

Age of Majority

2009 Booklet of Resources for Transition Age Persons

*Created by:
The Predator Awareness Task Force*

Recreation & Support Groups

All Disability Peer Support Group

Phone: (707) 528-2745 ext.235

Contact: Inga Phillips

Alternative Recreation Coalition- North Bay

P.O. Box 219

Santa Rosa, CA 95402

Phone: (707) 578-5454

Supervisor: Elvis Bozarth

Email: arcs.co@sonic.net

Fax: (707) 578-8610

~ Provides bowling activities for developmentally disabled persons.

Bob Burke's Events

Phone: (707) 545-1113

Email: Recreation@sonic.net

~Regular pizza dinners in Occidental. Pasta dinners along with Alternative Recreation Coalition bowling events.

Chronic Illness Support Group

Phone: (707) 570-1740

Contact: Barrie Manson

Depression, Bipolar Support Alliance

Phone: (707) 537-8938

Contact: Sharon Schmidt

Diabetes Support Group

Phone: (707) 545-1329

Epilepsy Support Group

Phone: (800) 632-3532

E-mail: epilepsyfoundation.org

Equi-Ed, Inc.,

1535 Farmer's Lane #217

Santa Rosa, CA 95405

Phone: (707) 5-HORSES (546-7737)

E-mail: infoequied@aol.com

[Http://www.equi-ed.org](http://www.equi-ed.org)

~ A therapeutic riding program that facilitates academic, personal, social and physical growth for students with and without special needs.

FRAC Bowling Program

Phone: (707) 524-6725

E-mail: shalloran@becomingindependent.org

~Held every Saturday

Hippotherapy

Renaissance Healing and Learning Center

Phone: (707) 664-8919

Contact: Fran Judd

E-mail: www.rhlc.net

Music Therapy

Phone: (707) 566-0986

Contact: Jamie Blumenthal

~Held Mondays, Tuesdays, Thursdays

New School Aikido

Santa Rosa, California

880 Piner Road, #55

Phone: (707) 571-2013

<http://www.newschoolaikido.org/>

~ Self defense, self respect, positive discipline, and fun for all abilities and ages.

Power Soccer

SSU Fieldhouse

Phone: (707) 664-2660

Email: Elaine.mchugh@sonoma.edu

~Power soccer is an indoor team sport, played by people who use power wheelchairs.

Santa Rosa Recreation and Parks Department

Steele Lane Community Center

415 Steele Lane

Santa Rosa

CA, 95403

Phone: (707) 543-3282

Fax: (707) 543-3288

Finley Community Center

2060 West College Avenue

Santa Rosa, California 95401

Phone: (707) 543-3731

<http://ci.santa-rosa.ca.us>

~ Provides recreational activities for various abilities and interests. Specific activities designed for differently abled persons, including dances, and various classes. Activity guide available three times per year, discounted tuition for Santa Rosa City residents.

Kamp Kennedy

Howarth Park

630 Summerfield Road

Santa Rosa, California 95404

Phone: (707) 543-3282

Fax: (707) 543-3288

~ A day camp with activities including hiking, boating, crafts, songs, games, swimming, and cooking for differently abled youth aged 6-18 years

Sonoma County Better Breathers Club

Phone: (707) 527-5864

Contact: Jenny Bard

~ Club for those with Chronic Lung Disease, meets on various days in different cities

Sonoma County Down's Syndrome Support Group

Phone: (707) 319-1135

Contact: Gloria Huerta

Phone: (707) 537-8001

Contact: Diane Hobaugh

Sonoma County Family YMCA

1111 College Avenue
Santa Rosa, CA 95404
Phone: (707) 545-9622

~**Home of Enabling Aquatics**, taught by Dr.Katy Ha, a swimming class for differently-abled individuals.
YMCA also provides classes, gym activities, and recreation to individuals of all ages, and abilities.
<http://www.scfymca.org>

Special Olympics

Special Olympics North Coast Region

30 Pamaron Way, Suite D
Novato, CA 94949-6220
Phone: (415) 883-8455
Fax: (415) 883-8694
NCREgion@sonc.org

Special Olympics Sonoma

9327 Ross Station Rd
Sebastopol, CA 95472
Phone: (707) 887-2875

Sonoma Development Center

PO Box 1493
Eldridge, CA 95431
Phone: (707) 938-6805
Fax: (707) 938-3605
<http://www.sonc.org>

~ Provides year round sports training and athletic competition in a variety of Olympic style sports for children and adults.

Support for The Blind and Visually Impaired

Phone: (707) 523-3222

Tools for Stability

Phone: (707) 528-2745 ext. 218
Contact: Melva
~ A workshop for mental health

TOPS Soccer

Contact-Paula Rudd
Phone: (707) 838-6054
MissPaula@earthlink.net
~ A specialized soccer program for special needs children 4-16 years

Traumatic Brain Injury Peer Support Group

Phone: (707) 258-0270
Contact: Matthew

United Cerebral Palsy of the North Bay

Phone: (707) 766-9990
~Offers a variety of opportunities and camps throughout the year.

Benefits and Miscellaneous

SSI: Supplemental Social Security Income: This is a program administered by the Social Security Administration but has nothing to do with having paid into the Social Security system. It is viewed as a cash benefit program for the disabled. Persons with either a physical or mental impairment can qualify after age 18. Children who are disabled and whose parents are low income can also qualify as well as children who are in residential placement. SSI benefits are reduced in relation to wages after the education.

~ Applications are made through a local Social Security Administration Office: The Santa Rosa Local Office is located at: 2099 Range Ave Building A Santa Rosa, CA. (707-544-1302), or you can call the 1-800-772-1213 number and request an application over the phone. Hours of operation are Monday through Friday 9:00 am-4:00 pm.

Medical: A state administered program for health services to low income persons in California. There are several ways a person may qualify; i.e, by simply meeting the income guidelines, or by qualifying for another benefit program. An individual can apply directly to their County Social Services department or obtain Medical by applying for SSI.

~ Applications are made through the Medical Eligibility Office in Santa Rosa and they are located at 520 Mendocino Ave. Santa Rosa, CA. (707) 565-5200. The telephone hours for assistance are between 10:00 am-3:00pm Monday-Friday.

Social Security Disabled Adult Child (DAC) benefits: This is cash benefits through the Social Security Retirement, Survivors, and Disability Insurance program. An individual can qualify if they have paid into the FICA system long enough to qualify and then either becomes disabled or retired. Also, the adult disabled child of a disabled, retired or deceased parent can qualify. The size of the benefit will depend on the size of the parent earnings and the number of persons claiming the SSA monies.

~ Applications are made through a local Social Security Administration Office: The Santa Rosa Local Office is located at: 2099 Range Ave, Building A Santa Rosa, CA. (707-544-1302), or you can call the 1-800-772-1213 number and request an application over the phone. Hours Monday through Friday 9:00-4:00

Medicare: A federal health insurance program that accompanies benefits received through the Social Security Retirement, Survivors and Disability Insurance program.

(This is the red, white and blue card). There is a handbook called Medicare and You that can be obtained by calling 1-800-MEDICARE.

~ Applications are made through a local Social Security Administration Office: The Santa Rosa Local Office is located at: 2099 Range Ave Building A Santa Rosa, CA. (707-544-1302) Hours of operation are: Monday through Friday 9:00 am-4:00 pm., or you can call the 1-800-772-1213 number and request an application over the phone.

Payeeship: A Social Security Representative Payee is a person who is appointed to manage Social Security funds only for a beneficiary. This representative payeeship can be obtained by a relative friend, NBRC, or other interested party. This means the person's benefits are then paid to this representative payee on the beneficiary's behalf.

~ Applications are made through a local Social Security Administration Office: The Santa Rosa Local Office is located at: 2099 Range Ave Santa Rosa, CA. (707-544-1302), or you can call the 1-800-772-1213 number and request an application over the phone.

Copy of Immunization Record: This immunization record can be obtained by contacting your physician or from the medical records department where you are seen. Typically the school will have a record of this as well.

California Identification Card (CA ID): This can be obtained at your local Department of Motor Vehicles (DMV) office. They are located at: 2570 Corby Ave Santa Rosa, CA. The phone number for contact is 1-800-777-0133

Voter Registration: You can obtain voter registration information from the Registrar of Voters office located at 435 Fiscal Drive, Santa Rosa, CA. (707) 565-6800. You can also obtain voter registration information at your local United States Postal Service.

Legal, Etcetera

Conservatorship

~ A conservatorship is a legal proceeding in which an individual or agency is appointed by a court to be responsible for a person who needs assistance in activities of daily living. A conservator of the **person** must ensure that the conservatee is properly fed, clothed, and housed. A conservator of the **estate** is responsible for managing the conservatee's money and other property. Conservatorship applies to an adult, i.e., a person 18 years of age or older.

For information or assistance, call:

Protection & Advocacy, Inc. (PAI)
433 Hegenberger Rd., #220
(510) 430-8033

or The Arc-C
Association for Retarded Citizens
1228 8th St. Suite 590
Sacramento, CA 95814-2213
(916) 552-6619

Informed Consent:

~ When a developmental or mental impairment limits an adult's capacity to exercise his or her rights, the person may need someone else to exercise certain rights on his or her behalf. Conservatorship is most important when consent is required for a particular act, and a person with mental retardation or other developmental disability is unable to give it because of a lack of understanding about what they are consenting to. For example, the **informed consent** of a patient is required before surgery can be performed. If the patient is an adult with mental retardation or other developmental disability, parental consent frequently is not accepted unless the parent is also the patient's conservator.

Regional Transit Connection (RTC) Discount Card

~ Public transit operators in the Bay Area offer qualified persons with disabilities and senior citizens the Regional Transit Connection Discount Card. The card allows individuals to receive fare discounts, required by state and federal law, if they are unable to use fixed route transit without special facilities, planning or design. For more information contact:

Sonoma County Transit (707) 576-7433 or
Santa Rosa City Bus (707) 543-3325 or
Petaluma Transit (707) 778-4460

Social Security Card

~ Applications are available at your local Social Security Administration office or on line at www.ssa.gov. You will need to show an original or certified copy of your birth certificate and one of the following: a current driver's license, California ID, passport, school ID card, health insurance or MediCal card, or adoption record. For more information contact **Social Security at (800) 772-1213**.

Advance health Care Directive

~ An Advance Health Care Directive is the best way to make sure that your health care wishes are known and considered if for any reason you are unable to speak for yourself. It has replaced the Durable Power of Attorney for Health Care and is now the legally recognized format for a "living will" in California. An Advance Health Care Directive allows you to appoint another person to be your health care agent and to write down your health care wishes. For more information, see www.cmanet.org. or talk with your primary care physician.

Birth Certificate

~ To request a certified copy of your birth certificate: contact the Health Services or Records Department of the county and state in which you were born. You will need your date of birth and mother's maiden name. There is usually a fee of around \$15.00.

Housing and Other Information

North Bay Housing (707) 259-6121

650 Imperial Way Ste. 202

Napa, Ca. 94559

www.northbayhousingcoalition.org

~This agency's mission is to assist with the challenge of finding affordable housing options for our individuals. It is also their goal to help understand the type of supports and resources available for the individual to live as independently as possible

Section 8 Housing Assistance

Sonoma County Housing Authority

1440 Guerneville Road

Santa Rosa, California 95403

~ Provides rental assistance for families, seniors, and disabled persons. Participants will pay approximately 30% of their total income towards rent.

Must apply to the waiting list prior to acceptance to program. First priority to residents in outlying areas of Sonoma County.

Economic Development and Housing

90 Santa Rosa Avenue

Santa Rosa, California 95401

~ Provides rental assistance for families, seniors, and disabled persons. Participants will pay approximately 30-40% of their total income towards rent. Must apply to the waiting list prior to acceptance to program. First priority to residents in Santa Rosa City.

IHSS (In Home Support Services) (707) 565-5900

2280 Northpoint Parkway

Santa Rosa, Ca. 95402

(Apply after receiving Medi-Cal)

www.sonomacounty-ihsspa.org

~This is a federal-state health and social service program that provides personal care and domestic service; for example, cleaning tasks, menu planning and preparation, transportation, personal care and protective supervision. It is income and asset based. Call for an appointment to have an Intake meeting.

North Bay Regional Center (Sonoma County)

2351 Mendocino Ave.

Santa Rosa, CA 95404

Phone: (707) 569-2000

www.nbrc.net

~NBRC is a non-profit agency designed to provide diagnostic, intervention and support services to persons with substantially handicapping developmental disabilities.

Department of Rehabilitation

50 D Street, Ste. 425

Santa Rosa, CA 95404

Phone: (707) 576-2233

~DR is there to assist individuals with disabilities (that pose a substantial impediment to employment) in obtaining and retaining meaningful employment. Rehabilitation services are provided on an individual basis.

~**Medical Insurance Information**-Primary Care Doctor will usually change from a Pediatrician to an adult Doctor at age 18-19 years of age
~Family or private insurance will usually last for child/student until they are out of school/education at or up to age 22 years of age

~**Selective Service and Jury Duty**-If you are a NBRC client contact your CPC - a letter is required for a waiver of these duties from a Doctor or Psychologist-NBRC can provide this with signature.

~**Medical Information**- ID bracelet/necklace - for safety and medical concerns:
www.IdentifyYourself.com or www.medicalert.org

~**Certificate of completion vs. Diploma** - Most of NBRC served individuals will receive a certificate and those whom obtain an actual diploma are not eligible for the pose secondary 18-22 year old transition program. CBI (community based instruction) should begin for the student around age 16-18 years and will involve more independent living and life skills focus.