

Generic Resource & Natural Supports Checklist

Name of person using resources: _____

Date completed: _____

Person(s) completing checklist: _____

("RCRC guide" refers to the Community Resources guide put together by Redwood Coast Regional Center and available on their website)

Please note that the person may be sensitive about using certain supports and wish that information to be private, which is their right. Some types of supports (e.g. rape crisis, domestic violence, alcohol treatment) may be particularly sensitive and indirectly share information that the person may not want in a written document. Please always double check if the person is o.k. with including that information here (some of these have a reminder note next to them). Remember: just because someone uses RCRC services doesn't mean their life is an open book to anyone who may look at this checklist, especially years from now or out of context.

Utilities:

- Monthly utility discounts (e.g. CARE, LIRA, contact utility company)
 - HEAP (once a year discount, can be used with CARE, etc. - 1-866-675-6623)
 - Medical Baseline discount (available for people with electronic medical equipment such as: power wheelchairs, CPAP, oxygen machines, etc., contact electric company)
 - Free firewood (for those dependent on wood for ALL heat, some areas, see RCRC res. guide)
 - Emergency one time payments (homelessness prevention programs, Salvation Army, etc.)
 - Free energy efficiency program (free weather stripping, appliances, etc., see RCRC guide)
 - Lifeline telephone discount rate (contact phone company)
 - Free adaptive equipment - 1800-806-1191 or 1-866-821-3733)
 - Free 411 calls (for those unable to use phone book, apply thru phone company)
 - Other:
 - Other:
- Comments:

Housing:

- Section 8 or similar federal housing voucher/certificate
 - Apartment specific federal low-income housing
 - County sponsored low-income housing
 - Tribal housing assistance programs
 - Shares housing with one or more housemates
 - Free home maintenance programs for seniors/disabled (see RCRC guide)
 - Homelessness prevention programs (e.g. one time utility, down payment, etc. assistance)
 - Housing modifications thru civic groups (e.g. Rotary Club, Elks)
 - Community Foundation grants for needed repairs, ramps (see RCRC guide)
 - Crisis Housing (e.g. domestic abuse - please double check with person before including here)
 - Homeless shelters
 - Other:
 - Other:
- Comments:

Food:

- Food stamps/EBT (not eligible if getting any SSI; SSA only is eligible if still w/in income limits)
- WIC (assistance for pregnant women and young children - including those living solely w/ dad)
- Food banks (e.g. weekly, monthly, see RCRC guide)
- Free or low cost meals (e.g. "open kitchen", free / low-cost lunches at senior center)
- Meals on Wheels (there is usually a fee / donation per meal, see RCRC guide)
- Other:
- Other:

Comments:

Misc. financial supports not covered in above categories:

- SSI, SSP, SSA, SSDI (circle all that apply)
- Railroad retirement, VA, other income from (usually parental) retirement plans
- First Nations or other financial support thru tribal services
- Extra SSI (\$50/month) for expenses assoc. with a certified assist. dog (apply thru Social Security)
- Community Foundation grants for various purposes (see RCRC guide)
- Money management services for seniors & (sometimes) those w/disabilities (contact senior center or Social Security; often free)
- Free tax preparation assistance (1-888-687-2777 for seniors and disabled)
- Consumer Credit Counseling or similar type services
- Other:
- Other:

Comments:

Education:

- Publicly funded education: K-12 plus transition
- College; (using financial aide? Type: _____)
- Adult education, night classes, etc.
- Classes thru local parks and rec.
- Store sponsored classes (e.g. craft or pet stores, often free if you buy materials there)
- Clubs / groups (e.g. photo club w/regularly scheduled opportunities to practice and learn more)
- Literacy programs (RCRC guide or local library should have info)
- Other:
- Other:

Comments:

Work:

- Micro-loan to start own business (various sources, see RCRC guide, online)
- Support through Dept. of Rehab, CalWorks, Indian Manpower Inc., Experience Works, etc.
- One - Stop employment / job training / referrals (see RCRC guide)
- Using local temp. agency to help find work
- Other:
- Other:

Comments:

Mental Health:

- County Dept. of Mental Health services
- Tribal health - counseling and other services
- Counseling funded by Medi-Cal or other insurance (e.g. thru local clinic, private counselors, EAP, CHAMPVA, TRICARE/CHAMPUS)
- Crisis support groups (e.g. domestic violence, rape) (Please check w/person before noting)
- Counseling paid for by Ca. Victims of Violent Crimes program (1-800-842-8467)
- Services through county Victim/Witness Assistance Programs (see RCRC guide)
- Support groups for specific concern
- Grief counseling (thru hospice, senior center, etc.)
- Peer counseling groups
- Support for caregivers (e.g. hospice, Alzheimer's support groups)
- Other:

Comments:

Physical Health:

- Medi-Cal, Denti-Cal, MediCare, Co. Medical Services Program ("CMSP"), Tribal Health, CHAMPVA, TRICARE/CHAMPUS (circle all)
- Private Insurance
- Free eye glasses (e.g. Lions Club, Gift of Sight, New Eyes for the Needy; see RCRC guide)
- Free eye exams (Lens Crafters, Pearle Vision, etc. all offer programs)
- Free cataract and other eye surgery (e.g. Mission Cataracts, Pearle Vision Found., Vision USA; see RCRC guide)
- Free / low cost hearing aid (e.g. Ear of the Lion, Lions Club; see RCRC guide)
- Loaner/free medical equipment (see RCRC guide)
- Non emergency, Medi-Cal funded transportation to appointments (see RCRC guide)
- Hospital courtesy van - transportation to appointments (check with hospital, not avail. in all areas)
- Community / volunteer provided transportation to medical appointments (see RCRC guide)
- Prescription payment assistance (Rx Help for Ca - help navigate all available prog(s) - 1-877-777-7815)
- Special funding for needs related to specific conditions (e.g. Cancer Society, Make-A-Wish)
- N/A, A/A, Al-anon (see RCRC guide or phone book)
- Overeaters anonymous, TOPS (see RCRC guide or phone book)
- Public tobacco cessation programs (chewers - 1-800-884-2439; smokers - 1-800-662-8887)
- Support groups around specific issues (check RCRC guide, phone book, local hospital)
- Other:

Comments:

Transportation (not already covered under "physical health"):

- Independently walks, wheels, bikes, skateboards, drives themselves on their own (circle all that apply)
- Uses public transit
- Dial-a-ride
- Group sponsored transportation (e.g. the church van picks them up)
- Regularly scheduled car-pool arrangement (e.g. to work everyday, to classes at college)
- Shared rides with family, friends, neighbors, etc.
- Other:

Comments:

Misc. Support Services:

- IHSS (# of hours _____)
 - Senior Adult Day Health Programs
 - Legal Aid Services (see available options listed in RCRC guide)
 - Various programs thru senior center
 - Reminder/wake-up call services
 - Check-in calls (available to seniors/disabled in some areas, see RCRC guide)
 - Time with family
 - Time with friends
 - Other:
 - Other:
- Comments:

Other: