

# Resource Guide

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## OTHER USEFUL GUIDES FOR I/DD SERVICES

- Autism Society of Texas

Website: <https://www.texasautismsociety.org>

300 E. Highland Mall Blvd, Suite 205,  
Austin, TX 78752

Phone number: (512) 479-4199 Ext 1

Has an abundance of resources for any person with a disability. Check out their resource guide here:

<https://www.texasautismsociety.org/resourceguide-b/>

- Navigate Texas

Website: <https://www.navigatelifetexas.org/en>

Email:

<https://www.navigatelifetexas.org/en/contact>

Phone: 2-1-1

Navigate Texas is a resource supported by HHS for people and families with disabilities.

- Texas Project FIRST

Website: <http://www.texasprojectfirst.org/>

Email: [inquire@spedtex.org](mailto:inquire@spedtex.org)

Phone number: 1-855-773-3839

Texas Project FIRST has an abundance of resources for families of students with intellectual and developmental disabilities. You can search by age groups to find relevant information.

## TRAININGS

- Texas Parent to Parent

Website: <https://www.txp2p.org/>

Email: [info@txp2p.org](mailto:info@txp2p.org)

1805 Rutherford Ln, #201,  
Austin, TX 78754

Phone number: (512) 458-8600

Texas Parent to Parent provides parent-to-parent support, resource referral, and education. They have useful training and conferences about a wide variety of topics. Here is their training information:

<https://www.txp2p.org/Training/trainings>

## TRANSPORTATION

- MetroAccess

Website: <https://www.capmetro.org/metroaccess>

Email: [metroaccess@capmetro.org](mailto:metroaccess@capmetro.org)

Phone number: (512) 852-7272

MetroAccess is a shared-ride service for people with disabilities living within a two-mile radius of a CapMetro stop.

- CARTS Capital Area Rural Transport System

Website: <https://www.ridecarts.com/>

Email: [info@ridecarts.com](mailto:info@ridecarts.com)

5300 Tucker Hill Ln,  
Cedar Creek, TX 78612

Phone number: (512) 478-7433

CARTS is a regional transportation system for rural areas of Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Travis and Williamson counties.

- Cap Metro

Website: <https://www.capmetro.org/>

Email: [customer.service@capmetro.org](mailto:customer.service@capmetro.org)

Phone number: (512) 474-1200

Cap Metro is Austin's local public transportation system.

- Yellow Bike Project

Website: <https://austinyellowbike.org/>

Email: [austinyellowbike@gmail.com](mailto:austinyellowbike@gmail.com)

Yellow Bike Project

1216 Webberville Rd,

Phone number: (512) 524-5299

Yellow Bike Project is a local volunteer run non-profit who can help provide people with used bikes. They also provide educational services for bike maintenance and repair.

- Transit Empowerment Fund Partners

Website:

<https://www.transitempowermentfund.org/projects/transit-pass-program/>

Email: [andrea@woollardnichols.com](mailto:andrea@woollardnichols.com)

The Transit Empowerment Fund provides local non-profits with transit passes to distribute to the community. If you go to their website and the project 'Transit Pass Program', you will discover a list of places you can receive free transit passes from.

## HOUSING

- Foundation Communities

Website: <https://foundcom.org/>

3000 S IH 35, Ste 300,

Austin, TX 78704

Phone number: (512) 447-2026

Foundation Communities is a local nonprofit that offers affordable apartments and duplexes with on-site support services in the areas of education, financial stability and health.

- ECHO Coordinated Entry

Website: <https://www.austinecho.org/>

ECHO Ending Community Homelessness Coalition is a nonprofit organization that implements community-wide strategies to end homelessness in Austin and Travis County. By completing a 'Coordinated Assessment' with them you can see if you are eligible for services. Go to their website to find assessment providers.

- The Housing Authority of the City of Austin

Website: <https://www.hacanet.org/>

1124 S. IH 35

Austin, TX 78704

Phone number: (512) 477-4488

HACA is the local public agency responsible for ensuring affordable housing to families of low income.



- Caritas

Website: <https://caritasofaustin.org/>

611 Neches Street,  
Austin, TX 78701

Phone number: (512) 479-4610

Caritas is a local nonprofit which helps provide stable housing, food services, education and employment opportunities.

- Saint Georges Court (65+)

Website: <https://www.stgeorgescourt.org/>

1143 Coronado Hills Drive,  
Austin, TX 78752

Phone number: (512) 459-8285

Saint Georges Court is an apartment community for the elderly and disabled

- Housing Authority of Travis County

Website: <https://www.hatctx.com/>

502 East Highland Mall Blvd, Suite 106-B  
Austin, TX 78752

Phone number: (512) 854-8245

HATC provides housing for low income families in Travis County.

- Green Doors

Website: <https://www.greendoors.org>

Email: [info@greendoors.org](mailto:info@greendoors.org)

1503 S. I-35,  
Austin TX 78741

Phone number: (512) 469-0724

Green Doors is a nonprofit that provides housing for people in Central Texas.

## FINANCIAL

- The Arc of Texas Master Pooled Trust

Website: <https://masterpooledtrust.org/>

Email: [trust@thearcoftexas.org](mailto:trust@thearcoftexas.org)

8001 Centre Park Drive, Suite 100  
Austin, TX 78754

The Arc of Texas Master Pooled Trust is a special needs trust is a pooled special needs trust with the goal to provide financial security to people with disabilities and safeguard their public benefits.

- Texas ABLE

Website: <https://www.texasable.org/>

Email: [customerservice@texasable.org](mailto:customerservice@texasable.org)

Phone number: 1-844-489-2253

Texas ABLE program was established to assist individuals with their families in saving funds to pay for many disability-related expenses.

- Supplemental Security Income (SSI)

Website: <https://www.ssa.gov/ssi/>

Email: <https://secure.ssa.gov/emailus/>

1209 Camino La Costa

Austin, TX 78752

National number: 1-800-772-1213

Austin numbers: 866-627-6991 or 855-221-3523

SSI is a Federal income supplement program funded by general tax revenues.

- Family Eldercare

Website: [www.familyeldercare.org](http://www.familyeldercare.org)

Email: [MoneyManagement@familyeldercare.org](mailto:MoneyManagement@familyeldercare.org)

Phone number: 512.450.0844

Family Eldercare provides multiple services including a Money Management/ Representative Payee program. They assist seniors and adults with disabilities to manage their finances.

- TANF Benefits

Website: <https://www.hhs.texas.gov/services/financial/cash/tanf-cash-help>

Application:

<https://www.yourtexasbenefits.com/Learn/Home>

Phone: 2-1-1

TANF provides cash payments to help families pay for food, clothing, housing and other essentials.

## WAIVER PROGRAMS

- HCS & TxHmL

Website: <https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-community-based-services-hcs> or <https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/texas-home-living-txhtml>

Contact for being added to waitlists: Carla Atkins  
(512) 483-5800

HCS & TxHmL is a waiver program for people living with disabilities.

- MDCP (under 18)

Website: <https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/medically-dependent-children-program-mdcp>

Email: [MdcpPolicy@hhsc.state.tx.us](mailto:MdcpPolicy@hhsc.state.tx.us)

Phone number: 877-438-5658

The program provides services to support families caring for children and young adults age 20 and younger who are medically dependent and to encourage de-institutionalization of children and young adults who reside in nursing facilities

- CLASS, DBMD

Website: <https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class>

Phone number: 1 877 438 5658 (for getting added to waitlists)

Community Living Support Services provides home- and community-based services to people with an intellectual disability or a related condition.

- STAR+PLUS (21+ w/ a disability or 65+)

Website:

<https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/starplus>

Email: [Managed\\_Care\\_Initiatives@hhsc.state.tx.us](mailto:Managed_Care_Initiatives@hhsc.state.tx.us)

Phone number: 2-1-1

STAR+PLUS is a Texas Medicaid managed care program for people who have disabilities or are age 65 or older. People in STAR+PLUS get Medicaid health-care and long-term services and support through a medical plan that they choose.

- Medicaid

Website: [yourtexasbenefits.com](https://www.yourtexasbenefits.com)

Phone number: 2-1-1

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

## FITNESS

- YMCA

Website:

<https://www.ymcatriangle.org/membership/financial-assistance-membership>

Email: <https://www.ymcatriangle.org/contact-us>

Phone number: 919-719-9989

YMCA accepts Medicaid for gym memberships to support health and exercise.

- Easterseals LIFE Center

Website:

<https://www.easterseals.com/centraltx/our-programs/medical-rehabilitation/>

Email: [jhammen@eastersealstx.org](mailto:jhammen@eastersealstx.org)

Phone number: 512-615-6814

Easterseals of Texas has a medical rehabilitation program that assists people with disabilities have access to fitness and health resources.

## GENERAL HEALTH

- Medicaid

Website:

<https://www.hhs.texas.gov/services/health/medicaid-chip> or <https://www.211texas.org/>

Phone: 2-1-1 or 877-541-7905

Medicaid provides health coverage for low-income children, families, seniors and people with disabilities.

- People's Community Clinic

Website: <https://www.austinpcc.org/>

Email: <https://www.austinpcc.org/contact-us/>

Phone number: 512-478-4939

The People's Community Clinic offers medical care to Central Texas' uninsured and medically underserved.

- ARC Austin Regional Clinic

Website: <https://www.austinregionalclinic.com/>

Email:

<https://www.austinregionalclinic.com/contact-us>

Phone number: 512-272-4636

Austin Regional Clinic provides accessible health care to individuals and families in Central Texas, with sensitivity to the cost of that care.

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- Hill Country Pediatric

Website: <https://www.hillcountrypediatrics.com/>

Phone number: 512-241-1370

Hill Country Pediatric serves children who have disabilities.

- CommUnityCare

Website: <https://communitycaretexas.org/>

Phone number: 512-978-9015

CommUnityCare is a community health provider.

\*\*They also offer free Hepatitis tests.

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## DENTAL

- Goehring Dental

Website: <https://goehringdental.com/>

Phone number: 512 892 8822

4407 Menchaca Rd, Austin, TX 78745

Goehring dental is a dentist which accepts HCS.

- Sacred Heart Clinic

Website: <https://sacredheartclinic.org/>

Phone number: 512 716 3929

Address: 620 Round Rock W Drive, Round Rock 78681

Free clinic for those that are uninsured or do not qualify for Medicaid/Medicare.

- Access Dental

Website: <https://accessdentalclinics.com/>

Phone number: 844 314 1144

Access Dental accepts Medicaid.

- Thiel Pediatric Dentistry

Website: <https://www.thielpediatricdentistry.com/>

Email: [info@thielpediatricdentistry.com](mailto:info@thielpediatricdentistry.com)

Phone number: 512 892 0013

Thiel Pediatric Dentistry provides services without sedation.

- Manos de Cristo

Website: <http://manosdecristo.org/need-our-help/dental-clinic/>

Phone number: 512 477 2319

Address: 4911 Harmon Avenue

Manos de Cristo serves under and uninsured folks in need of dental services.

- Samaritan Health Ministries

Website: <https://www.theshm.org/>

Phone number: 512 331 5828

Address: 904 Crystal Falls Parkway, Leander 78641

Free clinic for those that are uninsured or do not qualify for Medicaid/Medicare.

- CommUnityCare Dental Clinics

Website: [www.communitycaretx.org](http://www.communitycaretx.org)

Phone number: 512-978-9015

CommUnityCare Dental Clinic accepts MAP and Medicaid.

- Communicare Health Centers

Website: [www.communicaresa.org/services-dental.php](http://www.communicaresa.org/services-dental.php)

Phone number: 512 268 8900

Address: 2810 Dacy Lane, Kyle, 78640

Communicare accepts Medicaid and Chip.

- Lone Star Circle of Care: Georgetown Community Center Dental Clinic

Website:

<http://lonestarcare.org/service/dentistry/>

Phone number: 512 864 1445

Address: 2411 Williams Drive, Suite 6, Georgetown, 78628

Lone Star Circle accepts Medicaid and CHIP.

- St David's Foundation

Website: <https://stdaidsfoundation.org/>

Phone number: 512 879 6240

Mobile can program for Title 1 schools, focuses on school children, selected patients from community health centers and Austin musicians.

- UT Health Houston Dental School

Website: <https://dentistry.uth.edu/patients/>

Phone number: 713 486 4000

Address: 7500 Cambridge St, Houston, TX, 77054.  
Reduced dental fees in a teaching environment.



- Texas A&M University College of Dentistry

Website:

<https://dentistry.tamu.edu/patients/index.html>

Phone number: 214 828 8441

Address: 3302 Gaston Ave, Dallas, TX 75246

Reduced dental fees in a teaching environment.

- UT Health San Antonio Dental School

Website: <https://www.uthscsa.edu/patient-care/dental>

Phone number: 210 450 3700

Address: 8210 Floyd Curl, San Antonio, Texas, 78229.

Reduced dental fees in a teaching environment.

## • MOBILITY

- 360 Balance & Dizziness

Website:

<https://www.360balance.com/about.html>

Email: [info@360balance.com](mailto:info@360balance.com)

Phone number: 512 345 4664

Address: 4601 Spicewood Springs Road, Bldg II, Ste. 100, Austin 78759

360 Balance helps with those suffering from dizziness and balance disorders as well as help supply wheelchairs.

- Michael H. Goff

Website: <https://www.michaelgolfdpm.com/>

Phone number: 512 448 3668

Address: 1221 W Ben White Blvd, Suite 212B, Austin, 78704.

Dr. Michael Goff's Podiatrist Clinic accepts medicaid.

## MENTAL HEALTH

- Spectrum Services

Website: <https://www.spectrumsocial.net/>

Email: <https://www.spectrumsocial.net/contact-us/>

Phone number: 512 524 5482

Spectrum services provides mental health support, coaching and therapy for individuals on the autism spectrum.

- CAC Capital Area Counseling

Website: <https://cacaustin.org/>

Email: [info@cacaustin.org](mailto:info@cacaustin.org)

Phone number: 512 302 1000

CAC offers income based counseling services, for individuals and families.

- YWCA

Website: <https://ywcaAustin.org/counseling-and-referral-center/>

Email: [infor@ywcaAustin.org](mailto:infor@ywcaAustin.org)

Phone number: 512 326 1222

YWCA offers counseling and referral services.

- Lifeline

Website: <https://suicidepreventionlifeline.org/>

Phone number: 1 800 273 8255

National Suicide Prevention Lifeline is a 24/7 phone number you can call if you are in a mental health crisis. There are also more resources on their website.

- Warmline

Website: <https://ywcaAustin.org/warmline/>

Phone number: 512 548 9922

Warmline is a service offered by YWCA, it is a non-crisis support line. If you feel like you need someone to talk to, give them a call.

- Integral Care

Website: <https://integralcare.org/en/home/>

Email: <https://integralcare.org/en/contact/>

Phone number: 512 472 4357

Integral care is the Local I/DD Authority, they offer mental health and crisis support.

## FOOD

- Central Texas Food Bank

Website:

<https://www.centraltexasfoodbank.org/>

Email:

<https://www.centraltexasfoodbank.org/about-us/contact>

Phone number: 512 282 2111

The central Texas Food Bank helps keep people fed in central Texas.

- Meals on Wheels

Website:

<https://www.mealsonwheelscentraltexas.org/>

Email: [email@mealsonwheelscentraltexas.org](mailto:email@mealsonwheelscentraltexas.org)

Phone number: 512 476 6325

Meals on Wheels provide meals to older adults and people with disabilities.

- SNAP

Website:

<https://www.hhs.texas.gov/services/food/snap-food-benefits>

Application:

<https://www.yourtexasbenefits.com/Learn/Home>

Phone number: 2-1-1

SNAP helps people purchase food, SNAP cards are worth double their amount at many local Farmers Markets;

<https://sustainablefoodcenter.org/programs/double-up-food-bucks/find-a-participating-double-up-market-near-you>

## EMPLOYMENT SERVICES

- TWC Vocational Rehabilitation Services

Website:

<https://www.twc.texas.gov/jobseekers/vocational-rehabilitation-services>

Email: [vr.office.locator@twc.state.tx.us](mailto:vr.office.locator@twc.state.tx.us)

Phone number: 512 936 6400

The Texas Workforce Commission Vocational Rehabilitation Services helps people with disabilities find training and work.

- Easter Seals of Central Texas

Website:

<https://www.easterseals.com/centraltx/>

Email:

<https://www.easterseals.com/centraltx/who-we-are/contact-us/>

Phone number: 512 615 6800

Easter Seals of Central Texas offer job training and employment services to people who have disabilities.

## EMPLOYMENT SERVICES

- The Arc of the Capital Area

Website: [www.arcaustin.org](http://www.arcaustin.org)

Email: [info@arcaustin.org](mailto:info@arcaustin.org)

Phone number: 512 476.7044

The Arc of the Capital Area offers job training and employment services to people who have disabilities. Specialized Neurodiversity programs.

- SayCheese

Website: <https://saycheesespecial.org/>

Email: [saycheesedirector@gmail.com](mailto:saycheesedirector@gmail.com)

Phone number: 512 508 2375

Say Cheese is a social enterprise for people with disabilities, members of the program learn and socialize in a workplace setting.

## SOCIAL

- Tilt Performance Group

Website: <https://www.tiltperformance.org/>

Email: [info@tiltperformance.org](mailto:info@tiltperformance.org)

Tilt Performance is an inclusive theater group which has regular classes and performances.

- The Austin Adventurers Academy

Website: <http://www.austinadventurers.org/>

Email: [adventurers@austinadventurers.org](mailto:adventurers@austinadventurers.org)

Phone number: 512 784 2479

The Austin Adventurers Academy provides recreational, vocational, educational and social activities for people with I/DD.

- Austin Family Camp Guide

Website: <https://austinfamily.com/aisd-special-needs-recreation-camp-guide/>

This is an extensive guide for recreational camps and programs in central Texas.

- Hideout Theatre

Website: <https://www.hideouttheatre.com/>

Phone number: 512 443 3688

Hideout Theatre offers classes and programs for youth with disabilities.

- Meetup

Website: <https://www.meetup.com/>

Meetup is a website and app where people can create various social groups. There are quite a few disability related ones in Austin like this one: <https://www.meetup.com/Austin-Adults-With-Disabilities-Social-Group/>

- Austin Clubhouse

Website: <https://austinclubhouse.org/>

Email: [info@austinclubhouse.org](mailto:info@austinclubhouse.org)

Phone number: 512 925 5877

Austin Clubhouse offers services and activities for people with mental health diagnosis.

- Special Olympics

Website: <https://www.sotx.org/>

Email: [info@sotx.org](mailto:info@sotx.org)

Phone number: 512 835 9873

This program offers training in different sports and annual competitions around the state.

- One World Karate

Website: <https://1worldkarate.com/>

Email: [1worldkarate@gmail.com](mailto:1worldkarate@gmail.com)

Phone number: 512 791 9327

One World Karate offers adaptive martial arts classes.

## SOCIAL

- Candlelight Ranch

Website: <https://candlelightranch.org/>

Email: [info@candlelightranch.com](mailto:info@candlelightranch.com)

Phone number: 512 323 5300

Candlelight Ranch offers nature based activities and camps for people and families with disabilities.

- Meetup

Website: <https://www.meetup.com/>

Meetup is a website and app where people can create various social groups. There are quite a few disability related ones in Austin like this one:

<https://www.meetup.com/Austin-Adults-With-Disabilities-Social-Group/>

## COMMUNITY CENTERS

- St. John Community Center

Website:

<https://www.austintexas.gov/department/st-john-community-center>

Phone number: 512 972 5172

Address: 7500 Blessing Avenue, Austin, 78752

Provides food assistance, health services, bus passes, rent and utility help.

- East Austin Neighborhood Center

Website:

<https://www.austintexas.gov/department/east-austin-neighborhood-center>

Phone number: 512 972 6650

Address: 211 Comal Street, Austin, 78702

Provides food assistance, health services, bus passes, rent and utility help.

- Blackland Neighborhood Center

Website:

<https://www.austintexas.gov/department/blackland-neighborhood-center>

Phone number: 512 927 5172

Address: 2005 Salina, Austin, 78722

Provides food assistance, health services, bus passes, rent and utility help, child safety seats.

- Clarksville Community Health Center

Website:

<https://www.austintexas.gov/department/clarksville-community-health-center>

Phone number: 512 972 6210

Address: 1000 Toyath Street, Austin, 78703

Provides social services and has a refugee clinic.

- Montopolis Neighborhood Center

Website:

<https://www.austintexas.gov/department/montopolis-neighborhood-center>

Phone number: 512 972 6705

Address: 1416 Montopolis Drive, Austin, 78741

Provides food assistance, bus passes, rent and utility help.

- Rosewood-Zaragosa Neighborhood Center

Website:

<https://www.austintexas.gov/department/rosewood-zaragosa-neighborhood-center>

Phone number: 512 972 6740

Address: 2800 Webberville Road, Austin, 78702

Provides food assistance, health services, bus passes, rent and utility help.

- South Austin Neighborhood Center

Website:

<https://www.austintexas.gov/department/south-austin-neighborhood-center>

Phone number: 512 972 6840

Address: 2508 Durwood, Austin, 78704

Provides food assistance, health services, bus passes, rent and utility help.

## GUARDIANSHIP AND ALTERNATIVES

- Supported Decision Making Agreement

Website:

<http://tcdd.texas.gov/resources/guardianship-alternatives/supported-decision-making/>

Email: [tcdd@tcdd.texas.gov](mailto:tcdd@tcdd.texas.gov)

Phone number: 512 437 5432

Texas Council for Developmental Disabilities has information and an application form for the Supported Decision Making Agreement.

- Statutory Durable Power of Attorney

Website: <https://www.hhs.texas.gov/laws-regulations/forms/advance-directives/sdpoa-statutory-durable-power-attorney>

Phone number: 2-1-1

Texas Human and Health services provides a Statutory Durable Power of Attorney agreement, this allows an agent to be selected and granted decision making powers over your property.

- Guardianship

Website: <https://www.arcaustin.org/programs-services/family-juvenile-transition-services/>

Phone number: 512 476 7044

Email: [calford@arcaustin.org](mailto:calford@arcaustin.org)

The Arc of the Capital Area offers a Guardianship program to residents of Travis county, who meet income requirements.

WWW.ARCAUSTIN.ORG

## CRISIS SUPPORT

- Catholic Charities of Central Texas

Website: <https://www.ccctx.org/>

Email: <https://www.ccctx.org/contact-ccctx/>

Phone number: 979 822 9340

Catholic Charities of Central Texas provides disaster relief, emergency financial assistance and counseling services.

- City of Austin Utility Bill Relief

Website:

<https://austinenergy.com/ae/about/news/ubr-updates>

Phone number: 512 494 9400

City of Austin Utility Bill Relief may be able to help provide you assistance with bills.

- St. Matthew's Episcopal Church

Website: <https://stmattsaustin.org/Contact/good-faith-fund.html>

Email: <https://stmattsaustin.org/Contact/email-us.html>

Phone number: 512 345 8314

St Matthew's offers a 'Good Faith' relief fund for help with rent or utilities or other expenses.

- St. Austin's Catholic Church

Website: <https://staustin.org/get-help>

Email: [gethelp@staustin.org](mailto:gethelp@staustin.org)

Phone number: 512 477 1589

St. Austin's Catholic Church offers emergency assistance with rent and utilities.



- Austin Resource Center for the Homeless (ARCH)

Website: <https://frontsteps.org/>

Phone number: 512 305 4100

Address: 500 E 7th Street, Austin, 78701.

ARCH provides emergency housing for people experiencing homelessness.

- Travis County Family Support Services

Website: <https://www.traviscountytexas.gov/health-human-services/divisions/family-support-services>

Phone number: 512 854 1528

Travis County Family Support Services can provide rent, utilities and other social services for Travis county residents.

- Texas Health and Human Services Department (HHSD)

Website: <https://www.hhs.texas.gov/>

Phone number: 2-1-1 or 877 541 7905

HHSD is the state resource for social services.

- Financial Support Plus 1 Program

Website:

<https://coautilities.com/wps/wcm/connect/occ/coa/util/support/support>

Phone number: 512 494 9400

City of Austin Utilities support service.

- RENT Application Portal

Website:

<https://austin.covidrenthelp.org/Account/Login?ReturnUrl=%2F>

Phone number: 512 488 1397

The City of Austin's Relief for Emergency Needs for Tenants.

- Travis County Crisis Intervention Team

Website: <https://namicentraltx.org/crisis/>

Phone number: 512 854 3450

Law enforcement officers specifically trained in mental health crisis support. If you call one of these teams POLICE OFFICERS will most likely show up.

- Mobile Crisis Outreach Team

Website: <https://integralcare.org/program/mobile-crisis-outreach-team-mcot/>

Phone number: 512 472 4357

24/7 mobile mental health professionals from Integral Care.

## ABUSE AND NEGLECT

- Texas Abuse and Neglect Hotline

Website: <https://www.dfps.state.tx.us/>

Phone number: 1 800 252 5400

Call this number to report abuse, neglect or exploitation of children, elderly or people with disabilities.

## CASE MANAGEMENT SERVICES

- The Arc of the Capital Area

Website: [www.arcaustin.org](http://www.arcaustin.org)

Phone number: 512 476.7044

The Arc of the Capital Area provides Adult case management, CLASS Case management and Juvenile Justice case management.

- Integral Care (Travis County Only)

Website: <https://integralcare.org/en/home/>

Phone number: 512 472 4357

Integral Care is the Local Intellectual and Developmental Authority. Contact them for diagnosis services, waiver information and DSA referrals.

## CASE MANAGEMENT SERVICES

- Bluebonnet Trails (Williamson, Bastrop)

Website: [www.bbtrails.org](http://www.bbtrails.org)

Phone number: 844.309.6385

Bluebonnet Trails is the Local Intellectual and Developmental Authority for Multiple Counties. Contact them for diagnosis services, waiver information and DSA referrals.

- Hill Country MHDD Centers (Hays)

Website: [www.hillcountry.org](http://www.hillcountry.org)

Phone number: 830.387.5970 (Hays County)

Hill Country is the Local Intellectual and Developmental Authority for multiple counties. Contact them for diagnosis services, waiver information and DSA referrals.

## EDUCATION

- nonPareil Institute

Website: <https://npusa.org/>

Phone Number: (512) 701-8315

Email: [austin@npitx.org](mailto:austin@npitx.org)

nonPareil is a non-profit which focuses on digital literacy.

- E4Texas

Website:

<https://disabilitystudies.utexas.edu/e4texas>

Phone number: 512 232 0772

Email: [joetate@utexas.edu](mailto:joetate@utexas.edu)

E4Texas is a post-secondary opportunity for people with or without a disability, who are over the age of 18, who have a high school diploma, and are employment-focused.

- ARCIL

Website: <https://arcilinc.org/>

Phone Number: 512-832-6349

Email: [info@arcil.com](mailto:info@arcil.com)

ARCIL provides free independent living classes to adults with disabilities amongst many other things.

- Conversation Club

Website: <https://slhs.utexas.edu/centers/speech-hearing/therapy-groups>

Email: [jfranco@austin.utexas.edu](mailto:jfranco@austin.utexas.edu)

Phone number: 512 471 2017

Conversation Club is a 10 week course offered at UT which focuses on social and communication skills for people with I/DD.

- Art & Education Program at The Arc

Website: <https://www.arcaustin.org/education-programs/>

Email: <https://www.arcaustin.org/contact/>

Phone number: 512 476 7044

The Arc of the Capital Area offers a post-secondary education based day habilitation.

- STEPS

Website: <https://continue.austincc.edu/steps>

Email: [ceregistration@austincc.edu](mailto:ceregistration@austincc.edu)

Phone number: 512 223 7542

STEPS is an inclusive program at Austin Community College.

## I/DD SERVICES

- Central Texas Autism Center

Website: <https://ctac1.com/>

Email: <https://ctac1.com/contact>

Phone number: 512 328 5599

CTAC provides resources and multiple therapy programs for people with Autism.

- Down Syndrome Association of Central Texas

Website: <http://www.dsact.org/>

Email: [admin@dsact.org](mailto:admin@dsact.org)

Phone number: 512 323 78705

DSACT provides information and support for individuals with down syndrome and their families.

- Cerebral Palsy Awareness Transition Hope  
Website: <https://cpathtexas.org/>  
Email: [victoria@cpathtexas.org](mailto:victoria@cpathtexas.org)  
CPATH is a local non-profit organization that focuses on providing resources and support to individuals with cerebral palsy and their families.

- Austin Child Guidance Center  
Website: <https://www.austinchildguidance.org/>  
Email: <https://www.austinchildguidance.org/who-we-are/contact.html>  
Phone number: 512 451 2242  
ACGC provides mental health support to children and families, they can also help with mental health and I/DD diagnosis process.

## LEGAL SERVICES

- Stop TX Eviction  
Website: <https://stoptxeviction.org/>  
Stop TX Eviction is a new free tool from Texas Legal Services that helps tenants avoid or fight evictions.

- LegalLine: Free Legal Advice Hotline  
Website: <https://austinlrs.com/community-events/>  
Phone number: 512 472 8303  
LegalLine is sponsored by Austin Lawyer Referral Service and is staffed by attorney volunteers who answer legal questions and give brief legal advice.

- Texas Legal Services Center  
Website: <https://www.tlsc.org/>  
Phone number: 512 477 6000  
TLSC provides legal support to underserved communities across Texas.

- Texas RioGrande Legal Aid  
Website: <https://www.trla.org/get-help-austin>  
Office number: 512 374 2700  
Hotline: 888 988 9996  
Provides free legal aid for qualified low-income Texas residents.

- Travis County Law Library & Self-Help Center  
Website: <https://lawlibrary.traviscountytexas.gov/>  
Email: [referencematerial@traviscountytexas.gov](mailto:referencematerial@traviscountytexas.gov)  
Phone number: 512 854 8677  
Address: Ned Granger Building, 314 West 11th St, Suite 140, Austin, 78701  
The Law Library provides the community with accessible legal resources.

- University of Texas Law School  
Website: <https://law.utexas.edu/probono/for-the-public/pro-bono-program-clinics/>  
Phone number: 512 471 5151  
UT Law School offers a number of pro-bono legal clinics for the public.

- Volunteer Legal Services of Central Texas  
Website: <http://www.vlsoct.org/get-help/>  
Phone number: 512 476 5550  
VLSOCT offers free legal clinics.

- Area Agency on Aging of the Capital Area  
Website: <https://www.capcog.org/divisions/area-agency-on-aging/>  
Email: [aaainfo@capcog.org](mailto:aaainfo@capcog.org)  
Phone number: 512 916 6062  
AAACAP serves older adults and people with disabilities can assist with legal support.

- Disability Rights Texas

Website:

<https://www.disabilityrightstx.org/en/home/>

Email:

<https://www.disabilityrightstx.org/en/contact-us/contact-us-form/>

Phone number: 512 454 4816

Disability Rights Texas provides direct legal assistance to people with disabilities.

- Expunction Project UT Austin

Website:

<https://law.utexas.edu/probono/projects/special-projects/texas-law-expunction-project/>

Application:

<https://texaslawprobono.cliogrow.com/intake/BAft4pHKqPU55oZFE6Zwiw>

Phone number: 512 471 5151

The Expunction Project can help expunge or seal criminal records.

## TECHNOLOGY

- Texas Lifeline

Website: <https://www.texaslifeline.org/>

Texas Lifeline can help provide free cell phones to people with low incomes.

- Mint Mobile

Website: <https://www.mintmobile.com/>

Mint Mobile provides cheap and affordable cell phone plans.

- Safe link

Website: <https://www.safelinkwireless.com/>

Phone number: 1 800 723 3546

Safe Link is a federally funded wireless internet and data service provider.

- Q Link Wireless

Website: <https://qlinkwireless.com/>

Email:

<https://qlinkwireless.com/members/Support.aspx?contentonly=true>

Phone number: 1 855 754 6543

Lifeline Wireless service is a federally funded program which provides people with free internet access.

## DAY HABILITATION

- The Arc of the Capital Area

Website: <https://www.arcaustin.org/education-programs/>

Email: <https://www.arcaustin.org/contact/>

Phone number: 512 476 7044

The Arc of the Capital Area offers post-secondary education and accepts waiver programs.

- ARCIL

Website: <https://arcilinc.org/>

Phone Number: 512-832-6349

Email: [info@arcil.com](mailto:info@arcil.com)

ARCIL provides free independent living classes to adults with disabilities amongst many other things.

- Brookwood in Georgetown

Website: <https://brookwoodingeorgetown.org/>

Email: [info@bigtx.org](mailto:info@bigtx.org)

Phone number: 512 943 8430

Brookwood in Georgetown is a Christian non-profit which provides Christian centered day habilitation.

- BonaTerra

Website: <https://www.bonaterraadc.com/>

Email: <https://www.bonaterraadc.com/contact-us>

Phone number: 512 441 2900

BonaTerra offers socialization and recreation day habilitation services.

- Downhome Ranch

Website: <https://www.downhomeranch.org/>

Email: <https://www.downhomeranch.org/who-we-are/location-and-contact-info/>

Phone number: 512 856 0128

Downhome Ranch provides vocational training, continuing education and community engagement centered day habilitation.

- The Vaughn House

Website:

<https://www.easterseals.com/centraltx/our-programs/adult-services/vaughn-house.html>

Phone number: 512 444 6081

The Vaughn house provides arts, crafts and games focused day habilitation services.

- Imagine Art

Website: <https://www.imagineart.net/>

Email: [info@imagineart.net](mailto:info@imagineart.net)

Phone number: 512 448 1840

Imagine Art offers a variety of services for people with disabilities including art based day habilitation.

- Daybreak Activity Center

Website:

<https://www.maryleefoundation.org/programs-and-services/daybreak-activity-center/>

Phone number: 512 442 6077

Email: [daybreak@maryleefoundation.org](mailto:daybreak@maryleefoundation.org)

Mary Lee Foundation offers day habilitation which focuses on a variety of activities.

## UNDERSTANDING BENEFITS

- Texas Parent to Parent Benefits Explanation

Website:

<https://www.txp2p.org/services/services-for-parents-pathway-to-adulthood/services-and-supports>


This page breaks down SSI & SSDI, Medicaid & Medicare, and Medicaid Waivers.

- National Council on Aging SSI vs. SSDI

Website: <https://www.ncoa.org/article/ssi-vs-ssdi-what-are-these-benefits-how-they-differ>

Explains the differences between SSI and SSDI. Also explains both benefits in more detail.





**For more Information  
or help contact  
[info@arcaustin.org](mailto:info@arcaustin.org)**