



Resources and Referrals:

Possible Options / Examples

Daily Life & Employment

Resources for Self-Advocates



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MyODP: Employment Resources	https://www.myodp.org/course/view.php?id=1441
Charting the LifeCourse: Employment Resources	https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/daily-life-and-employment/
ASERT: Employment Resources	https://paautism.org/?s=employment
APSE (Association of People Supporting Employment First)	https://apse.org/ https://apse.org/https://apse.org/chapter/pennsylvania/ https://apse.org/wp-content/uploads/2019/08/What-is-E1-UPDATED.pdf (Fact Sheet)
ThinkWork!	https://www.thinkwork.org/
Autism Speaks: Employment Tool Kit	https://www.autismspeaks.org/tool-kit/employment-tool-kit
ODEP (U.S. Department of Labor's Office of Disability Employment Policy)	Essential Skills to Getting a Job https://www.dol.gov/sites/dolgov/files/odep/documents/essential_job_skills.pdf
#IWantToWork	https://www.iwanttoworkpa.org/
WIOA (Workforce Innovation & Opportunity Act)	https://www.dol.gov/agencies/eta/wioa

Resources for Supporters



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MyODP

- ODP Provider Employment Page
- Everyday Lives
- PA Supporting Families & Community of Practice
- PA Employment Innovation Workgroup

- <https://www.myodp.org/course/view.php?id=1443>
- <https://www.myodp.org/mod/page/view.php?id=7775>
- <https://www.myodp.org/mod/page/view.php?id=25542/>
- <https://www.myodp.org/mod/page/view.php?id=25546>

Red Book: A Summary Guide to Employment Supports for Persons with Disabilities

<https://www.ssa.gov/redbook/>

Employment Advocacy
PA is an Employment First State

<https://www.governor.pa.gov/newsroom/executive-order-2016-03-establishing-employment-first-policy-increasing-competitive-integrated-employment-pennsylvanians-disability/>

ASERT

<https://paautism.org/?s=employment>

Workforce Solutions:
Employer Toolkit

<https://www.wrksolutions.com/Documents/Employer/Toolkit/No-Lack-of-Ability.pdf>

Employment Connection

<https://www.dli.pa.gov/Individuals/Disability-Services/EmploymentConnection/Pages/default.aspx>

Pathways to Employment

https://s3-us-west-2.amazonaws.com/palms-awss3-repository/BAS/Files/Employment+Resources/PA+Pathways+to+Employment+Tool_Final.pdf

Community Living

Resources for Self- Advocates



<p>Charting the LifeCourse</p>	<p>www.lifecoursetools.com</p>
<p>Self-Advocacy Online Find Self advocacy groups to know how you might want to get involved.</p>	<p>http://www.selfadvocacyonline.org/find/state.asp?state=pa</p> <ul style="list-style-type: none"> • https://autisticadvocacy.org/ • https://www.sabeusa.org/ • https://sau1.org/ • http://www.selfadvocacyonline.org/find/orginfo.asp?orgid=1799&state=pa
<p>ASERT- ASDnext</p>	<p>www.asdnext.org</p>
<p>Time Banks</p>	<p>https://philadelphia.cbslocal.com/2019/11/12/time-banking-new-service-that-uses-volunteer-hours-as-currency-gaining-popularity/</p>
<p>Meaningful Volunteer Opportunities</p>	<p>https://www.volunteermatch.org/search?l=PA</p>
<p>PA DHS- Housing Resources</p>	<p>https://www.dhs.pa.gov/Services/Assistance/Pages/Housing-Resources.aspx</p>
<p>Transportation:</p> <ul style="list-style-type: none"> • Find My Ride (FMR) • Services & Programs Map • Public Transportation Etiquette • Options for Seniors & Persons with Disabilities 	<ul style="list-style-type: none"> • https://www.apply.findmyride.penndot.pa.gov/tes-web/public/home • https://gis.penndot.gov/transitmap/ • https://www.penndot.gov/TravelInPA/PublicTransitOptions/Pages/Safety-and-Etiquette-Tips.aspx • https://www.penndot.gov/TravelInPA/PublicTransitOptions/Pages/Seniors-and-Persons-With-Disabilities.aspx#disabilities

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ASERT	paautism.org https://paautism.org/resources#resources-section
MyODP <ul style="list-style-type: none">• PA Supporting Families & Community of Practice• Everyday Lives	<ul style="list-style-type: none">• https://www.myodp.org/mod/page/view.php?id=25542/• https://www.myodp.org/mod/page/view.php?id=7775
Supported Decision Making	https://supporteddecisions.org/about-supported-decision-making/
Financial Advocacy Trusts & ABLE accounts to build and get control of your finances	https://www.paable.gov/
Disability Rights	https://paautism.org/?s=disability%20rights
PA Family Network	PAFamilyNetwork@visionforequality.org 1-844-PAFamily (1-844-723-2645) https://www.facebook.com/PAFamilyNetwork/
PA DHS- Housing Resources	https://www.dhs.pa.gov/Services/Assistance/Pages/Housing-Resources.aspx

Healthy Living

Staying Informed



ASERT

- Health Resources
- Medicaid Information
- Medicaid Waivers
- Disability Rights

- <https://paautism.org/?s=health>
- <https://paautism.org/resource/medicaid/>
- <https://paautism.org/resource/waivers/>
- <https://paautism.org/?s=disability%20rights>

Health Care Quality Unit (HCQU)

<https://www.myodp.org/mod/page/view.php?id=7699>

Mental Health in PA

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>

<https://www.pa.gov/guides/mental-health/>

Autism Speaks

www.autismspeaks.org

ARC of PA

<https://thearcpa.org/>

Supported Decision Making

<https://supporteddecisions.org/about-supported-decision-making/>

Political Advocacy

<https://paautism.org/?s=voting>

Connecting to Advocacy Groups



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Self-Advocacy Online Find Self advocacy groups to know how you might want to get involved.	http://www.selfadvocacyonline.org/find/state.asp?state=pa
Self Advocates United as 1	https://sau1.org/ https://www.facebook.com/SAU1PA/
Speaking for Ourselves Central PA Chapter	http://www.selfadvocacyonline.org/find/orginfo.asp?orgid=1799&state=pa
Autistic Self Advocacy Network (ASAN)	https://autisticadvocacy.org/ https://www.facebook.com/AutisticAdvocacy/
Self Advocates Becoming Empowered	https://www.sabeusa.org/ https://www.facebook.com/groups/SelfAdvocatesBecomingEmpowered.SABE/
Put People First, PA	https://www.putpeoplefirstpa.org/ https://www.facebook.com/PutPeopleFirstPA/

Stay Connected



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Charting the LifeCourse	www.lifecoursetools.com
MyODP	www.myodp.org
PA Community of Practice	www.supportstofamilies.org
PA Family Network	PAFamilyNetwork@visionforequality.org 1-844-PAFamily (1-844-723-2645) https://www.facebook.com/PAFamilyNetwork/
ASERT- ASDnext	www.asdnext.org

Safety & Security

Resources for Personal Safety



Safe Living Environment:

- PA DHS
- ASERT
- The Arc Autism Now

- <https://www.dhs.pa.gov/Services/Assistance/Pages/Housing-Resources.aspx>
- <https://paautism.org/resource/financial-assistance-housing-home/>
- <https://paautism.org/resource/811-project-rental-assistance/>
- <https://autismnow.org/articles/financial-resources-to-rent-and-buy-a-home/#What>

Internet / Cyber Safety:

- ASERT- Cyber Safety
- ASERT- Social Media Guides

- https://paautism.org/wp-content/uploads/articulate_uploads/ASDNextCyberSafety/index_scom.html
- <https://paautism.org/resource/cyber-safety-tips/>
 - Privacy Setting Guide
 - Social Media Guide
 - Benefits and Risks of Social Media

Domestic Violence

- <https://www.dhs.pa.gov/Services/Assistance/Pages/Domestic-Violence.aspx>

Harassment Prevention Toolkit

- https://www.edi.nih.gov/sites/default/files/public/EDI_Public_files/guidance/toolkits/employees/employees-workplace-harassment-prevention-toolkit03.pdf

Suicide Prevention

- Crisis Text Line: www.crisistextline.org / Text PA to 741-741
- Safe2Say: 1-844-723-2729
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/ 1-800-273-TALK
- American Association of Suicidology: www.suicidology.org/
- Survivors of Suicide: www.survivorsofsuicide.com
- QPR (Question, Persuade, Refer): www.qprinstitute.com/

Resources for Public Safety



Engaging with Emergency Responders

- ASERT- Social Stories

<https://paautism.org/resource/social-stories/>

- Calling 911
- Traffic Stop
- The Law
- Court
- Police Transport
- Pat Down Searches

Fire Safety & Awareness

- ASERT- Fire Safety Resource Collection

• <https://paautism.org/resource/fire-safety-guide/>

5 Tip for Families to Prepare for Emergency

• <https://paautism.org/resource/tips-to-prepare-for-emergency/>

Disaster Distress Helpline

1-800-985-5990

Transportation:

- Services & Programs Map
- Public Transportation Etiquette
- Options for Seniors & Persons with Disabilities

• <https://gis.penndot.gov/transitmap/>

• <https://www.penndot.gov/TravelInPA/PublicTransitOptions/Pages/Safety-and-Etiquette-Tips.aspx>

• <https://www.penndot.gov/TravelInPA/PublicTransitOptions/Pages/Seniors-and-Persons-With-Disabilities.aspx#disabilities>

Resources for Legal & Financial



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Financial Advocacy <ul style="list-style-type: none">• Trusts & ABLE accounts to build and get control of your finances• Short-Term Financial Assistance	<ul style="list-style-type: none">• https://www.paable.gov/• https://paautism.org/resource/21-able/• https://paautism.org/page/2/?s=financial
Social Security Information	<ul style="list-style-type: none">• https://paautism.org/resource/social-security/
Guardianship	<ul style="list-style-type: none">• https://paautism.org/resource/guardianship-legal-resources/
Disability Rights	<ul style="list-style-type: none">• https://paautism.org/?s=disability%20rights
Supported Decision Making	<ul style="list-style-type: none">• https://supporteddecisions.org/about-supported-decision-making/
Legal Resources	<ul style="list-style-type: none">• https://paautism.org/resource/free-legal-services/

Additional Resources



TechOWL (Technology for Our Whole Lives)	<ul style="list-style-type: none">• www.techowipa.org
Charting the LifeCourse	<ul style="list-style-type: none">• www.lifecoursetools.com
MyODP <ul style="list-style-type: none">• PA Supporting Families & Community of Practice• Everyday Lives	<ul style="list-style-type: none">• https://www.myodp.org/mod/page/view.php?id=25542/• https://www.myodp.org/mod/page/view.php?id=7775
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PA Family Network	<ul style="list-style-type: none">• PAFamilyNetwork@visionforequality.org• 1-844-PAFamily (1-844-723-2645)• https://www.facebook.com/PAFamilyNetwork/

Social & Spirituality

Resources for Self- Advocates



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<p>ASDnext Statewide Social Calendar- Find community events in your area. Safe space to connect with other individuals on the spectrum .</p>	<p>www.asdnext.org</p> <p>https://asdnext.org/calendar/</p> <p>https://asdnext.org/community/</p>
<p>ASERT Tips to Increase Social Engagement Cyber Safety Tips & Tools Social Skills Resources for Individuals with Autism</p>	<p>https://paautism.org/wp-content/uploads/2019/03/Tips-to-Increase-Social-Engagement.pdf</p> <p>https://paautism.org/resource/cyber-safety-tips/</p> <p>https://paautism.org/resource/social-skills/</p>
<p>Meaningful Volunteer Opportunities</p>	<p>https://www.volunteermatch.org/search?l=PA</p>

Advocacy & Engagement

Connecting to Advocacy Groups



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Speaking for Ourselves Central PA Chapter	http://www.selfadvocacyonline.org/find/orginfo.asp?orgid=1799&state=pa
Autistic Self Advocacy Network (ASAN)	https://autisticadvocacy.org/ https://www.facebook.com/AutisticAdvocacy/
Self Advocates Becoming Empowered	https://www.sabeusa.org/ https://www.facebook.com/groups/SelfAdvocatesBecomingEmpowered.SABE/
Put People First, PA	https://www.putpeoplefirstpa.org/ https://www.facebook.com/PutPeopleFirstPA/

Staying Informed



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ASERT	paaautism.org
Autism Speaks	www.autismspeaks.org
ARC of PA “Action Alerts” provide information on important changes in government	https://thearcpa.org/
Supported Decision Making	https://supporteddecisions.org/about-supported-decision-making/
Employment Advocacy PA is an Employment First State	https://www.governor.pa.gov/newsroom/executive-order-2016-03-establishing-employment-first-policy-increasing-competitive-integrated-employment-pennsylvanians-disability/
Financial Advocacy Trusts & ABLE accounts to build and get control of your finances	https://www.paable.gov/
Disability Rights	https://paaautism.org/?s=disability%20rights
Political Advocacy Voting Information	https://paaautism.org/?s=voting

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