

# RESOURCE PACKET



A compilation of local, regional, and national organizations, government programs, and other support services for those in need of assistance in the Portland Metro Area.

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To get this information in an online format with direct links please  
visit: <https://sites.google.com/pdx.edu/refit-community-resources/home?authuser=1>

# Housing Resources

- *Home modification nonprofits, programs, and laws.*

## Home Modifications

### MULTNOMAH COUNTY

#### **REACH CDC:**

4150 SW Moody Ave, Portland, OR 97239

Free home repairs for elderly and/or disabled Portland residents

(503) 501-5719, <https://reachcdc.org/our-work/free-home-repairs>

#### **Rebuilding Together – Portland Office:**

5000 N. Willamette Blvd, Portland, OR 97203

Supports low-income homeowners with small housing repairs such as grab bars, electrical repairs, minor plumbing issues, & small carpentry repairs.

(503) 943-7515, <https://www.rtpdx.org/>, email: malonem@up.edu

#### **Community Energy Project**

2605 E Burnside St. Suite 112, Portland, OR 97214

Free weatherization and safety repairs for low-income, elderly, and/or disabled Portland Residents.

(971) 544-8702, <https://communityenergyproject.org/our-services/home-energy-repairs/weatherization-and-repair/>

email: [admin@communityenergyproject.org](mailto:admin@communityenergyproject.org)

### WASHINGTON COUNTY

#### **Rebuilding Together – Washington County Office:**

12550 SW 3<sup>rd</sup> St, Beaverton, OR 97005

Supports low-income homeowners with small housing repairs such as grab bars, electrical repairs, minor plumbing issues, & small carpentry repairs.

(503) 644-4544, <https://www.togwc.org/>, email: [rtwc@togwc.org](mailto:rtwc@togwc.org)

## **CLACKAMAS COUNTY**

### **Home Access and Critical Repair Grants**

Grants up to \$5,000 for needed safety and access improvements for both renters and homeowners. Must live in the North Clackamas Revitalization Area, reside in the dwelling, be at or below income limits, and have approval from the property owner

(503) 742-4322,

<https://www.clackamas.us/development/accessrepairgrant.html>

### **Home Repair Loans and Home Accessibility Grants**

Help low-income homeowners pay for needed and critical repairs. Loans are provided to low-income homeowners and grants are given to low-income persons with disabilities.

(503) 655-8591,

[www.clackamas.us/communitydevelopment/repair.html](http://www.clackamas.us/communitydevelopment/repair.html)

email: CDGeneral@clackamas.us

## **STATE OF OREGON/TRI-COUNTY AREA**

### **Unlimited Choices:**

211 SE 8-th Ave, Portland, OR 97215

Home modifications for homes and apartments (rentals and owned)

(503) 234-6167, <http://www.unlimitedchoices.org/>

email: info@unlimitedchoices.org

## **FEDERAL**

### **The Fair Housing Act:**

Under federal law, housing providers are legally obligated to make reasonable accommodations and modifications for individuals with disabilities.

Fair Housing Council of Oregon: (503) 223-8197 ext. 2

HUD Toll Free: 1-800-669-9777

[https://www.hud.gov/program\\_offices/fair\\_housing\\_equal\\_opp/reasonable\\_accommodations\\_and\\_modifications# Reasonable Accommodations](https://www.hud.gov/program_offices/fair_housing_equal_opp/reasonable_accommodations_and_modifications#ReasonableAccommodations)

# Senior Citizen Support

## MULTNOMAH COUNTY

**Aging and Disability Resource Center (ADRC) of Multnomah County:**  
24-hour information assistance to seniors, people with disabilities, and caregivers.

ADRC online database: <https://www.adrcoforegon.org/consite/search.php>  
(503) 988-3646, email: [adrc@multco.us](mailto:adrc@multco.us)

## WASHINGTON COUNTY

**Aging and Disability Resource Center (ADRC) of Washington County:**  
(503) 846-3060, email: [davsinfo@co.washington.or.us](mailto:davsinfo@co.washington.or.us)

## CLACKAMAS COUNTY

**Aging and Disability Resource Center (ADRC) of Clackamas County:**  
(503) 650-5622, <https://www.clackamas.us/socialservices/crc.html>,  
email: [clackamasadrc@clackamas.us](mailto:clackamasadrc@clackamas.us)

### **Family Caregiver Support Program:**

Resource and support for unpaid family caregivers for seniors and older caregivers of children and adults with disabilities

(503) 650-5605, <https://www.clackamas.us/socialservices/respite.html>

### **Senior Companion Program (SCP):**

Offers support (transportation, general assistance around the house, social activities) to homebound seniors and adults with disabilities, free of charge.

(503) 655-8875, <https://www.clackamas.us/socialservices/companions.html>

### **Transportation Reaching People Program (TRP):**

Shared ride service for residents 60+ or those with a disability, free of charge, for medical appointments, grocery shopping, and other essential errands.

(503) 655-8208,

<https://www.clackamas.us/socialservices/transportation.html>

## STATE OF OREGON/TRI-COUNTY AREA

### **Elder Abuse Prevention:**

Resource for seniors experiencing abuse or neglect.

1-855-503-7233, <https://www.oregon.gov/dhs/abuse/Pages/index.aspx>

### **Senior Health Insurance Benefits Assistance (SHIBA):**

Free health benefits counseling for seniors

(800) 722-4134, <http://www.oregon.gov/DCBS/SHIBA/pages/index.aspx>,

email: [shiba.oregon@state.or.us](mailto:shiba.oregon@state.or.us)

### **Program for All-Inclusive Care for the Elderly (PACE):**

Medicare program and Medicaid service option for seniors in Multnomah, Washington, Clackamas, Clatsop, and Tillamook County

1-844-224-7223, <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SPPD/Documents/PACE-Fact-Sheet.pdf>

## FEDERAL

### **Reverse Mortgage Program:**

Provides guaranteed monthly income payments to seniors 62+ who own their own home and have substantial equity value in it. No money needs to be repaid and no interest payments are made as long as you continue to reside in the home.

helpful information sheet: <https://www.eldercaredirectory.org/federal.htm>

### **Elder Care Directory:**

Nonprofit organization provides education for seniors and their caregivers to learn how to find support and provide for the elderly in the U.S.

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

# Disability Support

## MULTNOMAH COUNTY

### **Aging and Disability Resource Center (ADRC) of Multnomah County:**

24-hour information assistance to seniors, people with disabilities, and caregivers.

ADRC online database: <https://www.adrcoforegon.org/consite/search.php>  
(503) 988-3646, email: [adrc@multco.us](mailto:adrc@multco.us)

### **Intellectual and Developmental Disabilities Office for Children & Adults:**

Assist adults that live in the family home, independently, or receive residential services. Assist children who live at home, group homes, or foster homes with education goals, activities, and plans for transitioning into adulthood.

Portland Office: 209 SW 4th Ave, Portland, OR 97204 - (503) 988-3658

Gresham Office: 2951 NW Division Street Suite 200, Gresham, OR 97030 - (503) 988-2535

<https://multco.us/dd/case-management-services-children-and-young-adults>,  
[multco.us/dd/case-management-services-adults](https://multco.us/dd/case-management-services-adults)

### **Public Annex:**

Low cost art classes and classes to learn about farming around Portland.

<http://www.publicannex.org/>, [everybody@publicannex.org](mailto:everybody@publicannex.org)

## WASHINGTON COUNTY

### **Aging and Disability Resource Center (ADRC) of Washington County:**

(503) 846-3060, email: [davsinfo@co.washington.or.us](mailto:davsinfo@co.washington.or.us)

### **Development Disability Services:**

Provides a variety of services like residential services, employment, transportation, and family support to those who are eligible

List of programs:

[www.co.washington.or.us/HHS/DevelopmentalDisabilities/programs.cfm](http://www.co.washington.or.us/HHS/DevelopmentalDisabilities/programs.cfm)  
(503) 846-4737 for an application

**Protective Services:**

Resource for adults and children with intellectual and physical disabilities experiencing abuse or neglect.

For adults: (503)846-3150 For children: (503)681-6917

**CLACKAMAS COUNTY**

**Aging and Disability Resource Center (ADRC) of Clackamas County:**

(503) 650-5622, <https://www.clackamas.us/socialservices/crc.html>,  
email: [clackamasadrc@clackamas.us](mailto:clackamasadrc@clackamas.us)

**Family Caregiver Support Program:**

Resource and support for unpaid family caregivers for seniors and older caregivers of children and adults with disabilities

(503) 650-5605, <https://www.clackamas.us/socialservices/respite.html>

**Senior Companion Program (SCP):**

Offers support (transportation, general assistance around the house, social activities) to homebound seniors and adults with disabilities, free of charge.

(503) 655-8875, <https://www.clackamas.us/socialservices/companions.html>

**Transportation Reaching People Program (TRP):**

Shared ride service for residents 60+ or those with a disability, free of charge, for medical appointments, grocery shopping, and other essential errands.

(503) 655-8208, [www.clackamas.us/socialservices/transportation.html](http://www.clackamas.us/socialservices/transportation.html)

**Developmental Disabilities Program:**

Serves eligible adults and children with programs such as residential services, family support, and employment.

(503) 655-8640,

For Children: [www.clackamas.us/socialservices/ddchildren.html](http://www.clackamas.us/socialservices/ddchildren.html)

For adults: [www.clackamas.us/socialservices/ddadults.html](http://www.clackamas.us/socialservices/ddadults.html)



**Reporting Abuse & Neglect:**

Resource for people with disabilities experiencing abuse or neglect.  
For Children: (971) 673-7112 For Adults: (503) 557-2874,  
<https://www.clackamas.us/socialservices/ddabuse.html>

**STATE OF OREGON/TRI-COUNTY AREA****Independent Living Resources (ILR):**

1839 NE Couch St, Portland OR, 97232

Programs and services for people with disabilities including braille transcription, art & cooking classes, housing support, skill instruction, and outdoor recreation.

(503) 232-7411, <http://www.ilr.org/index.shtml>, [info@ilr.org](mailto:info@ilr.org)

**Aging and Disability Resource Center (ADRC) of Oregon:**

24-hour information assistance to seniors, people with disabilities, and caregivers.

ADRC online database: <https://www.adrcoforegon.org/consite/search.php>  
1-855-ORE-ADRC, <https://www.adrcoforegon.org/consite/index.php>,

**FEDERAL****Federal Disability Rights and Program Information:**

Resources to understand federal programs, laws, and guidelines set by the federal government for people with disabilities and those who care for people with disabilities.

<https://www.usa.gov/disability-services>

# In-home Care

## **Oregon Project Independence (OPI):**

Offers help with personal care, housekeeping, giving your caregiver a break, shopping, & transportation. OPI is a statewide program that works with people 60+ and/or have dementia in order to live independently.

Contact ADRC for more information: 1-855-ORE-ADRC

## **Oregon Project Independence (OPI) – Clackamas County:**

Offers help with personal care, housekeeping, giving your caregiver a break, shopping, & transportation. OPI is a statewide program that works with people 60+ and/or have dementia in order to live independently.

OPI Waitlist online form: <https://web3.clackamas.us/up/forms/opiintake.jsp>  
(503) 650-5769, <https://www.clackamas.us/socialservices/opi.html>

# Food Assistance

## **Oregon Food Bank:**

Food assistance sites and pantries across Oregon.

List of all known food services in Oregon

<https://docs.google.com/spreadsheets/d/1dOcdckJuIdVEDEoh6p7LQl8RMh3ejBVkDB19r6h21ak/edit#gid=225208873>

(503) 505-7061, [oregonfoodbank.org/find-help/find-food/#jump](http://oregonfoodbank.org/find-help/find-food/#jump)

## **Meals on Wheels:**

Serve low-cost meals to seniors in Multnomah & Washington county.

Link to online form: <https://www.mowp.org/what-we-do/meals-on-wheels/>

(503) 953-8111

## **Oregon WIC Program:**

Nutritional food program for pregnant, postpartum, or breastfeeding women, children under 5, and other guardians of children.

interest form webpage:

<https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/interest-form.aspx>

(971) 673-0040, email: [robin.l.moulton@state.or.us](mailto:robin.l.moulton@state.or.us)

## **Supplemental Nutrition Assistance Program (SNAP):**

Food benefits for low-income people, applications available at any social security office

Oregon Application Link:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de0415f.pdf>

Link to application in other languages: <https://govstatus.egov.com/or-dhs-benefits> Or call your local DHS office to get an application mailed to you

## **Commodity Supplemental Food Program (CSFP):**

Food assistance for low-income elderly persons at least 60 years old

<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program-csfp>

# Health Care

## **Medicare:**

Health insurance program for Social Security beneficiaries.

Call SHIBA for more information: 1-800-722-4134

Oregon information website: <https://healthcare.oregon.gov/shiba/medicare-65/Pages/medicare-faqs.asp>

helpful information sheet: <https://www.eldercaredirectory.org/medicare.htm>

## **Oregon Health Plan - Medicaid:**

Federal and state health insurance program for elderly, blind, and disabled who are very low-income.

request paper application: 1-800-699-9075,

Oregon information website:

<https://www.oregon.gov/oha/hsd/ohp/pages/apply.aspx>

helpful information sheet: <https://www.eldercaredirectory.org/medicaid-long-term-care.htm>

## **Children's Health Insurance Program (CHIP):**

Provides health coverage to eligible children through Medicaid and CHIP programs.

Oregon's CHIP Information: <https://www.benefits.gov/benefit/1611>

1-800-359-9517

## **Mental Health Crisis Intervention – Multnomah County:**

Free, 24/7 support for individuals experiencing mental health issues.

Available in multiple languages.

(503) 988-4888, <https://multco.us/mhas/mental-health-crisis-intervention>

Urgent Walk-In Clinic: 4212 SE Division St, Portland, OR (M-Sat: 7am-10:30pm, Sun: 9am-9pm)

## **Behavior Health Division – Clackamas County:**

Free, 24/7 resource for urgent and non-urgent mental health needs

Urgent: (503) 655-8585 Non-urgent: (503) 742-5335,

<https://www.clackamas.us/behavioralhealth>

Urgent Walk-In Clinic: 11211 SE 82<sup>nd</sup> Ave Suite O, Happy Valley, OR (M-F: 9am-7pm, Sat: 10am-7pm, closed Sun)

**Crisis Services – Washington County:**

Resource for urgent and non-urgent mental health needs

Urgent: (503) 291-9111,

<https://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm>

Urgent Walk-In Clinic: 5240 NE Elam Young Parkway Suite 100, Hillsboro, OR (M-Sun: 9am-8:30pm)