



# Lupus Colorado

Information contained in this guide is provided as a community service for Colorado Lupus patients, their family members and caregivers. Inclusion in this directory in no way implies an endorsement by the Lupus Foundation of Colorado of products, programs or services.

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[www.lupuscolorado.org](http://www.lupuscolorado.org)

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# LUPUS COLORADO

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## RESOURCE DIRECTORY

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## ADVOCACY

### **The Jennifer Jaff Center**

To provide free information, legal advice, education, and advocacy services to patients with chronic illnesses nationwide in areas including health and disability insurance, Social Security disability, employment discrimination, family and medical leave, educational equity, and resource location. In addition, to protect and promote the concerns of the chronically ill in public policy.

[www.jenniferjaffcenter.org](http://www.jenniferjaffcenter.org) or 860.479.2518

### **Colorado Cross - Disability Coalition**

Advocacy and referrals regarding legal issues, Medicaid, mental health services, social service agencies, and ADA accommodations.

[www.ccdconline.org](http://www.ccdconline.org) or 303.839.1775

### **Colorado Civil Rights Division**

Investigates consumer-alleged discrimination in the areas of employment, housing and public accommodation.

[www.dora.colorado.gov/crd](http://www.dora.colorado.gov/crd) or Denver- 303.894.2997; Pueblo- 719.542.1298; Grand Junction- 970.248.7304

### **Colorado Centers for Independent Living**

Network of state-certified non-profit agencies provides information and referral, peer counseling, individual and systems advocacy, independent living skills training.

[www.coloradosilc.org](http://www.coloradosilc.org) or Denver office: 303.320.1345

### **Patient Advocate Foundation**

National non-profit that seeks to safeguard patients through effective mediation assuring access to care, continuation of employment and preservation of financial stability.

[www.patientadvocate.org](http://www.patientadvocate.org) or 800.532.5274

## ALTERNATIVE MEDICINE

### **National Center for Complementary and Integrative Health**

Searchable government database provides information on treatments, supplements, clinical trials and more.

[www.nccam.nih.gov](http://www.nccam.nih.gov) or 888.644.6226

### **Office of Dietary Supplements, National Institutes of Health**

Provides comprehensive information, programs, and scientific resources. Searchable online database.

[www.ods.od.nih.gov](http://www.ods.od.nih.gov)

## **ASSISTIVE MEDICAL EQUIPMENT**

### **Assistance League of Denver**

ALD's Hospital Equipment Lending Program (HELP) loans assistive equipment such as wheelchairs, walkers, bath benches and more for extended necessity

[www.denver.assistanceleague.org](http://www.denver.assistanceleague.org) or 303.322.5205 (Tuesday & Wednesday, 9 a.m. – 1 p.m.)

### **Lions Club of Denver**

Lions Sight Preservation Committee helps the financially needy in Colorado get eyeglasses and eye exams.

[weserve@denverlions.org](mailto:weserve@denverlions.org) or [www.denverlions.org](http://www.denverlions.org) or 303.504.6293

## **AUTOIMMUNE-RELATED ORGANIZATIONS**

### **American Association of Kidney Patients (AAKP)**

Non-profit strives to educate and improve the well-being of kidney patients nationwide. Publishes information and brochures relating to chronic kidney disease, renal nutrition, dialysis, pediatric issues and more.

[www.aakp.org](http://www.aakp.org) or 800.749.2257

### **American Autoimmune Related Disease Association (AARDA)**

Patient information on over 80 autoimmune-related diseases

[www.aarda.org](http://www.aarda.org) or 800.598.4668 (literature request); National Office – 586.776.3900

### **American Academy of Nephrology**

Patient information on kidney disease.

[www.asn-online.org/home.aspx](http://www.asn-online.org/home.aspx) or Email at [email@asn-online.org](mailto:email@asn-online.org) or 202.640.4660

### **American Academy of Neurology**

[www.aan.com](http://www.aan.com) or Email at [memberservices@aan.com](mailto:memberservices@aan.com). Or 800.879.1960.

### **American College of Allergy, Asthma and Immunology**

[www.acaai.org](http://www.acaai.org) Email at [mail@acaai.org](mailto:mail@acaai.org). Or 847.427.1200.

### **American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org) or 1.800.342.2383 or 720.855.1102

### **Arthritis Foundation Rocky Mountain Chapter**

[www.arthritis.org/colorado/](http://www.arthritis.org/colorado/) or 303.756.8622

**Crohn's and Colitis Foundation of America**

[www.ccfa.org](http://www.ccfa.org) Email at [rockymountain@ccfa.org](mailto:rockymountain@ccfa.org). 1.866.768.2232 (Rocky Mountain Chapter) or 303.639.9163

**Invisible Disabilities Advocate**

[www.invisibledisabilities.org](http://www.invisibledisabilities.org)

**MS Society of Colorado**

[www.nationalmssociety.org/COC/home](http://www.nationalmssociety.org/COC/home) or 303.698.7400 or 1-800-FIGHTMS

**National Fibromyalgia Association**

[www.fmaware.org](http://www.fmaware.org)

**National Kidney Foundation**

[www.kidneycmw.org](http://www.kidneycmw.org) Email at [nkfcmw@kidney.org](mailto:nkfcmw@kidney.org). 800.622.9010 or 720.748.9991.

**National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**

Division of the National Institutes of Health; offers several free publications on Lupus and other rheumatic conditions.

[www.niams.nih.gov/index.htm](http://www.niams.nih.gov/index.htm) or 1.877.226.4267

**National Institute of Diabetes and Digestive and Kidney Disease**

Information about different health topics, current research and clinical trials, advances and initiatives.

[www.niddk.nih.gov](http://www.niddk.nih.gov) or 301.496.3583

**National Women's Health Information Center**

[womenshealth.gov](http://womenshealth.gov) or 202.690.7650

**Rocky Mountain CFIDS/FMS Association (Chronic Fatigue, Immune Deficiency Syndrome and Fibromyalgia)**

[www.focusonfibromyalgia.com](http://www.focusonfibromyalgia.com)

**Scleroderma Foundation of Colorado**

[www.scleroderma.org/chapter/colorado](http://www.scleroderma.org/chapter/colorado) Email: [COchapter@scleroderma.org](mailto:COchapter@scleroderma.org) or 303.806.6686

**Sjogren's Syndrome Foundation**

[www.sjogrens.org](http://www.sjogrens.org) or 800.475.6473

## CAREGIVERS / FAMILY MEMBERS

### **CaringBridge**

Free personalized websites that support and connect loved ones during critical illness, treatment and recovery.

[www.caringbridge.com](http://www.caringbridge.com)

### **Colorado Caregivers' Guide/ DRCOG Aging Services**

Online caregivers' resource guide, as well as the DRCOG (Denver Regional Council of Governments) Senior Resource Directory. Focus is on caregivers of older adults.

[www.drcog.org](http://www.drcog.org) or 303.455.1000

### **Family Caregiver Alliance**

Provides education, information, services, research and advocacy nationwide for families caring for family members with chronic, disabling health conditions.

[www.caregiver.org/caregiver/jsp/home.jsp](http://www.caregiver.org/caregiver/jsp/home.jsp) or email [info@caregiver.org](mailto:info@caregiver.org) or 800.445.8106

### **Morning Star Adult Day Care (Aurora area)**

Morning Star Adult Day Program offers a safe and supportive environment to individuals 55 years of age or older with memory or physical impairments while providing much needed respite for their caregivers. 303.326.8320

### **National Family Caregivers Association (NFCA)**

Support, education and advocacy for family caregivers of chronically ill, disabled or older adults. "Lotsa Helping Hands" service provides easy-to-use online private group calendar designed to coordinate assistance from friends, family members and other volunteers in times of crisis.

NFCA: [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) or 800.896.3650; LHH Web site: [www.nfca.lotsahelpinghands.com](http://www.nfca.lotsahelpinghands.com)

### **National Organization for Empowering Caregivers**

Provides assistance, education, support, referrals and respite volunteers for informal family caregivers, as well promoting public awareness about the realities of caregiving.

[www.nofec.org/index.html](http://www.nofec.org/index.html)

### **National Respite Network and Resource Center**

Includes a service to help caregivers and professionals locate respite services in their community and a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels.

[www.archrespite.org](http://www.archrespite.org)

### **Well Spouse Foundation**

National non-profit offers support and resources for spousal caregivers.

[www.wellspouse.org](http://www.wellspouse.org) or 800.838.0879

## COMMUNITY RESOURCES & REFERRALS

### Denver United Way

“211” program offers a comprehensive searchable online database with links to hundreds of public and private community assistance programs and resources. Bilingual operators assist in locating resources by phone.

[www.unitedwaydenver.org](http://www.unitedwaydenver.org) and click on “211”. Or Dial 2-1-1

### Colorado Works

Site contains links and application forms for Cash Assistance Programs and Medical Assistance Programs.

[www.colorado.gov/coloradoworks](http://www.colorado.gov/coloradoworks) and click “Resources” and then click “For Citizens” or 303.866.6210

## CONSUMER INFORMATION

### Agency for Healthcare Research and Quality (AHRQ)

Division of the U.S. Department of Health and Human Services; offers free publications and consumer information regarding a wide variety of health issues.

[www.ahrq.gov/](http://www.ahrq.gov/) or 301.427.1104

### www.Colorado.gov

Official site of the state of Colorado; provides up-to-date information regarding legislation, government issues and contact information for Colorado legislators.

[www.colorado.gov](http://www.colorado.gov)

### Colorado Medical Society

Offers information on how to report doctor misconduct, ethics violation and filing a formal complaint against a medical professional in Colorado.

[www.cms.org](http://www.cms.org) or 720.859.1001 or 800.654.5653

### U.S. Food and Drug Administration (FDA)

Free publications on avoiding health fraud, finding accurate medical information and more.

[www.fda.gov](http://www.fda.gov) or 1-888-INFO-FDA (1.888.463.6332)

## DEPRESSION & MENTAL HEALTH

### Community Mental Health Centers (23 locations statewide)

Provides comprehensive mental health services including individual and family counseling, educational seminars and more for Colorado residents.

[www.cbhc.org](http://www.cbhc.org) or 303.832.7594

### Mental Health America of Colorado

Provides programs to educate people about mental health conditions, provide outreach and community resource.

[www.mhacolorado.org](http://www.mhacolorado.org) or 1.800.456.3249

**Mental Health Association of Colorado**

Non-profit organization providing information, resources and advocacy on mental health issues.

[www.mhacolorado.org](http://www.mhacolorado.org) or 800.456.3249 or 720.208.2238

**National Suicide Prevention Life Line**

A toll-free, 24 hour suicide prevention service available to anyone in crisis. Each call is routed to the closest possible crisis center in the caller's area. Offers immediate assistance to anyone in need of mental health services, confidentially.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), or Toll-free hotline 1.800.273.8255, or dial 911.

**DOCTOR REFERRALS****American College of Rheumatology**

Lists ACR-certified rheumatologists by name and location.

[www.rheumatology.org/directory/](http://www.rheumatology.org/directory/) or 404.633.3777

**Colorado Medical Society**

Web site provides statewide physician locator guide.

[www.cms.org/about-cms/physician-locator1](http://www.cms.org/about-cms/physician-locator1) or 800.654.5653 or 720.859.1001

**EMPLOYMENT****ADA toll-free information line, U.S. Department of Justice**

Information about your rights under the Americans with Disabilities Act. Free telephone consultations in English and Spanish.

[www.ada.gov](http://www.ada.gov) or 800.514.0301

**Center for Work Education and Employment**

Offers low-income Denver metro area residents comprehensive job training, programs and classes on GED prep, job search assistance, computer skills and more.

[www.cwee.org](http://www.cwee.org) or 303.892.8444

**Colorado Department of Labor and Employment**

Information on labor laws, unemployment benefits, workers' compensation and employment issues.

[www.coworkforce.com](http://www.coworkforce.com) or 303.318.9000

**Colorado Division of Vocational Rehabilitation**

State agency provides vocational training, counseling and career services to individuals with disabilities. Several locations statewide.

[www.cdhs.state.co.us/dvr/](http://www.cdhs.state.co.us/dvr/) or 866.870.4595 or 303.866.5700



**Colorado Workforce Centers (locations statewide)** Offers Colorado job-seekers free career services including job search assistance, resume writing, referrals and educational workshops. For locations go to:

[www.coworkforce.com/emp/WFCs.asp](http://www.coworkforce.com/emp/WFCs.asp) or call 303.318.8000

**Equal Employment Opportunity Commission (EEOC)**

Handles ADA-related job discrimination complaints

[www.EEOC.gov](http://www.EEOC.gov). or Denver Regional Office: 303.866.1300 or 800.669.4000

**Job Accommodation Network (JAN)**

A service offered by the U.S. Dept. of Labor, JAN provides information and recommendations on workplace accommodations for disabled individuals and employer ADA compliance. Publishes 15 page guide *Lupus in the Workplace* online and in print.

[www.jan.wvu.edu](http://www.jan.wvu.edu) or 800.526.7234

**WorkplaceFairness.org**

National non-profit whose mission is to preserve and promote employee rights. Web site provides information about job rights and employment issues in all 50 states. Information on how to file a discrimination complaint in Colorado.

[www.workplacefairness.org](http://www.workplacefairness.org) or 800.526.7234

**FINANCIAL ASSISTANCE**

**Catholic Charities**

Provides non-denominational emergency assistance, food, clothing, shelter, and counseling services to those in need.

[www.CCDenver.org](http://www.CCDenver.org) or 303.742.0828

**Colorado Department of Human Services (CDHS)**

Administers public assistance programs such as Temporary Assistance for Needy Families (TANF), Aid to the Needy Disabled (AND), and Food Stamp program. For more information or to apply, contact Social Services in county of residence. Contact CDHS at:

[www.cdhs.state.co.us](http://www.cdhs.state.co.us) or at 303.866.5700

**Energy Outreach Colorado**

Only non-profit in Colorado devoted exclusively to energy assistance. Administers **LEAP** (Low Income Energy Assistance Program).

[www.energyoutreach.org](http://www.energyoutreach.org) or Email: [info@energyoutreach.org](mailto:info@energyoutreach.org) or call 1-866-HEAT-HELP or 303.825.8750

**Friends of Man**

Colorado non-profit program provides funding for durable medical equipment, medicine, dental services, daycare and more to those in need. Applications **must** be submitted by a referring professional (doctor, social worker, etc.).

[www.friendsofman.org](http://www.friendsofman.org) or 303.798.2342

**Jewish Family Service of Colorado**

Provides non-denominational "Safety Net" services to individuals and families in crisis, including emergency financial assistance, food, clothing, shelter, information and referrals.

[www.jewishfamilyservice.org](http://www.jewishfamilyservice.org) or 303.597.5000

**Patient Advocate Foundation**

The Patient Advocate Foundation helps sort resources for a broad range of needs including housing, utilities, food, and transportation to medical treatment, home health care, medical devices, and pharmaceutical agents as a result of chronic illness.

[www.patientadvocate.org](http://www.patientadvocate.org) Email: [help@patientadvocate.org](mailto:help@patientadvocate.org) or 800.532.5274

**FOOD & GROCERIES****Colorado Anti-Hunger Network (CAN)**

[www.coloradoantihungernetwork.org](http://www.coloradoantihungernetwork.org)

**Door-to-Door Organics**

Online retail service delivers farm-fresh organic fruit and vegetables in Colorado direct to home or business.

[www.doortodoororganics.com](http://www.doortodoororganics.com) or 888.282.4443 or 303.297.3636

**Food Bank of the Rockies**

Provides food supplies to over 900 hunger-relief programs in Colorado and Wyoming.

[www.foodbankrockies.org](http://www.foodbankrockies.org) or 877.460.8504 or 303.371.9250

**Meals on Wheels**

Volunteers of America program serving homebound adults over 60 across Colorado. Provides home-delivered meals at no cost; donation of \$2.50 per meal is suggested but not required. Delivers across Colorado.

[www.voacolorado.org/services/we-feed/meals-on-wheels.htm](http://www.voacolorado.org/services/we-feed/meals-on-wheels.htm) or 303.294.0111 (Greater Metro area) or 970.472.9630 (Larimer County)

**Project Angel Heart**

Provides home-delivered meals specifically designed to meet the nutritional needs of individuals fighting life-threatening illnesses in the Denver Metro and Colorado Springs areas.

[www.projectangelheart.org](http://www.projectangelheart.org) or Denver: 303.830.0202, Colorado Springs: 800.381.5612

**Share Colorado**

Catholic Charities-funded program sells food and selected items at heavily discounted prices; participants must volunteer small amount of time in return. Open to **all** metro area residents regardless of age or income. Online ordering available; food stamps accepted; over 100 locations in Denver County.

303.428.0400

**USDA Food Stamp Program**

Provides low-income households with coupons or electronic benefits that can be used like cash at most grocery stores. To apply, contact Social Services department in county of residence, or go to

[www.fns.usda.gov](http://www.fns.usda.gov).

**GRIEF SUPPORT GROUPS****Centura Health At Home (Denver)**

[www.centurahealthathome.org](http://www.centurahealthathome.org) or 303.561.5000

**Evercare Hospice and Palliative Care (Englewood)**

303.714.2400

**Exempla Lutheran Hospice (Wheat Ridge)**

[www.exempla.org](http://www.exempla.org) or 303.425.8000

**Hospice of Saint John**

[www.hospiceofsaintjohn.org](http://www.hospiceofsaintjohn.org) or 303.232.7900

**HEALTH INSURANCE****Colorado Division of Insurance**

Statewide regulatory agency offers consumer information, assistance and protection regarding insurance issues in Colorado.

[www.dora.state.co.us/insurance/](http://www.dora.state.co.us/insurance/) or 800.930.3745

**Cover Colorado**

Provides health insurance for individuals who have been denied coverage due to pre-existing conditions.  
[www.covercolorado.org](http://www.covercolorado.org) or 866.787.9129

**Health Resources and Services Administration**

Federally funded health centers which provide care even for those without health insurance. Patients pay what they can afford based on income.  
<http://findahealthcenter.hrsa.gov/>

**Institute for Healthcare/Research and Policy—Georgetown University**

Offers state-specific consumer guides to getting and keeping health insurance.  
[www.healthinsuranceinfo.net](http://www.healthinsuranceinfo.net)

**HEALTHCARE ASSISTANCE PROGRAMS****BenefitsCheckup.org**

Free online screening service helps people over 55 find and receive benefits they are entitled to from over 1300 federal, state and private assistance programs.  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

**Colorado Community Health Network**

Non-profit network of over 100 Community Health Center clinics statewide providing primary healthcare services to uninsured or underinsured patients. Charges based on ability to pay.  
[www.cchn.org](http://www.cchn.org) or 303.861.5165

**Colorado Consumer Health Initiative**

Publishes *Connecting Care and Health in Colorado*, a comprehensive resource guide to statewide services for uninsured individuals. Available online or in print.  
[www.cohealthinitiative.org](http://www.cohealthinitiative.org) or 303.839.1261

**Colorado Health Care Policy and Financing (HCPF)**

Provides information about Medicaid and other assistance programs for low income and uninsured Colorado residents.  
[www.chcpf.state.co.us](http://www.chcpf.state.co.us) or Customer service line 800.859.3943

**Doctor's Care**

Referrals to local physicians are provided for uninsured adults residing in Douglas, Elbert, or Arapahoe County. Provide ongoing medical care including acute, surgical, prenatal, lab, x-ray, prescriptions, counseling and more. Payment determined by sliding-fee scale based on income.  
[www.drscare.org](http://www.drscare.org) or 303.730.1313

**GovBenefits.Gov**

Free online screening service helps individuals of any age determine eligibility for federal, state and local assistance programs.

[www.govbenefits.gov](http://www.govbenefits.gov) or 800.333.4636

**Medicare**

The official U.S. Government Web site for information on Medicare programs nationwide.

[www.medicare.gov](http://www.medicare.gov)

**National Foundation of Dentistry for Handicapped**

Information on free dental care for qualified elderly, disabled or chronically ill patients. Service includes dentures, crowns or other significant dental work.

[www.nfdh.org](http://www.nfdh.org) or 303.534.5297

**HOUSING, HOME REPAIR & HOME FURNISHINGS****Colorado Division of Housing**

State agency providing financial assistance and services to increase affordable housing availability to Colorado residents.

[www.dola.state.co.us/doh/index.htm](http://www.dola.state.co.us/doh/index.htm) or 303.866.2033

**Colorado Housing Search**

Information clearing house for affordable housing programs and related services.

[www.coloradohousingsearch.com/index.php](http://www.coloradohousingsearch.com/index.php) or 877.428.8844

**Provider's Resource Center (PRC)**

Non-profit clearing house of new and used household furnishings, furniture and more at deeply discounted rates. Warehouse is open to the public the first Friday of every month. Located in Aurora, CO.

[www.prccolorado.org](http://www.prccolorado.org) or 303.962.2270

**Habitat for Humanity**

Non-profit home-building organization works with residents and community volunteers to create affordable housing for qualifying families; 29 affiliates in Colorado.

[www.habitatcolorado.org](http://www.habitatcolorado.org) or 888.834.5830 or 303.454.8965

**Home Builders Foundation of Metro Denver**

Members donate home renovations to disabled individuals and victims of tragic circumstance in Metro Denver.

[www.hbfdenver.org](http://www.hbfdenver.org) or 303.551.6721

**Rebuilding Together Metro Denver**

Non-profit program coordinates volunteers to provide free home repairs and modification for low-income seniors and disabled individuals.

[www.rebuildingdenver.org](http://www.rebuildingdenver.org) or 720.524.0840

**Volunteers of America Handyman Program**

Volunteers provide minor home repairs, yard work, and safety assessments for seniors and disabled individuals.

[www.voacolorado.org](http://www.voacolorado.org) or 303.297.0408

**IN-HOME ASSISTANCE****Faith in Action**

National community-based program coordinates local volunteers to assist with running errands, driving to a doctor's appointment, in-home visits, or relieving a caregiver for a few hours. 11 local FIA programs across Colorado.

[www.fianationalnetwork.org](http://www.fianationalnetwork.org) or 866.839.8865 or 303.666.9312

**Care Connection Program, Jewish Family Service of CO**

Provides light housekeeping services (cleaning, laundry, grocery shopping) to chronically ill adults. In-home consultation provided; fees vary. Non-denominational.

[www.jewishfamilyservice.org](http://www.jewishfamilyservice.org) (click on "programs") or 303.597.5000

**Northwest Colorado Visiting Nurse Association**

Provides home health, public health and hospice services to residents of the Yampa Valley by nurses, certified home health aides, homemakers, personal care providers, medical social workers, dietitians, parent advocates, and physical, occupational and speech therapists, support staff and eligibility technicians.

[www.nwcvovna.info/index.html](http://www.nwcvovna.info/index.html) or 970.870.1326 (Steamboat Springs), 970. 824.8233 (Craig)

**State of Colorado In-Home Support Services (IHSS) Program**

Offers attendant to provide in-home support with daily living, personal care and case management for disabled adults that are Medicaid-eligible.

Contact Luarie Jensen, IHSS Implementation Coordinator at [lauriejensen@state.co.us](mailto:lauriejensen@state.co.us) or 303.866.5942

**Personal Care Assistance Program, Jewish Family Service of Colorado**

Provides certified nursing assistants for chronically ill individuals who need help with self-care (bathing, dressing), errands, companionship or caregiver relief. Visits available 7 days a week, 24 hours a day. Non-denominational.

[www.jewishfamilyservice.org](http://www.jewishfamilyservice.org) (click on "programs") or 303.597.5000

## **KIDS & TEENS**

### **girlshealth.gov**

Developed by the Office on Women's Health in the Department of Health and Human Services to promote healthy, positive behaviors in girls between the ages of 10 and 16. Includes information about illness and disability.

[www.girlshealth.gov](http://www.girlshealth.gov)

### **BraveKids.org**

Excellent online resource guide, message boards, medical information for children living with chronic illness and their family members. Programs nationwide.

[www.bravekids.org](http://www.bravekids.org)

### **Colorado Child Health Plan Plus (CHP+)**

Health insurance coverage for low-income children under 19 years of age and pregnant women in Colorado who aren't Medicaid-eligible and meet income guidelines.

[www.cchp.org](http://www.cchp.org) or 800.359.1991

### **Elijah's Rainbow / Women of the Word Ministries Intl.**

Provides financial/medical assistance for children up to 5 years of age who have been denied medical coverage by their insurance company, those who cannot afford medical coverage, and those who cannot qualify for state funded medical assistance. Helps children financially with medical equipment, medical supplies, therapy, medical bills, and doctor prescribed medicines. Based in Denver.

303.894.9869

### **KidsHealth.org**

Provides doctor-approved health information about children from before birth through adolescence with separate areas for kids, teens, and parents, each with its own design, age-appropriate content, and tone.

[www.kidshealth.org/index.html](http://www.kidshealth.org/index.html)

### **Kids in Need of Dentistry (KIND)**

Non-profit children's charity provides free or low-cost dental services to low-income children in Colorado. Offers "Miles for Smiles" traveling dental clinic for rural communities.

[www.kindsiles.org](http://www.kindsiles.org) or 303.733.3710

### **Parent Advocacy Coalition for Educational Rights (PACER)**

Provides assistance to individual families, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children.

[www.pacer.org](http://www.pacer.org) or 888.248.0822

### **Peak Parent**

Colorado's federally designated Parent Training and Information Center (PTI) provides training, information and technical assistance to equip families of children birth through 26 including all disability conditions with strategies to advocate successfully for their children.

[www.peakparent.org/about.asp](http://www.peakparent.org/about.asp) or 719.531.9400 (Colorado Springs), 1.800.284.0251 (Hotline)

### **LEGAL ASSISTANCE**

#### **Colorado Cross-Disability Coalition (CCDC)**

Non-profit disability rights organization that protects individual civil rights under ADA guidelines. Legal program represents individuals with disabilities in class action discrimination cases (not individual cases.)

[www.ccdconline.org](http://www.ccdconline.org) or 303.839.1775

#### **Colorado Legal Services**

Offers information, advice and representation to low-income individuals and families in Colorado. Income-based eligibility guidelines; 14+ locations statewide; Bilingual services in many locations.

[www.coloradolegalservices.org](http://www.coloradolegalservices.org) or 303.837.1321 (Denver office) or 970.493.2891 (Fort Collins) or 719.589.4993 (Alamosa)

#### **Legal Center for Persons with Disabilities and Older Persons**

Legal advice and advocacy regarding employment, Social Security and disability issues.

[www.disabilitylawco.org](http://www.disabilitylawco.org) or 303.722.0720 (Denver), 970.241.2105 (Grand Junction) or 1.800.288.1376

#### **Metropolitan Lawyer Referral Service**

A non-profit public service sponsored by Metro-area Bar Associations. Will arrange a 30-minute phone consultation with a lawyer.

303.831.8000

#### **Metro Volunteer Lawyers**

Volunteer Lawyers perform free or low-cost legal services for low-income residents of Metro Denver and surrounding counties.

[www.metrovolunteerlawyers.org](http://www.metrovolunteerlawyers.org) or 303.830.8210

#### **National Organization of Social Security Claimants' Representatives (NOSSCR)**

An association of disability attorneys that offers a lawyer referral service for individuals applying for Social Security Disability benefits or appealing a denial of Social Security benefits.

[www.nosscr.org](http://www.nosscr.org) or 800.431.2804 or 201.567.4228



## **LUPUS MEDICAL INFORMATION**

### **American Autoimmune Related Disease Association**

Patient information on over 56 autoimmune-related diseases.

[www.aarda.org](http://www.aarda.org) or 800.598.4668

### **American Academy of Dermatology**

Geographic membership directory/physician locator, disease specific information, patient education pamphlets.

[www.aad.org](http://www.aad.org) or 1.800.503.7546

### **American College of Rheumatology**

Geographic membership directory/physician locator, disease specific information, links to current clinical trials.

[www.rheumatology.org](http://www.rheumatology.org)

### **Hospital for Special Surgery**

Excellent online library of articles on Lupus and other rheumatic conditions; HSS boasts one of the top rheumatology departments in the U.S.

[www.hss.edu](http://www.hss.edu) (under “conditions & treatments”, search “lupus”)

### **Kaiser Family Foundation**

KFF serves as a non-partisan source of facts, information, and analysis for policymakers, the media, the health care community, and the public.

[www.kff.org](http://www.kff.org)

### **Lupus Colorado**

Lupus information packets, seminars, support groups, emergency assistance, referrals and advocacy for those affected by Lupus in Colorado.

[www.lupuscolorado.org](http://www.lupuscolorado.org) or 303.594.4050 or 800.858.1292

### **Lupus Foundation of America**

National organization provides educational resources, political advocacy, information line staffed by medical professionals, and quarterly magazine *Lupus Now*.

[www.lupus.org](http://www.lupus.org) or 1.800.558.0121 (request line in English or Spanish)

### **National Institute of Arthritis and Musculoskeletal Diseases (NIAMS)**

Division of the National Institutes of Health; offers several free publications on Lupus and other rheumatic conditions.

[www.niams.nih.gov/index.htm](http://www.niams.nih.gov/index.htm) or 1.877.226.4267 (toll free)

## **LUPUS RESEARCH & CLINICAL TRIALS**

### **Alliance for Lupus Research**

Supports research into the cause, cure, treatment and prevention of SLE.

[www.lupusresearch.org](http://www.lupusresearch.org) or 800.867.1743

### **ClinicalTrials.gov**

NIH Web site provides regularly updated information about federally and privately supported clinical research studies.

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

### **Lupus Multiplex Registry and Repository**

Only U.S research project to study families with multiple Lupus patients to help determine genetic cause of Lupus.

[www.lupus.omrf.org/](http://www.lupus.omrf.org/) or 888.655.8787

### **Lupus Research Institute**

Funds innovative Lupus research studies nationwide.

[www.lupusresearchinstitute.org](http://www.lupusresearchinstitute.org) or 212.812.9881

### **NIH Stem Cell Research Information**

National Institutes of Health online resource center for stem cell research news and information.

[stemcells.nih.gov/](http://stemcells.nih.gov/) or 301.496.5787

### **Rheuma21st**

Reports cutting edge international developments in rheumatology and immunology.

[www.rheuma21st.com](http://www.rheuma21st.com)

## **MINORITY & BILINGUAL RESOURCES**

### **Black Women's Health**

Promotes the physical, mental, and spiritual health of today's African American woman and provides information that will help them live happier, healthier, and more productive lives.

[www.blackwomenshealth.com](http://www.blackwomenshealth.com)

### **Charla de Lupus Line (Lupus Chat Line)**

Charla de Lupus is a toll-free peer support line that was created for Spanish-speaking Lupus patients.

Trained volunteers speak both English and Spanish and have firsthand experience with Lupus. Accepts calls nationwide. Toll-free.

866.812.4494

**Colorado African American Health Center**

Focuses on reducing the serious health disparities that affect African Americans living in the Metro Denver area through community-based health education, participatory research and outreach that promotes active and healthy lifestyle behavior.

[www.caahealth.org](http://www.caahealth.org) or 303.355.3423

**Denver Indian Health & Family Services**

Provides culturally competent services that promote personal, community and environmental health and wellness for American Indian families and individuals in the Metropolitan Denver area.

[www.dihfs.org](http://www.dihfs.org) 303.781.4050

**LANtern (Lupus Asian Network), Hospital for Special Surgery**

Bilingual peer health and education program offers free telephone support in Mandarin, Cantonese and English. Staffed by trained volunteers who have experienced Lupus firsthand through their own diagnosis or a family member. Accepts calls nationwide.

Contact program manager My-Lan Tran at [tranm@hss.edu](mailto:tranm@hss.edu) or call toll free 866.505.2253

**Mi Casa Resource Center for Women**

Offers entrepreneurial training and small business planning; job training, placement and career counseling; GED and English as a Second Language classes; education, wellness, youth leadership activities and community development.

[www.micasadenver.org](http://www.micasadenver.org) or 303.573.1302

**Office of Minority Health, U.S. Department of Health & Human Services**

The nation's largest repository of information on health issues specific to African Americans, American Indians/Alaska Natives, Asian Americans, Hispanics, Native Hawaiians, and other Pacific Islanders. The resource center collects and distributes information on a wide variety of health topics.

[www.omhrc.gov](http://www.omhrc.gov) or 1.800.444.6472

**PAIN MANAGEMENT****American Pain Foundation**

Information on resources, research and clinical trials, online patient discussion boards.

[www.painfoundation.org](http://www.painfoundation.org) or 888.615.7246

**Partners Against Pain**

Provides patient education, resources and advocacy for patients suffering from pain, caregivers and healthcare providers.

[www.partnersagainstpain.org](http://www.partnersagainstpain.org) or 888.726.7535

## **PEER SUPPORT**

### **ButYouDontLookSick.com**

Online magazine focuses on living life to the fullest with any disability, invisible disease or chronic pain. Offers message boards, articles on self-care, book reviews and more. Founded by Christine Miserandino, a 23-year-old Lupus patient from New York.

[www.butyoudontlooksick.com](http://www.butyoudontlooksick.com)

### **ChronicBabe.com**

Online community for women with chronic health issues such as Lupus who seek to live their best lives possible. Features include message boards, articles by and for chronically ill young women, healthy recipes and more.

[www.chronicbabe.com](http://www.chronicbabe.com)

### **Lupus Line, Hospital for Special Surgery**

National peer counseling service staffed by trained volunteers who are Lupus patients or family members. Callers are screened and matched by the program coordinator for the convenience of those who want one-on-one support by telephone appointment from home.

1.866.375.1427

### **National Suicide Prevention Life Line**

A toll-free, 24-hour suicide prevention service available to anyone in suicidal crisis. Each call is routed to the closest possible crisis center in the caller's area. Offers immediate assistance to anyone in need of mental health services confidentially.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), or Toll-free hotline 1.800.273.8255 or dial 911.

## **PRESCRIPTION MEDICATION ASSISTANCE**

### **Denver Chamber of Commerce**

The Denver Chamber of Commerce prescription program is open to all state residents who can print their own cards from the Chamber's website.

[www.denverchamber.org](http://www.denverchamber.org)

### **Needy Meds**

A nationwide information source for patient assistance programs, assistance for specific diseases and conditions and government programs.

[www.needy meds.com/newuser.tml](http://www.needy meds.com/newuser.tml) or 215.625.9609

### **North Colorado Medical Center Foundation Med-Aid**

Provides one-time, prescription assistance to individuals in Weld County with acute conditions and who have no financial or insurance resources.

[www.ncmcfoundation.org/programs/medical/medication\\_asst.html](http://www.ncmcfoundation.org/programs/medical/medication_asst.html) or 970.356.9020

**Partnership for Prescription Assistance**

Helps uninsured and underinsured patients determine eligibility for 475 prescription medication assistance programs nationwide.

[www.pparx.org](http://www.pparx.org) or 888.477.2669

**Pfizer**

Pfizer launched a Free Medicine Program for Newly Unemployed Americans July 2009. For those who have been unemployed since January 1, 2009 and have been prescribed a Pfizer medicine visit:

[www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com) or call 1.866.706.2400

**Rx Assist**

Offers a comprehensive database of patient assistance programs, as well as practical tools, news, and articles.

[www.rxassist.org](http://www.rxassist.org)

**Together Rx Access**

Prescription drug discount program for people not eligible for Medicare, who have no prescription drug benefits and meet certain income level requirements.

[www.togetherrxaccess.com/about.html](http://www.togetherrxaccess.com/about.html) or 800.444.4106

**RENTAL ASSISTANCE**

This list includes public and private agencies that may be able to help persons seeking a place to live and/or help with rent payments.

**Archdiocesan Housing**

[www.archdiocesanhousing.org](http://www.archdiocesanhousing.org) or 303.830.0215

**Denver Options**

<http://denveroptions.org> or 303.636.5600

**Denver Urban Ministries**

[www.denum.org](http://www.denum.org) or 303.355.4896

**Salvation Army**

[www.salvationarmyusa.org](http://www.salvationarmyusa.org) or 303.295.3366

**SCHOLARSHIPS****L.I.F.E. Scholarship**

Lupus Inspiration Foundation for Excellence funds annual scholarship awards for Lupus patients currently working towards a post-secondary degree. Minimum award \$500.

[www.lifescholarship.org](http://www.lifescholarship.org)

## **SOCIAL SECURITY DISABILITY RESOURCES**

### **Colorado Bar Association**

Provides referral list of Colorado attorneys specializing in disability/employment cases.

[www.cobar.org](http://www.cobar.org) or 303.860.1115

### **DisabilityInfo.Gov**

Federal government Web site providing comprehensive disability-related information and resources.

[www.disabilityinfo.gov](http://www.disabilityinfo.gov)

### **National Organization of Social Security Claimants' Representatives (NOSSCR)**

An association of disability attorneys that offers a lawyer referral service for individuals applying for Social Security Disability benefits or appealing a denial of Social Security benefits.

800.431.2804 or 201.444.1415.

### **Social Security Disability Insurance (SSDI) Program**

SSDI pays monthly benefits to qualifying individuals who are disabled and have accumulated enough work credits. Web site provides eligibility information, application forms and a disability starter kit. Free publications by mail.

[www.ssa.gov/disability/index.htm](http://www.ssa.gov/disability/index.htm) or 800.772.1213

### **Supplemental Security Income (SSI) Program**

Provides monthly cash payments to eligible disabled individuals. Based on financial need and assets (not work credits.) Web site provides eligibility information and instructions on how to apply.

[www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi) or Call 800.772.1213 for automated telephone services for recorded information and conduct some business 24 hours a day. To speak directly with a Social Security representative, call between 7:00a.m. – 7:00p.m. Monday through Friday. TTY – 800.325.0778

## **SUN PROTECTION PRODUCTS**

### **Skin Cancer Foundation**

Provides a list of sunscreens and other products that have received the SCF seal of recommendation for effectiveness in UV protection.

[www.skincancer.org](http://www.skincancer.org)

### **RIT Sun Guard© Laundry Treatment**

A powder that when added to the washing machine will make regular clothing sun resistant to SPF 30. Lasts at least 20 washings; available in many drug and grocery stores.

[www.sunguardsunprotection.com](http://www.sunguardsunprotection.com)

### **Sun-Resistant Clothing and Accessories**

Special line of clothing with sun-protective factor of more than thirty is available through:

[www.sungrubbies.com](http://www.sungrubbies.com)

[www.sunprecautions.com](http://www.sunprecautions.com)

[www.splashskins.com](http://www.splashskins.com) (for kids)

[www.sunprotections swimwear.com](http://www.sunprotections swimwear.com)

### **UV-Blocking Films**

[www.3M.com](http://www.3M.com) or 888.364.3577 (Scotch tint© and Scotchshield© products)

[www.gilafilms.com](http://www.gilafilms.com) or 800.528.4481

### **Fluorescent Bulb UV Filters**

Solar Screen manufactures transparent mylar window shades and UV screening.

[www.solar-screen.com](http://www.solar-screen.com)

Pegasus Lighting specializes in all types of light needs. At the website homepage, type in UV tube guard to be directed to the correct page.

[www.pegasusassociates.com/UVtubeguard.jsp](http://www.pegasusassociates.com/UVtubeguard.jsp) or 800.392.4818.

Professional Lighting Systems. At the website homepage, look for “UV Blocking and Safety Coated Products” to be directed to the correct page.

[www.encapsulite.com/fluorescenttubeguards.htm](http://www.encapsulite.com/fluorescenttubeguards.htm) or 877.227.8756.

### **Sun Protective Fabric & Shields (UV-resistant fabric, shade tents, umbrellas, etc.)**

Amway provides everything from skin care to vitamin supplements.

[www.amway.com](http://www.amway.com) or 800.253.6500 or 800.529.8772.

Coolibar has UPF sun protection clothing and accessories for men, woman and children.

[www.coolibar.com](http://www.coolibar.com) or 800.926.6509

Raybeth Enterprises, Inc – Cakoon UV-sun protective wear including waterproof items.

[www.raybeth.com](http://www.raybeth.com) or 888.225.6665.

Sunbrella fabrics for interior and exterior fabrics.

[www.sunbrella.com](http://www.sunbrella.com)

Solar Protective Factory sells everything from t-shirts to accessories.

[www.spfwholesale.com](http://www.spfwholesale.com) and [www.spfstore.com](http://www.spfstore.com) or 800.786.2562.

## **TRANSPORTATION**

### **American Public Transportation Association (APTA)**

Online list of statewide public transportation systems across the country.

Links to Colorado public transport at [www.apta.com](http://www.apta.com) . When accessing the website, look for “Find Public Transportation in your Area” and type in Colorado which will direct you to the appropriate page.

**Fort Collins Dial-a-Ride**

Transportation for disabled individuals in Fort Collins. Individuals must qualify through eligibility which takes 21 days to process.

970.224.6066

**Grand Valley Transit**

Public transportation and rides for disabled in the Grand Junction area.

[www.gvt.mesacounty.us](http://www.gvt.mesacounty.us) or 970.256.7433

**K2 Taxi**

Private Medicaid transports – vouchers given for proper state information provided – servicing Grand Junction/Mesa County.

970.242.4652

**Mercy Medical Transportation**

For disabled and Medicaid transportation in Mesa County.

970.812.5127

**Midtown Express**

Denver Metro Accessible Transportation for the disabled, providing medical supplies and equipment.

Call for fee schedule.

303.282.8085

**Red Cross**

[www.coloradoredcross.org](http://www.coloradoredcross.org) or 303.722.7474

**RTD Access-a-Ride**

Provides door-to-door service for disabled individuals in Metro Denver area. Initial assessment required.

[www.rtd-denver.com](http://www.rtd-denver.com) (Click on Services, then Access-a-Ride, then scroll down to the Access-a-Ride application request form) or 303.299.2960

**RTD Bus Discount program**

Discounted rates on regular bus system for disabled individuals.

[www.rtd-denver.com](http://www.rtd-denver.com) (information on fares, passes, discounts and eligibility) or 303.299.2667

**Salvation Army**

Senior transportation; no wheelchair van.

[www.salvationarmyusa.org](http://www.salvationarmyusa.org) or 303.428.6430



**Seniors Resource Center Colorado**

Rides for the disabled and elderly in Adams and Metro Counties. 3227 Chase Street, Denver 80212.

[www.srcaging.org](http://www.srcaging.org) or 303.238.8151

**Senior Resource Transportation**

Rides in Jefferson and Adams Counties.

303.235.6972