

# LUPUS FOUNDATION OF COLORADO RESOURCE DIRECTORY

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 of products, programs or services by the Lupus Foundation of Colorado.

<b>ADVOCACY</b>	<b>3</b>
<b>ALTERNATIVE MEDICINE</b>	<b>3</b>
<b>ASSISTIVE MEDICAL EQUIPMENT</b>	<b>4</b>
<b>AUTOIMMUNE - RELATED ORGANIZATIONS</b>	<b>4</b>
<b>CAREGIVERS / FAMILY MEMBERS</b>	<b>5</b>
<b>COMMUNITY RESOURCES &amp; REFERRALS</b>	<b>6</b>
<b>CONSUMER INFORMATION</b>	<b>6</b>
<b>DEPRESSION &amp; MENTAL HEALTH</b>	<b>7</b>
<b>DOCTOR REFERRALS</b>	<b>7</b>
<b>EMPLOYMENT</b>	<b>7</b>
<b>FINANCIAL ASSISTANCE</b>	<b>8</b>
<b>FOOD &amp; GROCERIES</b>	<b>9</b>
<b>GRIEVING RESOURCES</b>	<b>10</b>
<b>HEALTH INSURANCE</b>	<b>10</b>
<b>HEALTHCARE ASSISTANCE PROGRAMS</b>	<b>11</b>
<b>HOUSING, HOME REPAIR &amp; HOME FURNISHINGS</b>	<b>11</b>

<b>IN – HOME ASSISTANCE</b>	<b>12</b>
<b>KIDS &amp; TEENS</b>	<b>13</b>
<b>LEGAL ASSISTANCE</b>	<b>14</b>
<b>LUPUS MEDICAL INFORMATION</b>	<b>15</b>
<b>LUPUS RESEARCH &amp; CLINICAL TRIALS</b>	<b>16</b>
<b>MINORITY &amp; BILINGUAL RESOURCES</b>	<b>17</b>
<b>PAIN MANAGEMENT</b>	<b>18</b>
<b>PEER SUPPORT</b>	<b>18</b>
<b>PRESCRIPTION MEDICATION ASSISTANCE</b>	<b>19</b>
<b>SCHOLARSHIPS</b>	<b>20</b>
<b>SOCIAL SECURITY DISABILITY RESOURCES</b>	<b>20</b>
<b>SUN PROTECTION PRODUCTS</b>	<b>20</b>
<b>TRANSPORTATION</b>	<b>21</b>

## ADVOCACY

### **Advocacy for Patients with Chronic Illness, Inc.**

Pro bono attorneys and trained volunteers provide chronically ill patients with free information, advice and advocacy services regarding discrimination, Social Security Disability and legal issues. Publishes *Know Your Rights: A Handbook for Patients with Chronic Illness* and *Health Insurance 101: How to Get Coverage*. [www.advocacyforpatients.org](http://www.advocacyforpatients.org)

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

Advocacy and referrals regarding legal issues, Medicaid, mental health services, social service agencies, and ADA accommodations. 800.817.1435 or [www.ccdonline.org](http://www.ccdonline.org)

### **Colorado Division of Civil Rights**

Investigates consumer-alleged discrimination in the areas of employment, housing and public accommodation. 303.894.2997 or [www.dora.state.co.us/civil-rights/](http://www.dora.state.co.us/civil-rights/)

### **Colorado Independent Living Centers (9 locations statewide)**

Network of state-certified non-profit agencies provides information and referral, peer counseling, individual and systems advocacy, independent living skills training. Loan closet and computer donations. 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. 800.532.5274 or [www.patientadvocate.org](http://www.patientadvocate.org)

## ALTERNATIVE MEDICINE

### **National Center for Complementary and Alternative Medicine**

Searchable database provides information on treatments, supplements, clinical trials and more. 888.644.6226 or [www.nccam.nih.gov](http://www.nccam.nih.gov)

### **National Institutes of Health's Office of Dietary Supplements**

Provides comprehensive information, programs, and scientific resources. Searchable online database. [www.nih.gov](http://www.nih.gov) (search "ods")

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

### **Lions Club of Denver**

Lions Sight Preservation Committee helps the financially needy in Colorado get eyeglasses and eye exams. 303.504.6293 or [www.denverlions.org](http://www.denverlions.org)

## **AUTOIMMUNE - RELATED ORGANIZATIONS**

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

Patient information on over 56 autoimmune-related diseases. 800.598.4668 or [www.aarda.org](http://www.aarda.org)

### **American Academy of Nephrology**

202.659.0599 or [www.asn-online.org/home.aspx](http://www.asn-online.org/home.aspx)

### **American Academy of Neurology**

800.879.1960 or [www.aan.com](http://www.aan.com)

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

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

### **American Diabetes Association**

1-800-DIABETES (1.800.342.2383) or [www.diabetes.org](http://www.diabetes.org)

### **Arthritis Foundation of Colorado**

800.475.6447 or [www.arthritis.org](http://www.arthritis.org)

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

1-866-RMT-CCFA (Rocky Mountain Chapter) or [www.ccfa.org](http://www.ccfa.org)

### **Invisible Disabilities Advocate**

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

### **MS Society of Colorado**

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

**National Fibromyalgia Association**

714.921.0150 or [www.fmaware.org](http://www.fmaware.org)

**National Kidney Foundation**

800.622.9010 or [www.kidney.org](http://www.kidney.org)

**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. 1-877-22-NIAMS (toll free) or [www.niams.nih.gov/index.htm](http://www.niams.nih.gov/index.htm)

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

Information about different health topics, current research and clinical trials, advances and initiatives. [www2.niddk.nih.gov](http://www2.niddk.nih.gov)

**National Women's Health Information Center**

800.994.9662 or [www.4women.gov](http://www.4women.gov)

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

303.423.7367 or [www.focusonfibromyalgia.com](http://www.focusonfibromyalgia.com)

**Scleroderma Foundation of Colorado**

303.806.6686 or [www.scleroderma.org/chapter/colorado/](http://www.scleroderma.org/chapter/colorado/)

**Sjogren's Syndrome Foundation**

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

## **CAREGIVERS / FAMILY MEMBERS**

**CarePages**

Free, easy-to-create and use Web pages to help family and friends communicate when a loved one is receiving care. [www.carepages.com](http://www.carepages.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. Contact DRCOG Aging Services at 303.455.1000 or go to [www.drcog.org](http://www.drcog.org) (click on Area Agency on Aging then Help for Caregivers)

**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)

**National Family Caregivers Association (NFCA)**

Support, education and advocacy for family caregivers of chronically ill, disabled or older adults. “Lotsa Helping Hands” (LHH) 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: 800.896.3650 or

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org); 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.

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

## COMMUNITY RESOURCES & REFERRALS

**United Way, Mile High Chapter**

“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. Dial 2-1-1 or go to

[www.milehighunitedway.org](http://www.milehighunitedway.org) and click on “211”.

## 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.

301. 427.1364 or [www.ahrq.gov/](http://www.ahrq.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. 720.859.1001 or 800.654.5653 or [www.cms.org](http://www.cms.org)

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

Free publications on avoiding health fraud, finding accurate medical information and more. 1-888-INFO-FDA (1.888.463.6332) or [www.fda.gov](http://www.fda.gov)

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

### **Mental Health Association of Colorado**

Non-profit organization providing information, resources and advocacy on mental health issues. 800.456.3249 or [www.mhacolorado.org](http://www.mhacolorado.org)

### **Screening for Mental Health**

SMH programs include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder, eating disorders, alcohol problems, and suicide prevention. [www.MentalHealthScreening.org](http://www.MentalHealthScreening.org) or call 781.239.0071.

## **DOCTOR REFERRALS**

### **American College of Rheumatology**

Lists ACR-certified rheumatologists by name and location. 404.633.3777 or [www.rheumatology.org/directory/](http://www.rheumatology.org/directory/)

### **Colorado Medical Society**

Web site provides statewide physician locator guide. 800.654.5653 or [www.cms.org](http://www.cms.org)

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

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

**Colorado Department of Labor and Employment**

Information on labor laws, unemployment benefits, workers' compensation and employment issues. 303.318.8000 or [www.coworkforce.com](http://www.coworkforce.com)

**Colorado Division of Vocational Rehabilitation**

State agency provides vocational training, counseling and career services to individuals with disabilities. Several locations statewide. 303.866.5700 or [www.cdhs.state.co.us/dvr/](http://www.cdhs.state.co.us/dvr/)

**Colorado Workforce Centers (locations statewide)**

Offers Colorado job-seekers free career services including job search assistance, resume writing, referrals and educational workshops. For locations call 303.318.8000 or go to [www.coworkforce.com/emp/WFCs.asp](http://www.coworkforce.com/emp/WFCs.asp).

**Equal Employment Opportunity Commission (EEOC)**

Handles ADA-related job discrimination complaints. Denver Regional Office: 303.866.1300 / 800.669.4000 or [www.EEOC.gov](http://www.EEOC.gov)

**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. 800.526.7234 or [www.jan.wvu.edu](http://www.jan.wvu.edu) (for a PDF of **Lupus in the Workplace** go to <http://www.jan.wvu.edu/media/Lupus.pdf>).

**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)

**FINANCIAL ASSISTANCE****Catholic Charities**

Provides non-denominational emergency assistance, food, clothing, shelter, and counseling services to those in need. 303.742.0828 or [www.CCDenver.org](http://www.CCDenver.org)

**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 information can be found in the blue pages of your local phone book. Or contact CDHS at 303.866.5700 or [www.cdhs.state.co.us](http://www.cdhs.state.co.us)

**Energy Outreach Colorado**

Only non-profit in Colorado devoted to energy assistance. Administers LEAP (Low Income Energy Assistance Program). 1-866-HEAT-HELP 1.866.432.8435) or [www.energyoutreach.org](http://www.energyoutreach.org)

**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)

**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. 303.597.5000 ext. 344 or [www.jewishfamilyservice.org](http://www.jewishfamilyservice.org)

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

720.530.3379 or [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. 303.297.3636 or [www.denver.doortodoororganics.com](http://www.denver.doortodoororganics.com)

**Food Bank of the Rockies**

Provides food supplies to over 900 hunger-relief programs in Colorado and Wyoming. 877.460.8504 or [www.foodbankrockies.org](http://www.foodbankrockies.org)

**Jewish Family Service of Colorado Food Delivery Program**

New service will deliver food boxes weekly to qualifying individuals and families in need throughout Greater Denver. Recipients must be able to prepare their own meals; kosher available. 303.597.5000 ext. 344 or [www.jewishfamilyservices.org](http://www.jewishfamilyservices.org) (click on “programs”)

**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. 303.294.0111 or [www.voacolorado.org/nutrition/](http://www.voacolorado.org/nutrition/)

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

**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 or [www.SHAREColorado.com](http://www.SHAREColorado.com)

**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).

## GRIEVING RESOURCES

**Judi's House**

In Denver, helps children and families who are grieving the death of a loved one find hope and healing within themselves. 720.941.0331 or [www.judishouse.org](http://www.judishouse.org).

## HEALTH INSURANCE

**Colorado Division of Insurance**

Statewide regulatory agency offers consumer information, assistance and protection regarding insurance issues in Colorado. 800.930.3745 or [www.dora.state.co.us/insurance/](http://www.dora.state.co.us/insurance/)

**Cover Colorado**

Provides health insurance for individuals who have been denied coverage due to pre-existing conditions. 877.461.3811 or [www.covercolorado.org](http://www.covercolorado.org)

**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. 303-861-5165 or [www.cchn.org](http://www.cchn.org)

**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. 303.839.1261 or [www.cohealthinitiative.org](http://www.cohealthinitiative.org)

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

Provides information about Medicaid and other assistance programs for low income and uninsured Colorado residents. Customer service line 800.221.3943 or [www.chcpf.state.co.us](http://www.chcpf.state.co.us)

**GovBenefits.Gov**

Free online screening service helps individuals of any age determine eligibility for federal, state and local assistance programs. 800.333.4636 or [www.govbenefits.gov](http://www.govbenefits.gov)

**Medicare**

The official U.S. Government Web site for information on Medicare programs nationwide. [www.medicare.gov](http://www.medicare.gov)

## **HOUSING, HOME REPAIR & HOME FURNISHINGS**

**Colorado Division of Housing**

State agency providing financial assistance and services to increase affordable housing availability to Colorado residents. 303.866.2033 or [www.dola.state.co.us/doh/index.htm](http://www.dola.state.co.us/doh/index.htm)

**Colorado Housing Search**

Information clearing house for affordable housing programs and related services. 877.428.8844 or [www.coloradohousingsearch.com/index.php](http://www.coloradohousingsearch.com/index.php)

**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. Call 303.962.2279 (no Web site).

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

**Home Builders Foundation of Metro Denver**

Members donate home renovations to disabled individuals and victims of tragic circumstance in Metro Denver. 303.778.1400 or [www.hbfdenver.org](http://www.hbfdenver.org)

**Rebuilding Together Metro Denver**

Non-profit program coordinates volunteers to provide free home repairs and modification for low-income seniors and disabled individuals. 720.524.0840 or [www.rebuildingdenver.org](http://www.rebuildingdenver.org)

**Volunteers of America Handyman Program**

Volunteers provide minor home repairs, yard work, and safety assessments for seniors and disabled individuals. 720.264.3331 or [www.voacolorado.org/programs.htm](http://www.voacolorado.org/programs.htm)

**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. 14 local FIA programs across Colorado. 877.324.8411 or [www.fiavolunteers.org](http://www.fiavolunteers.org)

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

### **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. 970.879.1632 (Steamboat Springs), 970.824.8233 (Craig) or [www.nwcovna.info/index.html](http://www.nwcovna.info/index.html)

### **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 George Good de-Curnou, IHSS Implementation Coordinator at 303.866.2704 or [george.good-decurnou@state.co.us](mailto:george.good-decurnou@state.co.us).

### **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 1 – 2 times per week and are scheduled in 3 ½ hour blocks of time; one visit costs \$60. Non-denominational. 303.597.5000 or [www.jewishfamilyservice.org](http://www.jewishfamilyservice.org) (click on “programs”)

## **KIDS & TEENS**

### **4Girls.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.4girls.gov/](http://www.4girls.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)

### **Camp Sunshine**

Sponsors a week-long Lupus camp for families with a chronically ill child that addresses the impact of child's Lupus on the family. Held annually in Maine; meals, accommodations, counseling and activities are provided. 207.655.3800 or [www.campsunshine.com](http://www.campsunshine.com)

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

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

**Lupus PA "Wolf Pack"**

Free coping kit offered by the Lupus Foundation of Pennsylvania for families affected by Lupus. Contains Lupus-centered board game, art activities and reading materials designed to promote understanding and communication about SLE. Appropriate for all ages. 1-888-99-LUPUS or [www.lupuspa.org/wolf\\_pack\\_info.htm](http://www.lupuspa.org/wolf_pack_info.htm)

**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)

**Patchworx.org**

Online community for young people facing illness and disability. [www.patchworx.org](http://www.patchworx.org)

**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. 719.531.9400 (Colorado Springs), 303.864.1900 (Denver) or [www.peakparent.org/about.asp](http://www.peakparent.org/about.asp)

## LEGAL ASSISTANCE

**Center for Disability Law and Policy**

National advocacy program for individuals with disabilities provided at no cost. 888.745.2357 or [www.equalemployment.org](http://www.equalemployment.org)

**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.) 800.817.1435 or [www.ccdconline.org](http://www.ccdconline.org)

**Colorado Rural Legal Services**

Legal assistance for low-income residents of rural Colorado. Based in Larimer County. 970.493.2891

**Colorado Legal Services**

Offers information, advice and representation to low-income individuals and families in Colorado. Income-based eligibility guidelines; 16 locations statewide; Bilingual services in many locations. 303.837.1313 (Denver office) or [www.coloradolegalservices.org](http://www.coloradolegalservices.org)

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

Legal advice and advocacy regarding employment, Social Security and disability issues. 303.722.0300 (Denver), 970.241.6371 (Grand Junction) or [www.thelegalcenter.org](http://www.thelegalcenter.org)

**Metropolitan Lawyer Referral Service**

A non-profit public service sponsored by Metro-area Bar Associations. Will arrange a 30 minute consultation with a lawyer for a \$25 donation. 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. 303.830.8210 or [www.metrovolunteerlawyers.org](http://www.metrovolunteerlawyers.org)

**LUPUS MEDICAL INFORMATION****American Autoimmune Related Disease Association**

Patient information on over 56 autoimmune-related diseases. 800.598.4668 or [www.aarda.org](http://www.aarda.org)

**American Academy of Dermatology**

Geographic membership directory/physician locator, disease specific information, patient education pamphlets. [www.aad.org](http://www.aad.org)

**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) (search "lupus")

**Lupus Foundation of America**

National organization provides educational resources, political advocacy, information line staffed by medical professionals, and quarterly magazine *Lupus Now*. 202.349.1155 or [www.lupus.org](http://www.lupus.org)

**Lupus Foundation of Colorado**

Lupus information packets, seminars, support groups, emergency assistance, referrals and advocacy for those affected by Lupus in Colorado. 303.333.2300, 800.858.1292 or [www.lupuscolorado.org](http://www.lupuscolorado.org)

**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. 1-877-22-NIAMS (toll free) or [www.niams.nih.gov/index.htm](http://www.niams.nih.gov/index.htm)

## LUPUS RESEARCH & CLINICAL TRIALS

**Alliance for Lupus Research**

Supports research into the cause, cure, treatment and prevention of SLE. 800.867.1743 or [www.lupusresearch.org](http://www.lupusresearch.org)

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

**Lupus Now Research Update**

Provides reviews of recently published papers from significant medical journals translated into understandable language, information about advances in lupus research and clinical studies, and other relevant news for individuals with an interest in lupus. [www.lupus.org/enews/](http://www.lupus.org/enews/)

**Lupus Research Institute**

Funds innovative Lupus research studies nationwide. 212.812.9881 or [www.lupusresearchinstitute.org](http://www.lupusresearchinstitute.org)

**NIH Stem Cell Research Information**

National Institutes of Health online resource center for stem cell research news and information. 301.496.5787 or [www.stemcells.nih.gov/](http://www.stemcells.nih.gov/)

**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 or contact program coordinators Damaris Rodriguez at [rodriguezda@hss.edu](mailto:rodriguezda@hss.edu) or Lillian Mendez at [mendezl@hss.edu](mailto:mendezl@hss.edu)

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

**Colorado Minority Health Forum**

A diverse group comprised of over 400 individuals and organizations, which are focused on reducing health disparities among communities of color in Colorado. [www.coloradominorityhealthforum.com](http://www.coloradominorityhealthforum.com)

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

**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. Toll-free 866.505.2253 or contact program coordinator Karen Ng at [ngk@hss.edu](mailto:ngk@hss.edu)

**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 and youth leadership activities; and community development. 303-573-1302 or [www.micasadenver.org](http://www.micasadenver.org)

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

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

Information on resources, research and clinical trials, online patient discussion boards. 888.615.7246 or [www.painfoundation.org](http://www.painfoundation.org)

**Partners Against Pain**

Provides patient education, resources and advocacy for patients suffering from pain, caregivers and healthcare providers. 888.726.7535 or [www.partnersagainstpain.org](http://www.partnersagainstpain.org)

**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. Toll-free 866.375.1427 or contact program coordinator Jillian Rose at [rosej@hss.edu](mailto:rosej@hss.edu)

**Lupus Foundation of Colorado Message Board**

Available 24-hours a day on the LFC Web site, featuring separate boards for patients and their caregivers, friends and family members.  
[www.lupuscolorado.org](http://www.lupuscolorado.org)

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

**WeHaveLupus.com**

Free online emotional support group, message board, and community discussion group for individuals affected by Lupus and their loved ones.  
[www.wehavelupus.com](http://www.wehavelupus.com)

## **PRESCRIPTION MEDICATION ASSISTANCE**

**Needy Meds**

A nationwide information source for patient assistance programs, assistance for specific diseases and conditions and government programs. 215.625.9609 or [www.needymeds.com/newuser.tml](http://www.needymeds.com/newuser.tml)

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

Provides one-time, prescription assistance to individuals with acute conditions and who have no financial or insurance resources. 970.392.2441 or [www.ncmcfoundation.org/programs/medical/medication\\_asst.html](http://www.ncmcfoundation.org/programs/medical/medication_asst.html)

**Partnership for Prescription Assistance**

Helps uninsured or underinsured patients determine eligibility for over 275 public and private prescription assistance programs nationwide. 888.477.2669 or [www.pparx.org](http://www.pparx.org)

**Rx Assist**

Offers a comprehensive database of patient assistance programs, as well as practical tools, news, and articles. [www.rxassist.org/default.cfm](http://www.rxassist.org/default.cfm)

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

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

**DisabilityInfo.Gov**

Federal government Web site providing comprehensive disability-related information and resources. 800.333.4636 or [www.disabilityinfo.gov](http://www.disabilityinfo.gov)

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

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

**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. 800.772.1213 or [www.ssa.gov/notices/supplemental-security-income/](http://www.ssa.gov/notices/supplemental-security-income/)

## 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. 866.871.3157 or [www.sunguardsunprotection.com](http://www.sunguardsunprotection.com)

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

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

### **UV-Blocking Films**

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

### **Fluorescent Bulb UV Filters**

[www.solar-screen.com](http://www.solar-screen.com)  
[www.pegasusassociates.com/UVtubeguard.jsp](http://www.pegasusassociates.com/UVtubeguard.jsp)  
[www.encapsulite.com/fluorescenttubeguards.htm](http://www.encapsulite.com/fluorescenttubeguards.htm)

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

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

## **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/links/state\\_local/co.cfm](http://www.apta.com/links/state_local/co.cfm)

### **Care Cars**

Private transportation; wheelchair accessible. 970.245.8949

### **Community Wheels**

Rides in Jefferson and Adams Counties. 303.235.6972

### **Fort Collins Dial-a-Ride**

For rides in Fort Collins. 970.224.6066

### **Grand Valley Transit**

Grand Junction area. 970.245.2626

**Lakewood Rides**

Transportation in Jefferson County; Lakewood residents only. 303.987.4827

**Midtown Express**

In Aurora; Medicaid transport only. Call for fee schedule. 303.282.8085

**Red Cross**

Rides for the disabled and elderly in the Denver Metro area; fees covered by Medicaid or \$19 round trip. Wheelchair van available. 303.722.7474

**Roaring Fork Transit**

Rides in the Aspen area. 970.925.4482

**RTD Access-a-Ride**

Provides door-to-door service for disabled individuals in Metro Denver area. Initial assessment required. 303.299.2960 or [www.rtd-denver.com/SpecialRides/access-a-ride/index.html](http://www.rtd-denver.com/SpecialRides/access-a-ride/index.html)

**RTD Bus Discount program**

Discounted rates on regular bus system for disabled individuals. 303.399.3519

**Salvation Army**

Senior transportation; no wheelchair van. 303.428.6430

**Senior Companions**

Ride share program in Grand Junction. 970.263.9092