

# COMMUNITY RESOURCES

## Where to find help during this difficult time

### 211:

#### *What is 211?*

- > 211 is a telephone number reserved in Canada and the United States that provides individuals with information and referrals to health, human and social service organizations. These organizations help with necessities such as food, utilities, rent, transportation, pet care, senior services, etc.

#### *How do I access this resource?*

- > Dial 211 from your landline or cell phone. You will be connected to a representative who will connect you to local community resources.
- > Visit their website at <http://211.org/>

### Food:

#### *How do I access resources?*

- > Dial 211 or search their website at <http://211.org/>
- > You can apply online for SNAP, also known as food stamps. Perform an online search by typing “SNAP” into the search bar and enter your state of residence. You will find the eligibility requirements, income guidelines, county office locations, application instructions and your state’s toll-free number.
- > You can locate nearby food pantries by typing your address in the online search bar. Next, click on the map result. Then click on the “nearby” button, and type in “food pantries.” Local agencies and churches that offer a food pantry will come up.

**Please note:** Most pantries have gone to drive by service due to COVID-19. Depending on inventory, food pantries may have pet food, toiletries and paper products.

### Financial Assistance for Rent and Utilities:

#### *How do I access resources?*

- > Dial 211 or search their website at <http://211.org/>
- > Contact the following agencies in your area: Salvation Army, Community Action Agency and Catholic Charities. (Most of these agencies are assisting people over the phone and are not offering face to face appointments.)

- > If you belong to a place of worship, they may have funds available for those struggling financially. They may still assist if you aren't a member.
- > LIHEAP (Low Income Home Energy Assistance Program) or the Weatherization program. This income based program lowers heating and cooling costs. LIHEAP gives preference to households with a resident over 60 years of age and/or households where a resident is under the age of 5. Once these populations are served, the application process opens to the general public. Your local Community Action Council can assist with the application process. If you need help or you want to learn more about LIHEAP, contact the National Energy Assistance Referral (NEAR) project at **1-866-674-6327** or **TTY 1-866-367-6228**.

**Note:** Non-profit organizations will help with rent and utilities based on their current funding. Some organizations require a shut-off notice or an eviction notice prior to receiving assistance.

## Seniors:

### ***What types of services are available to seniors?***

- > Transportation, Meals on Wheels, durable medical equipment such as walkers, canes, shower chairs, etc., SHINE office (Serving Health Insurance Needs of the Elders), in home supports, home modifications, caregiver support and the homemaker program (light housekeeping).

### ***How do I access resources?***

- > Contact your local Area Agency on Aging. It may be called "Senior Services", "Aging Ahead", "Aging Matters" or "Council on Aging".
- > Contact your local Senior Center, as they will know what services are available in your county or would be able to direct you to the right place.
- > Contact your local Center for Independent Living and/or Habitat for Humanity for assistance with home modifications.

## Durable Medical Equipment for Those Who Are Not Senior Citizens:

### ***What types of durable Medical Equipment are available to non-seniors?***

- > This can include walkers, canes, shower chairs, toilet lift etc.

### ***What is considered to be a senior?***

- > In most states, you need to be 60 years of age or older. However, some states may start at age 55.

### ***How do I access resources?***

- > Dial 211 and ask if there is a medical equipment closet or agency in your county. You can also visit their site at <http://211.org/>. If there is not a medical equipment closet or agency available to you, Enter in the search bar online "where can I donate medical equipment" and the name of your town or county you live in. It's the reverse way to find an agency that may be able to help.

- > Contact Good Will, as they have medical equipment warehouses across the country that have gently used and/or refurbished medical equipment.
- > Your local Thrift Stores will often have medical equipment.
- > Center for Independent Living may have a medical equipment closet.

**Note:** They may be called medical equipment “loan” closets, which means you can use the equipment as needed.

## Shelters:

### *How do I access resources?*

- > Dial 211 to speak with a representative. One of two things will happen, you will be directed to a homeless hotline or you will be given a direct phone number to a local shelter. Either way, you will be informed about current bed availability. This depends on how the county you live in operates.

## Employment:

### *How do I access resources?*

- > You can locate the closest workforce center in your county by: 1) putting your home address in your online search bar 2) click on the map 3) click on the nearby button that pops up in the upper right hand corner 4) type in the words “work force center”. You will see the agencies that are closest to your home. The Work Force Center can assist with your resume, you have access to their computers and they hold job fairs and workshops you are able to attend. They often have employees available to assist people on filing for unemployment.
- > File for unemployment. To file online, search “how do I apply for unemployment” and add the state you reside in.

## Medication Costs:

### *How do I access resources?*

- > You can find savings cards online by performing an online search. You may find them under the name of the medication or under the name of the manufacturer.
- > Locate the 800 number for patient assistance programs that can help with a cost savings card.
- > The below websites may be able to assist with medication costs:

1. <https://www.goodrx.com/> 2. <https://www.needymeds.org/> 3. <https://rxoutreach.org/>

**Retail option:** *Walmart \$4* has certain medications for \$4.

## Pet Care and Pet Food:

### *How do I access resources?*

- > Contact your local Animal Humane Society and ask if they offer low cost pet care. If they don't, they will direct you to other resources.
- > To find low cost or free pet food, contact the following organizations: Animal Humane Society, Animal Rescue, Local Animal Shelter or Animal Control.
- > Perform an online search by typing local "pet food pantries" in the search bar.

**Note:** often times local food pantries that people access will have pet food donated as well.

## Legal:

### *How do I access resources?*

- > Search online by typing "Legal Aid" for your area in the search bar. This will help low-income individuals who cannot afford to hire a lawyer.
- > If you can afford to hire a lawyer, you can search online by typing "Bar Association" and the state you live in the search bar. You can also search by area of practice, for example Disability law and the area (zip code) and mile radius you are willing to go.

## Cancer Resources:

### *The American Cancer Society*

- > The American Cancer Society has numerous resources available by phone or through their click and chat feature which is located at the very bottom right hand side of their website's home page. They can provide you with information about support groups, transportation (Road to Recovery) lodging programs, grants for specific types of cancer etc. Contact the American Cancer Society 24 hours a day, 7 days a week at **800-227-2345** or visit <https://www.cancer.org/>.

## Transportation:

There are many types of local transportation services that may be offered. It can be based on whether you are a senior or are disabled.

### *How do I access resources?*

- > Senior Transportation is a low cost offering used to get to and from medical appointments or to run errands. (For example, going to the grocery store or picking up a medication at your pharmacy.) Contact your local Area Agency on Aging or Local Senior Center.
- > Paratransit, also known as “Dial a Ride” is a low cost program providing transportation for the disabled (permanently or temporarily). You can search online by typing “paratransit” and the county you live in or contact your local Area Agency on Aging or Senior Center.
- > Road to Recovery is a no-cost transportation program offered by American Cancer Society to those undergoing Cancer treatment. Access this program by calling **800-227-2345** or by visiting <https://www.cancer.org/>
- > If you live in a rural area, contact your local senior center to inquire about receiving help commuting to and from medical appointments.
- > Contact your local chamber of commerce to see if there are volunteers who can help.
- > Dial 211 for local resources or visit <http://211.org/>.



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