



## Timely and Helpful Information and Resources



## Timely and Helpful Information and Resources

The information and resources below may be of interest to many. They will be especially helpful in the support of persons with developmental disabilities, a diagnosis of intellectual disability and with autism as well as their families and caregivers. If you are looking for information not listed below please consider referring to the page [Resources for Persons with a Diagnosis of Intellectual Disability and/or Autism](#).

For questions regarding ODS or this page contact the [ODS Community Liaison](#). Resources and supports for persons with disability or seniors can be found by calling the Allegheny Link at 1-866-730-2368. The United Way Hotline connects all to resources and assistance by phone or online. The free confidential service is available 24/7 by dialing 2-1-1 or at <http://pa211sw.org/>.

---

As requested, the information at this link  
<https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx>  
and then under the *Timely and Helpful Information and Resources* bar is shared below.  
This is inclusive of information posted 1-11-2023.

Most all links to webpages are external.

Most all links to documents take the user to a document that is posted to the DHS website.

Compiled by Mary Evrard, [mevrard@alleghenycounty.us](mailto:mevrard@alleghenycounty.us)

**Assistive technology and adaptive equipment (information and funding sources - includes computers, tablets, and internet) and Remote Supports and Remote Services.**

**[The Federal Affordable Connectivity Program](#)**

*Offers reduced price broadband access and vouchers toward discounts on laptops.*

[Affordable Connectivity Fact Sheet](#)

**[Carnegie and Allegheny County Libraries](#)**

*Offer public computer labs and free Wi-Fi. Many also allow users to borrow “Chromebook bundles” which include laptops and hotspots. Bundles often have a waitlist.*

**[Computer Reach](#)**

*Local City non-profit which refurbishes computers for low-cost sale. They also raffle off free computers every month.*

**[Metamesh](#)**

*Local non-profit has a program called “Every1Online” that offers free-Wi-Fi to residents in need who reside within their network areas. Serves residents in Homewood, Wilkinsburg, New Ken, Coraopolis and more.*

This document, [Remote and AT information and resources](#), was compiled by ODS. There are many direct links and QR codes available within it. Some information is specific to Allegheny County, much will be helpful to people statewide. Much of the information will be helpful to all and will be especially useful for individuals that are or anticipate receiving a PA DHS Office of Developmental Programs (ODP) Consolidated, Community Living (CLW) or Person Family Directed Support (P/FDS or PFD) waiver.

[Connect with Tech](#) gives free tablets and tech support to eligible people who have trouble getting technology and health care services.

Do you need a computer, internet access, or assistance in learning how to use a computer? Computer Reach offers a range of services, including ongoing technology support, to help get you and your family digitally connected. Programs include free and low-cost desktop computers; computer classes and support; and free and affordable internet. For eligibility and other details [visit their webpage](#).

With a mission to empower children with disabilities to live life to the fullest, Variety the Children’s Charity ensures that our most vulnerable kids are no longer left out, behind, or excluded.

By listening to those caring for the kids, Variety created three adaptive equipment programs, including My Bike, Mt Stoller and My Voice. Find updated Variety program materials for 2022 that include increased income guidelines on these fliers.

[Variety Program Handout 2022](#)

[Program Application 2022 - general](#)

[Barriers Stopping Families from Applying to Variety’s Programs](#)

**Caregiver support for all, Parent/Family Support Groups, Special Education related groups**

[PA Parent and Family Alliance Family Support Partners \(FSPs\)](#) can deliver peer to peer support to the families who are caring for children and young adults (up to age 26) with identified or suspected social, emotional, behavioral, or mental health challenges. This is inclusive of learning and attention issues, as well as substance use disorders.

**Virtual Parent Support Group**

The Trees Network hosts a virtual parent support group the first Monday of each month. The group connects parents to others who are facing/faced similar experiences. It also provides resources to support parents. Parents can attend individual sessions or attend every month. Parents can join the meeting by contacting Vicki Donne at [donne@rmu.edu](mailto:donne@rmu.edu) or 412-397-5465.

### [Caregiver Solutions™](#)

AARP, United Way SWPA, and Northern Area Multi Service Center (NAMS), have collaborated to launch a Caregiver Support Program for informal caregivers. The Caregiver Support Program provides informal caregivers and care recipients, 18 years of age and older, living in Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Mercer, Washington and Westmoreland counties, a proactive and realistic approach for reducing stress and improving outcomes. Professional Care Consultants coordinate and help prioritize concerns, provide resources, develop a step by step action plan, while providing emotional support throughout the process – all by telephone. Help is just a phone call away, and there is no fee for this service. If you are an informal caregiver and would like support through your caregiving journey, please dial 412-781-5002 to connect with the Caregiver Support Program.

[988 is here](#) Pennsylvanians have a new, easier way to connect to mental or behavioral health crisis services. Dialing 988 will connect callers directly to the National Suicide Prevention Lifeline.

Caregiver Support Programs (CSPs) exist for caregivers who are 55 and older and also who are adults 18 and older. The range of benefits is wide and varied. Some things participants are eligible for are case management, trainings and assistance completing benefits and insurance forms. CSPs may offer a monthly reimbursement for out-of-pocket care-giving supplies, reimbursement for hiring someone to provide care and reimbursement grants to make the home safer and more accessible with home modifications or assistive devices. [Visit the webpage to learn about eligibility, benefits and to find contact information.](#)

### [Allegheny County Department of Human Services has developed a Caregiver Resource Guide](#)

[Hope Grows](#) provides care for the family and professional caregiver and is committed to inspiring hope through nature. Programs and support groups are offered in person and remotely. Virtual Simple ‘Self-Care’ Suggestions, integrative activities and classes, Celebrating You! Day of Relaxation, and Turkey Dinners are ways in which caregivers can engage in a break. Learn about THINK Caregiver, Caregiver Connect and counseling and support. Connect with nature through the Hope Grows healing and restorative gardens and IntoNature! Podcast. Receive communications that include the Pathways Newsletter, Monthly Happenings and Caregiver Events by [signing up here](#).

NAMI (National Alliance on Mental Illness) Keystone PA offers in-person NAMI Family-to-Family courses. Courses are an educational program for family members, significant others, and friends of adults who have a mental health diagnosis. [Learn more here.](#)

[Care To Listen Podcasts](#) (<https://www.achieva.info/caretolisten>) from ACHIEVA.

*“We celebrate caregivers. We listen to and learn from caregivers. We champion the caregivers and offer wisdom and guidance in our new podcast...”*

### [Moving to Pennsylvania: Now What? Getting Connected to Services](#)

*If you or your child receive autism services and you are moving to Pennsylvania, you might be wondering what to do. This Moving to Pennsylvania: Now What? checklist may be helpful. Learn more about supports and services here*

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. [Learn more](#)

[The ARCH National Respite Network 9 Steps to Respite Care](#) for Family Caregivers of Children and Adults with Intellectual Disability and Developmental Disabilities, including Autism

### **Basic needs and general resources**

#### [Community and service systems](#)

*Find a wide range of resources for supports, services and information.*

#### [Connecting People Across Pa to Information and Resources](#)

*Find a wide range of resources for supports, services and information with a focus on PA Department of Human Services and statewide resources that can be applied to Allegheny County as well.*

#### [Free clothing, furniture and basic needs resources](#)

*Resources for nutrition, pet food, internet access, utilities, phone, employment, clothing, furniture and more.*

[Also, visit the Basic Needs section of the AC DHS website.](#)

## COVID-19 response support and helpful resources including about vaccines

### Local, state and federal resources

- Allegheny County Health Department  
Inquiries about the COVID-19 pandemic, including testing locations and vaccine sites, can be made by calling the Allegheny County Health Department at 412-687-2243.  
[The county's COVID-19 webpage can be found here.](#)  
If a homebound resident needs a COVID-19 vaccine, first shot, second shot or booster, they can set up an appointment by calling the county's Immunization Clinic at 412-578-8062.  
Testing locations and vaccine site locations are available on the [Health Department's website under Quick Links.](#)
- [The Pennsylvania Department of Health](#)
- [PA COVID-19 Resources](#)[www.covid.gov/](https://www.covid.gov/) is a website to help people access vaccines, tests, treatments, and high-quality masks. COVID.gov is available in English, Spanish, and Simplified Chinese and is accessible for those using assistive technologies.
- Learn about ordering free at-home tests from USPS.com.

### Mental Health

- Persevere PA is a COVID-19 crisis counseling hotline. 1-855-284-2494
- [Mental Health Information and Support](#)

### Assistance for specific populations

- The Disability Information and Access Line (DIAL) is available for individuals with disabilities who may need additional support: [visit the website](#), call 1-888-677-1199 or email at [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org). Support may be ordering tests, understanding instructions for tests and alternatives for those that cannot use traditional at-home tests. DIAL can also connect callers to local organizations for assistance and locating testing in their community. This may include locating in-home testing programs, transportation, or companion support.
  - [COVID-19 Materials for People with Intellectual and Developmental Disabilities and Care Providers – CDC Resources for People with IDD](#)
  - [Plain Language Guides/Videos on the COVID-19 Pandemic](#)
  - [AID in PA](#) is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education, Resources, and Training) and the statewide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in different situations. This includes resources specific to COVID-19.
  - [ASERT has many resources specific to COVID-19 including social stories from people with autism](#)
  - Disability Rights Pennsylvania offers a Vaccine Hotline to assist Pennsylvanians with disabilities who are interested in getting the COVID-19 vaccine. They can be reached at 1-833-377-2829 or via email at [vaccine@disabilityrightspa.org](mailto:vaccine@disabilityrightspa.org).
  - [Disability Rights Pennsylvania – COVID-19 Vaccination FAQ](#)
  - The Office of Developmental Programs (ODP) has created a [Coronavirus \(COVID-19\) Updates webpage](#) for stakeholders to stay up to date with updates and resources from ODP.
  - [ODP Vaccinations: Unpaid Caregivers Attestation Information – a letter to verify eligibility for the vaccination.](#)
  - There are at-home COVID-19 tests for people who are blind or have low vision. The tests work with a Bluetooth-enabled smartphone app to provide users with audible instructions and test results. [Learn more here](#). Learn how to order the tests by [visiting the website](#) or calling 1-800-232-0233.
- 
- [When assisting an individual who is deaf or hard of hearing](#): Dial 711 for PA Relay Services “If you are a hearing person who wants to communicate by phone with persons who are deaf, hard of hearing or speech disabled, learn about 711 and the various ways to make a connection.”
  - [Multilingual Resources from PA Departments](#)

## Deaf, Hard of Hearing, and Deaf-Blind

### The PaTTAN Family Resource Group

All families of children who are deaf or hard of hearing (DHH), blind or visually impaired (BVI) or deaf-blind (DB) are invited to learn more and sign up. [Find details on this flier.](#)

The [Communication Corner](#) is a monthly update on [MyODP News Online](#) developed by ODP's Special Populations Unit. These short snippets provide some quick tips and links to resources and articles on all things communication. You can also check out the previous posts in the [archive](#).

[Free flashing and vibrating smoke detector for qualified Pittsburgh residents](#)

The Office of Developmental Programs (ODP) is excited to announce the first annual publication of the [Resource Guide for Supporting Deaf, DeafBlind, and Hard of Hearing Individuals](#).

[Making Virtual Meetings Easier for People with Hearing Loss](#)

## Early intervention, pre-school, school age and transition age children and youth

New Early Intervention Toolkits, publications for Early Intervention for ages zero to 3 and 3 to 5.

Visit [PealCenter/Early Intervention](#)

Find one page Tip Sheets [here](#) and [here](#).

Your Pittsburgh/Allegheny County Local Interagency Coordinating Council (LICC) has a to promote the importance of families and young children within the Early Intervention system. They celebrate the diversity of families in our county. [Families and professionals can learn more in the LICC Handbook](#). This includes contacts and meeting dates for 22-23.

[Supporting Families From Infant-Toddler to Preschool](#)

Resources for families with infants and young children

**The Allegheny Link can be an information or intake number for these resources and more 1-866-730-2368**

- [Local support for new parents](#)
- [Family Centers](#)
- [Early Learning Resource Centers](#)
- [Early Childhood Education Programs, Head Start/Early Head Start](#)

[Achieve Early Intervention Family Support Sessions](#)

The Local Task Force (LTF) is a Parent / Family Support Network Group for family members supporting a school age child with a disability. LTF membership includes parents and family members of children with disabilities, local school system / intermediate unit representatives, and other helping professionals. There are two LTFs in Allegheny County and each holds monthly meetings during the school year and offers a Parent Assistance Line. PGH LTF (LTF2) covers Pittsburgh Public School District and LTF3 supports all other districts. Both meetings often offer guest speakers and / or presentations. Also, at the LTF 2 and 3 meetings you'll have the opportunity to be supported in understanding more about regulations and special education processes such as Evaluations Reports, IEPs and NOREPs, have your concerns or questions regarding the special education system heard and learn about helpful services and supports outside of the school system. Both are presently meeting remotely. Learn more [at the website](#) or on this [downloadable PDF](#).

## Fun and leisure events for all ages

### [Social, recreation and lifelong learning opportunities](#)

Ideas for fun and entertainment in Allegheny County and Pennsylvania. Many are free and low cost. The list includes community offerings and specially designed programs.

[Always B Smiling](#) offers free adaptive bike rides for children and young adults unable to power a bike on their own. This is done through use of a Duet bike powered by a trained volunteer. Rides are typically Saturdays May through October and depart from the Tandem Connection in Canonsburg. They also offer occasional family-inclusive outings.

Variety's My Bike Program provides a Rifton adaptive bike (with Rifton accessories) to eligible children with disabilities. Complete an application online at [www.varietypittsburgh.org/applnow](http://www.varietypittsburgh.org/applnow) or contact Variety to have one mailed to you. 724-933-0460 email [info@varietypittsburgh.org](mailto:info@varietypittsburgh.org)

### [The Arc's Virtual Program Library](#)

"Our virtual program library is a free hub of on-demand activities that can be done from home by people with disabilities, their families, and service providers. The library is expanding all the time and has activities in a wide variety of areas, such as arts, life skills, health and wellness, virtual clubs, and more.

Browse listings to find activities like:

- Participating in dance, yoga, and other movement activities
- Learning about internet safety
- Virtually touring places like Disney World and museums
- Making your own Jeopardy templates
- Finding self-advocacy support

Joy Riders PA is a biking program for persons with limited mobility. A volunteer will pedal the bike with the participant. Families and/or caregivers are encouraged to ride beside them. [Learn more and register for Belle Vernon, Youngwood / Greensburg and Pittsburgh](#) or call 724-872-4084.

## Future planning and financial wellness for all

### Videos on Special Needs Trusts and ABLE Accounts

To help you learn more about two important tools to save money, [The Arc's Center for Future Planning](#) has created a series of free videos. [Check out the videos.](#)

The Arc's Center for Future Planning has created free resources for you and your family to [Explore financial resources and steps to successfully make a plan](#), [Decide whether a special needs trust or ABLE account is right for you](#) and [save money for the future](#)

[Achieva Family Trust](#) provides a variety of resources, including webinars and a monthly newsletter "Trust Matters" that focus on the considerations for Future Planning and the tools to implement a plan. No cost consultations are also provided to assist individuals and families with Future Planning. For information visit.

[To sign up for the newsletter](#) | [To sign up for webinars or view previous webinars](#)

### Financial Wellness

The Arc's Center for Future Planning has created free resources for you and your family to [Explore financial resources and steps to successfully make a plan](#), [Decide whether a special needs trust or ABLE account is right for you](#) and [Save money for the future](#).

Bank On Allegheny County works to connect everyone to safe, affordable, and appropriate financial products and services.

[Learn about Bank On Allegheny County Certified Accounts here.](#)

### **Pittsburgh Financial Empowerment Center**

The Pittsburgh Financial Empowerment Center offers one-on-one, professional financial counseling as a free public service. Call for more information or to schedule an appointment. 1-800-298-0237

### **Work Incentives Planning and Assistance Regional Community Work Incentives Coordinators**

WIPA is designed to enable beneficiaries with disabilities to receive accurate information and use that information to make a successful transition to work.

The statewide Work Incentives Planning and Assistance (WIPA) agencies have published a list of Regional Community Work Incentive (CWIC) Coordinators and accompanying counties supported by that agency.

Money Talks, a free series on financial empowerment for people with disabilities hosted by Pennsylvania Assistive Technology Foundation (PATF). [Learn more, access past recordings, and sign up for future webinars.](#)

Each month, Money Talks dives into a different topic with information and resources. If you are a person with a disability, a family member of someone who has a disability, an advocate, an educator, or a service provider, this series is for you. Each accessible webinar consists of 30-45 minutes of interactive learning and 15 minutes for questions. All sessions will be recorded.

### **SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance):**

- A new webpage, People Helping Others, at [www.socialsecurity.gov/thirdparty](http://www.socialsecurity.gov/thirdparty), for anyone who could assist another person with accessing Social Security's programs and services;
- People can apply for SSI benefits, and for other benefit programs, through a telephone appointment with the agency, even while local offices are not able to accept walk-in visitors. More people need to be made aware of the SSI program and reminded that they can call toll-free 1-800-772-1213, or their local Social Security office, to make a phone appointment to apply for SSI. People who are deaf or hard of hearing may call Social Security's TTY number, 1-800-325-0778.

[Be on the lookout for Social Security Scams](#)

## **Help with basic needs and general resources**

### **Community and service systems**

Find a wide range of resources for supports, services and information.

### **Connecting People Across Pa to Information and Resources**

Find a wide range of resources for supports, services and information with a focus on PA Department of Human Services and statewide resources that can be applied to Allegheny County as well.

## **Learning opportunities, webinars, and presentations for all**

### **Employment: It's Never Too Early (Or Too Late) to Find Your Passion to be offered January 19th**

Psychiatric disorders can be complex to understand. This training will help to simplify and educate staff. This training will explore several common psychiatric disorders, symptoms of these disorders, and discuss different modalities of treatment in order to better serve the individuals we support. Disorders to be reviewed include schizophrenia, depression, anxiety disorders, etc. [Find details here for this February webinar.](#)

### **Understanding the basics of OVR - a January virtual and in person event.**

[PA Family Network](#) regularly, often monthly, offers many workshops. Find details on the [PA Family Network news and events page.](#)

Workshops can include:

- Waiver Basics (101) Part 1 and Part 2
- L.E.A.D. the Way to Healthy Relationships
- A Vision for Equality and Pennsylvania Health Law Project Presentation by David Gates: Intellectual Disabilities/Autism Waiver or Community Health Choices Which Will Meet Your Needs?

- Safety in the Community WORKSHOP FOR SIBLINGS
- Safety in the Community Workshop
- Long Term Planning Workshop
- Family Forum: Updates
- Sibling Good Life Group

#### [Event listing on the ASERT](#)

The list can be sorted by subject, date, region and county. Offerings include healthcare, financial wellness, sign language training, youth coffee drop, self-advocate opportunities and autism.

## **Allegheny County Office of Development Supports (ODS) & PA Office of Developmental Programs (ODP)**

### [Wondering who the PA DHS ODP and AC DHS ODS are? Learn about them and how to receive regular communications at links included here!](#)

#### **Allegheny County Office of Development Supports (ODS)**

The Allegheny County of Human Services Office of Developmental Supports (ODS) is the Administrative Entity (AE) in Allegheny County for the Intellectual Disability and Autism (ID/A) service system in the county. Part of what ODS provides is registration into and oversight of this system.

We can also offer information and resources to people with disabilities and those supporting them.

To join the ODS Key Communicator email distribution list and receive information and resources directly, send your request via [this contact form](#). You can also use [this contact form](#) to ask questions of ODS.

The Community Living and Person Family Directed Support (P/FDS or PFD) waivers have new annual budget caps. [Details about 2022 caps and other waiver information provided here.](#)

#### **PA Office of Developmental Programs (ODP)**

##### [ODP Webinar Opportunity: The Intellectual Disability and Autism \(ID/A\) Waiver Amendments Effective June of 2022.](#)

ODP is offering a webinar to discuss amendment changes to the Consolidated, Community Living, and P/FDS waivers (referred to as the ID/A waivers) that were approved by the Centers of Medicare and Medicaid Services (CMS) and have been effective since June 1, 2022.

The PA Department of Human Services Office of Developmental Programs (ODP) oversees the Intellectual Disability and Autism service system in PA. Learn more about ODP at MyODP at [www.myodp.org/](http://www.myodp.org/). From the home screen of MyODP click on Communications to learn about and sign up for regular communications directly from ODP. You can reach ODP for general information and to express concerns at 1-888-565-9435 or on [this feedback form](#).

#### [MyODP News Online](#)

This resource has been created by The Office of Developmental Programs (ODP) to keep stakeholders informed as to relevant news and information as it happens. MyODP News Online is available also in a Weekly Digest that is sent each Friday and contains all of the week's posted news.

MyODP News Online has a new home! As ODP revamps the MyODP website, MyODP News will now be [found here](#). The new news site is included in the "soft relaunch" of the MyODP platform. Additional information can be found in [this article](#).

[Provide feedback of the new pages.](#)

The ASERT Resource Center publishes a monthly newsletter that provides up-to-date information about events, projects and trainings, as well as other initiatives by ASERT and the Office of Developmental Programs.

[Learn more and sign up here](#) | To join ASERT's Support Professional Email List [click here](#)

JustSO Speech Services ODP has funded online Speech and Language Pathology services. Individuals and their families/teams can receive up to 10 hours of virtual services from a licensed and certified speech-language pathologist (SLP). If you are interested in this new, free program go to <https://aacccommunity.net/so-speech-odp/>. For questions, contact TechOWL at 1-800-204-7428 or [techowl@temple.edu](mailto:techowl@temple.edu). [Learn more on this flier.](#)

**Communication and...Series** The key to achieving effective communication with any person is for both parties to intentionally engage in the process and accept the responsibility for it. As a communication partner, one way to do this is to understand how specific conditions could be impacting effective communication. The goal of this series is to provide information on how each diagnosis could impact communication and offer strategies to support communicating well.

**ODP Bulletin 00-22-05**, dated August 9, 2022, is to provide the Office of Developmental Programs' (ODP) requirements and standardized processes for preparing, completing, documenting, implementing, and monitoring Individual Support Plans (ISPs). This Bulletin includes several attachments offering information to support the completion of the ISP. Your Supports Coordinator can assist in reviewing. The attachments include:

- [ISP Manual](#)
- [ODP Role Expectations and Required Timeline for ISP Activities](#)
- [Annotated Individual Support Plan](#)
- [The Basics of the LifeCourse Framework](#)
- [Questions to Help Facilitate the Development of the ISP](#)
- [Summary of Major Changes Made to ISP Requirements or Processes](#)

The Pennsylvania Department of Human Services (PA DHS) is launching a website to share information about the ECM system up to and beyond implementation. The website is intended to communicate key information of the services provided to participants and families through multiple DHS program offices, regardless of the human services program or county providing the service. The ECM website can be accessed at: <https://www.dhs.pa.gov/ECM/Pages/Home.aspx>.

## **Secondary transition - youth and young adults to about age 26**

SAAFP (Summary of Academic Achievement and Functional Performance) [A Worksheet for Parents of Students with Disabilities](#)

The [Transition to Adult Life Fact Sheet](#) offers helpful information can be found on the ODS.

Pittsburgh OVR's (Office of Vocational Rehabilitation) Early Reach Program welcomes students with disabilities in grades 9-12+ attending high school within Allegheny County to their upcoming post-secondary events. There, they can explore various post-secondary options including apprenticeships, college, the trades, and other training programs. These fliers give all the details.

[Post-Secondary Events: Trades and Apprenticeships](#)

[CVS Workforce Innovation & Talent Center](#)

[College & University Events](#)

### **Benefits Counseling Toolkit for Educators and Families**

This December 2021 document was compiled by PA Bureau of Special Education (BSE) and the Office of Vocational Rehabilitation (OVR). It includes information about available benefits, benefits counseling and ways to access difference benefits.

**PIHEC** (Pennsylvania Inclusive Higher Education Consortium) is a community collaborative designing, promoting, and supporting authentic, inclusive postsecondary education for students with intellectual disability.

### **Secondary Transition Entitlement vs Eligibility**

**Got Transition®** is the federally funded national resource center on health care transition (HCT). Its aim is to improve the transition from pediatric to adult health care through the use of evidence-driven strategies for clinicians and other health care professionals; public health programs; payers and plans; youth and young adults; and parents and caregivers. Office of Vocational Rehabilitation (OVR) Pre-Employment Transition Services Continuum

**The Transition Quality Empowerment Project (TOEP), a partnership of PEAL, George Washington University, and the PA Youth Leadership Network, is proud to share a new transition resource**

## Self-advocates opportunities

Self-Advocates United as 1 (SAU1) is a group of people who envision a world where people with developmental disabilities and their families are united to share knowledge, empower others, and use their voices to transform their communities and people's lives. [Learn more, including virtual events here.](#)

[Power up your January with SAPNA!](#)

Achieva's Empowered Voices Leadership Group is comprised of self-advocates from around the Pittsburgh area. Empowered Voices meet virtually on the first and third Thursday of each month from 6 - 8 p.m.

Contact Melissa Skiffen, Disability Advocate, mskiffen@achieva.info or 724-837-8159 x114 with any questions.

Have you heard of [Self-Advocacy Online?](#) This online hub is a useful tool for discovering self-advocacy groups, resources, and stories. [Read more here.](#)

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities.

[Learn more](#)

[Build Your Self Care Toolbox](#)

[Best Buddies Program Overview](#)

[Best Buddies Citizens Program](#)

[e-BUDDIES Friendship via email](#)