consumer run, cross-disability community resource center providing information, peer counseling, training, and advocacy services. The Center is accommodating to individuals, including chemical sensitivity and environmental illness. There is a dedicated area free of contaminants.

WOODROW WILSON REHABILITATION CENTER

P. O. Box 1500

Fishersville, VA 22939-1500

540-332-7390

TTY: 800-811-7893

800-345-9972

FAX: 540-332-7132

wwrc.net

The Woodrow Wilson Rehabilitation Center (WWRC) is the first state-owned and operated comprehensive rehabilitation center in the country. WWRC provides comprehensive medical, assistive technology and vocational rehabilitation services to

persons with disabilities to help them gain increased independence and employment.

CONSUMER/ADVOCACY ORGANIZATIONS

ARLINGTON LONG-TERM CARE COORDINATING COMMITTEE

c/o Arlington Agency on Aging
3033 Wilson Blvd., Suite 700-B
Arlington, VA 22201
703-228-1700
TTY: 703-228-1788

Initially created by the Arlington County Board, the Committee promotes awareness of and improvement in long-term care services in Arlington. Membership includes representatives of various Department of Human Services programs and other service and advocacy agencies that serve Arlington residents. Meetings are bimonthly and open to interested service providers.

CONSUMER CONSORTIUM ON ASSISTED LIVING (CCAL)

P. O. Box 3375
Arlington, VA 22203
703-533-8121

The Consumer Consortium on Assisted Living is the only national consumer-focused advocacy organization dedicated

solely to the needs and rights of assisted living residents. CCAL promotes quality care and best practices, advocates for affordable assisted living for people on limited incomes, educates consumers, advocates, professionals and the general public, monitors assisted living issues, and serves as a national resource and facilitator for the exchange of information and ideas.

NATIONAL INSURANCE CONSUMER HELPLINE

800-942-4242

Answers a wide range of questions about insurance matters, refers insurance complaints to appropriate sources, and mails consumer brochures upon request. Helpline hours are from 8:30 a.m. to 8:00 p.m. Monday through Friday.

NORTHERN VIRGINIA MEDIATION SERVICE

c/o Conflict Clinic Inc.

George Mason University

4400 University Drive

Fairfax, VA 22030-4444

703-993-3656

Helps people work out disputes. If someone has a problem with a neighbor, family member, friend, co-worker, or business associate and the parties seem unable to settle it themselves, a mediator can help.

VIRGINIA BOARD OF MEDICINE

6603 West Broad Street, 5th Fl.

Richmond, VA 23230-1712

804-643-4337

FAX: 804-643-5375

Info@vahealthprovider.com

COUNSELING AND GUIDANCE

CRISISLINK (FORMERLY NORTHERN VIRGINIA HOTLINE)

703-527-4077

A 24 hour confidential listening and referral service for any kind of problem.

HAVEN

4606 Ravensworth Road

Annandale, VA 22003

703-941-7000

Assists people who are seriously ill, members of their families, and families who suffer loss due to unexpected or accidental death. No charge for services.

JEWISH SOCIAL SERVICE AGENCY OF NORTHERN VIRGINIA

7345 McWhorter Place, Suite 100

Annandale, VA 22003

703-750-5400

Offers counseling services to individuals, couples, and their families.

NORTHERN VIRGINIA FAMILY SERVICES

100 N. Washington St., Suite 400

Falls Church, VA 22046

703-533-9727

Provides counseling on family problems and adjustments.

**PASTORAL COUNSELING AND CONSULTATION
CENTERS OF GREATER WASHINGTON**

3017 Chain Bridge Road

Oakton, VA 22124

703-281-1870

Personal, family, and marriage counseling available. Call for appointment and counseling center nearest your home.

THE WOMEN'S CENTER

133 Park Street, NE

Vienna, VA 22180

703-281-2657

Satellite locations in Arlington. Provides free psychotherapy and educational services in English and Spanish for low-income Arlington residents. Services are offered in four areas: psychotherapy, educational/support groups, employment services, and financial education.

DAY PROGRAMS

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

Clarendon House

3141 10th St. N.

Arlington, VA 22201

703-228-5236

A daytime psychosocial rehabilitation program based on the clubhouse model that provides vocational, social, and educational opportunities for individuals who have a serious mental illness. Sliding fee scale.

MADISON ADULT DAY HEALTH CARE CENTER

3829 N. Stafford St. (Off Old Glebe Rd.)

Arlington, VA 22207

703-228-5340

Day health-care for adults with physical or cognitive impairments. Program provides noontime meal, socialization, recreation, and health care. Transportation available. Sliding fee scale.

PERSONAL CARE AND ASSISTANCE SERVICES

DENTAL SERVICES

**DEPARTMENT OF HUMAN SERVICES/ARLINGTON
COUNTY**

Dental Clinic

3033 Wilson Blvd., Suite 200-A

Arlington, VA 22201

703-228-1200

TTY: 703-228-1298

Provides dental services for low-income, ARLINGTON COUNTY residents with disabilities 60 years and over. Will serve people with disabilities who can transfer from their own wheel chairs, etc. onto the dental table/bed, and they are responsible for their mobility. Sliding fee scale.

DONATED DENTAL SERVICES

804-264-9010

(Operated by the Virginia Dental Association)

This organization provides free, comprehensive dental treatment to persons who are permanently disabled, medically compromised, or elderly (over 65). Eligible applicants must be unable to afford dental care and be ineligible for public aid for such care.

HOWARD UNIVERSITY DENTAL CLINIC

5929 East Capitol Street, SE

Washington, DC 20019

202-582-7700

Routine and emergency care provided by dental students. Call for fees and hours. Payment plan can be set up.

**NORTHERN VIRGINIA COMMUNITY COLLEGE DENTAL
HYGIENE CLINIC**

703-323-3349

Free cleanings, oral exams and some x-rays provided by dental hygienists in training.

NORTHERN VIRGINIA DENTAL CLINIC

2924 Columbia Pike

Suite 202

Arlington, VA 22204

703-769-4600

Referral through Northern Virginia Family Services for persons under age 60.

NORTHERN VIRGINIA DENTAL SOCIETY

4330-N Evergreen Lane

Annandale, VA 22003

703-642-5297

Offers referrals to member dentists. Tape-recorded message after hours with names of dentists who can provide emergency care.

NORTHERN VIRGINIA FAMILY SERVICES

703-769-4600

Provides dental services for low-income persons under 60. Interview followed by referral to volunteer dentist. \$30 per appointment. Must pre-pay. Waiting list. Accepts 10 new clients per month.

WASHINGTON HOSPITAL CENTER

ORAL SURGERY DEPT.

110 Irving Street, NW

Suite, GA144

Washington, DC 20010

202-877-6737

Extractions only. No routine care provided.

DISABILITY INFORMATION-GENERAL

DEPARTMENT OF REHABILITATIVE SERVICES

SERVICES FOR VIRGINIANS WITH DISABILITIES

Department of Rehabilitative Services

P. O. Box K-300

8004 Franklin Farms Drive

Richmond, VA 23288-0300

Toll Free Voice/TTY: 800- 552-5019

804-662-7000

FAX: 804-662-9531

drs@drs.state.va.us

SOCIAL SECURITY DISABILITY

SSDI & SSI

800-772-1213

TTY number: 800-325-0778

ssa.gov

Social Security pays disability benefits under two programs: the Social Security Disability Insurance program (SSDI) and the Supplemental Security Income (SSI) program. Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured" meaning that you worked long enough and paid Social Security taxes. Supplemental Security Income pays benefits based on financial need. When you apply for either program, Social Security will collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability.

You may apply for [Social Security Disability Benefits](#) online at the Social Security Website.

Social Security has a toll-free number that operates from 7:00 a.m. to 7:00 p.m., Monday to Friday: 1-800-772-1213 If you have a touch-tone phone, recorded information and services are available 24 hours a day, including weekends and holidays. People who are deaf or hard of hearing may call the toll-free TTY number, 1-800-325-0778, between 7:00 a.m. and 7:00 p.m. on Monday through Friday. Please have your Social

Security number handy when you call.

**CENTRAL REGIONAL OFFICE-VIRGINIA DEPARTMENT OF
REHABILITATIVE SERVICES**

5211 W. Broad Street, Suite 201

Richmond, VA 23220

800-523-5007

The Disability Determination Services (DDS), a division within DRS, processes disability claims for benefits under the Social Security Disability Insurance and Supplemental Security Income Disability Programs. Following federal regulations, DDS commits to making accurate and prompt decisions on disability based on the following: medical criteria, medical and psychological evidence, vocational criteria, consultative evaluation, and continuing disability review.

**DISABILITY ADVISORY COMMISSION/ARLINGTON
COUNTY**

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

A 13-member citizen advisory group appointed by the County Board to advise and assist the County in addressing the needs of persons with physical and sensory disabilities. The Commission also serves as the local Disability Services Board,

performing needs assessments and administering the Rehabilitative Services Incentive Fund that supports local initiatives.

**DEPARTMENT OF HUMAN SERVICES/ARLINGTON
COUNTY
OFFICE FOR PERSONS WITH PHYSICAL DISABILITIES**

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

703-228-1712

TTY: 703-228-1713

Provides information about County and community resources available to Arlington residents with disabilities.

EASTER SEALS

4041 Powder Mill Road, Suite 100

Calverton, MD 20705

800-886-3771

301-931-8700

FAX: 301-931-8690

www.nca-md.easter-seals.org

Easter Seals mission is to create solutions that change lives of children and adults with disabilities or other special needs and their families.

VIRGINIA BOARD FOR PEOPLE WITH DISABILITIES

202 N. 9th Street, 9th Fl.

Richmond, VA 23219

V/TTY: 800-846-4464

804-786-0016

FAX: 804-786-1118

www.vaboard.org

The Virginia Board for People with Disabilities' mission is to enrich the lives of Virginians with disabilities by providing a voice for their concerns.

CONSUMER AFFAIRS OFFICE/ARLINGTON COUNTY

2100 Clarendon Blvd., Suite 314

Arlington, VA 22201

703-228-3260

TTY: 703-228-4611

VIRGINIA STATE BUREAU OF INSURANCE

800-552-7945

For questions about long-term care insurance policies as well as complaints about alleged insurance abuses.

EDUCATION

ADULT EDUCATION PROGRAM/ARLINGTON PUBLIC SCHOOLS

Arlington Public Schools

Clarendon Blvd.

Arlington, VA 22201

703-228-7200

www.arlington.k12.va.us

Varied classes provided. Check the current Adult Education Catalog published three times per year and mailed to all County residents, for a complete listing of current classes.

EMERGENCY SERVICES

EMERGENCY MEDICAL SERVICE (EMS) DIAL 911 V/TTY

The Fire Department handles emergency ambulance calls. There is a charge per trip. Medicare, supplemental insurance, or Medicaid may pay for some or all of the cost.

AMEN (ARLINGTONIANS MINISTERING TO EMERGENCY NEEDS)

703-228-1700

A volunteer group established to provide for very limited, emergency financial needs. Agency referral required.

AMERICAN RED CROSS, ARLINGTON CHAPTER

4333 Arlington Blvd.

Arlington, VA 22203

703-527-3010

TTY: 703-841-2736

Provides assistance with food, clothing, rent and medical care for victims of fire, crime, and disaster.

CRISISLINK

703-527-4077

For any need, or just a need to talk to someone, CrisisLink offers a 24 hour confidential listening and referral service.

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

ADULT PROTECTIVE SERVICES

3033 Wilson Blvd. Suite 700-A

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

Investigates complaints of neglect, abuse, and exploitation involving adults with disabilities (no income criteria). Attempts to address emergency needs such as food, utility payments, and prescription medication fees.

MENTAL HEALTH EMERGENCIES (24 HOUR)

703-228-5160

TTY: 703-228-5242

TTY is checked 8:00 a.m. – 10:00 p.m. Monday through Friday.

FIRE DEPARTMENT/ARLINGTON COUNTY

(24 hour)

Fire and Medical (EMS) Emergency

911 V/TTY

Non-emergency

703-558-2222

TTY: 703-228-4610

703-228-4644

“I” PROGRAM

The “I” Program was developed to promote the safety and assist in the evacuation of physically challenged residents who, under normal conditions, lack the physical ability to leave their place of residence without the aid of others. The “I” Program was developed by ACFD and is jointly administered by the Fire Stations and the Emergency Communications Center (E.C.C.). The “I” Program provides information concerning the location of physically disabled persons to responding fire units. Even though we have developed a computerized means of notifying dispatchers of the location of these persons, and maintain an indexed manual back-up system, it is important that you identify yourself as having difficulty or inability to evacuate should you ever call the E.C.C. to report a fire. You should inform the call taker of your particular circumstances, i.e. "I am confined to bed, to the right as you enter my residence". If your area is in immediate danger, advise the call taker who will attempt to notify the responding units of your situation. The Fire Department and the E.C.C. annually review and revise the

Persons with Physical Disabilities Database. Your continuing cooperation in this endeavor is intended to insure that we have the most current information. If there is a change in your situation, which needs to be updated in our files, or if you no longer require or desire participation in the program, please notify your local fire station.

To sign up for this program or if you have any questions please contact the Fire Prevention Division at 703-228-4644.

POISON CENTER

202-625-3333

TTY: 202-362-8563

A 24 hour a day operation that serves the National Capital area in the event of a poisoning emergency.

POLICE DEPARTMENT/ARLINGTON COUNTY

(24 hour)

Emergency

911 V/TTY

Non-Emergency

703-558-2222

TTY: 703-228-4610

Call for special programs.

SALVATION ARMY

518 S. Glebe Rd.

Arlington, VA 22204

703-979-3380

Provides emergency food, shelter, furniture, and clothing to residents and transients. Offers pastoral counseling.

EMPLOYMENT SERVICES

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

ARLINGTON EMPLOYMENT CENTER

3033 Wilson Blvd.

Suite 400-B

Arlington, VA 22201

703-228-1400

TTY: 703-228-1415

Provides employment counseling and referral services for full-time, part-time, or temporary employment.

DEPARTMENT OF REHABILITATIVE SERVICES

11150 Main St., Suite 300

Fairfax, VA 22030

Voice 703-359-1124

TTY: 703-359 1126

FAX 703-277-3537

Employment Services help people with disabilities get ready for, find, and keep a job. DRS has a residential training and medical rehabilitation center known as Woodrow Wilson Rehabilitation

Center, as well as Offices located across Virginia. The Agency also partners with a network of community rehabilitation providers, also known as Employment Services Organizations (ESOs). These organizations provide Employment and Vocational Services throughout the state.

Community Living - DRS administers programs which offer a broad range of services to individuals with disabilities to enhance opportunities for independent living.

Assistive Technology / Devices and Equipment - Assistive Technology Services directly assist individuals with disabilities in the selection, acquisition, or use of an assistive technology device. An assistive technology device is defined as any item, piece of equipment, or product system whether acquired commercially off the shelf, modified or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities.

Disability Determination - Disability Determination Services process disability claims for benefits under the Social Security Disability Insurance and Supplemental Security Income Disability Programs.

VIRGINIA EMPLOYMENT COMMISSION

Merrifield Office (Serves Arlington Residents)

13135 Lee Jackson Memorial Highway

Fairfax, VA 22033

703-803-0000

703-803-1100

TTY: 703-803-0075

Computerized list of job vacancies.

Register for unemployment compensation.

ENERGY ASSISTANCE AND INFORMATION

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

FUEL ASSISTANCE PROGRAM

3033 Wilson Boulevard, Suite 300-A

Arlington, VA 22201

703-228-1350

TTY: 703-228-1398

Assistance for heating only; applications due by second Friday of November.

ENERGY SHARE/ARLINGTON COUNTY

703-228-1350

TTY: 703-228-1398

AMEN administers the Energy Share program for Dominion Virginia Power. Local Social Services Department determines eligibility.

VIRGINIA COOPERATIVE EXTENSION

3308 S. Stafford Street

Arlington, VA 22206

703-228-6400

TTY: 703-228-4743

Provides weatherization kits, home and checks. Operates energy center providing advice on conservation.

EXERCISE AND FITNESS

THOMAS JEFFERSON CENTER INDOOR TRACK/ARLINGTON COUNTY

703-228-5920

Hours of Operation

Sunday (December-March only) 11:00 a.m.- 5:00 p.m.

Monday - Friday 6:25 a.m. - 9:50 p.m.

Saturday (September - May only) 8:00 a.m. - 5:50 p.m.

Features

Meeting room (50 person capacity), game room, studios (pottery, photography, jewelry and wood working), gymnasium, indoor track, accessible pre-school and school aged playgrounds, basketball courts (outdoor), tennis courts w/ lights (outdoor), fitness trail, soccer field, par course. Facility has some wheelchair accessible exercise equipment available.

Amenities

Accessible public restrooms, showers, changing rooms, lockers, towel service, sauna, pay phone, water fountain, vending machines (snack/beverage)

YOUR EXERCISE BUDDY

703-228-4744

A strength training program shown only on Arlington cable, Channel 71. Follow along with seated chair exercise classes taped at senior centers throughout Arlington. Check Channel 71 listing for days and times.

SPECIAL OLYMPICS VIRGINIA

3212 Skipwith Road, Suite 100

Richmond, VA 23294

804-346-5544

(In VA only) 800-932-4653

FAX: 804-346-9633

Info@specialolympicsva.org

Special Olympics is a year-round international program of sports training and athletic competition for children and adults with mental retardation. Special Olympics Virginia is the state program of Special Olympics Incorporated. The goal is to help bring all persons with mental retardation into the larger society under conditions whereby they are accepted, respected and given the chance to become useful and productive citizens.

CAMP VIRGINIA JAYCEE

2494 Camp Jaycee Road

Blue Ridge, VA 24064

540-947-2972

FAX: 540-947-2043

campvirginiajaycee.com/

Camp Jaycee is a facility where children and adults with mental retardation can participate in games, partake in new experiences, learn to appreciate the outdoors and have fun.

WINTERGREEN ADAPTIVE SKIING (WAS)

615 Paul's Creek Road

Afton, VA 22920

434-325-2007

info@skiwas.org

Wintergreen Adaptive Skiing (WAS) is a non-profit, 501©3 corporation whose mission is to teach the joys of alpine skiing to individuals with a disability. Set in the beautiful Blue Ridge Mountains of Virginia, WAS offers fun, exhilaration and the chance to enjoy the outdoors with family and friends to people of all ages and with every imaginable disability.

FAMILY SERVICES

NORTHERN VIRGINIA FAMILY SERVICES

100 N. Washington Street

Suite 400

Falls Church, VA 22046

703-533-9727

Provides counseling services to persons of all ages. Fees covered by Medicare, Medicaid, private insurance or sliding fee scale.

NORTHERN VIRGINIA MENTAL HEALTH INSTITUTE

3302 Gallows Road

Falls Church, VA 22042

703-207-7100

Diagnosis and treatment of emotional disorders on an intensive, short-term basis.

FINANCIAL ASSISTANCE AND GUIDANCE

AMERICAN ASSOCIATION OF DAILY MONEY MANAGERS

P.O. Box 8857

Gaithersburg, MD 20893

301-593-5462

Daily money managers provide personal business and social support assistance to clients who have difficulty managing their personal monetary affairs.

CONSUMER CREDIT COUNSELING SERVICE (CCCS)

800-747-4222

CCCS is a non-profit, self-supporting financial counseling service offering free, confidential counseling in the areas of credit, budget, and debt management. If warranted, a debt repayment program is established. Offices in Alexandria and Fairfax.

CONSUMER REPORTING AGENCIES

Equifax

800-685-1111

Experian

888-397-3742

Trans Union

800-916-8800

Use these numbers to review your credit record for inaccuracies or omissions. There may be a small fee for a copy of your report.

**DEPARTMENT OF HUMAN SERVICES/ARLINGTON
COUNTY**

FOOD STAMPS, HOUSING GRANTS, AND MEDICAID

3033 Wilson Boulevard

Suite 300-A

Arlington, VA 22201

703-228-1350

TTY: 703-228-1398

**PRESCRIPTION MEDICATION PROGRAM (FOR PEOPLE
WITH DISABILITIES OR OVER 55)/ARLINGTON COUNTY**

3033 Wilson Boulevard, Suite 300-A

Arlington, VA 22201

703-228-1350

TTY: 703-228-1398

Program provides subsidy for low-income persons.

REAL ESTATE TAX RELIEF/ARLINGTON COUNTY

3033 Wilson Boulevard, Suite 300-A

Arlington, VA 22201

For people with disabilities or over 55

703-228-1350

TTY: 703-228-1398

SOCIAL SECURITY ADMINISTRATION

1815 N. Ft. Myer Drive #200

Arlington, VA 22201

and

7777 Leesburg Pike, Suite 100-N

Falls Church, VA 22043

800-772-1213

TTY: 800-325-0778

Most questions regarding Social Security programs are answered at this number.

VIRGINIA COOPERATIVE EXTENSION/ARLINGTON COUNTY

703-228-6417

TTY: 703-228-4743

Offers trained volunteer financial counselors who assist in organizing spending or savings plans, reconciling debt, and other money management skills. Meetings take place at various locations in the county. Volunteers welcomed.

FOOD AND NUTRITION

ARLINGTON FOOD ASSISTANCE CENTER

703-845-8486

Referral by public or private social services required.

AMERICAN RED CROSS, ARLINGTON CHAPTER

4333 Arlington Blvd.

Arlington, VA 22203

703-527-3010

TTY: 703-841-2736

Transportation for and assistance with grocery shopping for people with disabilities. Volunteer shoppers may be available.

FOOD STAMP PROGRAM/ARLINGTON COUNTY

703-228-1350

TTY: 703-228-1398

The goal of the Public Assistance Program is to promote, to the highest level possible, independence and security for Arlington residents through the provision of financial, medical, nutritional, and housing assistance. Residents served by these programs are low income families, adults, and persons who are disabled

or elderly. Participants must meet a variety of federal, state, and local eligibility criteria.

GROCERY DELIVERY SERVICES

The following companies deliver groceries in Arlington. Be sure to check delivery fees, order minimums, how items are priced, delivery areas and procedures, payment methods, and whether or not perishables can be delivered, as these vary among services.

Lee's Market – 2233 N. Pershing Dr., Arlington
703-527-0643

Netgrocer – www.netgrocer.com (orders)
888-638-4762 (information only)

Peapod by Giant – www.peapod.com (orders)
800-573-2763 (information only)

Westover Village Market –
5864 N. Washington Blvd.
Arlington, VA
703-538-5968

MEALS ON WHEELS OF ARLINGTON

P.O.Box 1335
Vienna, VA 22183
703-522-0811

Hot noon meal and evening bag meal delivered to people who cannot leave home due to medical conditions. Monday through Friday.

GUARDIANSHIP/CONSERVATORSHIP

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

GUARDIANSHIP PROGRAM

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

Provides trained volunteers available to be court appointed guardians or conservators for adults who have been deemed incapacitated by the courts and are without anyone else to serve in this capacity. The incapacitated adult must be a client of the Department of Human Services.

HEALTH INFORMATION - QUALITY

AND CONSUMER ISSUES

CENTER FOR QUALITY HEALTH CARE SERVICES & CONSUMER PROTECTION

804-367-2102

36100 West Broad Street, Suite 216

Richmond, VA 23230-4920

Complaint Hotline

800-955-1819

NORTHERN VIRGINIA LONG-TERM CARE OMBUDSMAN

12011 Government Center Pkwy, Suite 708

Fairfax, VA 22035

703-324-5861

TTY: 800-828-1140

Inspects long-term care facilities, (nursing homes, assisted living facilities) programs and services for compliance with federal and state regulations; investigates consumer complaints regarding quality of health care services.

VIRGINIA BOARD OF NURSING HOME ADMINISTRATORS

6606 West Broad Street, 4th Floor

Richmond, VA 23230-1717

804-662-7457

TTY: 804-662-7197

COMPLAINTS 800-533-1560

www.dhp.state.va.us/nha

The Board of Nursing Home Administrators is the licensing body for nursing home administrators in Virginia, maintains guidelines and current state laws and regulations for nursing home administrators, and accepts complaints.

VIRGINIA HEALTH QUALITY CENTER

4510 Cox Road, Suite 400

Glen Allen, VA 23060

804-289-5320

800-545-3814

vhgc.org/

A non-profit physician sponsored peer review organization. Reviews quality of health care; upon request, reviews whether hospital notice of discharge is appropriate. Accepts phone calls 8:30 a.m. - 5:00 p.m., Monday through Friday. Prefers complaints to be written.

HEARING IMPAIRMENTS

EASTER SEAL SOCIETY

6319 Castle Place, Suite A

Falls Church, VA 22044

703-538-4480

Audiologic testing. Also fittings, dispensing and repairs of hearing aids. Care available for homebound clients. Fee assistance for indigent persons. Call for application-no TTY available.

NATIONAL ASSOCIATION OF THE DEAF

814 Thayer Avenue

Silver Spring, MD 20910-4500

301-587-1788

TTY: 301-587-1789

FAX: 301- 587-1791

NADinfo@nad.org

nad.org/

The National Association of the Deaf (NAD), established in 1880, is the oldest and Largest constituency organization safeguarding the accessibility and civil rights of 28 million deaf and hard of hearing Americans in education, employment, health care, and telecommunications. A private, non-profit organization, the NAD is a dynamic federation of 51 state association affiliates including the District of Columbia, organizational affiliates, and direct members.

NORTHERN VIRGINIA ASSOCIATION OF THE DEAF

2908 Daisy Street

Alexandria, VA 22306-2320

800-IP-RELAY

877-477-3529

IP-RELAY.com

vad.org/nvad

Dating back to 1884, VAD is one of the oldest state associations of the deaf in the United States. VAD is a non-profit organization made up of people who are dedicated to the general welfare of the deaf and hard of hearing in the Commonwealth of Virginia.

MT. VERNON CENTER FOR COMMUNITY MENTAL HEALTH

Springfield Office

703-866-2100

TTY 703-451-1245

Mental Health Service for Northern Virginians who are deaf or severely hearing impaired. Fees based on a sliding fee scale.

**NORTHERN VIRGINIA RESOURCE CENTER FOR DEAF
AND HARD OF HEARING PERSONS (NVRC)**

3951 Pender Drive, Suite 130

Fairfax, VA 22030

703-352-9055

TTY: 703-352-9056

<http://www.nvrc.org/>

Provides information, education, workshops, and advocacy services to persons in the metropolitan area. Assistive devices demonstration room on site. All services free.

**VIRGINIA DEPARTMENT FOR THE DEAF AND HARD OF
HEARING COMMONWEALTH OF VIRGINIA**

1602 Rolling Hills Drive

Richmond, VA 23229-5012

V/TTY: 800- 552-7917

Virginia Department for the Deaf and Hard of Hearing (VDDHH) maintains a collection of Word documents that contain valuable information about the Communications Access Project and its components.

SELF HELP FOR THE HARD OF HEARING (SHHH)

7910 Woodmont Avenue

Suite 1200

Bethesda, Maryland 20814

301-657-2248

TTY: 301-657-2249

Provides information, education and advocacy services for hard of hearing persons. To find the nearest local chapter, call the main office in Bethesda. Demonstration center for assistive devices is available at the Central Library.

VIRGINIA RELAY CENTER (VRC)

831 Park Avenue

Norton, VA 24273

Dial 711

800-828-1140

TTY: 800-828-1120

Allows persons without teletype devices for the deaf (TTY) to call deaf/hard of hearing persons, and deaf/hard of hearing persons to call hearing persons, via a telephone relay service available 24 hours a day. No charge for this service.

**ALEXANDER GRAHAM BELL ASSOCIATION
FOR THE DEAF AND HARD OF HEARING**

3417 Volta Place, NW

Washington, DC 20007

202-337-5220

TTY: 202-337-5221

Fax: 202-337-8314

INFO@AGBELL.ORG

WWW.AGBELL.ORG

Financial Assistance for hearing aids

ASSISTIVE TECHNOLOGY LOAN FUND AUTHORITY (ATLFA)

1602 Rolling Hills Drive, Suite 107

Richmond, Virginia 23229

Telephone: (804) 662-9000

Toll-Free: (866) 835-5976

Fax: (804) 662-9533

E-Mail: atlfa@atlfa.org

The Assistive Technology Loan Fund Authority's (ATLFA) mission is to facilitate favorable credit financing of assistive technology for Virginians with disabilities.

The ATLFA can help eligible applicants obtain low-interest loans for a wide variety of special equipment (i.e. assistive technology). This includes loans for wheelchairs, motorized scooters, Braille equipment, hearing aids, low vision aids, communication systems, environmental control devices, building and home modifications for accessibility or

telecommunication devices for the deaf or other assistive technology.

CENTRAL VIRGINIA LIONS HEARING AID BANK (CVLHAB)

Provides no cost or low cost hearing aids through recycling hearing aids.

PO Box 25787

Richmond, VA

804-285-8245

800-407-4327

DISABILITY SERVICE AGENCIES

CONSUMER SERVICE FUND

800-552-5019

TTY: 800-464-9950

FAX: 804-662-7663

Call for assistance with the application process.

TRAVELERS PROTECTIVE ASSOCIATION SCHOLARSHIP

TRUST FOR THE DEAF AND NEAR-DEAF

3755 Lindell Boulevard

St. Louis, MO 63108

314-371-0533

Provides assistance for mechanical devices, medical care, and/or specialized education or treatment, and are who demonstrate financial need. U.S. citizens only. Grants may be

used to purchase hearing aids, assistive listening equipment, or may help with the cost of a cochlear implant.

VETERANS ADMINISTRATION

800-827-1000

TTY: 800-829-4833

www.va.gov/

Assistance with the fitting and purchase of hearing aids may be available to qualified Veterans. Contact the Veterans Administration for more information.

VIRGINIA DEPARTMENT OF HEALTH

CHILDREN'S SPECIALTY SERVICES (CSS) PROGRAM

vahealth.org/specialchildren/cssprogram.htm

Ms. Ruth Farley, R.N., Coordinator

Northern Virginia Care Connection for Children

3299 Woodburn Road, Suite 220

Annandale, VA 22003

703-205-2629

703-205-2630

(Española): 703-205-2632

Fax: 703-205-2636

ruth.farley@inova.com

Furnishes full audiological testing, corrective surgery, and management including hearing aids. Cochlear implants are NOT covered.

**VIRGINIA STATE DEPARTMENT OF REHABILITATIVE
SERVICES (DRS)**

8004 Franklin Farms Drive

P.O. Box K-300

Richmond, VA 23288-0300

800-552-5019 V

800-464-9950 TTY

804-662-7663 (Fax)

NunnalMC@DRSmail.state.va.us

Provides employment-related services for low-income deaf and hard of hearing persons. Payment for hearing aids available if required to help find or keep a job. Residents only.

HEART AND RELATED DISORDERS

**AMERICAN HEART ASSOCIATION
NORTHERN VIRGINIA METRO AREA**

7203 Poplar Street

Annandale, VA 22003

703-941-8500

A voluntary health agency that provides information on heart disease and stroke. Support groups available.

HIV/AIDS SERVICES

**DEPARTMENT OF HUMAN SERVICES/ARLINGTON
COUNTY**

COMMUNICABLE DISEASE UNIT

703-228-5176

Provides public education, information, and testing, counseling and limited treatment for HIV and Tuberculosis.

**AIDS/STD SERVICES/ANONYMOUS HIV TESTING/HIV
TESTING CLINIC/AIDS DRUG ASSISTANCE PROGRAM**

703-228-5175

The primary goals are to prevent infection with and transmission of human immunodeficiency virus (HIV) and sexually transmitted diseases (STDs), and to provide consultation, referral and AIDS drug assistance services for qualified individuals. There are major components of the program: counseling and testing, and education and outreach.

WHITMAN-WALKER OF NORTHERN VIRGINIA

5232 Lee Highway

Arlington, VA 22207-1621

703-237-4900

TTY: 703-237-9340

wwcnova@wwc.org

If you are HIV-positive and would like to receive services at WWC, please schedule a meeting with an access counselor. Counselors will provide you with information about services

available through WWC and other organizations. They will help you to identify the programs and services you need and work with you to develop a plan of care that's right for you, your family and loved ones.

HOME CARE EQUIPMENT/MEDICAL

EQUIPMENT

AMERICAN RED CROSS, ARLINGTON CHAPTER

4333 Arlington Boulevard

Arlington, VA 22203

703-527-3010 ext. 2

arlingtonredcross.org/

Loan closet program available to anyone. Loan only the following equipment: wheelchairs, walkers, commodes, raised potty seats, canes, crutches, bath chairs. Accept donations. Hours of operation are Tuesday through Friday 9:00 a.m. - 3:00 p.m., by appointment only, and on Mondays on a case by case basis.

VIRGINIA EASTER SEAL SOCIETY

6319 Castle Place, Suite A

Falls Church, VA 22044

703-538-4480

va.easter-seals.org/

Loans equipment such as wheelchairs and walkers.

NOTE: There are commercial medical supply companies from which individuals may purchase or lease various types of equipment. In some cases, with a doctor's prescription, Medicare, Medicaid, or private insurance will assist in payment. See yellow pages of the telephone book under "Hospital Equipment and Supplies"

WHEELCHAIR SOCIETY

912 Thayer Avenue, Suite 108

Silver Spring, MD 20910-4570

301-495-0277 (V)

Collects new, used and broken wheelchairs, stair lifts, crutches and other hospital equipment. Resource for no-cost equipment to the public.

HOME CARE SERVICES

HOME CARE PARTNERS

1234 Massachusetts Ave, N.W.

Washington, DC 20005

202-638-2382

homecarepartners.org/

Provides personal care, light housework (meal planning and preparation of special diets). Sliding fee scale/subsidy available for those needing personal care.

THE MEDICAL TEAM

6564 Loisdale Court #305

Springfield, VA 22150

703-719-0307

Lhammond@medteam.com

Provides home health services.

INOVA-VISITING NURSE ASSOCIATION

5701 George Washington Drive

Alexandria, VA 22312

703-321-6000

inova.com/

Provider of comprehensive home care nursing, therapists, home health aides, and social workers. Specializes in care for cancer patients. Staff on call 24 hours, 7 days a week.

Medicare/Medicaid certified.

HOME MODIFICATION AND MAINTENANCE

SERVICES

AHC, INC.

(formerly Arlington Housing Corporation)

2300 9th Street, S. Suite 200

Arlington, VA 22204

703-486-0626

ahcinc.org/

Operates home improvement program that provides both financial and technical assistance to income eligible homeowners. Also operates program to remove architectural barriers in the homes of eligible homeowners with disabilities.

CHRISTMAS IN APRIL

Robert Pierre Johnson Housing Corp.

2666 Military Road

Arlington, VA 22207

703-528-5606

rpjhousing.org/

One-day volunteer work blitz to renovate and repair the homes of low-income elderly or disabled homeowners. Repairs are made in the following areas: carpentry, plumbing, electrical work, plastering, interior and exterior painting, weatherization, trash removal, and cleaning. There is no charge to the homeowner.

HEARTS AND HAMMERS

Robert Pierre Johnson Housing Corp.

2666 Military Road

Arlington, VA 22207

703-528-5606

rpjhousing.org/

A year round volunteer home repair program for low-income elderly and disabled homeowners. Repairs made include: minor plumbing, carpentry, interior and exterior painting, installing grab bars and other safety devices, as well as other general home repair needs.

HOME SAFETY

FIRE AND MEDICAL (EMS) EMERGENCY/ARLINGTON COUNTY

911 V/TTY

Non-Emergency

703-558-2222

TTY: 703-228-4610

FIRE PREVENTION DIVISION/ARLINGTON COUNTY

(Recording): 703-228-4646

TTY: 703-228-4610

Home Safety Check

Free home safety checks to assist Arlington residents in maintaining a safe home environment.

Impaired Persons Program- the "I" Program

Allows mobility-impaired individuals who need assistance to identify themselves in case of an emergency in their homes or apartments.

Operation "FireSafe" Program (Smoke Detector)

Installs free smoke detectors in homes with young children and the elderly, who are not protected by a smoke detector and/or cannot afford to purchase one.

Smoke Detector Battery Program

Replaces smoke detector batteries without charge for those in need.

FOR MORE INFORMATION ABOUT THESE PROGRAMS,
LEAVE NAME, ADDRESS AND PHONE NUMBER AT:

703-228-4646 (VOICE)

703-228-4610 (TTY)

PERSONAL RESPONSE SERVICES

LIFELINE

The Arlington Hospital
1701 N. George Mason Drive
Arlington, VA 22205
703-558-6859
TTY: 800-225-1503

A personal emergency response system providing immediate, 24-hour access to community medical and social services at the press of a button.

NOTE: SEE THE YELLOW PAGES UNDER “MEDICAL ALARMS” OR “PERSONAL RESPONSE SYSTEMS” IN THE “GUIDE TO RETIREMENT LIVING” FOR OTHER PROVIDERS.

POLICE DEPARTMENT/ARLINGTON COUNTY (24 HOUR)

Emergency

911 V/TTY

Non-Emergency

703-558-2222

TTY: 703-228-4610

Police Community Programs

703-228-4330

Presentations to groups, by appointment. Security Surveys: Free in-home checks of doors, windows, and locks. Safety recommendations are given.

HOSPICE CARE

HOSPICE OF THE NATIONAL CAPITOL REGION

9300 Lee Highway, Suite 500

Fairfax, VA 22031

703-383-9222

hospiceonline.org/

Hospice, home health and supportive services for people with terminal illnesses and their loved ones. In-patient care

provided by the Hospice center. Fees adjustable. Medicare certified; various insurance policies accepted.

HOSPITALS

VIRGINIA HOSPITAL CENTER - ARLINGTON

1701 N. George Mason Dr.

Arlington, VA 22205

703-558-5000

TTY: 703-558-6161

virginiahospitalcenter.org/

A general service hospital providing outpatient clinics on a scheduled basis.

HOUSING/FACILITIES

ACCESSIBLE APARTMENT GUIDE TO ARLINGTON

Office for Persons with Physical Disabilities

DEPARTMENT OF HUMAN SERVICES/ARLINGTON

COUNTY

703-228-1712

TTY: 703-228-1788

Lists complexes accessibility features for persons with visual, hearing, or mobility impairments.

**DEPARTMENT OF COMMUNITY PLANNING, HOUSING &
DEVELOPMENT OFFICE OF HOUSING & COMMUNITY
DEVELOPMENT /ARLINGTON COUNTY**

#1 Courthouse Plaza
2100 Clarendon Boulevard, Suite 701
Arlington, VA 22201
703-228-3760

THE APARTMENT GUIDE TO ARLINGTON

The Apartment Guide to Arlington, VA provides a listing of all multi-family rental complexes with more than four units. The Apartment Guide is available on line:(<http://aptguide.arlingtonva.us/>) or by contacting the Housing Information Center at 703-228-3765. Housing Resources for Senior Citizens is also available by contacting the Housing Information Center. Although a listing of condominium and cooperative buildings is available from the Housing Information Center, units available for either purchase or rent may be found through a local realtor.

AFFORDABLE UNITS AND RENT ASSISTANCE

There are two rent assistance programs for low-income Arlington residents: Section 8 Housing Choice Voucher Program and Housing Grants. Although there is no public housing in Arlington County, there are several privately owned

apartment complexes where rents are subsidized. Some of these complexes maintain their own waiting lists so you need to contact them directly. Home ownership opportunities are also available for low and moderate-income households. The Housing Assistance Opportunities brochure explains how to apply for assistance with housing expenses Arlington County and provides a list of apartment complexes with subsidized units.

**DEPARTMENT OF HUMAN SERVICES/BUREAU OF
ASSISTANCE PROGRAMS/ARLINGTON COUNTY
ARLINGTON COUNTY HOUSING GRANTS**

3033 Wilson Boulevard, Suite 300-A

Arlington, VA 22201

703-228-1350

Housing Grants are rental assistance for low-income elderly, persons with disabilities and working families with children.

**ECONOMIC INDEPENDENCE SERVICES/DHS ARLINGTON
COUNTY
SECTION 8 HOUSING OFFICE**

Suite 400 A

3033 Wilson Boulevard

Arlington, VA 22201

703-228-1450

Section 8 is a rent assistance program funded by the Federal government through the Department of Housing and Urban Development (HUD). Eligible households pay approximately 30% of their adjusted gross income toward rent. The remainder is provided by the program and paid directly to the landlord. In 1998, the Section 8 Housing Choice Voucher Program was created to replace the Certificate Program, maximizing participants' opportunities to find eligible housing.

FAIR HOUSING INFORMATION

HUMAN RIGHTS COMMISSION/ARLINGTON COUNTY

2100 Clarendon Boulevard, Suite 106

Arlington, VA 22201

703-228-3929

The Arlington County Human Rights Ordinance prohibits discrimination in residential housing based on sexual orientation, race, color, sex, marital status, religion, national origin, elderliness, disability (physical or mental) or familial status of the home seeker. Contact the Human Rights Commission if you have questions or concerns about housing discrimination.

HOUSING INFORMATION AND SERVICES/ARLINGTON COUNTY

DEPARTMENT OF COMMUNITY PLANNING, HOUSING & DEVELOPMENT

Office of Housing & Community Development

#1 Courthouse Plaza

2100 Clarendon Boulevard, Suite 701

Arlington, VA 22201

703-228-3760

Arlington County provides information, referrals, advice and mediation of disputes regarding the rights and responsibilities of tenants and landlords. When the landlord owns and rents 5 units (condominiums, townhouses, or single family homes) or more, the requirements of the Virginia Residential Landlord and Tenant Act (VRLTA) apply to both the landlord and the tenants. For landlords renting 4 units or less, VRLTA does not apply and it is the lease that is most important. The Housing Information Center staff is available at 703-228-3765 from 8:00 am to 5:00 p.m. Staff is bi-lingual in English-Spanish and English-Vietnamese.

CATHOLICS FOR HOUSING

50600 King Street

Alexandria, VA 22302

703-330-1541

catholicsforhousing.org/

Provides grants up to \$200 towards security deposit when referred by housing agency. Subsidizes housing for the elderly. For people with disabilities please call.

HOME OWNERSHIP PROGRAM

ARLINGTON COUNTY DEPARTMENT OF COMMUNITY

PLANNING HOUSING AND DEVELOPMENT

2100 Clarendon Boulevard, Suite 701

Arlington, VA 22201

703-228-3765

FAX: 703-228-3834

TTY: 703-228-4611

Arlington County's Home Ownership Program assists first-time homebuyers purchasing homes in the County.

DEPARTMENT OF HUMAN SERVICES/ARLINGTON

COUNTY AGING AND DISABILITY SERVICES

COMMUNITY CARE HOMES

3033 Wilson Blvd., Suite 700-A

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

Serve 1 to 3 persons age 60 and over in home of care provider. Program limited by number of care providers available and the needs of potential clients. Referrals made by DHS Adult Services. If interested in serving as a community-care home provider, please call the number listed.

HOME EQUITY CONVERSION

703-228-1700

TTY: 703-228-1788

Also called reverse mortgages, home equity conversions are often a good solution for individuals who own their homes and are “house rich, but cash poor.” By providing extra income from the equity in one’s home, it often enables a person to afford the services needed to remain at home.

MENTAL RETARDATION/DEVELOPMENTAL DISABILITIES SERVICES/ARLINGTON COUNTY

3033 Wilson Blvd., Suite 700-A

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

Contracts with a variety of community providers for vocational and residential placements, which include older, mentally retarded adults. The Client Services Coordinator determines eligibility.

PERSONAL ADVOCATE SERVICE

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

703-228-1700

TTY: 703-228-1788

Offers services of volunteers who have been trained to discuss housing options.

IDENTIFICATION

DEPARTMENT OF MOTOR VEHICLES

4150 S. Four Mile Run Dr.

Arlington, VA 22204

866-368-5463

www.dmv.state.va.us

Non-driver picture identification cards can be purchased.

METRO ACCESS-SEE TRANSPORTATION

INSURANCE (HEALTH)

VIRGINIA INSURANCE COUNSELING AND ADVOCACY PROGRAMS (VICAP)

703-228-1700

TTY: 703-228-1788

A counseling program using trained volunteers for: (1) Medicare beneficiaries and their families when they need help understanding Medicare, Medigap, or managed care; (2) persons age 60 and over when they need help in understanding Medicaid and long-term care insurance. A component of the Personal Advocate Service at the Agency on Aging.

LEARNING DISABILITIES

**LEARNING DISABILITIES ONLINE (LD ONLINE)
STATE VOCATIONAL REHABILITATION AGENCY
COMMISSIONER VA DEPARTMENT OF REHABILITATIVE
SERVICES**

P. O. Box K300
8004 Franklin Farm Drive
Richmond, VA 23288-0300
804-662-7000

ldonline.org/

LD Online is the leading Web Site on Learning Disabilities, Dyslexia, Attention Deficit Disorders ADHDA, Special Education, Learning Differences and other related issues for parents, children, teachers and other professionals.

**ARLINGTON SPECIAL EDUCATION PARENT RESOURCE
CENTER**

2801 Clarendon Boulevard, Suite 304
Arlington, VA 22201-0000
703-228-7239
Fax: 703-875-8038

The PRC's purpose is to provide parents of children with disabilities the support and information they need as they work with the school system to identify and meet their child's unique learning needs. The PRC offers support and assistance, a lending library, a parent newsletter, parent-training workshops,

and serves as an information and referral source for families and staff members.

LIBRARIES

ARLINGTON COUNTY LIBRARIES

1015 N. Quincy Street

Arlington, VA 22201

703-228-5990

TTY: 703-228-6320

libraries@co.arlington.va.us

Libraries carry large print books and magazines, and foreign language books. Film shows, musical programs, and talking books are offered. Homebound Service Books are mailed to persons not able to visit the library (703-228-5576); the Talking Books Service Tapes and large print books are offered for persons who use print.

LIBRARY BRANCHES

Aurora Hills Branch Library

735 18th St. S.

Arlington, VA 22202

703-228-5715

TTY: 703-228-5716

Cherrydale Branch Library

2190 Military Rd.
Arlington, VA 22201
703-228-6330

Columbia Pike Branch Library
816 S. Walter Reed Dr.
Arlington, VA 22204
703-228-5710
TTY: 703-228-5719

Glencarlyn Branch Library
300 S. Kensington St.
Arlington, VA 22204
703-228-6548

Shirlington Branch Library
2786 S. Arlington Mill Dr.
Arlington, VA 22206
703-228-6545

Westover Branch Library
1800 N. Lexington St.
Arlington, VA 22205
703-228-5260

Government Reference Library

#1 Courthouse Plaza, Suite 406
2100 Clarendon Blvd
Arlington, VA 22201
703-228-3352

Information and Referral Office

#1 Courthouse Plaza, Lobby 21 Clarendon Blvd
Arlington, VA 22201
703-228-3000
TTY: 703-228-4611

LUNG DISEASE

AMERICAN LUNG ASSOCIATION OF VIRGINIA

9221 Forest Hill Avenue
Richmond, VA 23235
804-267-1900
FAX: 804-267-5634

resourcecenter@lungva.org

The American Lung Association (ALA) is the oldest voluntary health organization in the United States, with a National Office in New York and constituent and affiliate associations around the country. Founded in 1904 to fight tuberculosis, ALA today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health.

MEDICAID AND MEDICARE

SOCIAL SECURITY ADMINISTRATION

1815 N. Ft. Myer Drive, #200

Arlington, VA 22209

and

7777 Leesburg Pike, Suite 100-N

Falls Church, VA 22043

800-772-1213

TTY: 800-325-0778

Most questions regarding Social Security programs are answered at this number. For information and/or enrollment. Also provides “proof of income” statements by mail in order to apply for eligibility programs.

MENTAL HEALTH

DEPARTMENT OF HUMAN SERVICES/ARLINGTON

COUNTY MENTAL HEALTH SERVICES

ADULT MENTAL HEALTH (AGE 21 TO 65)

1725 N. George Mason Drive

Arlington, VA 22207

703-228-5160

TTY: 703-228-5242

SENIOR ADULT MENTAL HEALTH (AGE 65 AND OVER)

3033 Wilson Blvd., Suite 700-B

Arlington, VA 22201

703-228-1700

703-228-1788 TTY

CHILDREN'S MENTAL HEALTH SERVICES (UP TO AGE 21)

3033 Wilson Boulevard, 5th Floor

Arlington VA, 22201

703-228-1550

TTY 703-228-5242

Comprehensive mental health assessments; individual, group, and family psychotherapy; medication evaluation and administration; outreach to the home.

EMERGENCY MENTAL HEALTH SERVICES/ARLINGTON COUNTY

1725 N. George Mason Drive

Arlington, VA 22207

703-228-5160

TTY: 703-228-5242

24 hour crisis intervention at 228-5160. TTY is checked from 8:00 a.m. – 10:00 p.m. Monday through Friday.

MULTIPLE SCLEROSIS

NATIONAL MULTIPLE SCLEROSIS SOCIETY (NMSS)

The National Multiple Sclerosis Society

733 Third Avenue

New York, NY 10017

800-344-4867

The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS. The Society and its network of chapters nationwide promote research, educate, advocate on critical issues, and organize a wide range of programs – including support for the newly diagnosed and those living with MS over time.

PARKINSON'S DISEASE

AMERICAN PARKINSON'S DISEASE ASSOCIATION

3020 Hamaker Court, Suite 40

Fairfax, VA 22031

703-876-0836

NATIONAL PARKINSON'S FOUNDATION

800-327-4545

PERSONAL ASSISTANCE SERVICES

Department of Rehabilitative Services

Community Based Services Division

8004 Franklin Farms Drive, Box K-300

Voice/TTY: 804-662-7154

Richmond, VA 23288-0300

800-552-5019

TTY: 800-464-9950

Personal Assistance Services (PAS) may be provided through DRS to individuals with physical disabilities such as spinal cord injuries, cerebral palsy, or muscular dystrophy, who require assistance from another person to perform non-medical activities of daily living. These services might include transferring, bathing, eating, dressing, or other physical activities that the individual could perform if they did not have a physical disability. Other possible services under PAS include assistive technology evaluation, transition services, and rehabilitation engineering.

**ENDEPENDENCE CENTER OF NORTHERN VIRGINIA
(ECNV)**

3100 Clarendon Boulevard

Arlington, VA 22201

TEL: (703) 525-ECNV (3268)

TTY: (703) 525-3553

FAX: (703) 525-3585

Email: info@ecnv.org

ECNV maintains a PAS registry, or list of individuals who are available to provide personal assistance

PHYSICIANS/CLINICS

ARLINGTON FREE CLINIC

2926 Columbia Pike, 22204

703-979-1400

info@arlingtonfreeclinic.org

arlingtonfreeclinic.org/

Persons must be Arlington residents and have no coverage under Medicare, Medicaid or other health insurance.

Appointments are required; call Monday through Friday, 9:00 a.m. to 5:00 p.m. Clinic is open Tuesdays, Wednesdays, and Thursdays from 5:00 p.m. to 9:00 p.m. and Thursdays (1st & 3rd of each month) from 1:00 - 4:00 p.m. Also, on Wednesdays (1st & 3rd of each month) a gynecologist is available from 9:00 a.m. until noon. Proof of income and Arlington residency is required. Screening for eligibility is done by phone.

ARLINGTON URGENT CARE

1311 South Fern Street

Arlington, VA

703-418-8900

virginiahospitalcenter.com/

Arlington Urgent Care is a special kind of health care center, dedicated to treating everyday illnesses and injuries. No appointment is required. Come in any day of the week, and highly trained physicians will treat your cuts, colds, fevers, sprains, fractures, and other common problems—you know, the ailments that can't wait for a doctor's appointment but don't require a trip to the hospital.

Located two blocks from the Pentagon City Metro stop, off exit 8C of I-395 North. Open Monday through Friday, from 8:00 am

- 8:00 pm. On Saturday, Sunday, and major holidays, from 9:00 am - 5:00 pm. Accepts all major credit cards and participates in major health insurance programs.

PHYSICIAN REFERRAL SERVICES

ARLINGTON COUNTY MEDICAL SOCIETY

VIRGINIA HOSPITAL CENTER

703-528-0888

800-265-8624

TTY: 703-750-0344

RESPITE CARE

CHERRYDALE HEALTH AND REHABILITATION CENTER

3710 Lee Highway

Arlington, VA 22207

703-243-7640

No minimum stay required.

DYER RESPITE PROGRAM

Contact Betty Ransom

11240 Waples Mill Road, Suite 402

Fairfax, VA 22030

703-359-4440

Alzheimer's Association Chapter Members may qualify for scholarships of up to seven days per calendar year in a licensed nursing home or assisted living facility. Call for guidelines and information.

SUNRISE AT BLUEMONT PARK, THE JAMES

5920 Wilson Blvd.

Arlington, VA 22205

703-536-1050

No minimum stay required.

SUNRISE AT BLUEMONT PARK, THE POTOMAC

5900 Wilson Blvd.

Arlington, VA 22205

703-536-1070

No minimum stay required.

SUNRISE OF ARLINGTON

2000 N. Glebe Road

Arlington, VA 22207

703-524-5300

One-week minimum stay required.

**NATIONAL RESPITE SERVICES UNITED CEREBRAL
PALSY OF NORTHERN VIRGINIA**

8794-I Sacramento Drive

Alexandria, VA 22309

703-360-2060

upcdcnova.org/

Provides care in client's home (In-Home Program)

NORTHERN VIRGINIA TRAINING CENTER

DEPARTMENT OF MH/MR/SAS

9901 Braddock Road

Fairfax, VA 22032-1941

703-323-4000

Center-Based Program for persons with mental retardation and developmental disabilities.

THE ARC OF NORTHERN VIRGINIA

100 N. Washington St., Suite 234

Falls Church, VA. 222046

703-532-3214, ext. 215

Fax: 703-532-3389

DFleischmann@TheArcofNoVa.org

Debbie Fleischmann, Respite NETwork Coordinator

RECREATION

**DEPARTMENT OF PARKS, RECREATION AND
COMMUNITY RESOURCES/ARLINGTON COUNTY
THERAPEUTIC RECREATION PREVENTION
INTERVENTION OFFICE**

Lubber Run Center
300 North Park Drive
Arlington, Virginia 22203

Phone: 703-228-4740
TTY (703) 228-4743
Fax (703) 228-4757
email: towens@co.arlington.va.us

The Therapeutic Recreation Prevention Intervention Office provides Arlington residents who are at-risk, have a disability, special need, and/or activity restrictions the opportunity to increase their quality of life through recreation and leisure pursuits, thereby achieving a fulfilling leisure lifestyle. Our office provides specialized recreation services/programs around prevention and intervention to meet identified needs not met through traditional recreation programs. Through this involvement, individuals gain the knowledge, skills, and abilities to participate in community recreation experiences that meet their personal interests and needs.

SERVICE ANIMALS

FIDELCO GUIDE DOG FOUNDATION, INC.

P.O. Box 142
Bloomfield, CT 06002
Phone: 860-243-5200
Fax: 203-243-7215
www.fidelco.org/

GUIDE DOG FOUNDATION FOR THE BLIND, INC.

371 East Jericho Turnpike

Smithtown, NY 11787

Phone: 800-548-4337

Fax: 516-361-5192

guidedog@guidedog.org

GUIDE DOGS FOR THE BLIND, INC.

P.O. Box 151200

San Rafael, CA 94915

Phone: 415-499-4000

Fax: 415-499-4035

<http://www.guidedogs.com/>

GUIDE DOGS OF AMERICA

13455 Glenoaks Blvd.

Sylmar, CA 91342

Phone: 818-362-5834

<http://www.guidedogsofamerica.org/>

GUIDE DOGS OF THE DESERT

P.O. Box 1692

Palm Springs, CA 92263

Phone: 619-329-6257

GUIDING EYES FOR THE BLIND, INC.

611 Granite Springs Road

Yorktown Heights, NY 10598

Phone: 914-245-4024

Fax: 914-245-1609

geb@westnet.com

<http://www.guiding-eyes.org/>

INTERNATIONAL GUIDING EYES, INC.

13445 Glenoaks Boulevard

Sylmar, CA 91342

Phone: 213-362-5834

HELPING HANDS

Monkey Helpers for the Disabled

541 Cambridge Street

Boston, MA 02134

Phone: 617-787-4419

KANSAS SPECIALTY DOG SERVICE

124 West Seventh

P.O. Box 216

Washington, KS 66968

Phone: 913-325-2256

Fax: 913-325-2258

LEADER DOGS

1039 Rochester Road

Rochester, MI 48307

Phone: 810-651-9011

<http://www.leaderdog.org/>

PILOT DOGS, INC.

625 West Town Street

Columbus, OH 43215

Phone: 614-221-6367

SEDONA SERVICE DOG AND WELLNESS PROGRAMS

Service dogs for Deaf and the disabled

2801 E. Illini St.

Phoenix, AZ 85040

Phone: 602-276-2701

Fax: 602-276-4674

Sedonak9@aol.com

<http://www.sedonaservicedog.holowww.com/>

THE SEEING EYE, INC.

P.O. Box 375

Morristown, NJ 07960

Phone: 201-539-4425

<http://www.seeingeye.org/>

SOUTHEASTERN GUIDE DOGS, INC.

4210 77th Street East

Palmetto, FL 342211

Phone: 941-729-5665

Fax: 941-729-6646

<mailto:segd@guidedogs.org><http://www.guidedogs.org/>

UPSTATE GUIDE DOGS

41 West Main Street Suite 3

Honeoye Falls, NY 14472

Phone: 585-624-1074

SPINAL CORD INJURY

NATIONAL SPINAL CORD INJURY ASSOCIATION

Old Dominion Chapter, NSCIA

P.O. Box 8326 (1st Class mail only)

Richmond, VA 23226

Telephone: 804-282-6609

Contact: [Quincy Dedes](#) or Shawn Floyd

SPINAL NETWORK RESOURCES-FAIRFAX SCI OUTREACH GROUP

Fairfax Hospital, Inova Rehabilitation Center

3300 Gallows Rd.,

Falls Church, VA 22046

Contact: Anna Bradford or Tom Mulligan

703-698-3201

Meets every month, 2nd Thursday, 6:30 p.m. to 8:00 p.m.; for persons with SCI, their families, caregivers and interested professionals. Includes support, discussions, resources, educational topics and speakers. Park free in 'Blue' lot; bring ticket for validation by therapist.

SUBSTANCE ABUSE

ALCOHOLICS ANONYMOUS

703-824-0071

Counseling, sharing, understanding of the problems of alcoholics. Al-Anon group for family members.

ANDROMEDA HISPANO MENTAL HEALTH CENTER

202-291-4707

Assistance for Spanish speaking persons.

DEPARTMENT OF HUMAN SERVICES/ARLINGTON COUNTY

DRUG AND ALCOHOL TREATMENT PROGRAMS

1725 N. George Mason Dr.

Arlington, VA 22205

703-228-4900

TTY: 703-228-5242

Provides individual, group and family therapy for persons and family members affected by alcohol and drugs.

NARCOTICS ANONYMOUS

202-399-5316

**VIRGINIA DEPARTMENT OF HEALTH
ALCOHOL AND DRUG INFORMATION**

800-451-5544

SUPPORT GROUPS

**ECNV (ENDEPENDENCE CENTER OF NORTHERN
VIRGINIA**

3100 Clarendon Blvd.

Arlington, VA 22201

703-525-3268

TTY: 703-525-3535

FAX: 703-535-3585

info@ecnv.org

GLAUCOMA SUPPORT GROUP

301-423-3406

**MACULAR DEGENERATION -
PREVENTION OF BLINDNESS SOCIETY**

Falls Church Community Center

223 Little Falls Street

Falls Church, VA. 22046

202-234-1010

www.youreyes.org

2nd Thursday 10 – 11: 00 a.m.

**NORTHERN VIRGINIA RESOURCE CENTER (NVRC)
FOR DEAF AND HARD OF HEARING PERSONS**

3951 Pender Drive, Suite 130

Fairfax, VA 22030

703-352-9055

FAX: 703-352-9058

TTY: 703-352-9056

NVRCinfo@aol.com

TOPS (TAKE OFF POUNDS SENSIBLY)

5722 Lee Highway

Arlington, VA 22207

703-228-5257

Meets at Lee Center

TAX ASSISTANCE

COMMISSIONER OF THE REVENUE/ARLINGTON COUNTY

Personal Property Tax

Virginia State Income Tax

2100 Clarendon Boulevard, Suite 200

Arlington, VA 22201

703-228-3135

703-228-4017

**DEPARTMENT OF HUMAN SERVICES/ARLINGTON
COUNTY REAL ESTATE TAX RELIEF**

3033 Wilson Boulevard, Suite 300-A

Arlington, VA 22201

703-228-1350

TTY: 703-228-1398

INTERNAL REVENUE SERVICE

5205 Leesburg Pike, Skyline Office Building

Falls Church, VA. 22041

800-829-1040

Walk-in for assistance with tax forms. Hours 8:30 a.m. - 4:30
p.m. Monday through Friday.

TELEPHONE ASSURANCE

CARING

703-516-6764

www.crisislink.org

A service of CrisisLink offering telephone support to older
adults, people with disabilities, and others requesting a
regularly scheduled phone call.

SAFETY FOR OUR SENIORS

ARLINGTON COUNTY SHERIFF'S OFFICE

703-228-4460

Daily phone contacts by volunteers for people with disabilities and elderly residents who live alone or are temporarily alone, to check on their well being and offer companionship.

TRANSPORTATION

ACAP (ARLINGTON COMMUNITY ACTION PROGRAM)

703-241-2040

www.arlingtoncap.org

Provides transportation for people with disabilities and elderly residents to medical appointments, nutrition sites, shopping and recreational activities as demand dictates. Eligibility is based on income.

AMERICAN RED CROSS, ARLINGTON CHAPTER

4333 Arlington Boulevard

Arlington, VA 22203

703-527-3010

TTY: 703-841-2736

www.arlingtonredcross.org

Transportation on space available basis and advance reservation for medical appointments and assistance with grocery shopping for people with disabilities and elderly

persons. Can also provide limited volunteer shoppers for eligible people with disabilities. Donations encouraged.

STAR (SPECIALIZED TRANSIT FOR ARLINGTON RESIDENTS)

2100 Clarendon Blvd., Suite 717

Arlington, VA 22201

703-228-8747

TTY: 703-892-0264

Toll free: 877-228-8747

FAX: 703-892-2620

STAR operates as a part of the ART – Arlington Transit system. It is Arlington’s pre-arranged reserved trip service, providing service by reserving a trip through Red Top Cab or STAR minivans operated by Diamond Transportation Services. Pre-arranged specialized curb-to-curb transportation for persons who are MetroAccess certified. There is a fee for this service.

METROACCESS

Public transportation service for individuals with disabilities as required by the Americans with Disabilities Act (ADA) of 1990. Participants must be certified by Metro (WMATA) that they are not able to use accessible fixed route public transportation. Certified users are eligible to use paratransit throughout the United States with advance reservations. MetroAccess provides rides 7 days a week, from 5:30 a.m. until midnight Sunday

through Thursday, and from 5:30 a.m. until 2:00 a.m. on Friday and Saturday. It is a shared ride service so trips may take up to 50 percent longer than those that are not shared. Sedans and accessible vans provide transportation. This is a curb-to-curb service only. Curb to curb service means individuals must be able to get to the curb with no assistance from the driver.

Personal care attendants ride free. Trips may be scheduled up to 14 days in advance but no later than 4:30 p.m. one day before the trip (no same day reservations). If all vehicles are full at the time you want to travel, the reservation agent will work with you to select another time. (See Same-Day-Access Program and Call 'N Ride Program for same day service.)

www.metroopensdoors.com

Reservations:	301-562-5360 (V)
Toll Free:	800-523-7009 (V)
Eligibility:	301-562-5361 (V)
TTY number for all of the above numbers	301-588-7835 (TTY)
Complaints/Commendations to WMATA(Metro)	202-637-1328 (V)
	202-962-2565 (TTY)

For consumers stranded by MetroAccess call

“Where is my ride?”

Call 301-562-5360 Press Option 1/Press Option2

Metro's Reduced Fare Cards for People with Disabilities - Discounted Metrobus and Metrorail fares are available through Metro (WMATA). For information and to obtain a picture ID card, please call this office. Proof of disability is required.

Applications are processed in person at:

600 Fifth Street, NW,

Washington, DC

202-962-1245

TTY: 202-628-8973

7:30 a.m. to 3:30 p.m. Monday through Friday

F.I.S.H. (FOR IMMEDIATE SYMPATHETIC HELP)

703-501-3474

A group of church volunteers who provide transportation to medical appointments in Arlington and to the Department of Human Services. Call between 6:00 p.m. - 8:00 p.m. the day before.

METRO COMMUTER STORES

Information on schedules, routes and cost are available for all transportation options including local and regional train, bus, paratransit and taxi. Sells special reduced fare cards for seniors and persons with disabilities in \$3.00 and \$8.00

denominations, as well as reduced fare coupons for Red Top taxicabs. Picture I.D. cards may be obtained at the store.

BALLSTON COMMUTER STORE

4238 Wilson Blvd.

Ballston Common Mall, Suite 1244

Arlington, VA 22203

703-528-3541

TTY: 703-528-7969

www.commuterpage.com

CRYSTAL CITY COMMUTER CENTER

1615-B Crystal Square Arcade

Arlington, VA

703-413-4287

TTY: 800-828-1120

www.commuterpage.com

Across from Hamburger Hamlet in the Underground Shops

ROSSLYN COMMUTER STORE

1700 N. Moore St.

Rosslyn Center Mall, Suite 239

Arlington, VA 22209

703-525-1995

TTY: 800-828-1120

www.commuterpage.com

DISABLED PARKING PLACARDS

VIRGINIA DEPARTMENT OF MOTOR VEHICLES

DMV offers parking placards and plates for customers with temporary or permanent disabilities that limit or impair their mobility. They are also available to customers with a condition that creates a safety concern while walking (examples are Alzheimer's disease, blindness or developmental amentia). These placards and plates entitle the holder to park in special parking spaces reserved for individuals with disabilities. Institutions and organizations that operate special vehicles equipped to carry persons with disabilities may also obtain parking placards and plates entitling them to special parking privileges. License plates and removable windshield placards displaying the international symbol of access provide authorization for special parking in all 50 states.

DISABLED/HANDICAPPED PARKING PLACARD OR LICENSE PLATE

- Submit your request for disabled parking placards or plates using either of the following methods:
 - By mail at:

Virginia Department of Motor Vehicles

P. O. Box 85815

Richmond, VA 23285-5815

- In person at any DMV customer service center.

Arlington DMV Office

4150 South Four Mile Run Drive

Arlington, VA 22206

Or

2100 Clarendon Boulevard (Courthouse Plaza)

1-866-DMVLINE (1-866-368-5463) or

1-800-435-5137

TTY: 1-800-272-9268

Fax: 703-845-4668

DRIVING

NATIONAL REHABILITATION HOSPITAL-DRIVER TRAINING PROGRAM

102 Irving Street, NW

Washington, DC 20010-2949

202-877-1620

TTY: 202-877-1450

FAX: 202-829-5180

An occupational therapist/certified driver rehabilitation specialist supervises the Driver Training Program and has a vehicle equipped with hand controls and an adapted van. Participants

must have a physicians order stating “OT-Driving Evaluation and Training” in order to enroll. Contact the program for more information and to enroll.

TRAVEL/TOURISM

A GUIDEBOOK TO WASHINGTON D.C. FOR PEOPLE WITH DISABILITIES

American Society of Interior Designers, DC Metro Chapter

300 D St. SW, Suite 213

Washington, D.C. 20024

202-488-4100

FAX 202-488-7078

Cost is \$6.50 or \$5 each for 10+ copies, provides information on attractions.

SMITHSONIAN ACCESS SMITHSONIAN INFORMATION CENTER

SI 153 MRC 010

Washington, D.C. 20560

202-357-2700

TTY-202-357-1729

Provides detailed information on all 16 Smithsonian museums.

TOURMOBILE SIGHTSEEING

202-554-5100 (V)

Gives accessible tours in the Arlington, Mt. Vernon and

Washington D.C. locales. Call a day in advance to request a lift equipped vehicle when touring D.C.

WASHINGTON HIGHLIGHTS-TOUR INFORMATION FOR VISITORS WITH DISABILITIES CONGRESSIONAL SPECIAL SERVICES.

The United States Capitol

TTY-202-224-3091

V-202-224-3121

Available by calling your Senator's office at the Congressional switchboard. Provides extensive information on the capitol building and other popular attractions and general resources except hotels.

THE OPENING DOOR, INC.

RUSS HOLT

C/O ECVN

8049 Wormesby Lane

Woodford, VA 22580

804-633-6752

www.travelguides.org

Assists travelers with disabilities in locating facilities that are accessible. The Virginia Travel Guide for persons with disabilities is a 304-page guide to accessible airports, motels, restaurants, and tourist attractions across the Commonwealth. Cost \$5.00.

ACCESSABILITY TRAVEL

186 Alewife Brook Parkway

Cambridge, MA

1(800) 610-5640 (Voice)

1(800) 228-5378 (TTY)

JAP@FTP.com (E-mail)

ACCESS AMERICA & ABROAD

P.O. Box 8158

Pittsburgh, PA 15217

1(888) 30-ACCESS or (412) 344-6767 (Voice)

ACCESSIBLE JOURNEYS

35 West Sellers Ave.

Ridley Park, PA 19078

1(800) TINGLES (846-4537) (Voice)

www.disabilitytravel.com

Tour operator throughout the world.

ACCESS TOURS, INC.

P.O. Box 2985

Jackson, WY 83001

DIALYSIS AT SEA

Largo, FL

1(800) 929-4811 (Voice)

www.dialysis-at-sea.com

DIRECTIONS UNLIMITED

720 N. Bedford

Hills, NY 10507

914-241-1700 (Voice)

Vacation planning.

THE ENABLED TRAVELER

P.O. Box 276244

Sacramento, CA 95827-6244

916-364-1365 (Voice)

enabledtravel@cwo.com

tufftours@cwo.com

FLYING WHEELS TRAVEL

143 West Bridge

P.O. Box 382

Owatonna, MN 55060

1(800) 535-6790 (Voice)

Tour operator around the world.

GLOBAL TOURS UNLIMITED

(301) 497-9170 (Voice)

Specializing in finding traveling opportunities for people with

disabilities.

GUIDED TOUR

Philadelphia

1(800) 783-5841 (Voice)

www.guidedtours.com

Tours for people with mental or physical disabilities.

HANDITRAVEL

27 Middaugh Rd.

Brooktondale, NY 14817

1(800) 484-7185 ext. 7982 or (607) 273-0177 (Voice)

NEVERLAND ADVENTURES

135 Garfield Pl., Suite 543

Cincinnati, OH 45202

1(800) 717-U-CAN (Voice)

NEW DIRECTIONS

5276 Hollister Ave., # 207

Santa Barbara, CA 93111

(805) 967-2841 (Voice)

mogan@silcom.com

Offers world tours for persons with developmental disabilities.

SPROUT

893 Amsterdam Ave.

New York, NY 10025

1(888) 222-9575 (Voice)

sprout@interport.net

www.users.interport.net/~sprout

Offers tour throughout the U.S. for developmentally disabled.

SUE'S SAFARIS

Los Angeles, CA

1(800) 541-2011 (Voice)

African wildlife – viewing safaris for people in wheelchairs.

TRAVEL TURTLE TOURS, INC.

240 Main St.

Danbury, CT 068101

1(800) 453-9195 (Voice/TTY)

(203) 830-4049 (FAX)

tourturtle@aol.com

Tour packages throughout the world.

WHEELSUP! TRAVEL

P.O. Box 509

Fanwood, NJ 07023

1(888) 38-WHEELS (Voice)

maryann@wheelsup.com

www.wheelsup.com

Travel agent specializing in disability, produces monthly newsletter.

WILDERNESS INQUIRY

Minneapolis, MN

1(800) 728-0719 (Voice)

www.wildernessinquiry.org

Adventure vacations for disabled travelers.

**PROJECT ACTION ACCESSIBLE TRAVELER'S
DATABASE:**

ARLINGTON, VIRGINIA TRAVEL AGENCIES

Travel Department, Inc.

1550 Wilson Blvd.

Arlington, VA 22209

703-525-2806

ARLINGTON VISITOR'S CENTER

735 S. 18th St.

Arlington, VA

(703) 228-5720 (Voice)

ARLINGTON CONVENTION SERVICES

2100 Clarendon Blvd. Suite 318

Arlington, VA 22201

(703) 228-3988 (Voice)

VETERANS

DEPARTMENT OF VETERANS AFFAIRS (VA)

800-827-1000

www.va.gov

Information about most VA programs, including VA Benefits such as Education, Home Loans, Disability, Medical Care, Burial, Life Insurance and Sexual Trauma. Status of a disability or survivor check may also be required. Veterans can obtain directions to their local VA facilities, or a list of other toll free numbers for specialized needs.

Other VA Toll Free Numbers:

Life Insurance 1-800-669-8477

Education (GI Bill) 1-888-442-4551

Health Care Benefits 1-877-222-8387

Income Verification and Means Testing

1-800-929-8387

1-800-829-4833 TTY

The VA website provides veterans with information about programs for veterans with disabilities, compensation and pension programs, education and health benefits, vocational rehabilitation and employment services. In addition, it contains information about programs for veterans.

VOLUNTEER OPPORTUNITIES

VOLUNTEER OFFICE, ARLINGTON COUNTY

3033 WILSON BOULEVARD, SUITE 700A

Arlington, VA 22201

703-228-1760

TTY: 703-228-1788

The Arlington Volunteer Office recruits, screens and refers volunteers to about 100 government and community agencies serving Arlington residents. The skills, interests and talents of applicants are matched to volunteer opportunities in agencies needing assistance.

VOTER REGISTRATION/ARLINGTON COUNTY

VOTER REGISTRATION OFFICE

2100 Clarendon Boulevard, Suite 320

Arlington, VA 22201

703-228-3456

TTY: 703-228-4611

In-home voter registration provided for those medically certified as homebound. Absentee ballots may also be obtained from the same location.

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