

SUGGESTED RESOURCES

The resources listed below are suggestions for where you may seek assistance.

OREGON CENTERS FOR INDEPENDENT LIVING (CILs)

CILs are nonresidential disability resource and advocacy centers. They provide an array of services including information and referral, peer counseling, independent living skills training, advocacy, and life transitioning services. CILs are the one-stop organizations that provide individualized services that can assist you with identifying solutions.

Contact the center closest to your location:

Abilitree, Bend www.abilitree.org 541-388-8103 Ext 200

NE Twin Knolls Dr. Suite 150 Bend, OR 97701
Service Area: Deschutes, Crook & Jefferson Counties

EOCIL, Eastern Oregon www.eocil.org 541-889-3119

1021 SW 5th Ave., Ontario, OR 97914

EOCIL Pendleton Branch Office (541-235-2224)

322 SW 3rd Street, Pendleton, OR 97801

Service Area: Baker, Gilliam, Grant, Harney, Malheur, Morrow, Umatilla, Union, Wallowa and Wheeler Counties

EOCIL The Dalles Branch Office (541-370-2810)

400 East Scenic Drive, Suite 2.349, The Dalles, OR 97058

Service Area: Wasco, Sherman and Hood River Counties

HASL, Grants Pass www.haslonline.org 541-479-4275

Independent Abilities Center

305 NE E St., Grants Pass, OR 97526

Service Area: Jackson and Josephine Counties

ILR, Portland www.ilr.org 503-232-7411

Independent Living Resources

1839 NE Couch St. Portland 97232

Service Area: Multnomah, Washington & Clackamas Counties

LILA, Eugene www.lila.org 541-607-7020

Lane Independent Living Alliance, Inc.

99 W. 10th Ave. #117, Eugene, OR 97401

Service Area: Lane County

SPOKES, Klamath Falls www.spokesunlimited.org 541-883-7547

1006 Main Street, Klamath Falls, OR 97601

Service Area: Klamath & Lake Counties

UVDN, Roseburg www.uvdn.org 541-672-6336

Umpqua Valley disAbilities Network

736 SE Jackson Street, Roseburg, OR 97470

Service Area: Douglas County

If none of the above serves the area in which you live, please call:
Oregon State Independent Living Council (SILC) 503-945-6204

LOCAL SERVICE ORGANIZATIONS

(Call your local Chamber of Commerce for clubs in your area)

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| ✓ Lions Club | www.lionsclubs.org/EN/find-a-club.php |
| ✓ Rotary Club | www.rotary.org/support/clubs/index.html |
| ✓ Kiwanis | www.community.kiwanisone.org |
| ✓ Quota Club | www.quota.org |
| ✓ Soroptimists | www.soroptimist.org |

LOCAL NONPROFITS

(Call your local Chamber of Commerce for nonprofits in your area)

- ✓ Habitat for Humanity (for ramps, home retrofits)
- ✓ Local Action Agency Network
- ✓ Local Area Agency on Aging (sometimes helps not just seniors, but also people with disabilities)
- ✓ Local philanthropic organizations

PHILANTHROPIC ORGANIZATIONS

Oregon Lions Club

<http://www.olshf.org/sight-hearing-programs-directory/>

Help Now! Advocacy Center

<http://helpnowadvocacy.org/index.php/home/about-us-2>

Shriners Hospital for Children

<https://www.shrinershospitalsforchildren.org/portland>

Oregon Center for Children and Youth with Special Healthcare Needs

<http://www.ohsu.edu/xd/outreach/occyshn/>

In purchasing medical equipment, we have discovered that asking the vendor for a discount is often met with an affirmative response.

Sources for used medical equipment:

accesstechnologiesinc.org, Veterans organizations and Elks Clubs.

Oregon Lions Club ROAR! program assists low income Oregonians with obtaining reconditioned hearing aids.

FEDERAL AGENCIES

Social Security Administration--SSA (Not to be confused with "Medicare," the SSA sometimes helps with mobility aids such as wheelchairs, etc.)

- ✓ Medicare
- ✓ Medicaid

STATE AGENCIES

- ✓ Oregon Commission for the Blind (OCB) 1-888-202-5463. (Please call their toll-free number for the name and phone number of your area's representative.)
- ✓ Oregon Department of Human Services (DHS)
 - Child Welfare
 - Office of Vocational Rehabilitation Services
 - Self-Sufficiency Services
 - Seniors and People with Disabilities Services

COUNTY AGENCIES

(Call your County Commission/government office for services in your county)

- ✓ Developmental Disabilities Services
- ✓ County Mental Health

CITY AGENCIES

(Call your city's ADA coordinator—ask for suggestions for whom to ask—many cities have access to low-interest loans for retrofit of owner-occupied homes.)

ONLY FOR CHILDREN

United Healthcare Children's Foundation
uhccf.org

Sidney and Lillian Zetosch Fund of Oregon Community Foundation
Designated toward the *educational* needs of children with disabilities

Contact Oregon Center for Children & Youth with Special Health Needs (OCCYSHN)
contact Gillian Freney at 503.494.8618