

# DISABILITY RESOURCES

2018

Name & Location	Phone Number	Days/Hours	Services Provided
<b>CASE MANAGEMENT SERVICES</b>			
<b>Abbe Integrated Health Home</b> 317 7th Avenue SE, Ste 302A Cedar Rapids, IA 52401	261-0576	Monday 8:00 AM - 5:00 PM Tuesday - Thursday 8:00 AM – 4:30 PM & Friday 8:00 AM – 4:00 PM	Provides assessment, planning, coordination of services, monitoring and crisis intervention for adults over the age of 18 with mental illness.
<b>Access2Independence</b> 601 2nd Avenue SE, Ste 4 Cedar Rapids, IA 52401	366-3755	Monday - Friday 10:00 AM - 4:00 PM	Center for independent living. Provides services including information and referral, advocacy, independent living skills training, peer counseling, and transition services. Transition services include students transferring from school to work and people with disabilities who wish to transition from nursing home to community. Works with people with disabilities providing case management and setting and achieving goals.
<b>Department of Human Services (DHS) - Case Management CMH Waiver</b> 411 3rd Street SE, Ste 200 Cedar Rapids, IA 52401	892-6800	Monday - Friday 8:00 AM - 4:30 PM	Provides case coordination and case management for Linn County children under the age of 18 with a Serious Emotional Disorder who have a slot assigned and are on the Children's Mental Health Waiver Program. Services are approved through an application process. Services can be purchased to assist those on the CMH Waiver to maintain their mental health and remain in their homes.
<b>Linn County Mental Health Developmental Disabilities (MHDD) Services – Case Management</b> 1240 26th Avenue Court SW Cedar Rapids, IA 52404	892-5620	Monday - Friday 8:00 AM - 4:30 PM	Assists persons with intellectual and developmental disabilities in accessing services and arranging funding for services.

## DAYHABILITATION

<b>Goodwill of the Heartland</b> 5303 North Park Place NE Cedar Rapids, IA 52402	739-5013	Monday - Friday 8:30 AM - 3:30 PM	Provides training regarding communication and socialization skills, academics, community skills, recreational and leisure skills for persons who may have significant barriers to independence. Volunteer opportunities and community integration. Accepts Medicaid and Region funding.
<b>Options of Linn County</b> 1240 26th Avenue Court SW Cedar Rapids, IA 52404	892-5800	Monday - Friday 7:00 AM - 4:00 PM	Provides facility-based day habilitation programming for adults with disabilities.

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.

You may also choose to search the new United Way 2-1-1 website for resources at [www.firstcallforhelpiowa.org](http://www.firstcallforhelpiowa.org).

To obtain a copy of the Resource Charts, go to [www.linncounty.org/communityservices](http://www.linncounty.org/communityservices) or contact Linn County Community Services at 892-5600.

For questions about the Resource Charts, contact Linn County Community Services at 892-5600.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>FUNDING</b>			
<b>Iowa Department of Human Services</b> 411 3rd Street SE Cedar Rapids, IA 52401	892-6700	Monday - Friday 8:00 AM - 4:30 PM	Public system of mental health and disabilities care in Iowa, which provides a safety net for the uninsured or those who do not have commercial health insurance benefits coverage to meet their needs.
<b>Iowa Vocational Rehabilitation Services</b> (at Lindale Mall) 4444 1st Avenue NE, Ste 436 Cedar Rapids, IA 52402	294-9308	Monday - Friday 8:00 AM - 4:30 PM	Vocational planning and job placement for persons who are mentally, physically or psychologically disabled.
<b>Mental Health Developmental Disabilities (MHDS) Services of the East Central Region</b> 1240 26th Avenue Court SW Cedar Rapids, IA 52404	892-5671	Monday - Friday 8:00 AM - 4:30 PM	Provides funding for mental health and developmental disability services. Persons that cannot afford to pay for treatment, supported living or job training may be able to receive assistance and some medications from MHDS.
<b>Linn County SED Wraparound Kids Program</b> 520 11th Street NW Cedar Rapids, IA 52405	892-5726	Monday - Friday 8:30 AM - 5:00 PM	Provides limited funding for mental health assessments, therapy and counseling, therapeutic programs and medications for qualifying Linn County children with Serious Emotional Disturbance.
<b>RESIDENTIAL SERVICES</b>			
<b>Abbe Center for Community Mental Health</b> 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Vary depending on service	Several community based services for adults in recovery from serious mental health problems and co-occurring issues such as substance abuse: Community Support Program (CSS), Supported Community Living (SCL), Home Based Psychiatric Nursing, Program for Assertive Community Treatment (PACT), Peer Support and Permanent Supported Housing. See Mental Health Clinical heading for additional services.
<b>Area Substance Abuse Council (ASAC)</b> 3601 16th Avenue SW Cedar Rapids, IA 52404	390-4611	Monday - Friday 8:00 AM - 5:00 PM	Residential program for persons with substance abuse issues in combination with bipolar, schizophrenia or schizo-affective disorders (dual diagnosis). Provides 24-hour supervision in a 10-bed facility for up to 5 weeks. Title 19 or MHDD approval is required.
<b>Crest Services (American Baptist Homes)</b> 2720 1st Avenue NE, Ste 102 Cedar Rapids, IA 52401	364-6774	Monday - Friday 8:00 AM - 4:00 PM	Primarily serves persons with intellectual disabilities, brain injury and developmental disabilities. Offers a 5-bed Residential Care Facility (RCF), 3-4 bed homes and Supported Community Living (SCL) for persons living independently. Services are funded through the Medicaid ID Waiver, BI Waiver or Habilitation.
<b>Discovery Living</b> 1015 Old Marion Rd. NE Cedar Rapids, IA 52402	378-7470	Monday - Friday 8:30 AM - 4:30 PM	Offers 4-5 bed Supported Community Living (SCL) homes for adults living with a disability. All services are funded through the Medicaid ID Waiver. <a href="http://www.discoveryliving.org">www.discoveryliving.org</a>

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<b>Evergreen Estates</b> 2204 Johnson Avenue NW Cedar Rapids, IA 52405  3410 12 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404  307 Edgewood Road SW Cedar Rapids, IA 52404	396-3692	Monday - Friday 8:00 AM - 5:30 PM  Monday - Friday 8:00 AM - 4:30 PM  Monday - Friday 9:00 AM - 5:00 PM	Provides residential care for primarily elderly persons and individuals with mental health illness on a situational basis. Nurse on duty 24 hrs per day, 7 days per week.
<b>Garnett Place</b> 202 35th Street Drive SE Cedar Rapids, IA 52403	362-3630	Monday - Friday 8:00 AM - 5:00 PM Saturday 10:00 AM - 2:00 PM Sunday 11:00 AM - 3:00 PM Resident services available 24/7	Provides licensed assisted living and residential assisted living for older adults, including those with mental illness who have had mental challenges, but are capable of living with limited assistance.
<b>Goodwill of the Heartland</b> 1441 Blairs Ferry Road NE Cedar Rapids, IA 52402	393-3434	Monday - Friday 8:00 AM - 4:30 PM	Provides Supported Community Living (SCL) services for persons with developmental disabilities, mental illness or dual diagnosis, or intellectual disabilities living in their own homes.
<b>Hillcrest Family Services</b> 317 7th Avenue SE, Ste 202C Cedar Rapids, IA 52401	362-3149	Monday - Thursday 9:00 AM - 4:00 PM	Provides Supported Community Living (SCL) services for persons with mental illness or dual diagnosis living in their own homes.
<b>Living Center East - New Horizons</b> 1220 5 <sup>th</sup> Avenue SE Cedar Rapids, IA 52403	366-8701	24/7	Offers an Intermediate Care Facility for individuals with intellectual disabilities (ICF/ID).
<b>Lutheran Services of Iowa</b> 1000 3rd Ave SE Cedar Rapids, IA 52403	Intake: 888-457-4692 Office: 563-582-0044 Fax: 563-582-7308	Monday-Friday 8am – 5pm <i>(some evening hours are available on case-by-case basis and need)</i>	Daily Supported Community Living, Hourly Supported Community Living, Respite Care, Host Homes
<b>Optimae Life Services</b> 2750 1st Avenue NE, Ste 420 Cedar Rapids, IA 52402	364-4803	Monday - Friday 8:00 AM - 4:00 PM	Provides residential services to customers eligible for Habilitation, ID Waiver and BI Waiver, who are looking for a supportive living environment to learn daily living skills. Our residential living environments range in hours of support to meet customer needs. Supported Community Living (SCL) services; hourly skill-building services to customers living in their own homes. Intensive Psychiatric Rehabilitation (IPR) available to customers with a mental health diagnosis that want to make a change in their living, learning, working or social environments; evidence-based practice that supports customers in learning to make systematic choices.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>REM Iowa, Inc.</b> 1220 Industrial Avenue, Ste B Hiawatha, IA 52233 <b>REM Iowa Community Services, Inc.</b> 1220 Industrial Avenue, Ste C Hiawatha, IA 52233	294-0430  294-0264	Monday - Friday 8:00 AM - 5:00 PM	Provides residential and community-based supports for persons with intellectual disabilities, developmental disabilities and brain injury. Settings vary according to the individuals' needs and desires – from highly supervised residential programs to supported living.
<b>Successful Living</b> 2406 Towncrest Drive Iowa City, IA 52240	356-0947	Monday - Friday 9:00 AM - 5:00 PM	Affordable housing for Successful Living clients only and on-site support services for individuals with mental health problems in Iowa City. Provides Supported Community Living (SCL) services for adults (over 18) with mental illness or dual diagnosis living in their own homes in Iowa City and its surrounding community. Also provides day habilitation services.
<b>Systems Unlimited</b> 2533 Scott Blvd SE Iowa City, IA 52240 <b>Supported Community Living Division</b> 4089 21st Avenue SW, Ste 212 Cedar Rapids, IA 52404	338-9212 ext. 136	Monday - Friday 8:00 AM - 5:00 PM On-call 24/7	Provides Supported Community Living (SCL) services, Consumer Directed Attendance Care (CDAC), to children and adults with intellectual disabilities and developmental disabilities in their own homes or locations provided by Systems Unlimited. Site or hourly services. Services can be provided through the Home and Community Based Services (HCBS) waiver or Chapter 24. Individualized services in small environments. Also provides home-based and site-based habilitation services to individuals with mental illness. Additionally, employment systems offer day habilitation and supported employment. Family systems offers both, family and child therapy.
<b>Tailored Living</b> P. O. Box 219 Marion, IA 52302	377-0184 540-5177 (Emergency-after hours)	Monday - Friday 9:00 AM - 3:00 PM On-call 24/7	Housing and daily/hourly on-site support services for persons with developmental disabilities, mental illness, and intellectual disabilities. Also provides Supported Community Living (SCL) services for persons living in their own homes. [FAX #: (319) 377-0185.]
<b>Tanager Place</b> 2309 C Street SW Cedar Rapids, IA 52404	365-9164	Monday - Friday 8:00 AM - 4:30 PM	Inpatient services for children and adolescents. A 60-bed Psychiatric Medical Institution for Children (PMIC) and an 8-bed Intermediate Care Facility for children and adolescents with intellectual disabilities are available. <a href="http://www.tanagerplace.org">www.tanagerplace.org</a>
<b>The Arc of East Central Iowa</b> 680 2nd Street SE, Ste 200 Cedar Rapids, IA 52401	365-0487	Monday - Friday 8:00 AM - 4:30 PM Services available any day of the week any time of the day	Provides Respite, Supported Community Living (SCL), Consumer Directed Attendant Care (CDAC), Intermittent Medical Monitoring Treatment (IMMT), Day Habilitation and daycare services for persons with intellectual and other related disabilities who live in their own homes. Utilizes Home and Community Based Waiver funding (Intellectual Disability, Health & Disability, Children's Mental Health, Brain Injury and Elderly).
<b>To The Rescue</b> 139 40 <sup>th</sup> Street NE Cedar Rapids, IA 52402	826-6068	Monday - Friday 8:00 AM - 4:30 PM	Supportive Community Living homes, SCL hourly services, day habilitation, transportation, employment services, Home Health Care, and home modifications.
<b>VOCATIONAL SERVICES</b>			
<b>Goodwill of the Heartland</b> 1441 Blairs Ferry Road NE Cedar Rapids, IA 52402	393-3434	Monday - Friday 8:00 AM - 4:30 PM	Provides job training, placement programs and employment for persons with barriers. Barriers include: court-ordered through corrections and drug court; mental illness; intellectual disabilities; and homeless vets.

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<b>Heritage Area Agency on Aging</b> 6301 Kirkwood Boulevard SW Cedar Rapids, IA 52404	398-5559	Monday - Friday 8:00 AM - 5:00 PM	The Older Worker Program assists individuals 55 years of age and older, with a disability, with employment. This program requires a referral from Iowa Vocational Rehabilitation Services. Upon receiving the referral, The Heritage Agency's Employment Specialist can begin the process to assist based on the individual's needs and goals. They will help people through coordination and assistance of a placement plan, goals, resume building, refining the job search, obtaining job leads, setting up informational interviews, job shadowing opportunities, assessments, internships and placement in a permanent placement.
<b>Iowa Department for the Blind</b> 524 4th Street Des Moines, IA 50309	515-281-1333 or 800-362-2587	Monday - Friday 8:00 AM - 4:30 PM	Vocational planning and job placement for persons who are blind or visually impaired. Provides independent living services and library services (audio books). Sells magnifiers, medical equipment, games, etc.
<b>Iowa Office of Persons with Disabilities</b> Lucas Building 321 East 12th Street Des Moines, IA 50319	888-219-0471	Monday - Friday 8:00 AM - 4:30 PM	Assists employers and businesses including government with accessibility issues relative to the Americans with Disabilities Act (ADA). Also offer youth leadership forums for high school students with disabilities.
<b>Iowa Vocational Rehabilitation Services</b> 4444 1st Avenue NE, Ste 436 (Lower level) Cedar Rapids, IA 52402	294-9308	Monday - Friday 8:00 AM - 4:30 PM	Vocational planning and job placement for persons who are mentally, physically or psychologically disabled.
<b>Iowa Work Incentives Planning &amp; Assistance (Iowa WIPA)</b> 600 South Pierce Avenue Mason City, IA 50401	877-424-9472 or 641-422-1500	Monday - Friday 8:00 AM - 5:00 PM	Assists Iowans who are Social Security Disability beneficiaries in the management of their benefits while pursuing employment. Knowledgeable about work incentives to Iowans on Social Security Disability and can assist in benefits planning and financial analysis. <a href="http://www.iowawipa.org">www.iowawipa.org</a>
<b>Options of Linn County</b> 1240 26 <sup>th</sup> Avenue Court SW Cedar Rapids, IA 52404	892-5800	Monday - Friday 7:00 AM - 4:00 PM	Provides facility-based day habilitation programming for adults with disabilities.
<b>REM Developmental Services</b> 1220 Industrial Avenue, Ste A Hiawatha, IA 52233	378-9333	Monday - Friday 8:00 AM - 5:00 PM	Provides job training and placement programs, as well as facility-based training and employment for persons with disabilities. Also has Day Habilitation programming available.
<b>Systems Unlimited</b> Employment Systems 4089 21st Avenue SW, Ste 213 Cedar Rapids, IA 52404	364-1985	Monday - Friday 8:00 AM - 5:00 PM	Provides job placement and job coaching to persons with disabilities. Offers a Day Habilitation Program.
<b>To The Rescue</b> 139 40 <sup>th</sup> Street NE Cedar Rapids, IA 52402	826-6068	Monday - Friday 8:00 AM - 4:30 PM	Services to assist individuals with disabilities or other barriers to obtain and sustain employment in an integrated community work setting. Services include discovery, workplace readiness assessment, job development, and job coaching.

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<b>MENTAL HEALTH CLINICAL SERVICES</b>			
<b>Abbe Center for Community Mental Health</b> 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday, Tuesday & Thursday 8:00 AM - 6:00 PM Wednesday 8:00 AM - 8:00 PM & Friday 8:00 AM - 4:00 PM Emergency available 24/7	Offers Psychiatrists/ ARNP/ PA, Psychologists, Therapists, Adult Day Treatment, Intensive Psychiatric Rehabilitation, Life Skills Day Hap Program, Peer Run Wellness/ Recovery Center, School Based Services for Children and Teens, Homeless Outreach Services (PATH). Peer staffed Warm Line available 5-10pm daily by calling 1-844-775-9276. See Residential Services heading for additional services.
<b>Anchor Center</b> Mental Health Jail Diversion Program 3115 12th St SW Cedar Rapids, IA 52404	558-8705	Monday- Friday 8:00 AM - 5:00 PM	Provides correctional supervision and navigation for both the criminal justice and mental health systems for those with mental illness (or are dually diagnosed), brain injury, intellectual and developmental disabilities. Completes mental health assessments in the jail and community to determine eligibility. Coordinates community resources based on identified needs. Provides periodic progress reports to the court as needed. <b>*Participants must have a pending legal charge to qualify.</b>
<b>Cedar Centre Psychiatric Group</b> 1730 1st Avenue NE Cedar Rapids, IA 52402	365-3993	Monday - Friday 8:00 AM - 5:00 PM Offers evening appointments	Offers Psychiatrists, Psychologists, and Therapists and psychological and neuro-psych testing.
<b>Foundation 2 Crisis Center</b> 1540 2nd Avenue SE Cedar Rapids, IA 52403	362-2174	Crisis Line available 24/7	Offers licensed therapists. Also offers a Depression and Anxiety Support Group (weekly) and a Suicide Survivor Support Group (twice monthly). 24-hour crisis line available. Call for additional services.
<b>Grace C. Mae Advocate Center</b> 3113 1st Avenue SW Cedar Rapids, IA 52405	361-6529	Monday - Friday 9:00 AM - 5:00 PM	Individual and family mental health treatment and advocacy. Certified play therapists are available. Sand tray therapy is available. EMDR therapy and trauma treatment is available. Offers occasional classes on mental health first-aid.
<b>Hillcrest Family Services</b> 317 7th Avenue SE, Ste 202C Cedar Rapids, IA 52401	362-3149 ext. 500 (Operator)	Monday - Thursday 9:00 AM - 4:00 PM	Unplanned pregnancy counseling, adoption services, supported community living for individuals with mental illnesses.
<b>Horizons – A Family Service Alliance</b> 819 5th Street SE Cedar Rapids, IA 52401	398-3943	Monday, Tuesday, Wednesday & Friday 8:00 AM - 5:00 PM Thursday 8:00 AM - 6:00 PM	Offers therapists that provide mental health counseling for individuals, families, couples and children.
<b>Mercy Family Counseling</b> 1340 Blairs Ferry Rd Hiawatha, IA 52233	398-6575	Monday - Friday 8:00 AM - 4:30 PM	Offers therapists for individuals, families, couples and children of all ages.
<b>Mercy Psychiatry</b> 701 Tenth Street SE Cedar Rapids, IA 52403	369-4777	Monday - Friday 8:30 AM - 4:30 PM	Offers Psychiatrists, Psychologists and nurse practitioners that specialize in medication management. Has a licensed therapist for mental health and substance abuse counseling.
<b>ABBE at St. Luke's Counseling Center</b> 1077 North Center Point Road Hiawatha, IA 52233	369-7952	Monday - Thursday 8:00 AM - 4:30 PM Friday 8:00 AM - 3:00 PM	Therapists and intensive outpatient services.

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<b>Systems Unlimited</b> Family Systems 4089 21 <sup>st</sup> Avenue SW, Ste 211 Cedar Rapids, IA 52404	364-1985	Monday - Friday 8:00 AM - 5:00 PM	Offers mental health counseling, therapy and skill building services to children, families and youth.
<b>Tanager Place Mental Health Clinic</b> 1030 5 <sup>th</sup> Avenue SE Cedar Rapids, IA 52403 2309 C Street SW Cedar Rapids, IA 52404	286-4545 or 365-9164 ext. 1	Monday, Tuesday & Thursday 8:00 AM - 7:00 PM Wednesday & Friday 8:00 AM - 4:30 PM	Tanager Place Mental Health Clinic provides outpatient comprehensive mental health services to children, adolescents and their families. The clinic staff offers child psychiatric assessment and medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis. An individualized care plan and specific treatment goals are established for all <a href="http://www.tanagerplace.org">www.tanagerplace.org</a>
<b>TJ Support Services</b> 413 Adams Street Ryan, IA 52330	202-0658	Monday - Friday 8:00 AM - 5:00 PM	Provides transportation to and from appointments, grocery stores, 12-step recovery program. Individual counseling for substance abuse issues.
<b>PAYEE SERVICES</b>			
<b>Area Payee Services</b> 1436 L Street SW Cedar Rapids, IA 52404	364-9800	Tuesday - Friday 9:30 AM - 4:30 PM Closed Mondays	Provides services to persons who have been determined by Social Security to need assistance in managing their benefit checks and are required to have a payee. Will also serve voluntary clients. The payee sees that rent, utilities, and other bills are paid. The payee also budgets the client's personal spending money and provides that to the client on a regular basis.
<b>Integrity Bonded Services</b>	350-8827	Monday 12:00 PM - 5:00 PM Tuesday, Wednesday & Thursday 9:00 AM - 5:00 PM Friday 9:00 AM - 12:00 PM Call in advance for appointment	Protective representation payee. <a href="mailto:debbie@integritybondedservices.com">debbie@integritybondedservices.com</a>
<b>ADVOCACY &amp; INFORMATION</b>			
<b>Brain Injury Alliance of Iowa</b> 1446 S. First Ave, Ste. A Iowa City, IA 52240	855-444-6443 393-1202	Monday- Friday 8:00 AM - 4:30 PM	Provides information, advocacy and support groups for people with brain injury and their loved ones. BIAIA provides a service free of charge to help Iowans choose, get and keep needed services and supports. Please call (855)444-6443 or visit <a href="http://www.biaia.org">www.biaia.org</a> for more information.
<b>Cedar Rapids Civil Rights Commission</b> 50 2 <sup>nd</sup> Avenue Bridge, 7 <sup>th</sup> Floor Cedar Rapids, IA 52401	286-5036	Monday - Friday 8:00 AM - 5:00 PM	Ensures compliance with The Americans with Disabilities Act of 1990 (ADA), which prohibits discrimination on the basis of disability in the areas of credit, education, employment, housing and public accommodations and Sections 501 and 505 of the Rehabilitation Act of 1973, which prohibits employment discrimination of persons with disabilities in the federal sector. <a href="http://www.cedar-rapids.org/civilrights">www.cedar-rapids.org/civilrights</a>
<b>Disability Rights Iowa</b> 400 East Court Avenue, Ste 300 Des Moines, IA 50309	800-779-2502 or 515-278-2502	Monday - Friday 8:00 AM - 5:00 PM Intake hours: Monday - Friday 9:00 AM - 12:00 PM	Protects the human and legal rights of all persons with disabilities in Iowa.

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<b>Heritage Area Agency on Aging</b> Aging & Disability Resource Center Kirkwood Community College 6301 Kirkwood Blvd. SW Cedar Rapids, IA 52406	319-398-5559 or 800-332-5934	Monday - Friday 8:00 AM - 5:00 PM	Provides resource information, referrals for services, long-term options counseling and supports for Benton, Cedar, Iowa, Johnson, Jones, Linn and Washington Counties for older adults and adults with disabilities. Also provides local, state and federal benefits and Medicare counseling, including assistance with completing applications.
<b>Iowa Advocates for Mental Health Recovery</b> 3315 Williams Blvd SW, Ste 2 Cedar Rapids, IA 52404	877-IAHOPE4U or 877-424-6734	Monday - Friday 9:00 AM - 5:00 PM	Provides mental health consumers (including those with co-occurring disorders) throughout Iowa with advocacy and referral services. Also provides consumers an opportunity to express input into the process of creating change in both the mental health system and the development of services that support recovery, peer support and wellness. <a href="http://www.iarecovery.org">www.iarecovery.org</a>
<b>Iowa Compass &amp; Iowa Program for Assistive Technology</b> 100 Hawkins Drive, #S295 Iowa City, IA 52242	800-779-2001 or 877-686-0032 (TTY)	Monday - Friday 8:00 AM - 5:00 PM	Specialized information and referral services for persons with disabilities and their support networks. Can provide referrals for local, state, and national resources and services. Can search for assistive technology products and funding. Also has a used equipment referral listing. <a href="http://www.iowacompass.org">www.iowacompass.org</a> . E-mail: <a href="mailto:iowa-compass@uiowa.edu">iowa-compass@uiowa.edu</a>
<b>Iowa Legal Aid</b> 317 7th Avenue SE, Ste 404 Cedar Rapids, IA 52401-2007	364-6108 or 800-332-0419	<u>In person assistance available:</u> Monday - Friday 8:30 AM - 4:30 PM <u>New intakes by phone:</u> Monday - Friday, 9:00 AM - 11:00 AM Monday, Tuesday, Wednesday & Friday 1:30 PM - 3:30 PM Interpreters provided	Can assist with housing, employment, and education, as well as special education issues, SSI and other disability-related legal issues. Free legal services provided for people who meet income and asset guidelines. Also works with family law, consumer and finance, and other civil law matters. Does not accept criminal cases. <a href="http://www.iowalegalaid.org">www.iowalegalaid.org</a> If an emergency, new applications are accepted at any time.
<b>Iowa Office of Persons with Disabilities</b> Lucas Building 321 E. 12 <sup>th</sup> Street Des Moines, IA 50319	888-219-0471 (V/TTY)	Monday - Friday 8:00 AM - 4:30 PM	Offers technical assistance, information and referral concerning matters of employment, housing, accessibility, transportation, education, programs and services. The Iowa Client Assistance Program (ICAP) is a program designed to help persons who are seeking or receiving services from an agency funded by the Rehabilitation Act. Operates youth and college leadership forums.
<b>LifeLong Links</b> 2101 Kimball Avenue, Ste 320 Waterloo, IA 50702	866-468-7887 or 877-538-0508	Monday - Friday 8:00 AM - 4:30 PM	Lifelong Links is Iowa's Aging and Disability Resource Center, whose purpose is to expand and enhance the state's information and referral resources for older Iowans, individuals with disabilities, Veterans and their caregivers, as they begin to think about and plan for long-term independent living.
<b>Linn County Mental Health Advocate</b> (NO OFFICE)	832-1348	Monday - Friday 8:00 AM - 4:30 PM	Serves as a liaison and advocate for persons under a mental health committal.
<b>NAMI</b> (NO OFFICE) PO Box 945 Cedar Rapids, IA 52406-0945	221-1184	Monday - Friday 8:00 AM - 8:00 PM Contact & leave a message	Provides peer support and advocacy through empowerment for persons with mental illness, support for family members and friends of persons with mental illness and support for parents of children and teens with Serious Emotional Disturbance. Also sponsors educational forums.



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<b>PADS</b> (Peer Action Disability Support) PO Box 883 Cedar Rapids, IA 52406-0883	364-0037	Information available Monday - Friday	PADS is devoted to improving the lives of people with disabilities through peer support and community activism. Since its inception in January 2003, PADS has been a unique group based in Linn County that is dedicated to the empowerment of people with disabilities by people with disabilities. There are many ways for people to get involved; attend membership meetings, take part in training opportunities and community advocacy, get involved in the annual ADA Celebration and social events (like the holiday party, the picnic, and more). PADS is free and welcomes new members. PADS is also for family members, providers of services, vendors, professionals and anyone from the community.
<b>The Arc of East Central Iowa</b> 680 2nd Street SE, Ste 200 Cedar Rapids, IA 52401	365-0487	Monday - Friday 8:00 AM - 4:30 PM	Provides advocacy, family support and information for families and individuals. Provides services for children and adults with intellectual and other related developmental disabilities in their home and community.
<b>CAMPS AND RESPITE</b>			
<b>Camp Courageous of Iowa</b> 12007 190 <sup>th</sup> Street PO Box 418 Monticello, IA 52310-0418	465-5916 (ext.500)	Monday - Friday 8:00 AM - 4:00 PM	Provides a year-round camp for individuals with disabilities and short-term respite care of an individual with a disability that is living at home. Respite care arrival time is 7:00 PM on Friday and departure time is 1:00 PM on Sunday. Emergency respite care also available.
<b>Easter Seals Center</b> Camp Sunnyside 401 NE 66 <sup>th</sup> Avenue Des Moines, IA 50313	515-289-1933	Monday - Friday 8:00 AM - 4:30 PM	Offers a camp for persons with disabilities. Loans durable medical equipment and assistive technologies, (equipment loan, demonstration center and lending library) to individuals who cannot afford to buy them. Rural solutions program available for farmers or family members with disabilities.
<b>Systems Unlimited</b> 2533 Scott Blvd SE Iowa City, IA 52240  <b>Family Systems</b> 625 South Gilbert Street Iowa City, IA 52240	338-9212 ext. 136  654-9195	Monday - Friday 8:00 AM - 5:00 PM Respite services available 24 hours per day, seven days per week	Offers respite services for families of children or adults. Family Systems offers respite through the Children's Mental Health Waiver.
<b>The Arc of East Central Iowa</b> 680 2nd Street SE, Ste 200 Cedar Rapids, IA 52401	365-0487	Monday - Friday 8:00 AM - 4:30 PM Services available any day of the week any time of the day	Provides summer day programming. Individual and group respite services provided in the home and community.
<b>DAYCARE</b>			
<b>Milestones Adult Day Health Centers</b> 1725 O Avenue NW Cedar Rapids, IA 52405	398-3647	Monday - Friday 6:45 AM - 5:45 PM	Community-based adult day health center is designed to help adults with disabilities remain independent in the community. Provides respite services for caregivers. Funding options may be available.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>Milestones Adult Day Health Centers</b> 1080 Cardinal Drive Marion, IA 52302	373-3494	Monday - Friday 7:00 AM - 5:00 PM	Community-based adult day health center is designed to help challenged adults remain independent in the community. Provides respite services for caregivers. Services provided on a sliding-fee schedule. Alzheimer's and Dementia unit provided as well.
<b>The Arc of East Central Iowa</b> 680 2nd Street SE, Ste 200 Cedar Rapids, IA 52401	365-0487	Monday - Friday 8:00 AM - 4:30 PM Program Hours: Monday - Friday 6:30 AM – 6:00 PM	“Beginnings” offers structured enrichment activities to children from birth to age 5. “Basics” serves elementary age children (K-5) with and without disabilities. “Oasis” is designed to provide youth in middle schools and high school with enrichment activities within a structured setting after school hours and on school breaks. “Choice” is an adult enrichment program designed to provide social opportunities for individuals 18 and older in a group setting. Funding streams include: waiver funding (Respite, SCL, IMMT), private pay, child care assistance, wraparound funding.
<b>To The Rescue</b> 139 40 <sup>th</sup> Street NE Cedar Rapids, IA 52402	826-6068	Monday - Friday 8:00 AM - 4:30 PM	Offers day habilitation services year-round for adults and for school age youth during school breaks and over the summer.
<b>EMERGENCY SERVICES</b>			
<b>Abbe Center for Community Mental Health</b> 520 11th Street NW Cedar Rapids, IA 52405	398-3562	24/7	Emergency response to crises during daytime hours. Available to walk-ins or by phone. During evening hours, assistance available by phone.
<b>Mobile Crisis Outreach</b> Foundation 2 Crisis Center 1540 2 <sup>nd</sup> Avenue SE Cedar Rapids, IA 52403	362-2174 or 800-332-4224	24/7	Service providers, medical professionals, employers, family members, friends or individuals in Linn County that believe a situation would benefit from on-site crisis intervention can call seven days a week. This service is provided at no cost to the individual. Situations can include diffusing emotional crisis, dealing with family crisis and assessing individuals in danger of attempting suicide.
<b>OTHER SERVICES</b>			
<b>Cedar Rapids Vision in Motion</b> 3235 Williams Pkwy SW, Ste #1 Cedar Rapids, IA 52404	364-2311	Monday, Wednesday & Friday 9:00 AM - 5:00 PM Tuesday 9:00 AM - 7:00 PM Thursdays 9:00 AM - 7:00 PM	Offers vision-rehab and wellness services for all ages. Occupational therapy. Low vision aids and devices available. Sliding fee scale available for services. Also accept Medicaid.
<b>City of Cedar Rapids Public Works Traffic Division Handicapped Signs</b> 500 15 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404	286-5802	Monday - Friday 8:00 AM - 5:00 PM Public works 7:30 AM - 4:30 PM	Installs handicapped signs in front of residences for persons with proof of disability who are residing within the Cedar Rapids city limits. Information provided regarding Van Accessible signs and Handicapped signs for businesses and other entities within Cedar Rapids. Fee for placing sign in front of a residence is \$100.
<b>Community Hands</b> 3117 1st Ave SE Cedar Rapids, Iowa 52402	214-0141	Monday - Friday 8:00 AM - 5:00 PM	Provides education, accommodation, and resources to the community with the purpose of encouraging equality and reducing the gap in services to the Deaf, Deaf-Blind and Hard-of-Hearing community.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>CompuPlace</b> 601 2nd Avenue SE, #3 Cedar Rapids, IA 52401	362-4284	By appointment only	Provides limited computer access and training, by appointment only, primarily to adults with intellectual disabilities, and to individuals accessing and learning to use assistive technology. Train staff to assist clients with disabilities in computer use. Assistance in developing "accessible" web pages and other electronic documents is provided on a limited basis. For more information: <a href="http://www.ecc-cr.net/compuplace.php">www.ecc-cr.net/compuplace.php</a>
<b>HACAP</b> 1515 Hawkeye Drive Hiawatha, IA 52233	393-7811	Monday - Friday 8:00 AM - 5:00 PM	Rent reimbursement for elderly and persons with disabilities.
<b>Linn County Treasurer's Office / Property Tax Department</b> 935 2nd Street SW Cedar Rapids, IA 52404-2100	892-5550	Monday - Friday 7:30 AM - 5:15 PM Phone calls received 8:30 AM - 4:30 PM	Provides property tax credit forms for real estate and mobile homes.
<b>Parent Educator Partnership</b> Grant Wood Area Education Agency 4401 6 <sup>th</sup> Street SW Cedar Rapids, IA 52404	399-6702 or 399-6719 or 800-332-8488	Monday - Friday 8:00 AM - 4:30 PM	Provides information for families, students (birth – 21 years of age) and those in need of other educational support on Individualized Education Plans (IEPs) and 504 Plans. <a href="http://www.gwaea.org">www.gwaea.org</a>
<b>St. Luke's Hospital Physical Medicine &amp; Rehabilitation</b> Prosthetics and Orthotic Clinic 1026 A Avenue NE Cedar Rapids, IA 52402	369-7331	Monday - Friday 8:00 AM - 4:30 PM Orthotic Clinic open on Thursdays as needed	Clinic to assist persons that use braces, shoe lifts, prescription shoes, artificial limbs and other orthopedic devices to assist with their mobility and pain management.
<b>St. Luke's Hospital Physical Medicine &amp; Rehabilitation</b> Wheelchair & Seating Clinic 1026 A Avenue NE Cedar Rapids, IA 52402	369-7331	Monday - Friday 8:00 AM - 4:30 PM Wheelchair clinic held on Wednesday mornings	Helps patients that use a wheelchair or other assisted mobility equipment.
<b>TJ Support Services</b> 413 Adams Street Ryan, IA 52330	202-0658	Monday - Friday 8:00 AM - 5:00 PM	Provides transportation to and from appointments, grocery stores, 12-step recovery program. Individual counseling for substance abuse issues.
<b>University of Iowa Hospital &amp; Clinics:</b> Center for Disabilities & Development (CDD) 100 Hawkins Dr Iowa City, IA 52242	353-6900 or 877-686-0031	Monday - Friday 8:00 AM - 5:00 PM (Outpatient services)	Provides comprehensive health care and services to persons with disabilities of all ages and their families through a combination of outpatient and community-based programs. Diagnostic consultations also provided. <a href="http://www.uichildren.org/cdd">www.uichildren.org/cdd</a>