



Health Care

Disability Benefits 101 (DB101)

www.DB101.org

DB101 brings together rules for health coverage, benefits, and employment programs that people with disabilities use. These programs may be run by state, federal government, non-profit, or private organizations. Here they help people with disabilities understand their benefits and discuss them under one roof and in plain language.

Social Security Administration (SSA)

www.ssa.gov

The Benefit Eligibility Screening Tool (BEST)

www.benefits.gov/ssa

BEST helps you find out if you could get benefits that Social Security administers. Based on your answers to questions, this tool will list benefits for which you might be eligible and tell you more information about how to qualify and apply.

Medi-Cal

www.medi-cal.ca.gov

Information on eligibility, application process, and services offered through the state's Medicaid program. Provides a listing of California's county social services offices.

California Department of Healthcare Services

<http://www.dhcs.ca.gov/Pages/default.aspx>

DHCS is the backbone of California's health care safety net, helping millions of low-income and disabled Californians each and every day.

Medicare

www.medicare.gov

Medicare Rights Center

www.medicarerights.org

Works to ensure that older adults and people with disabilities with Medicare get good, affordable health care through public policy efforts, consumer education, and media communications.

Los Angeles County Department of Public Social Services (DPSS)

<https://www.dpssbenefits.lacounty.gov/ybn/Index.html>

This website contains many free and low-cost health care programs and services that are available to qualifying low-income residents of Los Angeles County. There are health programs to cover the needs of everyone regardless of age, race, or immigration status.



Health Care

Disability Rights California

www.disabilityrightsca.org

800-776-5746

California's protection & advocacy system. Advocate, educate, investigate and litigate to advance and protect the rights of Californians with disabilities.

If you have a disability and qualify for services, we can help you with problems like:

- rights to basic support, personal care, therapy and health care — like Supplemental Security Income (SSI), health care services including In-Home Supportive Services (IHSS), Medi-Cal, and California Children's Services (CCS)
- discrimination in housing, transportation, employment, and access to public and private programs and services
- abuse, neglect, and rights violations in an institution
- least restrictive environment, dignity, privacy, choice, and other basic rights
- special education rights
- mental health and support services that provide individualized treatment
- regional center eligibility and services that promote independence — such as supported living and family supports
- voting registration, vote casting and accessible polling places
- access to technology — like communication devices and power wheelchairs

California Major Risk Medical Insurance Program (MRMIP)

(800) 287-6574

Health insurance for Californians who are unable to obtain coverage in the individual health insurance market.

California Department of Insurance

www.insurance.ca.gov

(800) 927-4357

Medigap and long term care policies available in your area.

Center for Health Care Rights

800-824-0780

The Center for Health Care Rights is dedicated to ensuring access to quality health care by providing information and education to elderly and disabled Medicare beneficiaries. Call the center if you have questions about Medicare or need help resolving Medicare- or health insurance-related problems.

Health Insurance Counseling and Advocacy Program (HICAP)

<http://cahealthadvocates.org/hicap/los-angeles/>

(800) 434-0222

Free counseling about Medicare, Medigap policies, Medicare Advantage (plans, filing an appeal, or long-term care insurance).



Health Care

California Health Advocates (CHA)

www.cahealthadvocates.org

(916) 231-5110

CHA is a nonprofit association that promotes the work of the Health Insurance Counseling and Advocacy Program (HICAP) projects serving 3.9 million Medicare beneficiaries of all ages throughout California. CHA provides statewide technical training on Medicare, related health care coverage, and long-term care insurance issues

Center for Medicare Advocacy

www.medicareadvocacy.org

(860) 456-7790

Education, advocacy, and legal assistance to help elders and people with disabilities obtain necessary health care, with a focus on the needs of Medicare beneficiaries, people with chronic conditions, and those in need of long-term care.