



**Scleroderma Foundation Michigan Chapter's
Resource Directory for Scleroderma Community**

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Helping Make Your Life Easier Is Our Job!

The central purpose of The Scleroderma Foundation is best described through its three-fold mission:

- To provide educational and emotional support to people with scleroderma, caregivers and their families;
- To stimulate and support research designed to identify the cause and cure of scleroderma (and related diseases) as well as improve methods of treatment; and
- To enhance the public's awareness of this disease

The Michigan Chapter is also here to provide patients with resources as part of our three-fold mission.

The medical information in this manual is provided as an informational resource only and is not to be used or relied on for any diagnostic or treatment purposes. Please consult your health care provider or contact a licensed therapist if you have any specific questions regarding your feelings, concerns if you think you are having trouble coping with your scleroderma.

Disclaimer

The Scleroderma Foundation expressly disclaims responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information contained in this manual.

The Scleroderma Foundation does not endorse specifically any test, treatment, or procedure mentioned in this manual.

Associations

- [American Lung Association](#)
- [American Association of Cardiovascular and Pulmonary Rehabilitation](#)
- [American Association of Respiratory Care](#)

Government Agencies and Programs

- [BenefitsCheckUp](#)
- [Food & Drug Administration \(FDA\)](#)
- [Medicaid \(State Directory\)](#)
- [Medicare](#)
- [National Institutes of Health](#)
- [Social Security Administration](#)
- [US Department of Labor \(COBRA and HIPAA\)](#)
- [State Pharmacy Assistance Programs \(SPAP\)](#)

Patient Support Organizations and Information

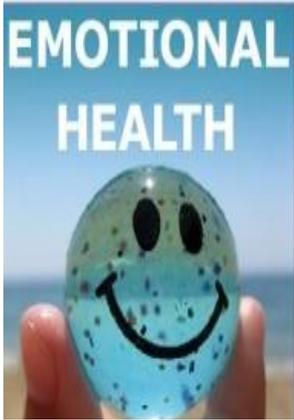
- [Medicare Rights Center](#)
- [National Organization for Rare Diseases \(NORD\)](#)

Oxygen Information (Hover over all of the resources to link to the website)

- American Medical Sales and Repair, Inc.
- National Home Oxygen Patients Association

Transplant Information

- Second Wind Lung Transplant Association, Inc.
- United Network for Organ Sharing
- Transplant Speakers International, Inc.
- National Foundation for Transplants
- HelpHOPELive



Emotional Support Healing for the Mind, Body and Spirit

Michigan Psychological Association (MPA)

Statewide Referral Service

124 W. Allegan St.,

Suite 1900

Lansing, Michigan 48933

Phone: 517.347.1885

Fax: 517.484.4442

<http://www.michiganpsychologicalassociation.org>

This organization will assist in connecting a consumer to a qualified psychologist in any area of the state of Michigan. There are psychologists with considerable familiarity with rehabilitation issues, caregiver's issues, adjustments to changes in functional status, coping with a chronic illness, as well as depression and anxiety.



Insurance Information

Michigan Insurance Bureau

www.iiminfo.org

Insurance Institute of Michigan

334 Townsend Street

Lansing, MI 48933

Phone: 517.371.2880

Fax: 517.371.2882

Email: iim@iiminfo.org

The Insurance Institute of Michigan (IIM) is a government affairs and public information association proud to represent more than 90 property/casualty insurance companies' related organizations operating in Michigan. IIM member companies provide insurance to approximately 75% of the automobile, 65% of the homeowner, 42% of the workers' compensation and 26% of the medical malpractice markets in Michigan.

IIM's purpose is to serve the Michigan insurance industry and the insurance consumer as a central focal point for educational, media, legislative and public information on insurance issues. The Association serves as the official spokesperson for the property/casualty insurance industry in Michigan.

IIM was formed in 2003 when the operations of the Michigan Insurance Federation (MIF) and Insurance Information Association of Michigan (IIAM) were consolidated.



Legal Help Resources

As a scleroderma patient the time may come when you make the decision to apply for social security disability. This process can be overwhelming and complicated. **Do not become discourgaed** if you are turned down the first time you apply, **REAPPLY** a second time or even a third time! **Do not give up!**

It is important that you follow the appeal process and complete the paperwork in the necessary timeframe.

While it can be frustrating to be turned down, it is important to remember that many people are turned down and then receive benefits once they reapply. Possibly, your paperwork just needs to be changed slightly, or with more documentation from your physician, you will see a favorable response.

If you decide you would like assistance with applying for social security benefits or if you have been denied and you have questions, these are resources that can help you.

Levine, Benjamin Law Firm

Gary Bimberg

100 Galleria Officentre, Suite 411

Southfield, Michigan 48034-8430

Toll-Free: 888-309-9597

Fax: 248-352-1312

<http://www.levinebenjamin.com>

LEGAL RESOURCES



Legal Help Resources

The Law Center For Social Security Rights

Clifford Weisberg
21650 West Eleven Mile Road
Suite 202
Southfield, MI 48076
(248) 350-1000
(800) 832-3471
Fax: (248) 350-0504
www.ssrights.com

Disability Advocates of America

<http://disability-advocate.com>

National Disability Rights Network

900 Second Street, NE, Suite 211
Washington, DC 20002
P: 202-408-9514
F: 202-408-9520
TTY: 220-408-9521
www.ndrn.org

Benefits for People with Disabilities

www.disability.gov/benefits

The logo for Employment Resources features the text "Employment Resources" in a dark red, serif font. The text is positioned on the left side of a light gray rectangular area that has a subtle, wavy pattern.

Employment Legal Resources

If you find yourself or a loved one needing legal advice about a workplace issue here are some resources that can assist you.

Workplace Fairness

920 U Street NW

Washington D.C. 20001

(202) 683-6114

Fax: (240) 282-8801

www.workplacefairness.org

Workplace Fairness is a non-profit organization that promotes workplace policies and practices. They work with attorneys that have knowledge about employment issues to help their clients receive proper treatment in the workplace.

Employment Law Information Network

www.elinonet.com/state.php

Resources and guide to workplace policies by state and a referral of attorneys by state. Articles about human resource policies and current hot topics.

Stay current on the laws in the state and how they apply to you and your medical conditions.



Medicaid Information

If you are looking for an excellent resource for information on everything you need to know about the Medicaid system, these resources will be helpful to you!

Medicaid.gov

This include a state wide resource guide center, state plan amendments, technical assistance teams, event and announcements, eligibility and enrollment information, and final rule webinars.

<http://www.medicaid.gov>



Medicare Savings Programs

There are programs that can save over \$1,100 in Medicare expenses each year for millions of people who qualify. Many people use the extra money to help pay for living expenses or other bills.

Lots of people have qualified for the programs and are now saving money. But more than half of the people who can get this money never even apply.

How to qualify

You may qualify for help to pay your Medicare expenses if you are elderly or disabled with low income and limited assets.

To get these savings, you must be eligible for or receiving Medicare Part A (also known as hospital insurance). If you are not sure if you are receiving Medicare Part A, look on the front of your red, white and blue Medicare insurance card or call Social Security toll-free at 1-800-772-1213 to ask.

These payments are based on your income and your assets. To qualify, you must have: Monthly income below 135% of the Federal Poverty Level (FPL); Current FPL information can be found at the U.S. Department of Health and Human Services website: <http://aspe.hhs.gov/poverty/index.shtml>. Assets valued at less than \$6,680 for a single person (\$10,020 for a married couple).

Current asset limit information can be found at the Medicare website:

<https://www.medicare.gov/>.

Medicare Basics -Help with Medical and Drug Costs.



Medicare Savings Programs

How much can you save?

Depending on your income, assets, and other factors, you could save a lot and still get all the coverage you are eligible for. Here is what you could save: You could save over \$1,100 a year on your premium for Medicare Part B medical insurance. The Medicare Savings Program may pay your monthly Medicare premium.

You could save the annual Part B deductible. You could save 20% of approved costs that you would usually have to pay after you reach the annual Part B deductible.

You may be eligible for additional help from Medicare for prescription drug expenses. This determination is made separately by Social Security.

Current Medicare costs and prescription assistance information can be found at <http://www.medicare.gov/pdphome.asp>.

Applying

It is very important to call if you think you qualify for any of these savings - even if you are not sure. Call your local Department of Human Services (DHS) office.

DHS will send you an application, or it can be found and printed online at www.michigan.gov/dhs. Go to Assistance Programs then Medical Services and then Assistance Application (DHS-1171).

To find out if you qualify, complete the application and return it to your local DHS office. You may apply for these benefits by mail - you do not have to go into the local DHS office.



Medicare Savings Programs

Proof Required

When you apply you have to have proof of the following:

- Your income
- Your assets
- Your identity and citizenship
- Your Medicare eligibility

Examples of income that is counted include:

- Social Security benefits
- Pensions
- Wages
- Interest payments
- Dividends

Assets

Not all assets are counted. The most common assets that are counted include:

- Cash
- Savings and checking accounts
- Certificates of deposits
- U.S. savings bonds

What not to add

When you are adding up your assets, do not include in the calculation:

- A home you live in
- A car-if you only own one
- Burial space
- Personal belongings and household goods
- Life insurance if the face value of all policies is \$1,500 or less



Medicare Savings Programs

I qualified, now what?

- You will receive a letter from your local DHS office telling you what benefits you qualify for.
- You may see your monthly Social Security payment increase if Medicaid begins paying for your Medicare premiums.
- If you qualify to have Medicaid pay your Medicare premiums, co-insurance or deductibles, you will receive a mihealth card in the mail.
- It can take four months from the date you are approved before Medicaid begins paying your Medicare premiums and your monthly Social Security payment increase. You will get a refund for premiums you pay during that time.

I want to appeal; how do I do that?

If you want to appeal a decision about whether you qualify, call the State Office of Administrative Hearings and Rules for the Michigan Department of Community Health at (877) 833-0870.

You can also appeal the decision in writing by printing a request form online at www.michigan.gov/mdch. Go to Inside Community, then Health, then Operations Administration, then State Office of Administration Hearings and Rules for the Department of Community Health and then DCH-0092 Request for Hearing section.

For Spanish-(800) 642-3195

For Arabic-(866) 501-5656

Helpline- (800) 642-3195



The Medicine Program

Help When All Else Fails!

The Medicine Program Patient Assistance Program assists those in need of obtaining affordable prescription medicine. This organization is trained to be advocates for you when all other avenues have failed. They can help streamline the complicated process of finding solutions to paying for your medications. While they cannot guarantee they can gain approval for you, they will do their best to find the best solution for you.

What Can This Program Do for You?

The Medicine Program is a pharmaceutical manufacturers sponsored patient assistance program. These types of programs help people who are need of free or reduced rates for their medications. It is difficult to determine what these rates will be since they vary from drug companies. Eligibility requirements will also vary, but age is not typically viewed as a qualifying factor. Level of income can be considered as one of the eligibility requirements as can the level of your current insurance coverage. You will not qualify for this program if you have any third-party coverage; this includes a state or federal program that covers medication costs.

Income Range

To range of one's income can be from the poverty level up to \$80,000.00. Other factors that may be considered are:

- Total number of family members in your household
- Total cost of your medical expenses



The Medicine Program

Help When All Else Fails!

Is Everything Free on the Program?

We all like free but unfortunately, not all medication included in this program will be at no cost since only the manufactures of brand name medicine sponsor the program.

Enrollment Process

If you decide that you want to enroll in this program the next step is request an application from your physician's office or go on-line and complete an application.

If you go on-line they will check your eligibility and process the application. An information packet will then be sent directly to you with instructions for you and your physician to follow. Once the application has been completed, it is then forwarded to the drug manufacturers for review and approval.

If you request an application from your physician you will then complete it and return it to him/her. Your physician and you will be required to sign the application once it have been completed. The application requires you to provide your general information, verify income and lack of insurance. Your physician will provide medical information, prescription information and when necessary an actual prescription. All of this will be mail to the program address. The application is then forwarded to the pharmaceutical company for review and consideration.



The Medicine Program

Help When All Else Fails!

When and Where Do I Get My Medication?

If your application is approved, your medication will be sent directly to you within three to six weeks. Some companies will forward your medication directly to your physician's office, while others will forward it to your home. You may also receive a voucher that you can take directly to your pharmacy. In the case where you have requested approval for more than one medication on this program, they could arrive at different times. It is typical that a three-month supply will be sent.

How Long Can I Participate?

The length that you can participate will vary depending on the program and manufacturer company. Some program will allow only a three-month supply, while other will allow you to apply indefinitely. Note that you may need to complete a new application each time so plan ahead and do not wait until you are out of medication to request a refill. Check out the details well in advance so you will be prepared and not find yourself running low on a medication you need every day.

Taking the Next Step

The best way to get information about this program is to call and determine your eligibility. Contacting the program directly can save you time and worry over if you have completed the application process correctly also.

www.themedicineprogram.com



*Rx Outreach is a nonprofit pharmacy committed to helping people get the medications they need at an affordable price.**

Rx Outreach is a fully licensed mail order pharmacy offering affordable medications.

Rx Outreach is in St. Louis, Missouri and since 2010 they have served more than 210,000 patients in the US. They are staffed by more than 60 licensed pharmacists and patient care advocates.

The plan is offered to qualified individuals and their families. You can check your eligibility online. You may qualify even if you are on Medicare, Medicaid or have other health insurance.

Patients or their advocates can complete a simple enrollment process online, by phone, or with a paper application. Once they receive the patient's prescription, they will do the rest. Medications are generally received about a week after prescriptions are approved. When it's time for a patient to refill their prescription, they will send a reminder.

Rx Outreach offers more than 600 medications that are used for most chronic illnesses. Most medication is filled for 90 to 180 days at a time. They also offer a "Savings Calculator" to help you figure out how much you can save on your prescriptions.

For more information Rx Outreach can be found online at rxoutreach.org or by calling 1-888-RXO-1234 (1-888-796-1234).

*Information on Rx Outreach was taken from Rx Outreach's website: rxoutreach.org



Michigan Department of Community Health

MMAP is the Michigan Medicare and Medicaid Assistance Program that offers free counseling and education on Medicare and Medicaid benefits. You can contact MMAP toll-free at 1-800-803-7174.

The Department of Human Services - DHS is a State of Michigan agency that provides information on independent living, senior services, adult community placement and medical services. To locate county DHS offices, call 517-373-2035, or select 'County Offices' from their website at www.michigan.gov/dhs.

Michigan Agencies offering advocacy and additional information:

- **Michigan Protection and Advocacy Service** advocates for people with disabilities, call toll-free 1-800-288-5923.
- **State Long-Term Care Ombudsman** program advocates for residents of licensed nursing homes, Adult Foster Care, Homes for the Aged, call toll-free 1-866-485-9393.
- **Citizens for Better Care** advocates for long-term care consumers, call toll-free 1-800-833-9548.
- **Legal Hotline for Michigan Seniors** offers free legal advice, call toll-free 1-800-347-5297.
- MI.LawHelp.org is an online guide to free and low-cost civil legal services. Select 'Legal aid directory' for legal aid offices in Michigan.



Michigan Department of Community Health

Home and Community-Based Services

The Michigan Department of Community Health (MDCH) has five programs that offer services to eligible persons in the home: Home Health, Home Help, Physical Disability Services (PDS), Home and Community-Based Waiver for Elderly and Disabled (MI Choice Program) and the Program of All-Inclusive Care for the Elderly (PACE).

[Home Health](#) provides in-home skilled nursing services and associated personal care from qualified nurses and home health aides.

[Home Help](#) provides unskilled personal services such as meal preparation, assistance with eating, grooming, laundry, shopping and moving about the home.

[PDS](#) provides assistance in purchasing durable medical equipment and home modifications not otherwise covered by Medicaid.

[MI Choice Program](#) provides services such as personal care, transportation, private duty nursing, meal preparation and routine household care to allow an individual to remain in his or her home.

[PACE](#) provides comprehensive medical and long-term care services to program enrollees who are 55 years of age or older.

Additional Programs

[Hospice](#) offers end-of-life care, usually provided in the home. In some cases, care may also be provided in a residential facility such as a nursing home. Support is provided for the family through counseling, and for the individual with skilled nursing services, pain management and personal care.

[Nursing homes](#) are residences that provide housing, meals, rehabilitative care, skilled nursing services and protective supervision for post-acute and long-term care needs.

For information on any of these programs, contact the regional office of either the [Department of Human Services](#)* or [Office of Services to the Aging](#).



Michigan Department of Community Health

Long-Term Care Resources

For information on moving to the community from a nursing home, call:

[Michigan's State Office of Services to the Aging](#) at 517-373-8230 to locate your regional AAA. AAAs can help identify local resources for in-home and community support services. AAAs provide services in county or regional areas.

[Centers for Independent Living \(CIL\)](#) are regional organizations that provide services to help people with disabilities stay in the community. To find a local CIL call toll-free 1-888-255-2457.

Program Eligibility and Informed Choice

Eligibility for long-term care services is determined by assessing your medical needs and functional abilities and looking at financial criteria.

MI Choice Program, PACE and nursing homes use Michigan's Medicaid Nursing Facility Level of Care Determination to identify eligibility. Financial eligibility is determined by your local Department of Human Services* (DHS) office.

If you are determined eligible for services, you will be informed of program options. If you are determined ineligible, you will be informed of other services in your community that may help you, and your right to appeal a determination of ineligibility. Contact your local AAA or community service organization for more information about all program options.



NeedyMeds.org Program

NeedyMeds can assist patients and family members with costs related to your medication and health care. NeedyMeds is a 501(c)(3) non-profit, whose mission is to assist those facing difficulty paying for medications and health care. For updated information about their programs and services go directly to their website: www.needyMeds.org

Highlights of the program

- NeedyMeds can be used if you have insurance or do not have insurance which makes it a great option!
- NeedyMeds is easy! There is no registration, no enrollment fees!
- Savings as high as 80%!
- Benefit from some over the counter medications savings!
- Pet owners can possibly find savings from NeedyMeds that you will at the pharmacy!
- Family and friends can share the card and enjoy savings of up to 90%!
- Card is accepted at over 53,000 pharmacies in the U.S.!
- Ask your pharmacist for assistance on which drugs are covered and how NeedyMeds can assist you best!
- Check out NeedyMeds website for all their programs and services www.needyMeds.org.
- Have your pharmacist call (866) 921-7284 if your favorite pharmacy does not participate with NeedyMeds to sign up.

Oxygen Nation

National Home Oxygen Patients Association

The [National Home Oxygen Patient's Association](#) was established in the late 1990s, devoted exclusively to improving the lives of people across the country who require supplementary oxygen on a regular basis. A prestigious group of physicians and allied health professionals, providers, and manufacturers formed the association when they recognized that despite their own efforts to speak on behalf of their patients and customers, oxygen patients truly needed their own organization.

The association's goals focus on four broad areas:

- **Education:** The Association serves as a clearinghouse of information regarding supplementary oxygen. This includes information regarding day-to-day care, traveling with oxygen, new technologies, current research as well as general information for our user members. An updated handbook entitled, "Understanding Oxygen Therapy," was released in January 2013.
- **Roots Activism:** The Association will, when appropriate, call on its members to contact state and federal policymakers to provide valuable consumer input into the development of health policies that affect patients who require supplementary oxygen. Anticipated, ongoing, and current issues include payment and coverage for home oxygen services, easing restrictions associated with air travel, and funding for continued research associated with home oxygen therapy.
- **Ombudsman:** The Association recognizes that frequently patients have a difficult time communicating with their physician, Medicare, and their provider regarding their care. While the Association's budget precludes intervention on individual matters, the Association will serve as ombudsman when members identify recurring problems related to their care.

Oxygen Nation



National Home Oxygen Patients Association

- **Research:** The Association conducts member surveys related to oxygen therapy, patient access and utilization data. NHOPA supports clinical research that addresses improved health and quality of life, including new technologies as they become available.

NHOPA Organization

The Association is managed by a Board of Directors. The majority of Board members are individuals receiving supplementary oxygen. The oxygen user Directors are elected by the membership to serve three-year terms. These Directors appoint additional non-voting members to the Board who represent the communities of pulmonary medicine and industry. The appointed Board positions are one-year terms and include two physicians, one allied health professional, two oxygen equipment manufacturers, and two oxygen suppliers.

The oxygen user members of the Board also elect an Executive Committee to oversee the day-to-day operations of the Association. The Executive Committee meets every other month, alternating with meetings of the full Board of Directors. These meetings are usually one hour in length, via teleconference.

Voting Membership is limited to oxygen users or a member of their immediate family.



Oxygen Nation

National Home Oxygen Patients Association

NHOPA Membership

Membership is open to anyone who supports the goals of the Association. Categories of membership include oxygen users, health professionals in the field of oxygen therapy, corporations, and individuals who support the Association goals.

Books

- **Adventures of an Oxy-Phile 2**, *Thomas L. Petty, MD, with Robert McCoy, B.S. RRT., FAARC, Louise Nett, RN. And Kay Bowen*
- **Breathing Better, Living Well**, *Jane M. Martin, BA, CRT* (Her Bookstore has many more books to choose from)
- **COPD for Dummies**, *Kevin Felner, M.D. and Meg Schneider* (available on amazon.com)
- **Enjoying Life With Chronic Obstructive Pulmonary Disease**, *Thomas L. Petty, M.D. and Louise M. Nett*
- **Essentials of Pulmonary Rehab**, *Dr Thomas Petty, Mary Burns, RN and Dr. Brian Tiep*
- **Frontline Advice for COPD Patients**, *Co-edited by James T. Good, Fr., MD and Thomas Petty, MD*
- **From Both Ends of the Stethoscope**, *Thomas L. Petty, MD*
- **Life and Breath : Preventing, Treating and Reversing Chronic Obstructive Pulmonary Disease**, *Dr. Neil Schachter* (available on amazon.com)
- **Starting an exercise program**, *Mary Burns RN*

Oxygen Nation



National Home Oxygen Patients Association

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Educational Sites (All resources can be linked to their website by clicking on them.)

- [Breathing Basics - O2 Saturation and Oximeters](#)
- [Breathing Better Living Well.com](#)
- [Healthcare 411](#)
- [Living with Lung Disease Respiratory Tips](#)
- [Mayo Clinic - info on Asthma](#)
- [Mayo Clinic - Lung Issues](#)
- [Pulmonary Channel](#)
- [Pulmonary Hypertension](#)
- [Respiratory Health Association of Metropolitan Chicago](#)
- [Your Lung Health](#)

Patient and Patient Support Associations

- Competitive Bidding – Home Page
- Access-Able
- Alpha One Foundation
- Caring Voice Coalition
- Coalition for Pulmonary Fibrosis
- COPD-Alert
- COPD Learning Center / Healthline
- EFFORTS
- Gimp on the Go
- Global Initiative for COPD
- Living Better with COPD Support Group
- Pulmonary Education & Research Foundation

Oxygen Nation



National Home Oxygen Patients Association

- Second Wind Transplant Association
- Sleepapnea.org
- Well Spouse Association
- Wellsphere Health Communities

Government Sites (All resources can be linked to their websites by clicking on them.)

- [FAA Approved Portable Oxygen Concentrators - Positive Testing Results](#)
- [Final FAA rules regarding oxygen and air travel](#)
- [Americans with Disabilities Act](#)
- [Aviation Consumer Protection Division](#)
- [Department of Transportation](#)
- [Federal Register](#)
- [Medicare](#)
- [Medicare Rights Center](#)
- [National Library of Medicine](#)
- [National Heart Lung and Blood Institute](#)
- [Regulations.gov](#)
- [Social Security Administration](#)
- [Transportation Security Administration](#)



Rental Assistance

Detroit Rent

Assistance Programs

Get help with rent and find programs that provide housing assistance in the Detroit Michigan region. A number of non-profit organizations, agencies, and government assistance programs can provide rental assistance to the low income in Detroit and across Wayne County.

Below you will find information on a multitude of services and resources that can help the low income, elderly, disabled, and unemployed pay their rent and housing expenses in the greater Detroit area. Most of the non-profits and agencies have limited funding available. When possible, these funds will be issued to help pay rent, security deposits, and to help people avoid an eviction and remain in their homes. A number of homeless prevention programs and rapid re-housing services are also offered. Contact one of the Detroit and/or Wayne County agencies below for emergency rent assistance.

[ACCESS](#) - Information (313) 842-7010 – Provides referrals and information on Detroit housing and rent programs.

[Society Of Saint Vincent De Paul In The Archdiocese Of Detroit](#), located at 3000 Gratiot Ave. in the Van Elslander Family Center, may be able to provide short term, limited financial assistance for rent, utility, heating and housing needs for individuals and Wayne County families who are experiencing an unexpected financial crisis. This will be available to those that do not have access to any other options or government programs. (313) 393-2930.

[Michigan Veterans Trust Fund](#) – Helps veterans and spouses of deceased veterans as well as their children Dial (313) 899-1162

[Saint Vincent De Paul](#) is a partnership of local churches. The charity serves Detroit and Wayne County Michigan. Call them toll-free 1-877-788-4623. Limited financial assistance for paying rent may be available.

[Legal Aid and Defender Association](#) offers assistance for low income families facing an eviction. Free advice and/or representation is for those Wayne County residents being evicted from their rental property or apartments. The office is on Abbott Street in Detroit. (877) 964-4700

[Adult Well Being Services](#) distributes a limited amount of emergency financial aid for a variety of housing and other expenses, even including home repairs or medical needs. In some cases, a loan may be issued to pay rent or a security deposit. (313) 925-1135

[Samaritan Wyandotte Ministerial Association](#) may have assistance for the low income of Wyandotte Michigan. Dial (734) 285-8450 for information and/or referrals.



Detroit Rent Assistance Programs Continued

[Michigan Department Of Human Services Wayne County](#) - Grand River/warren District Office (313) 361-7300 Main. Offers emergency services including rent assistance and other forms of financial aid. A number of state and government assistance programs are offered for the poor, unemployed, and struggling in Wayne County and Detroit Michigan.

[Wayne County Salvation Army](#). Not only do they offer shelter and emergency rent help, but the charity can also distribute food, clothing, and other emergency aid. They have several community centers around the Detroit and Wayne County Michigan. They are listed below.

- Dearborn Heights Community Corps Center. Call (313) 563-4457.
- Brightmoor Corps Community Center - Detroit Michigan based. (313) 532-1281
- Grandale Corps Community Center - Detroit (313) 835-3736
- Harbor Light Corps Community Center - Detroit (313) 964-0577
- Harding Corps Community Center - Detroit (313) 822-2800
- Temple Corps Community Center - Detroit (313) 897-2914
- Plymouth Corps Community Center - Plymouth (734) 453-5464
- Wayne/Westland Community Corps Center - Westland (734) 722-3660
- Downriver Community Corps Center - Wyandotte (734) 282-0930

[Wayne County Soldiers & Sailors Relief](#) is another agency that is focused on serving veterans and spouses of deceased veterans. Information can be obtained by dialing (313) 224-8163

[Wayne Metropolitan Community Action Agency](#) – They run several different assistance programs. Among them include the Homeless Prevention Program, which provides housing assistance, case management and help to families and Individuals with children who are at risk of becoming homeless. If you apply and are found to eligible, clients can receive short-term support such as assistance with paying their monthly rent, security deposits, utilities or mortgage help.

Programs, application processes and available resources vary by location. Some centers may issue loans for rent and other expenses, such as utilities. That may be their procedure. There are several offices around the region, including.

- **Region I** (Service Area: Grosse Pointe, Grosse Pointe, Farms, Grosse Pointe Park, Grosse Pointe Shores, Grosse Pointe Woods, Hamtramck, Harper Woods, and Highland Park). Call (313) 826-0299 for information.
- **Region II** (Service Area: Dearborn, Dearborn Heights, Garden City, Inkster, Livonia, Northville, Northville Twp, Plymouth, and Plymouth, Twp,) Dial (734) 266-0190



Detroit Rent Assistance Programs Continued

- **Region III** (Service Area: Belleville, Canton Twp, Huron, Twp, Romulus, Sumpter Twp, Van Buren, Twp, Wayne, and Westland) Get Information by dialing (734) 782-6332.
- **Region IV** (The Service Area for this region is Brownstown Twp, Flat Rock, Gibraltar, Grosse Ile, Riverview, Rockwood, Trenton, and Woodhaven) Call (734) 287-2343 for Information.
- **Region V** (Service Area: Allen Park, Ecorse, Lincoln, Park, Melvindale, River Rouge, Southgate, and Wyandotte). Dial (313) 843-2550 for Information.

Additional Detroit area rental assistance service providers

[Coalition on Temporary Shelter](#)

26 Peterboro Street, Detroit, MI 48201
Telephone number - (313) 831-3777

[Wayne County Neighborhood Legal Services](#)

Address - 455 W. Fort Street, Suite 214, Detroit, Michigan 48226
Phone number - 313-874-5820

[United Community Housing Coalition](#)

Location address - 220 Bagley, Suite 2224, Detroit, MI 48226
Dial - (313) 963-3310

[Detroit Neighborhood City Halls](#) – You can contact your local government city hall as well. They can help people find and apply for rent and housing assistance, learn about government programs, and offer services such as landlord-tenant dispute resolution. Some centers have information on transitional and temporary housing as well. The offices, phone numbers, and addresses are listed below.

- **Central District** - Coleman A. Young Municipal Center
2 Woodward Avenue - Suite 106,
Phone number of this office: (313) 224-2989
- **Northwest District**
Address - 19180 Grand River,
Dial for help or information - (313) 870-0649
- **Northeast District**
2328 East 7 Mile, Suite #2,
Office number: (313) 628-2160



Detroit Rent Assistance Programs Continued

- **West District**
Address of this office is 18100 Meyers,
Call (313) 628-2190 for information on housing or rent programs.
- **East District**
Center address - 7737 Kercheval,
Telephone - (313) 628-2170
- **Southwest District**
Address - 7744 W. Vernor,
Phone number - (313) 628-2180

Detroit Planning and Development Department. (313) 2249224. This organization runs the Homelessness Prevention and Rapid Re-Housing Program, which can provide grants to pay rent up to 18 months, moving costs, motel and hotel vouchers, and security deposits.

Community and Home Supports, The Palms Building. Will pay up to \$1500 to help people avoid an eviction or disconnection of their power and to keep people in their homes. Eviction prevention may be available in the form of deferred loan that can be used for paying rent or an energy bill. 2111 Woodward Ave. Suite 608. Detroit, 964-2566

Health Emergency Lifeline Programs – HIV/AIDS patients can get help for rent, emergency housing funds, and other financial assistance. 1726 Howard Ave. (313) 832-3300

Wayne County Veterans Affairs Department – Veterans and their families, including wives, husbands, widows, widowers, minor children and mothers, may get emergency rent and housing assistance. 28 W Adams Suite 1710. Detroit, Michigan (313) 224-5045

*Rent Assistance Information taken from
www.needhelp-paying-bills.com/html/detroit_rental_assistance.html

Resources for Scleroderma Patients



Scleroderma Foundation Michigan Chapter (Southfield, MI)

www.scleroderma.org/michigan

Scleroderma Foundation (Danvers, MA)

www.scleroderma.org

International Scleroderma Network

www.sclero.org

University of Michigan Scleroderma Program

<http://www.med.umich.edu/scleroderma>

National Institute of Arthritis & Musculoskeletal & Skin Diseases (NIAMS)

www.niams.nih.gov

Housing

www.Seniorliving.org

The National Association of Hospital Hospitality Houses, Inc.

<http://www.nahhh.org>

Families USE-The Voice for Health Care Consumers

<http://www.familiesusa.org>



Resources Continued

Assisted Living

<http://www.nlm.nih.gov/medlineplus/assistedliving.html>

Benefits Checkup

www.benefitscheckup.org

Home Care Services

<http://www.nlm.nih.gov/medlineplus/homecareservices.html>

Long Term Care Information

<http://longtermcare.gov>

National Respite Care Locator

<http://archrespice.org/respitelocator>

Nursing Home Comparison

<http://www.medicare.gov/NursingHomeCompare/search.aspx?AspxAutoDetectCookieSupport=1>

Hospice Care

<http://www.nlm.nih.gov/medlineplus/hospicecare.html>

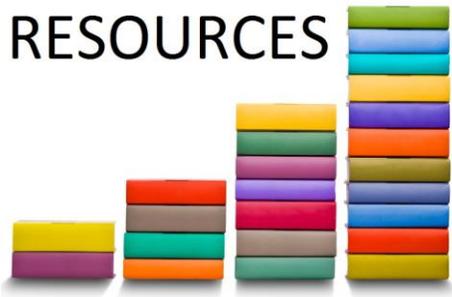
Hospital Compare

<http://www.medicare.gov/hospitalcompare>

Programs that Help You Pay for Medical Expenses

<http://www.medicare.gov/Publications/Pubs/pdf/11445.pdf>

RESOURCES



Resources Continued

American College of Gastroenterology
www.acg.gi.org/patients

Gastroparesis and Dymotilities Association
www.gpda.net

AboutGerd.org
www.aboutgerd.org

Exercise Programs
Arthritis Foundation
www.arthritis.org/conditions/AltTherapies/default.asp

Michigan Donated Dental Services
www.nfdh.org

Association of Community Psychiatrists
www.comm.psych.pitt.edu

American Academy of Family Physicians
www.aafp.org

American Society of Pain Educators
www.paineducators.org



Resources Continued

American Autoimmune Related Disease Association

www.aarda.org

Clinical Trials for Nationwide Scleroderma Trials

www.clinicaltrials.gov

Raynaud's Association

www.raynauds.org

Sjogren's Syndrome Foundation

www.sjogrens.org

Digestive Disease National Coalition

www.ddnc.org

Men's Health Network

www.menshealthnetwork.org

Pulmonary Hypertension Association

www.phassociation.org

National Organization of Rare Disorders

www.rarediseases.org

Disease Management Association of America

www.dmaa.org

Association for Community Health Improvement

www.communityhlth.org



Service Dog Resources

For some patients with a chronic illness such as scleroderma there may be a need for a service dog. If you need this type of resource, you can contact the following resources for assistance in locating the perfect dog to meet your needs.

[Paws with a Cause National Headquarters](#)

4646 S. Division
Wayland, MI 49348
(800) 253-7297

[Paws with a Cause Southeastern MI Regional Office](#)

26660 Auburn Rd
Suite 700
Auburn Hills, MI 48326
(248) 844-5656

[Sterling Service Dogs](#)

3715 E. 15 Mile Rd
Sterling Heights, MI 48310
(586) 977-9716
info@sterlingservicedogs.org



State Disability Assistance (SDA)

The State Disability Assistance (SDA) program provides cash assistance to disabled adults to help them pay for living expenses such as rent, heat, utilities, clothing, food and personal care items.

A person is disabled for SDA purposes if he:

- receives other specified disability-related benefits or services (e.g., Retirement, Survivors and Disability Insurance (RSDI) or Supplemental Security Income (SSI) due to disability or blindness, etc.), or
- resides in a qualified Special Living Arrangement facility (e.g., Home for the Aged, County Infirmary, Adult Foster Care Home or Substance Abuse Treatment Center), or
- is certified (a review process initiated by the DHS Specialist) as unable to work due to mental or physical disability for at least 90 days from the onset of the disability.

Only a Family Independence Specialist at DHS can accurately determine your family's eligibility for SDA. Ask for details when turning in a completed application at your local DHS county office.

Disability Determination	Asset Limits
<p>You are considered disabled for SDA purposes if you:</p> <ul style="list-style-type: none"> • Receive disability-related benefits (such as Medicaid based on disability or blindness) • Reside in a special facility (such as a licensed Adult Foster Care Home); or • Obtain certification by DHS medical consultants as unable to work due to a mental or physical disability for at least 90 days. 	<p>The cash asset limit is \$3,000. Assets are cash or any property you own. Cash assets include:</p> <ul style="list-style-type: none"> • Cash on hand • Bank and credit union accounts • Investments • Retirement plans • Trusts
Income	Residency Requirements
<p>Most earned and unearned income is counted. Income is considered when determining the amount of SDA, you are eligible to receive. Examples of countable income are:</p> <ul style="list-style-type: none"> • Wages. • Self-employment earnings. • Rental income. • Social Security benefits. • Veteran's benefits. 	<p>The following residency requirements apply:</p> <ul style="list-style-type: none"> • Must be a U.S. citizen (or acceptable alien status). • Must live in Michigan. • Must not be receiving cash from any other state.



United Network for Organ Sharing National Foundation for Transplant

For patients in need of a transplant or learning to live with one, finding helpful information can be a daunting task. To help meet this challenge, [UNOS](#) provides an array of resources:

Patient Services

UNOS provides transplantation and donation information to patients, family members, friends, potential donors and medical professionals. Information can be requested on topics such as:

- The transplantation and donation process
- Living donation
- Various national, regional, state and center-specific data reports

Many other helpful resources are available:

- **Transplant Living Web site:**

No matter where you are in the transplant experience, Transplant Living can help you be prepared with helpful information, resources and tools.

- **Patient Brochures:**

Find free information designed to help patients understand the organ transplant process. You can also request custom patient information packets [here](#).

- **Fact Sheets:**

Review and print summary presentations of various topics relating to transplantation.



United Network for Organ Sharing National Foundation for Transplant

Related Internet Sites (All resources can be linked directly to their websites by clicking on them.)

Donate Life America
www.donatelife.net

National Marrow Donor Program
www.marrow.org

American Red Cross (blood and tissue donation)
www.redcross.org

The Organ Procurement and Transplantation Network
Operated by UNOS under contract with HRSA.
<http://optn.transplant.hrsa.gov>

U.S. Department of Health and Human Services Web site for Organ Donation
www.organdonor.gov

http://www.unos.org/donation/index.php?topic=fact_sheet_3



United Way 2-1-1 Get Connected Get Answers

All resources can be linked to their websites by clicking on them.)

The 2-1-1 database is comprehensive and up to date national database that can be accessed on-line on by calling 2-1-1. You can obtain information on more than 20,000 public, non-profit and faith-based health and human service programs. Spearheaded by United Way, this program will help you access services in your area.

2-1-1 NORTHEAST MICHIGAN

211 Call 2-1-1 from service area
(888) 636-4211 Alternative Number
(989) 835-2211 Alternative Number

2-1-1 information and referral service for the following 18 counties in Michigan: Alcona, Alpena, Arenac, Bay, Clare, Crawford, Gladwin, Gratiot, Huron, Isabella, Midland, Montmorency, Oscoda, Otsego, Presque Isle, Roscommon, Saginaw and Tuscola.

C.A.L.L. 2-1-1 COMMUNITY ACCESS LINE OF THE LAKESHORE (MICHIGAN)

211 Call 2-1-1 from service area
(231) 733-1155 Alternative Number
(877) 211-5253 Alternative Number

2-1-1 information and referral service for the following counties in Michigan: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Lake, Leelanau, Manistee, Mason, Mecosta, Missaukee, Muskegon, Newaygo, Oceana, Osceola, Ottawa, and Wexford.

CENTRAL MICHIGAN 2-1-1

211 Call 2-1-1 from service area
(866) 561-2500 Alternative Number
(517) 789-2492 TTY



2-1-1 Continued Michigan Resources

2-1-1 information and referral service for the following counties in Michigan: Clinton, Eaton, Genesee, Hillsdale, Ingham, Jackson, Lenawee, Livingston and Shiawassee.

GRYPHON PLACE 2-1-1 SWMI (MICHIGAN)

211 Call 2-1-1 from service area
(800) 310-5454 Alternative Number

2-1-1 information and referral service and crisis intervention for the following counties in Michigan: Allegan, Berrien, Cass, and Van Buren.

GRYPHON PLACE 2-1-1/HL (MICHIGAN)

211 Call 2-1-1 from service area
(269) 381-4357 Alternative Number
(800) 563-5432 Alternative Number

2-1-1 information and referral service and crisis intervention for the following counties in Michigan: Kalamazoo.

HANDSON BATTLE CREEK 2-1-1 (MICHIGAN)

211 Call 2-1-1 from service area
(269) 565-4159 Alternative Number
(800) 250-5628 Alternative Number

2-1-1 information and referral service for the following counties in Michigan: Barry, Branch, Calhoun, Ionia, Montcalm and St. Joseph.



2-1-1 Continued Michigan Resources

HEART OF WEST MICHIGAN UNITED WAY'S 2-1-1 (MICHIGAN)

211 Call 2-1-1 from service area
(800) 887-1107 Alternative Number

2-1-1 information and referral service for the following counties in Michigan: Kent.

UNITED WAY FOR SOUTHEASTERN MICHIGAN 2-1-1

(888) 299-7380 TTY
(800) 552-1183 Alternative Number
211 Call 2-1-1 from service area

2-1-1 information and referral service for the following counties in Michigan: Lapeer, Macomb, Monroe, Oakland, Washtenaw and Wayne.

UPCAP 2-1-1 (MICHIGAN)

211 Call 2-1-1 from service area
(800) 338-1119 Alternative Number
(906) 786-4701 Alternative Number

2-1-1 information and referral service, and Area Agency on Aging for the following counties in Michigan: Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, and Schoolcraft.

Learn more about 2-1-1 by visiting www.211us.org



Pain Resources

Caregiver Action Network

<http://caregiveraction.org/>

City of Hope and Pain and Palliative Care Resource Center

<http://prc.coh.org/>

Dimensions of Culture: Cultural Aspects of Pain Management

<http://www.dimensionsofculture.com/2010/11/culture-aspects-of-pain-managment/>

EthnoMed: Ethnic Medicine Information

<http://ethnomed.org/>

Pain.com

<http://pain.com/>

Pain Community

<http://www.paincommunity.org>

Pain Scales in Multiple Languages

<https://www.britishpainsociety.org/british-pain-society-publications/pain-scales-in-multiple-languages/>

http://wwwpartnersagainstpain.com/printouts/Multilingual_Pain_Scale.pdf

Relieving Pain in America: A Blueprint for Transforming Preventing, Care, Education, and Research (IOM)

<http://www.nationalacademies.org/hmd/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-Transforming-Prevention-Care-Education-Research.aspx>

State of Michigan Pain & Symptom Management

http://www.michigan.gov/lara/0,4601.7-154-35299_63294_63303_45947---,00.html



Mindfulness and Stress Related Resources

Mindfulness and stress resources

<http://www.stress.org/>

<http://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

http://www.sparkpeople.com/resource/wellness_articles.asp?id=894

Free guided meditation resources

UCLA Resource (<http://marc.ucla.edu/body.cfm?id=22>)

ENGLISH:			
Breathing Meditation	5 mins	Play	iTunes
Breath, Sound, Body Meditation	12 mins	Play	iTunes
Complete Meditation Instructions	19 mins	Play	iTunes
Meditation for Working with Difficulties	7 mins	Play	iTunes
Loving Kindness Meditation	9 mins	Play	iTunes
Body and Sound Meditation	3 mins	Play	iTunes
Body Scan Meditation	3 mins	Play	iTunes
Body Scan for Sleep	13 mins	Play	iTunes



Apps for your phone

<u>Mindfulness Daily</u>	\$ 1.99
<u>The Mindfulness App: guided & Silent Mediations to Relax</u>	FREE
<u>Headspace- Guided meditation and mindfulness</u>	FREE
<u>Mindfulness Coach</u>	FREE
<u>Mindfulness- Everyday guided mediations</u>	FREE
<u>Calm: Mediation & relax with guided mindfulness meditation</u>	FREE
<u>7 second mediation: Daily mindfulness reminders</u>	FREE
<u>Pacifica- Anxiety, stress & depression relief based on mediation</u>	FREE
<u>The Now- Practice Mindfulness</u>	FREE
<u>OMG. I can mediate! Meditate and mindfulness</u>	FREE
<u>7 cups of teas- Anxiety, stress and depression relief</u>	FREE
<u>Chill- daily mindfulness quotes and reminders</u>	FREE
<u>Digipill-sleep, relaxation and mindfulness</u>	FREE
<u>Guided mind- Guided meditation, relaxation and mindfulness</u>	FREE
<u>I can be free- Relax remove fear and anxiety</u>	FREE
<u>3-minute mindfulness- Breathing exercises to reduce anxiety</u>	FREE

Benefits Checkup Program

[BenefitsCheckUp](https://www.benefitscheckup.org) is a free service offered by the National Council on Aging.

Scleroderma patients and their loved ones who are interested in learning more about this program can go directly to <https://www.benefitscheckup.org/about-us/> to learn more about the program. By answering some basic questions, a report is generated with the results of benefits that a person is most likely qualified for and then the enrollment process can be started. This is an individualized program that monitors the programs for any changes to policies and programming.



Types of benefits and assistance available

- Food
- Nutrition
- Health Care
- Medication
- Housing
- Utilities
- Income Assistance
- Tax Relief
- Veterans
- Employment
- Transportation
- Education
- Discounts
- Other types of assistance

The Patient Access Network

[The Patient Access Network](#) (PAN) Foundation is an independent, national 501 (c)(3) organization dedicated to helping federally and commercially insured people living with life-threatening, chronic and rare diseases with the out-of-pocket costs for their prescribed medications.

There are 70 diseases that are covered under PAN. Scleroderma is currently not one of the diseases but there are overlapping diseases that scleroderma patients and their loved ones may qualify for. For questions about scleroderma and its qualifications for the PAN programs, go directly to their website and ask them if they are currently covered any services for the disease.

Qualifying information for PAN

<https://panfoundation.org/index.php/en/patients/do-i-qualify>

Diseases and medications that PAN will cover

<https://panfoundation.org/index.php/en/patients/assistance-programs#>

How to apply for PAN

<https://panfoundation.org/index.php/en/patients/how-to-apply>

F and Q's

<https://panfoundation.org/index.php/en/patients/how-to-apply/frequently-asked-questions>

Resources for patients and family members

<https://panfoundation.org/index.php/en/patients/patient-resources>





Settling medical debt

Scleroderma patients and their loved ones often find themselves faced with medical debt. If you are struggling to pay your medical bills often physicians, hospitals and medical providers are agreeable to work with patients to manage medical debt.

Debt settlement as it is known is the negotiation process with an individual's creditors in an effort to reduce the liability. There are fees and expenses that are occurred by the managing companies.

By working to create a debt settlement a portion of the total balance will be reduced and considered forgiven.

There are two ways to achieve a debt settlement.

1. Negotiate privately with your medical team to lower the overall balance of the debt.
2. Locate a reputable third-party company to negotiate the settlement on your

Some people feel it is better to manage this personal situation on their rather than reaching out to a debt relief company or a professional for assistance. Debt settlement programs enable a person to negotiate either on a personal level with the medical provider or they provide the opportunity to use a third-party company to mediate.

The goal of debt settlement is to lower the total balance a person owes and to also agree to a repayment plan that will meet the needs of both respected parties. With debt settlement a person can save on average 60% and often can avoid the expense and additional consequences of bankruptcy.

Scleroderma patients have said that it can be easier to negotiate with their own physicians or a medical institution. For other lenders it has been found to be more challenging.

The best advice one can give is to not wait until the debt is overwhelming, rather seek advice and help early on so that a professional can provide guidance and step in to help manage the situation for you.