

## Resource Sheet

### Local Resources:

Centers for Independent Living (CIL) provide peer support, advocacy, Information and Referral, Independent Living Skills Training, and some provide youth or institutional transition services.

Find your nearest CIL:

- [Idaho](#)
- [Louisiana](#)
- [Ohio](#)

Find your state protection and advocacy:

- [Idaho](#)
- [Louisiana](#)
- [Ohio](#)

Find your state health department:

- [Idaho](#)
- [Louisiana](#)
- [Ohio](#)

Find your state emergency preparedness site:

- [Idaho](#)
- [Louisiana](#)
- [Ohio](#)

### Regional Resources:

The ADA Regional Center from the [ADA National Network](#) consists of 10 regional ADA Centers and an ADA Knowledge Translation Center to provide local help.

- [Find the ADA Center that serves your state/region](#)

Protection & Advocacy Agency (P&A) provide legally-based advocacy services for people with disabilities

- [Find the P&A Agency that serves your state](#)

### National Resources:

- SAMHSA: "[Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#)"

- [National Coalition for Mental Health Recovery](#)
- [National Association for Rights Protection and Advocacy](#)
- [National Empowerment Center](#)

### **To Find a COVID-19 Vaccine or Booster:**

#### [Vaccines.gov](#)

- Use [the online vaccine finder](#)
- Text your ZIP code to 438829
- Call 1-800-232-0233 (TTY 1-888-720-7489)

[Disability Information and Access Line \(DIAL\)](#): A resource available to help people with disabilities get vaccinated and access COVID-19 tests. DIAL is available Monday through Friday from 9 am to 8 pm ET.

- Call: 888-677-1199
- ASL Now or relay service: 888-677-1199
- Email: [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org)
- Chat on [their website](#)

### **Other Resources:**

- [Peer Support in Centers for Independent Living: What Do We Know?](#)
- [World Institute on Disability](#)