SDSU | San Diego State University Social Policy Institute School of Social Work

DDS Department of Developmental Services

Navigating Change

Youth and Family Resource Guide

SDRC

Table of Contents

Introduction **5**

Education **6**

Advocacy SD 6
Beacons North County 6
California Department of Education: Secondary Transition Planning 6
College 2 Career (C2C) 6
College Guide for Students with Disabilities 7
CSUSM Aspiring Scholars Program 7
Special Needs Resource Foundation of San Diego 7
Transitioning from High School with AB 504 Plan 8
WorkAbility III (WAIII) 8
YMCA TAY Services Drop-In Center 8

Employment and Independent Living **9**

Able-Disabled Advocacy 9
Best Buddies Job Program 9
Community Interface Services 9
CONNECT2Careers 9
Department of Rehabilitation 10
In Home Support Services 10
Job Corps 10
The Arc of San Diego Employment Support 10
The Arc of San Diego Residential Homes 11
Towards Maximum Independence Employment Solutions 11

Like Skills **12**

Article: Effective Communication, Conflict Resolution, and Self Advocacy 12
Article: Growing a Strong Social Network 12
Blog: Building Confidence: Tips for Adults with ID 12
Blog: How AI Can Help People with Disabilities 12
Blog: How to Set Realistic Personal Goals 13

Blog: The Impact of Social Media on Students with Special Needs 13
Financial Wellness Toolkit 13
IMDetermined 13
Lifeskills Checklist 13
Video Series: Sex Ed for People with Disabilities 14

Health & Wellness 15
California Children's Services 15
CalFresh 15
Center for Transition to Adult Health Care for Youth with Disabilities 15
Erin's World Frames by Specs4Us 15
Food Bank Finder 16
Health Insurance Counseling & Advocacy Program (HICAP) 16
Medi-Cal 16
Moving to Adult Health Care 6-Part Toolkit 16
My Patient Rights 16
Smile, California 17

Mental Health 18
CalHOPE 18
California State University San Marcos Student Health and Counseling Services 18
Mobile Crisis Response Team (MCRT) 18
Operation Samahan 18
Substance Abuse and Mental Health Service Administration (SAMHSA's) National Helpline 19
Soluna with CalHOPE 19
24/7 Suicide and Crisis Lifeline 19
Take Action for Mental Health Toolkits 19
The Trevor Project 19
Union of Pan Asian Communities (UPAC) in San Diego 20

Social & Community Engagement 21
Able Arts Work San Diego 21
Best Buddies One-to-One Friendship Program 21
Challenged Sailors San Diego 21
Community Connections Program 21
Noah's PERCH 22
San Diego Parks & Recreation Therapeutic Recreation Services 22
Stay Social 22
Teri Campus of Life 22
The Miracle League of San Diego 22
Unified E-Sports League 23

Legal & Rights Advocacy 24

Ask My Advocate 24
California State Council on Developmental Disabilities 24
Disability Help Center 24
Disability Rights and Education Defense Fund 24
Lanterman Act and Related Laws 24
Legal Aid Society of San Diego (LASSD) 25
Partners in Policymaking 25
San Diego Volunteer Lawyer Program (SDVLP) 25
University of San Diego Free Legal Assistance 25

Financial and Public Benefits 26
CalABLE Account 26
Cash Assistance Program for Immigrants (CAPI) 26
County of San Diego Rental Assistance Program 26
Housing Instability Prevention Program (HIPP) 26
San Diego Housing Commission 27
Social Security Disability Insurance (SSDI) 27
Special Needs Trust Foundation (SNT) 27
Supplemental Security Income (SSI) 27
Ticket to Work Program 27
Volunteer Income Tax Assistance (VITA) 28

Family and Caregiver Support 29
211 Information 29
Article: A Family's Guide to Understanding and Supporting Adults with Disabilities 29
Blog: How to Support Relationships for Individuals with ID 29
Center for Parent Information and Resources 29
Dove Tail Learning Family Series 30
Exceptional Family Resource Center 30
Filipino American Association for Developmental Disabilities 30
Home of Guiding Hands Respite Program 30
Parents Helping Parents (PHP) 31
Project LETS 31

Introduction

Navigating Change is a partnership between the San Diego Regional Centr and the Social Policy Institute at San Diego State University designed to support youth and young adults with intellectual and developmental disabilities (I/DD) as they transition to adulthood. This innovative program provides individualized support through trained Navigators who work closely with participants and their families to explore goals, connect with community resources, and build life skills that promote independence and well-being.

The program embraces a strengths-based and person-centered approach that values the lived experiences and aspirations of each young person. Navigators work with participants by fostering trusted relationships and offering guidance and support. Through this approach, Navigating Change aims to help participants and their families become more confident with the transition process.

To further support participants and their families, we created this **Youth and Family Resource Guide** as a centralized tool for navigating local supports and services. This guide includes a wide range of resources curated to reflect the needs and interests of the community. Because we believe the best resource guides are built collaboratively, we invite participants, families, and community partners to share additional resources with us so we can continue to grow this guide together. Please email us at: socialpolicyinstitute@sdsu.edu

Disclaimer: Please consult with your Service Coordinator about any programs you are interested in.

Education

Advocacy SD

AdvocacySD supports young adults with disabilities in transitioning to postsecondary life through help with college accommodations, 18-22 transition programs, and Gap Year planning, aiming to promote independence and long-term success.

Website: http://advocacysd.com/young-adults/

Beacons North County

Beacons was founded by families to offer robust person-driven learning opportunities richly supported with technology and accessible pacing. Their goal is to empower individuals provide vocational, recreational, and social activities as well as services to adults with developmental disabilities and their support teams to create pathways and outcomes to improve access to employment, the community and social connections.

Website: https://www.beaconsnorthcounty.com/
Phone: (760) 448-6230

California Department of Education: Secondary Transition Planning

Resources and guidelines to assist youth with disabilities as they transition from school to adult life, including education and training, employment, and independent living.

Website:
https://www.smusd.org/departments/special_education/student_parent_information_and_resources/workability_i/disability_resources/

College 2 Career (C2C)

The C2C program at San Diego Community College District is a 3-year program that helps students with Autism and/or Intellectual Disabilities use higher education as a path to employment, offering coaching and job services to build skills for the local job market.

Website: https://www.sdccd.edu/departments/educationalservices/dsps/workforce/C2C/index.aspx
Phone: (619) 388-6808

College Guide for Students with Disabilities

There are many pathways to achieve independence through higher education, and Maryville University has created this helpful “Frequently Asked Questions” (FAQ) to give you an idea of what to expect as you research your options.

Website: https://online.maryville.edu/disabilities-guide/

CSUSM Aspiring Scholars Program

A 4-year non-degree CSUSM program for students with intellectual disabilities to earn an academic and career studies certificate through classes, internships, life skills, and social activities, aiming for competitive employment. Recognized as a Comprehensive Transition and Postsecondary Program.

Website: https://www.csusm.edu/el/programs/aspiringscholars/index.html
Phone: (760) 750-8506

Special Needs Resource Foundation of San Diego

A free resource hub connecting parents of children ages 0–22 and neurodivergent individuals with disabilities to valuable resources, services and support throughout San Diego and Imperial Counties. Explore the free Flourishing Families Resource Guide and searchable online database to find local programs, providers and services. Attend our community resource fairs throughout the year to meet providers face-to-face, ask questions and build connections.

Website: https://snrfsd.org
Email: specialneeds@sandiegofamily.com

Transitioning from High School with AB 504 Plan

Provides students with an overview of Section 504 of the Rehabilitation Act of 1973 (Workforce Investment Act) and how it protects academic rights from high school to postsecondary education.

Website: https://www.ed.gov/higher-education/students-with-disabilities-preparing-for postsecondary-education

WorkAbility III (WAIII)

A partnership between select California community colleges and the Department of Rehabilitation (DOR), serving students with disabilities who are DOR consumers seeking employment. Referred by their DOR counselor, students receive coordinated vocational support. The San Diego Community College District has offered WAIII services since 1989.

Website:
https://www.sdccd.edu/departments/educationalservices/dsps/workforce/workability/index.aspx
Phone: (619) 388-6810

YMCA TAY Services Drop-In Center

TAY Drop-in services address not only basic needs but also provides critical services that address higher-level needs such as clinical support, resource navigation, and housing support. There is a strong focus on employment, education needs, and linkages to safe housing opportunities.

Website: https://www.ymcasd.org/community-support/ymca-youth-and-familyservices/youth-and-young-adult-development/tay-services
Escondido Phone Number: (760) 908-9373
Oceanside Phone Number: (760) 908-9647

Employment and Independent Living

Able-Disabled Advocacy

Vocational skills training and educational advancement for youth, military veterans, adults with disabilities and others seeking employment

Website: https://www.able2work.org/

Best Buddies Job Program

This program secures jobs for people with intellectual and developmental disabilities (IDD), allowing them to earn an income, pay taxes, and continuously and independently support themselves.

Website: https://www.bestbuddies.org/california/jobs/

Community Interface Services

Provides training, support, and advocacy for people with intellectual/developmental disabilities. They offer services that range from help learning essential life skills to job training and work placement, home ownership, self-determination, and more.

Website: https://www.communityinterfaceservices.org/services
Phone: (760) 729-3866 or (888) 676-3786

CONNECT2Careers

Helps young adults secure employment using an online portal filled with thousands of local job and internship opportunities, also providing in-person training opportunities so young people can build their résumés, practice elevator pitches, prepare for interviews and learn about our local labor market.

Website: https://c2csd.org/

Department of Rehabilitation

DOR offers vocational rehabilitation services to Californians with disabilities who want to work, including counseling, training, education, mobility aids, and job search and placement support.

Website: https://www.dor.ca.gov/
Phone: (916) 324-1313

In Home Support Services

The In-Home Supportive Services (IHSS) program provides in-home assistance to eligible aged, blind, and disabled individuals, helping them remain safely at home. Services include personal care, domestic help, transportation, and protective supervision.

Website: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Services/In Home-Supportive-Services.html
Phone: (800) 339-4661

Job Corps

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.
Website: https://www.jobcorps.gov/

The Arc of San Diego Employment Support

Helps clients find job openings, complete applications, build resumes, and prepare for interviews. We offer guidance on workplace attire, handling tough questions, and using public transportation. Job coaches ensure clients understand their roles and provide support during their employment.

Website: https://www.arc-sd.com/our-services/employment/
Phone: (619) 795-4129

The Arc of San Diego Residential Homes

The Arc of San Diego offers residential homes across the county for people with disabilities. Our person-centered supports promote independence, dignity, and choice. Trained staff help residents build skills and engage in daily activities like cooking, money management, cleaning, self-care, and community involvement.

Website: https://www.arc-sd.com/our-services/residential/
Phone: (619) 685-1175, ext. 1244

Towards Maximum Independence Employment Solutions

The TMI Employment Solutions program works with our clients to secure and maintain gainful employment in the community, if desired, and also works in collaboration with local businesses to develop volunteer opportunities for our clients. Employment Solutions partners include several notable companies such as Smart & Final, Ross, Barnes & Noble, Amazon, VONS, Walmart, and many other companies.

Website: https://www.tmi-inc.org/employment-solutions

Like Skills

Article: Effective Communication, Conflict Resolution, and Self Advocacy

Communication is about both what you say and what others understand. It's a key part of any relationship. Misunderstandings can happen easily, but with practice, you can learn to communicate more clearly and effectively.

PDF: https://arcadams.org/wp-content/uploads/2024/04/Helpful-Hints-EffectiveCommunication-Conflict-Resolution-and-Self-Advocacy-1.pdf

Article: Growing a Strong Social Network

A document designed to help adults with intellectual and developmental disabilities grow their social skills and form new relationships.

PDF: https://futureplanning.thearc.org/assets/MSC_PL-Social-Network349771cbc38efb494841ed7e33c59e094c9ede04aa6e4754b6dca0fca923a07f.pdf

Blog: Building Confidence: Tips for Adults with ID

Confidence is believing in yourself, feeling brave, and proud of who you are. Self confidence is your belief in your abilities, which can change from day to day. The good news is confidence can be built and improved. This blog will share tips on how to boost your confidence.

Website: https://www.endeavour.com.au/about-us/our-stories/blog-posts/buildingconfidence

Blog: How AI Can Help People with Disabilities

AI is everywhere today, but it’s not new, tools like Alexa, self-driving cars, and Netflix suggestions are already part of daily life. What’s new is how generative AI is expanding support for people with disabilities in work, communication, and accessibility.

Website: https://neuronav.org/self-determination-blog/how-ai-can-help-people-withdisabilities

Blog: How to Set Realistic Personal Goals

Setting goals can be especially helpful for adults with disabilities, offering independence and new opportunities. While goals can look however you'd like, using strategies like the SMART goal approach can make it easier to stay focused and follow through.

Website: https://neuronav.org/self-determination-blog/realistic-personal-goals

Blog: The Impact of Social Media on Students with Special Needs

It is essential to recognize that social media plays a significant role in the college experience. It raises the question of how it shapes people's mental health and what implications it has on people with disabilities.

Website: https://www.behavioralhealthtech.com/insights/social-media-in-college-the-impact

Financial Wellness Toolkit

By equipping people with disabilities with the skills & knowledge to act, we can achieve financial wellness. Financial wellness means having financial security and financial freedom of choice in the present and into the future.

Website: https://www.nationaldisabilityinstitute.org/downloads/

IMDetermined

A state directed project funded by the Virginia Department of Education, focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior.

Website: https://www.imdetermined.org/

Lifeskills Checklist

Learning life skills is key for students preparing for adulthood. The Life Skills Checklist helps transition-age students and their families keep track of independent living skills. This list does not include every skill, and all these skills may not apply to all people. It is important to remember that everyone is unique, and individual support needs may vary.

Website: https://peatc.org/wp-content/uploads/2021/07/Independent-Living-Life-Skills Checklist-Booklet-ENGLISH-Interactive.pdf

Video Series: Sex Ed for People with Disabilities

Videos by National Council on Independent Living on sex education for people with disabilities.

YouTube Link:
https://www.youtube.com/watch?v=wZ6T8wrqjAE&list=PLuEvYNNQdHeVhbyeJHx9s8oqsvBk621v

Health & Wellness

California Children's Services

The CCS program offers diagnostic and treatment services, case management, therapy, and adaptive equipment for children under 21 with eligible conditions. Services are also provided in public schools. Conditions covered include cerebral palsy, cystic fibrosis, heart disease, cancer, and uncontrolled seizures.

Website:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/california_children_services.html
Phone: (619) 528-4000

CalFresh

CalFresh, federally known as SNAP, provides monthly food benefits to low-income individuals who meet eligibility requirements. Benefits can be used to buy most foods at participating stores, helping households afford healthy, nutritious meals.

Website: https://benefitscal.com/Help/program/calfresh/HCPDE?lang=en
Phone: (877) 847-3663

Center for Transition to Adult Health Care for Youth with Disabilities

This virtual center is for youth with intellectual and developmental disabilities (ID/DD). It provides healthcare transition training and resources to youth and young adults with ID/DD, ages 12-26, their families, and the professionals who serve them.

Website: https://movingtoadulthealthcare.org/

Erin's World Frames by Specs4Us

Custom frames specially designed to fit kids and adults with Down Syndrome or low nose bridges.

Website: www.specs4us.com
Phone: (800) 586-1885

Food Bank Finder

Food banks work with their local communities to ensure that everyone has access to healthful foods. They solicit, receive, store, and distribute fresh produce and pantry staples.

Website: https://www.cafoodbanks.org/our-members/
Phone: 211

Health Insurance Counseling & Advocacy Program (HICAP)

Free counseling about Medicare and other healthcare options.

Website: https://cahealthadvocates.org/HICAP/
Phone: (800) 434-0222

Medi-Cal

Medi-Cal is California's Medicaid program, providing free or low-cost health coverage for people with limited income, including families, single adults, seniors, individuals with disabilities, pregnant women, and those in foster care.

Website: https://benefitscal.com/Help/program/medical/HCPDE?lang=en
Phone: (916) 552-9200

Moving to Adult Health Care 6-Part Toolkit

The toolkits cover understanding health care transition, knowing about your health care, leading daily health routines, understanding legal rights, managing health care visits, and planning the move to adult care.

Website: https://movingtoadulthealthcare.org/toolkits/

My Patient Rights

Information and advocacy for families who have been denied healthcare, have complaints about healthcare they are receiving, or need help navigating insurance.

Website: https://mypatientrights.org/

Smile, California

Medi-Cal funded dental services.

Website: https://smilecalifornia.org/
Phone: (800) 322-6384

Mental Health

CalHOPE

24/7, peer-run, crisis warm lines and digital services offering confidential, emotional support.

Website: https://www.calhope.org/
English Phone: 833-317-4673
Spanish Phone: 833-642-7696

California State University San Marcos Student Health and Counseling Services

Short-term individual, couple, family and group counseling is available at no charge to enrolled Cal State San Marcos students. Students may be seen for up to eight sessions per academic year, including the Counseling Assessment session

Website: https://www.csusm.edu/shcs/index.html
Phone: (760) 750-4915

Mobile Crisis Response Team (MCRT)

Call 24/7 for a mental health crisis (all ages) to assess, de-escalate and transport. Team of three (clinician, case manager and peer support specialist) connect individuals to care and support. MCRT can help people of all ages and provide services in English and Spanish. MCRT can also assist in other languages through interpreter services.

Website: https://www.sandiegocounty.gov/content/sdc/mcrt.html
Phone: (888) 724-7240

Operation Samahan

This is a community health center that provides health and mental health services to low-income Filipinos/Asians and other low-income families and individuals in the County of San Diego.

Website: https://www.opsam.org/
Phone: (844) 200-2426

Substance Abuse and Mental Health Service Administration (SAMHSA's) National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Website: https://www.samhsa.gov/find-help/helplines/national-helpline
Phone: (800) 662-4357

Soluna with CalHOPE

Free mental health coaching and resources for teens and young adults ages 13-25.

Website: https://www.chhs.ca.gov/youthresources/

24/7 Suicide and Crisis Lifeline

If you or someone you know is experiencing mental health or substance use-related crisis.

Website: https://988lifeline.org/
National Phone: 988
San Diego Access & Crisis Line Phone: (888) 724-7240

Take Action for Mental Health Toolkits

The primary goal for Take Action for Mental Health is to help Californians support their mental health and the mental health of people they care about. The campaign's underlying goal is to support prevention and early intervention efforts that promote mental wellness and offer Californians the tools to seek help for themselves or a loved one.

Website: https://takeaction4mh.com/toolkits/

The Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth and young adults, ages 13–24, over the phone, online, and via text.

Website: https://www.thetrevorproject.org/
Phone: (866) 488-7386

Union of Pan Asian Communities (UPAC) in San Diego

The Union of Pan Asian Communities (UPAC) is a nationally recognized non-profit organization, offering multicultural, multilingual, comprehensive physical and mental health services to Asian, Pacific Islander and other ethnic communities.

Website: https://www.upacsd.org/
Phone: (619) 232-6454

Social & Community Engagement

Able Arts Work San Diego

Day programs for adults with disabilities. Uses creative arts to develop social and developmental skills in an inclusive community; clients participate in full-time courses to meet goals.

Website: https://www.ableartswork.org/
Phone: (562) 982-0247

Best Buddies One-to-One Friendship Program

These programs build one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), offering social interactions while improving the quality of life and level of inclusion for a population that is often isolated and excluded.

Website: https://www.bestbuddies.org/california/friendship

Challenged Sailors San Diego

Challenged Sailors San Diego offers free adaptive sailing for people with disabilities, every Friday and Saturday, 11:30 AM–3:00 PM. Open to all—MS, CP, brain injury, quadriplegia, paraplegia, and more. No experience is needed.

Website: https://www.challengedsailors.org/

Community Connections Program

For young adults with developmental disabilities who benefit from 1:1 or 1:2 staff-to participant support to successfully and safely engage in peer-inclusive, socially integrated settings.

Website: https://www.ccpsd.org/
Phone: (619) 729-4357

Noah's PERCH

A social membership club developed for and by adults with intellectual and developmental disabilities that schedules monthly meetups one can make new social connections and join other participants for fun-filled activities that foster a culture of inclusion.

Website: https://noahsperch.org/
Phone: (619) 660-6200

San Diego Parks & Recreation Therapeutic Recreation Services

The City of San Diego's Therapeutic Recreation Services offers adaptive sports, recreation, and leisure programs for children and adults (ages 3+) with physical, mental, or emotional disabilities. Led by certified specialists, activities support physical, cognitive, and social well-being for those with limited access to typical recreation.

Website: https://www.sandiego.gov/park-and-recreation/activities/trs
Phone: (619) 525-8247

Stay Social

Provides adults with disabilities a variety of activities such as bowling, karaoke, movie nights and dances all with the goal of helping members meet new friends with common interests.

Website: https://staysocialnow.com/

Teri Campus of Life

The TERI Campus of Life brings people together to learn, grow, and connect. Designed for individuals with disabilities, their families, and the community, the Campus transforms lives through arts, fitness, nutrition, organic farming, and more.

Website: https://www.campusoflife.org/
Phone: (858) 356-4546

The Miracle League of San Diego

The Miracle League of San Diego (MLSD) provides children and adults with special needs the opportunity to play baseball in an organized league.

Website: https://miracleleagueofsandiego.org/
Phone: (619) 679-5552

Unified E-Sports League

Program for people of different abilities (ages 8+) with a passion for video games and technology. Participants improve social life, enhance technology skills and collaborate with peers. This program is available to SDRC clients, ages 8 - adult, at no cost to the participating individual or their family.

Website: https://www.unifiedesl.com/
Phone: (858) 449-8478
Para asistencia en español, comuníquese con Wendy Muñoz al (619) 354-0733 o por correo electrónico a wendy@unifiedesl.com.

Legal & Rights Advocacy

Ask My Advocate

Supports all families regardless of age or diagnosis. Provides representation for meetings, mediation, due process and state hearings.

Website: www.askmyadvocate.org
Phone: (951)436-8534

California State Council on Developmental Disabilities

Responsible for ensuring the protection of legal, civil, and service rights of persons who require services through publicly funded agencies that serve persons with developmental disabilities.

Website: https://scdd.ca.gov/

Disability Help Center

Helps individuals with disabilities receive Social Security Disability/SSI and/or Veteran's Disability benefits, but community resources are available to everyone.

Website: https://www.disabilityhelpcenter.org/
Phone: (888) 418-8860

Disability Rights and Education Defense Fund

Provides legal advocacy, training, education, public policy, and legislative development.

Website: https://dredf.org/

Lanterman Act and Related Laws

The Lanterman Developmental Disabilities Services Act (people also call it the Lanterman Act, for short) was passed in California in 1969. This law says that people with developmental disabilities and their families have a right to get the services and supports they need to live like people who don't have disabilities.

Website: https://www.dds.ca.gov/transparency/laws-regulations/lanterman-act-andrelated-laws/

Legal Aid Society of San Diego (LASSD)

Assists low-income and vulnerable individuals with legal representation, advice, and resource referrals across various issues.

Website: https://www.lassd.org/
Phone: (877) 534-2524

Partners in Policymaking

Free leadership training for people with disabilities and families, teaching policy advocacy and civil rights empowerment at the state and local levels.

Website: https://partnersonlinecourses.com/

San Diego Volunteer Lawyer Program (SDVLP)

Connects low-income individuals to volunteer attorneys for free legal advice and representation in areas such as disability rights, public benefits, education, housing, and more.

Website: https://sdvlp.org/
Phone: (619) 235-5656

University of San Diego Free Legal Assistance

USD Legal Clinics are funded by the University of San Diego and, in part, by grants from the State Bar of California and the U.S. Department of Treasury. Services are available to lower income individuals.

Website: https://www.sandiego.edu/law/free-legal-assistance/
Phone: (619) 260-7470

Financial and Public Benefits

CalABLE Account

Individuals with a disability that occurred before age 26 and receive benefits under SSI (Supplemental Security Income) and/or SSDI (Social Security Disability Insurance) are automatically eligible to open this account federal and California State tax-free. Withdrawals (also tax free) can be used for disability-related expenses: education, employment support, housing, transportation, assistive technology and healthcare.

Website: https://www.calable.ca.gov/
Phone: (833) 225-2253

Cash Assistance Program for Immigrants (CAPI)

CAPI is a 100% state-funded program designed to provide monthly cash benefits to aged, blind, or disabled non-citizens who are ineligible for SSI/SSP solely due to their immigration status.

Website: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/capi.html
Phone: (866) 262-9881

County of San Diego Rental Assistance Program

Helps eligible households in qualifying areas who have been financially impacted. The program provides payment assistance for renters who need help with rent and utilities.

Website: https://www.sandiegocounty.gov/content/sdc/sdhcd/rentalassistance/overview.html
Phone: (858) 694-4801

Housing Instability Prevention Program (HIPP)

HIPP helps pay rent and other housing-related expenses for families in the City of San Diego with low income, experiencing a housing crisis and at risk of homelessness.

Website: https://sdhc.org/housing-opportunities/help-with-your-rent/
Phone: (619) 578-7768

San Diego Housing Commission

Helps low-income families, seniors, and people with disabilities afford housing, including rental assistance (Section 8).

Website: https://sdhc.org/

Social Security Disability Insurance (SSDI)

Pays benefits based on accumulated work credits for adults with qualifying disabilities. LASSD also offers application help. SSDI is separate from SSI and not based on family income/assets

Website: https://www.ssa.gov/disability

Special Needs Trust Foundation (SNT)

Nonprofit helps families establish special needs trusts for loved ones with disabilities and educates them on Social Security and SSI benefits.

Website: https://www.sntf-sd.org/
Phone: (619) 790-4810

Supplemental Security Income (SSI)

SSI provides monthly payments to people with disabilities and older adults who have little or no income or resources.

Website: https://www.ssa.gov/ssi
Phone: (800) 772-1213

Ticket to Work Program

Supports career development for people ages 18 through 64 who receive Social Security disability benefits and want to work. The Ticket Program is free and voluntary. It helps people with disabilities move toward financial independence and connects them with the services and support they need to succeed in the workforce.

Website: https://choosework.ssa.gov/
Phone: (866) 968-7842

Phone TTY: (866) 833-2967

Volunteer Income Tax Assistance (VITA)

Program offers free IRS-certified tax prep and electronic filing to people who make $67,000 or less, persons with disabilities, and those with limited English who need assistance preparing tax returns.

Website: www.benefits.gov/benefit/1543

Family and Caregiver Support

211 Information

Referral one-stop shopping for health and welfare needs. Operators take full case histories and provide a plethora of resources.

Website: https://www.211.org/
Phone: 211

Article: A Family's Guide to Understanding and Supporting Adults with Disabilities

Families can make a big difference in creating an inclusive and supportive environment for their loved ones with disabilities. This guide was created to help families of adults with physical, developmental, intellectual, and sensory disabilities.

Website: https://synergyhomecare.com/ca-san-diego-92131/disability-care/

Blog: How to Support Relationships for Individuals with ID

Supporting relationships for individuals with intellectual disabilities is key to their well-being and social inclusion. This article discusses strategies and principles to foster meaningful, safe connections while upholding their rights.

Website: https://www.h2hhc.com/blog/how-to-support-relationships-for-individuals-withintellectual-disabilities

Center for Parent Information and Resources

The Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities.

Website: https://www.parentcenterhub.org/

Dove Tail Learning Family Series

Resiliency training for Families and Caregivers that is simple, effective, and research based. Their approach helps you handle stress, challenges, and change, teaches skills for solving problems, making good choices, and building strong relationships, shares tips and activities to boost your children's resilience, and supports you in being the resilient role model your children need.

Website: https://dovetaillearning.org/families/

Exceptional Family Resource Center

The mission of the Exceptional Family Resource Center (EFRC) is to provide support, information and education for families of children with disabilities and the professionals who assist these families.

Website: https://efrconline.org/
Phone: (619) 594-7416

Filipino American Association for Developmental Disabilities

Monthly support group for Filipino American families.

Website: https://www.faadd.org/

Home of Guiding Hands Respite Program

Trained staff provide care and supervision for people with disabilities while the parent or caregiver is away. Families get a break and the peace of mind from knowing that their loved one is in good hands.

Website: https://www.guidinghands.org/services/respite/
Phone: (619) 938-2876

Parents Helping Parents (PHP)

PHP provides information, training, individual assistance and resources.

Website: www.php.com
Phone: (855) 727-5775

Project LETS

Provides access, political education, & material resources to people with mental illness, disability, trauma, & neurodivergence.

Website: https://projectlets.org/