Here’s how!

Get well.

Stay well.
On behalf of Pfizer Helpful Answers, the National Association of Hispanic Nurses and the National Black Nurses Association, we would like to welcome you to the Miami Health Guide for the uninsured and underinsured. We share the goal of helping to ensure the health and well-being of Miami residents, and we hope this guide provides you with the information, resources, and support to help you and your family stay healthy and well.
Fellow Miamians:

I am pleased to share with you the first ever City of Miami’s Health Guide, which is comprised of valuable information about health care services available to you and your family in our wonderful City.

As you know in recent years health care costs have increased dramatically, so we have made it a priority to aid in the promotion of affordable health care options for our residents.

However, the trend in Florida and throughout the nation has been to go digital, and while we understand the intent, the reality is that, like many urban areas, in the City of Miami there is a digital divide, which is a hurdle for many of our elderly and low-income residents. Therefore, this printed Health Guide has been created to remedy this problem and aid the uninsured as well as the underinsured at every age and income level.

Accordingly, this Health Guide facilitates the search for your health needs according to your budget limitations. The scope of the guide includes primary medical care, substance abuse recovery centers, mental health care, health insurance programs for children, elderly resources, special needs resources and assistance, as well as homeless resources and dentistry.

Prevention, however, remains the first step towards good health, so this guide provides basic information and advice on how to prevent and/or manage chronic ailments and diseases such as diabetes, obesity, heart conditions, and sexually transmitted diseases.

I hope that this guide will be useful to you and your family, and that in it you will find the tools and resources for a healthier life in our wonderful City.

Sincerely,

Mayor Tomas Regalado
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Your nearest Community Health Center may be your best friend when it comes to family health care; even if you are uninsured.

They offer primary health care services that could prevent more expensive medical needs later. In most cases, pay what you can based on your family size and your income. There you will find services such as annual physicals for your child, school vaccines, and even diabetes and prenatal care!

What Community Health Centers Offer:
- Wellness checkups
- Treatment if you are ill
- Vaccines and checkups for your children
- Care when you are pregnant
- Dental care
- Medicines
- Help and treatment for substance abuse (alcohol and drugs)

Here are some of the various types of health centers in your area, including free clinics and federally-funded centers. Contact the one nearest you for an appointment.
Find a Community Health Center near you.  
www.floridahealthfinder.gov
Bringing Healthy Thoughts to the Table

When it comes to the issue of obesity, we really need to bring healthy thoughts to the table, along with nutritious food for our children. Reports show that obesity among our children is increasing at an alarming rate; even tripling in some cases between the 1960s and 1990s.*

We can all join together to do something about it. But first let’s think about the risks that obesity brings to our children: possible cases of hypertension, higher cholesterol rates, and even diabetes. Also, the Centers for Disease Control and Prevention (CDC) says, as children get older and become teens, they are more likely to be obese compared to children of pre-school age. Here’s what we can do:

1. Get moving!!! Being physically active for at least an hour each day can help us all “lighten up.”
2. Too much computer or TV time? Time to put a limit on that.
3. Fruits and veggies are your weight-loss friends! Find out how many servings you need a day depending on your age.
4. Drink fewer sodas and other sweetened beverages.
5. Breakfast is your best friend! You will eat less later.
7. Looking for fun family time? Include your children to help plan meals with smarter and smaller portion sizes.
8. Some additional ideas:
   - Make sure children get enough sleep.
   - Work with your school, day care center, and community on better food options and healthier environments.

Nutrition

If you feel you and your family need to eat more fruits and veggies don’t worry, you are not alone. But there is help and advice that can get us all eating fruits and vegetables from all colors of the rainbow!

Here is a handy Web site that can point you in the right direction for getting just the right amount of fruits and veggies for your age group and physical activity level. Simply visit: www.fruitsandveggiesmatter.gov

Click On: Fruit and Vegetable Benefits then on How Many Fruits and Vegetables Do You Need? Enter your age, your sex, and your activity level and in one quick step you will receive recommendations on how many servings of fruits and vegetables you need every day. You can do that for each and every member of your household. This is a service of the Federal Government’s Centers for Disease Control and Prevention (CDC), which says a healthy diet needs to include whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs, and nuts, as well as be low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Fruits and veggies anyone?

More information: 800-CDC-INFO
800-232-4636
WIC Main Office - Miami
7785 NW 48th St, Ste 300
Miami, FL 33166
786-336-1333
786-336-1335 TDD
For all WIC appointments:
786-336-1300
Breastfeeding Helpline
786-336-1336
You and Your Baby Come First!

How do you keep healthy during your pregnancy? Here are some answers. There are many prenatal and natal care programs ready to help you all along the way.

Prenatal Care Programs
The health care women get before and during pregnancy is called prenatal care. Diabetes and hypertension are some long-lasting conditions to watch out for during these stages so it’s very important to control them. Ways to improve the health of both mom and baby include taking a multi-vitamin with folic acid to prevent certain birth defects, maintaining a healthy lifestyle (that means proper diet and exercise), lowering stress levels, and avoiding excess drinking of alcohol. It is important to speak to a doctor if you are pregnant or planning to get pregnant.

Who Qualifies?
» Pregnant and breastfeeding women
» Women who have recently been pregnant
» Infants and children under the age of five with a low or moderate income who are at a nutrition risk and live in Florida

Women, Infants, and Children (WIC) Program
The Women, Infants, and Children (WIC) program is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, healthy foods, breastfeeding support, and help accessing health care are provided to low-income women, infants, and children. In some clinics, immunizations are also provided. Both fathers and mothers can receive the benefits for their children.
Pregnancy and Drinking Don’t Mix

When you are expecting, everything you eat and drink could have a direct effect on your baby.

Drinking during your pregnancy is especially dangerous to your baby, with the most serious risk being Fetal Alcohol Syndrome (FAS).

That’s the name for a group of birth defects and developmental disabilities such as defects of the face, problems with growth, mental retardation, and even learning and behavioral problems.

There is also Fetal Alcohol Effect (FAE). This describes newborns with less serious birth defects and disabilities.

Remember, babies born with fetal alcohol-related damage have disabilities that last for the rest of their lives.

And here is an important note we want to share with you from the Centers for Disease Control and Prevention (CDC): When a pregnant woman drinks alcohol, so does her unborn baby. There is no known safe amount of alcohol to drink while pregnant. If you’re planning a pregnancy, stop drinking alcohol now.

What to Do:

» If you’re pregnant, don’t drink. If you are drinking during your pregnancy, stop now. That can reduce the chances of your baby being born with problems.

» If you are thinking of becoming pregnant, stop drinking now. Drinking during the earliest stages of your pregnancy (when you may not even know you are expecting) can be harmful to your child.

» If you are breastfeeding, don’t drink. The March of Dimes says some alcohol can reach the baby that way and could slow their development of motor skills.

If you know someone who is pregnant, share this information with her. If you are a services provider to pregnant women and women of reproductive age, screen them for alcohol and substance abuse.

Increase your chances of a healthy baby. Staying away from alcohol before and during pregnancy can go a long way in making sure that happens.
Ongoing Child Care

Children’s Health Fund and South Florida Children’s Health Project
The South Florida Children’s Health Project (SFCHP), part of the Childrens Health Fund’s Referral Management Initiative, was started as a response to Hurricane Andrew and today provides a full range of health care services mostly to minority, uninsured, and underinsured children in rural and urban areas throughout Miami-Dade County, Florida.

Available Services:
- Complete primary care, including physical exams and immunizations
- Management of acute and chronic illnesses
- Referral to subspecialty care and dentists
- Nutrition assessment, cholesterol screening, and body weight monitoring
- Developmental and lead screenings
- Vision and hearing testing
- Psychological counseling and case management
- Social work services
- Community and social service referrals
- Health education, literacy programs, classes, and presentations

The SFCHP also provides vaccines and health education at monthly community health fairs.

Children’s Health Fund
www.childrenshealthfund.org
SFCHP Program Sites:
Little Haiti: Lakeview Elementary and the Center for Haitian Studies
Little Havana: St. John Bosco Church
Breastfeeding

A Natural Way to Make for a Healthy Baby!

There are laws that support breastfeeding families and that protect breastfeeding in the workplace. These laws also provide for flexible break times and clean, private spaces so that a breastfeeding mom can express milk for her infant child.

Reasons To Breastfeed Your Little One

» Breastfeeding can help you get your figure back faster. Weight loss is often easier and breastfeeding helps your uterus return to normal size more quickly.
» Your breast milk is always ready. No mixing, measuring or heating.
» Nighttime feedings are quick and easy.
» Breastfeeding saves money...

» Going out is simple. Breastfed babies are easy to take along.
» Breastfed babies require fewer doctor visits.
» Breast milk helps babies fight disease.
» You are providing your baby with the best nutrition possible.
» Breast milk is a natural tranquilizer.

Most importantly, breastfeeding is a special gift only you can give your baby. It satisfies your baby’s emotional needs and increases bonding between mother and baby.

Keep in mind, Florida is one of the states that has laws allowing women to breastfeed in public and private locations.
Coronary artery disease (CAD) is the most common type of heart disease and is the leading cause of heart attacks.

**CAD Can Lead To:**

- **Angina:** Angina is chest pain or discomfort that happens when the heart does not get enough blood. It may feel like a pressing or squeezing pain, often in the chest, but sometimes the pain is in the shoulders, arms, neck, jaw, or back.

- **Heart attack:** A heart attack occurs when an artery is severely or completely blocked, and the heart does not get the blood it needs for more than 20 minutes.

**If you think you're having a heart attack, call 911 right away.** Tell the operator your symptoms and that you think you're having a heart attack.

**Heart Failure:**

- It occurs when the heart is not able to pump blood through the body as well as it should.

**Signs of heart failure include:**

- Shortness of breath (feeling like you can't get enough air)
- Swelling in feet, ankles, and legs
- Extreme tiredness

**Heart arrhythmias are changes in the beat of the heart.**

Most people have felt dizzy, faint, or out of breath or had chest pains at one time. These changes in heartbeat are harmless for most people. As you get older, you are more likely to have arrhythmias.

**If you have flutters and other symptoms such as dizziness or shortness of breath, call 911 right away.**

**Take Action:**

- Be physically active
- Don’t smoke
- Eat healthy
- Maintain a normal weight
- Know your numbers (blood pressure, cholesterol, and triglycerides)

**You Can Reduce Your Chances of Getting Heart Disease by Taking These Steps:**

- **Know your blood pressure.** Years of high blood pressure can lead to heart disease. People with high blood pressure often have no symptoms, so have your blood pressure checked every 1 to 2 years and get treatment if you need it.

- **Don’t smoke.** If you smoke, quit. If you’re having trouble quitting, there are products and programs that can help:
  - Nicotine patches and gums
  - Support groups
  - Programs to help you stop smoking
  - Prescription medicines
School Health Program
786-845-0222

School-Based Health Centers:

Charles R. Drew Elementary
1775 NW 60th St
Miami, FL 33142-2483
305-694-2362

Coconut Grove Elementary School
3351 Matilda St
Miami, FL 33133-5138
305-351-1316

F.S. Tucker Elementary School
3500 S Douglas Rd
Miami, FL 33133
305-351-1316

Lillie C. Evans Elementary School
1895 NW 75th St
Miami, FL 33147-6136
305-694-2366

Miami Edison Middle School
1001 NW 2nd Ave
Miami, FL 33127-1211
305-754-3570

Olinda Park Elementary School
5536 NW 21st Ave
Miami, FL 33142-3030
305-633-0308

Shadowlawn Elementary School
149 NW 49th St
Miami, FL 33127-2108
305-758-3673

Toussaint L’ouverture Elementary School
120 NE 59th St
Miami, FL 33127-2040
305-758-2600
Health at School

Here’s how health care at school works at the Miami-Dade County Public School System. The school health services are provided jointly by Miami-Dade County Public Schools and Community School Health Providers.

Among the services that the School Health Program provides:

» Medication administration
» Immunization record review
» Vaccine administration
» Health record review
» Nursing assessments
» Nursing counseling
» Student care plan development
» Health-mandated screening programs
» Referrals and follow-up of health problems
» Home visitation
» Classroom health education
» Parent consultations
» Social work assessments
» Social work counseling
We all know immunizations are not at the top of anyone’s favorite “things-to-do” list, but when it comes to showing love for your family, especially children and teens, vaccines go a very long way in showing you care.

Just think, vaccines have wiped out polio and smallpox in the United States! And remember, they also protect against diphtheria, tetanus, polio, measles, hepatitis, and the mumps. Plus, kids need them before enrolling in school. Many clinics offer residents immunizations for elementary, high school, and college students. This includes flu shots, pneumonia shots, and others.

Clinics also accept Medicare, Medicaid, and private insurance plans. If you are an HMO patient you will be referred to your primary care provider.

Keep in mind, not all clinics provide the same range of services.

Where to Go
You can visit your family doctor or go to the nearest clinic listed here.

They are free when they are needed for school enrollment.

Vaccination Clinics and Services
Immunization Services of the Miami-Dade County Health Department (MDCHD) provides immunization services to protect
residents and visitors from vaccine preventable diseases. They offer vaccines that protect against:

1. Diphtheria
2. Haemophilus Influenza Type B
3. Hepatitis A and B
4. Herpes Zoster (Shingles)
5. Human Papillomavirus (HPV)
6. Influenza (Flu)
7. Japanese Encephalitis
8. Measles
9. Meningitis
10. Mumps
11. Pertussis
12. Pneumonia
13. Polio
14. Rubella
15. Tetanus
16. Typhoid Fever
17. Varicella (Chickenpox)
18. Yellow Fever
19. Rabies (for lab personnel and travelers)

Florida SHOTS (State Health Online Tracking System) is a free, state-wide, on-line registry for immunization that helps health care providers, schools, and parents keep track of immunization records. Send your doctor’s information to: Dianna_Gosendi@doh.state.fl.us

You will receive reminders in the mail to ensure you and your children make your next appointment at the right time.
Florida Department of Health Volunteer Health Services Program
8323 NW 12th St, Ste 212
Miami, FL 33126
786-336-1280

Florida Donated Dental Services of the National Foundation of Dentistry for the Handicapped
PO Box 451048
Sunrise, FL 33314
877-476-4664

Income requirements vary

Florida Baptist Convention
1230 Hendricks Ave
Jacksonville, FL 32207
904-596-3113 and
800-226-8584, x3113
Mobile unit that travels throughout Florida

Community Smiles
Dade County Dental Research Clinic
PDC Associate Member
750 NW 20th St
Miami, FL 33127
305-325-0510
Sliding fee scale

Miami-Dade County Department of Health Dental Clinic
8600 NW 17th St, Ste 200
Miami, FL 33126
305-470-5620

Jesse Trice Community Health Center
18360 NW Seventh Ave
Miami, FL 33169
305-835-1595 or
305-835-1606
Sliding fee scale

Helen B. Bentley Family Health Center
3090 SW 37th Ave
Coconut Grove, FL 33133
305-351-1116
Sliding fee scale

Borinquen Health Care Center Inc.
3601 Federal Highway
North Miami, FL 33137
305-576-6611

Camillus Health Concern
336 NW Fifth St
Miami, FL 33128
305-577-4840, x118
For homeless or if staying in shelter

Jesse Trice Center
700 S Royal Poinciana Blvd, Ste 300
Miami Springs, FL 33166
305-637-6400, x15225
No income requirements

Community Health of South Florida Inc.
West Perrine Health Center
18255 Homestead Ave
Miami, FL 33157
305-234-7676

Community Health of Florida Naranja Health Center Dental Services
15880 SW 264th St
Miami, FL 33030
305-259-6813
Sliding fee scale

Community Health of South Florida
10300 SW 216th St
Miami, FL 33190
305-253-5100
Sliding fee scale

Community Health of South Florida Martin Luther King Jr. Clinic
810 W Mowry St
Miami, FL 33030
305-253-5100, x4008
Sliding fee scale

Nova Southeastern University Health Care Center Educational Facility Clinic
1750 NE 167th St
North Miami Beach, FL 33162
305-949-6202, x1660 or 954-262-4101
Initial visit including X-rays – $50. All other fees are based on procedure.
No Medicare, Medicaid

Miami-Dade Community College Dental Hygiene Department Educational Facility Clinic
950 NW 20th St
Miami, FL 33127
305-237-4142

Protect your smile by making sure you and your family brush and floss after meals.

Dental Safety Net is a source of dental care for Medicaid (and uninsured) patients who do not have access to private dentists.

Low-cost dental services may be available if you meet certain requirements or are below a certain level of income. The following dental facilities, even though located out of Miami, will arrange dental services for the residents of Miami who qualify.

smile, Please!

Looking for signs of good health? You don’t have to look further than your smile! That’s right...dental health has everything to do with your overall physical well-being.

Please!
The Miami-Dade Health Insurance Assistance Program
The Miami-Dade Health Insurance Assistance Program covers a part of the monthly insurance premium for persons with low to moderate incomes who are enrolled in Miami-Dade Blue. The amount received is based on household income, family size, and total amount of the monthly premium.

For more information on benefits and how to qualify for the program you can call the Community Health Centers listed in this guide (p. 6-7), call the Office of Countywide Healthcare Planning (OCHP) at 305-375-5444 or e-mail requests to Health Insurance Utilization Program at HIUP@miamidade.gov.

Remember to bring the following information and documents when applying:

- Photo ID
- Proof of income
- Proof of Miami-Dade residency
- $30 premium deposit (check)

Florida KidCare
Through Florida KidCare, the state of Florida offers health insurance for children from birth to age 18, even if one or both parents are working. It includes four different parts:

- Medikids: children ages 1 through 4
- Healthy Kids: children ages 5 through 18
- Children’s Medical Services Network: children from birth to 18 who have special health care needs
- Medicaid: children from birth to 18

A child who has other health insurance may still qualify for Medicaid.

When you apply for the insurance,
Florida KidCare will check which part your child may qualify for based on age and family income. For more information, visit: www.floridakidcare.org

Some of the services Florida KidCare covers are:
- Doctor visits
- Checkups and shots
- Hospital
- Surgery
- Prescriptions
- Emergencies
- Vision and hearing
- Dental
- Mental health

Medicaid
Medicaid provides medical coverage to low-income individuals and families. Medicaid eligibility in Florida is determined either by the Department of Children and Families (DCF) or the Social Security Administration (for SSI recipients).

DCF determines Medicaid eligibility for:
- Low-income families with children
- Children only
- Pregnant women
- Non-citizens with medical emergencies
- Aged and/or disabled persons not currently receiving Supplemental Security Income (SSI)

Most Medicaid beneficiaries must enroll in a Medicaid managed health care plan. Each plan offers:
- All basic Florida Medicaid benefits
- Network of doctors, hospitals, clinics and drugstores
- A choice of doctors

Florida Medicaid has the following types of health care plans:

- Health Maintenance Organizations (HMOs) are run by companies that have contracts with Florida Medicaid.

- MediPass is a statewide provider network run by Florida Medicaid. In some parts of the state, MediPass also has special programs like after-hours clinics for children and minority physician networks that you can use.

- Provider Service Networks (PSNs) are run by a network of doctors and hospitals that have a contract with Florida Medicaid (Miami-Dade County).

Apply for Florida KidCare
1-888-540-5437
www.healthykids.org

To inquire about eligibility, call: Medicaid Options Helpline: 1-888-367-6554

Public Hospitals and Other Health Care Delivery Systems

From immediate to preventive care, it’s comforting to know there is a hospital or other type of health care system near you.

PUBLIC HOSPITAL

Jackson Health Systems Jackson Memorial Hospital
1611 NW 12th Ave
Miami, FL 33136
305-585-1111

OTHER HOSPITALS

Miami Veterans Affairs Medical Center
1201 NW 16th St
Miami, FL 33125
305-575-7000

Bascom Palmer Eye Institute
900 NW 17th St
Miami, FL 33136
305-326-6000

University of Miami Hospital
1400 NW 12th Ave
Miami, FL 33136
305-695-5511

Mercy Hospital
3641 S Miami Ave
Miami, FL 33133
305-285-2922

Metropolitan Hospital
9859 NW 7th St
Miami, FL 33126
305-264-1000

University of Miami-Pediatrics
1611 NW 12th Ave
Miami, FL 33136
305-585-6364

Hospitals and Other Health Care Delivery Systems
Health Reform and You

The nation’s Patient Protection and Affordable Care Act (ACA), also known as the Health Reform Law, which took effect in 2010 is still in the process of being rolled out throughout the United States. Residents of Miami and across the state can take advantage of many changes already enforced by the law.

Health Reform Changes That Could Affect You:

»Medicare Drug Coverage — Medicare beneficiaries are eligible to receive a 50% discount from pharmaceutical manufacturers on covered brand name prescriptions filled in the Medicare Part D Coverage gap.

»Pre-existing Condition Insurance Plan — A program is now available to provide health coverage to people with pre-existing conditions who have been uninsured for at least 6 months.

»Coverage for Children to Age 26 — All individual and group insurance policies must now offer dependent coverage for children up to age 26.

»Preventive Benefits — Many prevention services must now be provided by new health plans at no cost to the patient and Medicare beneficiaries no longer have any cost-sharing for recommended preventive services. Many more changes have already been completed. Of the 57 provisions outlined by the law to take effect by 2012, fifty-two of them are in full force.

For More Information
www.healthcare.gov or www.healthreform.kff.org
Help When You Need It

If you need to know more about Sickle Cell Disease, there’s help right here in the area. Everything from testing, to treatment, to counseling.

This inherited blood disease can cause problems such as pain, bone damage, and anemia, among others, so it’s important to get appropriate therapy.

If you have sickle cell disease and experience any of the following symptoms, get help right away.

» Fever
» Chest pain
» Shortness of breath
» Tiredness
» Swelling of the abdomen
» Unusual headache
» Sudden loss of feeling or weakness
» Constant pain
» Painful erections that won’t go down (Priapism)
» Sudden vision change

Sickle Cell Miami-Dade County Chapter
1601 NW 12th Ave, Ste 3036A
Miami, FL 33136
info@sicklecellmiami.org
Helpline: 305-324-6219
Here are some important facts and thoughts when it comes to cancer issues. Cancer is the overall name for more than 100 different diseases. But, all types of cancer begin with abnormal cells that “grow out of control.” Unlike normal cells though, cancer cells can invade other tissues. Cancer, if left untreated, can lead to serious illness and can even be fatal.

It’s very important to know that different types of cancer behave differently, so treatment is needed for that specific kind of cancer.

According to the American Cancer Society, half of all men and one third of all women living in the US will develop cancer during their lifespan.

Also according to the American Cancer Society, lifestyle changes and avoiding tobacco, limiting sun exposure, getting exercise, and eating well may reduce some cancer risks.

Visit www.cancer.org or call 1-800-227-2345 to find out more.
Additional Options for the Uninsured

» As of 2010, a Pre-Existing Condition Insurance Plan (PCIP) is available to cover people who have not had insurance for 6 months or more and have cancer or another pre-existing condition. For Florida PCIP information, visit: www.pcip.gov

» Many HMOs or health care service plans have an open enrollment period each year during which applicants are accepted regardless of past health problems.

» If you have been covered under a plan from your job for at least one day, you should be able to keep your medical insurance through COBRA if you become unemployed. Ask your employer about your COBRA option.

» Find out if you can apply for group insurance through member or professional organizations (such as those for retired persons, teachers, social workers, realtors, etc.). Look for a “guaranteed issue” plan.

» Look into Medicare, which covers most people who are 65 or older, or children who are permanently disabled and have been getting Social Security benefits for 2 years.

» See if you are eligible for state or local benefits, such as Medicaid if you are in a low-income bracket or are unemployed.

» If you are employed, don’t leave your job until you have found out if you can change your group insurance to an individual plan. Some group plans allow people to change to individual plans, but premiums may be much higher. These individual plans usually must be applied for within 30 days of leaving a job. (This is different from COBRA, which allows you to stay with the group insurance but only for a limited time.)

» Check into Hill-Burton funds: A few hospitals and other non-profit medical facilities get Hill-Burton funds from the federal government so they can offer free or low-cost services to those who can’t pay. Medicare and Medicaid services aren’t eligible for Hill-Burton coverage. But Hill-Burton may cover services that other government programs don’t. Eligibility for Hill-Burton is based on family size and income. For more information, call 1-800-638-0742 or visit www.hrsa.gov (Search Hill-Burton).

Breast and Cervical Cancer

Regular physical checkups not only safeguard your health but also are very important for spotting breast and cervical cancer at their earliest stages.

Breast cancer is the second most common form of cancer in women, after skin cancer. But there is hope: breast cancer can be successfully treated in its earlier stages.

Regular mammograms and breast exams can play a role in finding cancer early, giving women better choices for treatment and results.

The American Cancer Society recommends early mammograms starting at the age of 40 for most women along with clinical breast exams as part of health checkups (at least every 3 years for women in their 20s and 30s and every year for women 40 and up).
Make an annual Pap smear test part of your health routine. The test can find cervical cancer during early stages.

The Florida Breast and Cervical Cancer Early Detection Program
This is a special program for women 50-64 years old to receive breast and cervical cancer screenings. A special focus of the program is on women who have not had a screening in 5 years or longer.

These services are provided through a partnership with primary care doctors and community hospitals.

Services are free if you:
» Are uninsured
» Are between the ages of 50 and 64
» Do not have insurance that covers these services
» Meet financial eligibility criteria

Program Services:
» Pap smear
» Pelvic exam
» Clinical breast exam
» Mammograms and yearly screenings
» Testing/treatment, if needed, through Medicaid Mary Brogan Treatment Act

Call to make an appointment.
Project Screen
305-470-5634
It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or even for free. There are more than 475 public and private patient assistance programs offering access to over 2,500 brand name and generic medications free or at a low cost. Nearly 200 of these programs are offered by pharmaceutical companies.

**Pfizer Helpful Answers**

Pfizer Helpful Answers® is a family of prescription assistance programs that provides eligible patients with their Pfizer prescriptions for free or at a savings and offers reimbursement support services for select products. In the last five years (2007-2011), Pfizer Helpful Answers helped 3.8 million uninsured and underinsured patients get access to more than 40 million Pfizer prescriptions. Call or go online to learn more about Pfizer Helpful Answers or to receive a program application.

1-866-706-2400
www.PHAHelps.com

**Partnership for Prescription Assistance**

The Partnership for Prescription Assistance brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that’s right for them. For more information:

1-888-477-2669
www.pparxfl.org

**Florida Discount Drug Card**

All Florida residents can now receive the Florida Discount Drug Card to save on their medications at over 60,000 pharmacies nationwide. Depending on your age and income status, you may be eligible to receive additional savings. Signing up is easy and you can begin saving immediately. Enroll by phone or via the internet.

1-866-341-8894
1-866-763-9630 TTY
www.floridadiscountdrug-card.com

**NeedyMeds**

NeedyMeds is a non-profit organization founded in 1997 as a resource for people who need help with the cost of medicine. NeedyMeds has information on more than 4,000 programs that can help people of all ages, with and without insurance. Find assistance with:

> The cost of prescriptions
> Co-pays and premiums
> Disease-related expenses

For more information or to get help, visit:

www.NeedyMeds.org

*Pfizer Helpful Answers® is a joint program of Pfizer Inc. and the Pfizer Patient Assistance Foundation®.*
When it comes to nicotine, it’s all about the negatives. There’s nothing good about something that causes impotence, harms infants during pregnancy, and sets the stage for heart disease and lung cancer. As if that is not enough bad news, secondhand smoke is dangerous for your family and friends or anyone around you when you are smoking. Lung cancer, heart disease, asthma, and respiratory infections in children have been linked to the grownups around them who smoke.

The Plus Sides of Quitting
How about the fact you will feel better!!! And there’s more... an improved sense of smell and taste, money savings, and an overall healthier lifestyle. The huge bonus? You will set a great example for the children around you.

How to Quit Now
Patches and medicines are some of the products available to help you quit smoking. Create a support group. Tell your family and friends so that they can form a safety net that will give you plenty of support to quit smoking.

Tobacco Free Florida offers a free program through the Florida Area Health Education Centers (AHEC) Network. Meetings begin regularly and last around six to eight weeks, with one meeting per week.

Contact:
www.tobaccofreeflorida.com
This service offers free advice, confidential counseling, and plenty of information. They will help you set up a step-by-step plan so you can kick the habit.

We Know You Can Do It!
Talk to a Quit Coach who can help you quit tobacco.

Florida Quitline
1-877-U-CAN-NOW
1-877-822-6669
www.quitnow.net/florida

American Cancer Society Quitline
1-877-270-7867

"Quitting Time"
Never Felt So Good
Diabetes

Uncontrolled diabetes can cause serious health problems including heart disease, blindness, kidney failure, and leg amputations. Diabetes is the seventh leading cause of death in the United States.

Possible Symptoms:
- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

Types of Diabetes:
- **Type 1 diabetes**—Earlier called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes
- **Type 2 diabetes**—Earlier called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes
- **Gestational diabetes**—Type of diabetes that only pregnant women get
- **Other specific types of diabetes**—Caused by specific genetic conditions, surgery, drugs, malnutrition, infections, and other illnesses

Additional Information:
Healthy eating, exercise, and insulin shots are the basic therapies for type 1 diabetes. The amount of insulin taken must be balanced with food intake and daily activities. Blood sugar levels must be closely watched through regular blood sugar testing.

Healthy eating, exercise, and blood sugar testing are what you need to do for type 2 diabetes. In addition, many people with type 2 diabetes require oral medicine, insulin, or both to control their blood sugar levels.

People with diabetes must take responsibility for their day-to-day care, and keep blood sugar levels from going too low or too high.

People with diabetes should see a doctor on a regular basis.

For more information:
American Diabetes Association Miami Office:
2103 Coral Way, Ste 603
Miami, FL 33145
305-477-8999
www.diabetes.org
Finding just the right care for older adults is a critical issue for many. We want you to know there are many resources and trained professionals ready to help you.

Here’s a list of some of the assistance you may be able to find:

» Help at home
» Assistance with wellness and nutrition
» Caregiver programs

» Protection for your safety and rights
» Help with Medicare and insurance
» Many other services and programs

**Care Planning**
Community Action and Human Services Department (CAHSD) helps elderly persons 60 years of age and older who may be living alone or are without help. Among the services offered are:

» Crisis intervention
» Assistance with in-home care and monitoring

» Emphasis on the functionally impaired to avoid institutionalization

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**SPECIALIZED SENIOR RESOURCES**

Dade County Elderly Svc Div
490 NE 2nd Ave
Miami, FL 33132
305-372-7816

Disability Services and Independent Living Program (DSAIL)
1335 NW 14th St
Miami, FL 33127
305-547-5444
Services to assist persons with disabilities, ages 18 to 59 years old.

Fifty Five Years & Up
701 SW 27th Ave, Ste 1203
Miami, FL 33135
305-325-8207

Gesu Senior Citizen Center
118 NE 2nd St
Miami, FL 33132
305-374-6099

Haitian American Senior Center
5080 Biscayne Blvd
Miami, FL 33137
305-758-3581

Helen Sawyer Assisted Living
1150 NW 11th St
Miami, FL 33136
305-545-3410

Jack Orr Senior Center
550 NW 5th St
Miami, FL 33137
305-579-5588

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**CAHSD Administrative Office**
2525 NW 62nd St, 4th Flr
Miami, FL 33147
305-514-6000

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**Healthy Aging**
Getting a Handle on the Day-to-Day

W e’ve all been there. Sometimes life puts more on our plates than we can handle at one given time. Just know that there is help right around the corner; exactly when you need that assistance. Your doctor can refer you to area agencies trained to help, or you can call directly. If you or someone in your life needs help right now, contact someone listed here. You will be glad you did.

Behavioral Health Services Can Include:

- Prevention programs for children and adults
- Services for children and adults with substance use and/or general mental health disorders
- Services for children in serious emotional trouble
- Services for adults with a serious mental illness

Here are some resources that may be able to help:

For immediate assistance:

Switchboard of Miami
305-358-4357

South Florida Behavioral Health Network
2140 S Dixie Hwy #205
Miami, FL 33133
305-858-3335
www.sfbeh.org
Can help refer you to needed services

Better Way of Miami Inc
800 NW 28th St
Miami, FL 33127
305-634-3409

Catholic Charities
Saint Lukes Addiction Recovery Center
2707 NW 2nd Ave
Miami, FL 33150
305-795-0077

Chrysalis Center
1704 NW 7th St
Miami, FL 33125
305-644-4355
305-630-3334

Dade County Substance Abuse Intake
2500 NW 22nd Ave
Miami, FL 33142
305-638-6540

Family Resource Center of South FL Inc
155 S Miami Ave
Miami, FL 33130
305-374-6006

Health and Recovery Center at Jackson Memorial Hospital
1695 NW 9th Ave
Miami, FL 33136
305-355-8326

Jessie Trice Community Health Center Outpatient Program
5361 NW 22nd Ave
Miami, FL 33142
305-637-6400 x15191

JMH Mental Health Hospital Center
1965 NW 9th Ave
Miami, FL 33136
305-324-HELP (4357)

Miami Behavioral Health Center Substance Abuse Nueva Vida
1560 SW 1st St
Miami, FL 33135
305-644-2667

Miami Dade Office of Rehab Services
New Opportunity
777 NW 30th St
Miami, FL 33127
305-638-6620

New Horizons Community Mental Health Center
Substance Abuse Unit
1469 NW 36th St
Miami, FL 33142
305-635-7444

Spectrum Programs Inc. South Florida Provider Coalition
140 NW 39th St
Miami, FL 33127
305-753-8888 x 3121

Village South Inc
400 NE 21st St
Miami, FL 33137
305-573-3784

We’ve all been there. Sometimes life puts more on our plates than we can handle at one given time. Just know that there is help right around the corner; exactly when you need that assistance. Your doctor can refer you to area agencies trained to help, or you can call directly. If you or someone in your life needs help right now, contact someone listed here. You will be glad you did.
Ways to Heal

There is so much healing in sharing thoughts and words with someone who cares and is trained to listen.

Here are some signs you or someone you love may need to talk with someone:

- Low mood that lasts a long time
- A feeling of hopelessness
- Desperation
- Anxiety and/or tension
- Problems sleeping
- Withdrawal
- An increase in use of alcohol and/or drugs
- Threatening suicide or talking about a strong desire to die
- Unexpected anger or rage

Help is always there whenever you need it. Reach out for assistance. Someone will be there for you.

Miami Crisis Counseling
Suicide Prevention
Switchboard of Miami
24 hours / 7 days - 211 or 1-305-358-4357
Florida Suicide & Crisis Hotlines
1-305-358-HELP
USA National Suicide Hotlines
Toll-Free / 24 Hours / 7 days 1-800-SUICIDE
1-800-799-4TTY
Children & Youth Behavioral Hotline
305-358-HELP (4357)
College Students
Refer to Counseling Centers & Crisis Lines for Your College or University
National Graduate Student Crisis Line
1-800-GRAD-HLP
1-800-472-3457
Immediate 24-Hour Help for Grads in Crisis

Postpartum Depression Hotline
1-800-PPD-MOMS
1-800-773-6667
Teen Talk Line
305-377-TALK (8255)
The HELpline
305-358-HELP (4357)
305-358-2477 TDD/TTY
The Teen Link Line
305-377-TEEN (8336)
Taped Messages for Teens
The Trevor Project
1-866-488-7386
Crisis intervention & suicide prevention for lesbian, gay, bisexual, transgender, and questioning youth
Veterans Crisis Line
1-877-VET-2-VET
1-877-838-2838
1-800-273-8255 PRESS 1
Youth America Hotline
1-877-YOUTHLINE
1-877-968-6454
Counseling for Teens by Teens
Help for Teens

For teens who may need help or advice, help may just be a phone call away.

**HERE ARE SOME AREA AND NATIONAL SERVICES:**

- **Little Haiti Health Center**
  300 NE 80th Terrace
  Miami, FL 33138
  305-795-2100

- **Miami Dade County Health Department**
  Health District Center
  1350 NW 14th St, Ste 325
  Miami, FL 33125
  786-336-1437

- **South Florida Behavioral Health Network**
  2140 S Dixie Hwy #205
  Miami, FL 33133
  305-858-3335
  www.sfbhn.org

- **YWCA of Greater Miami-Dade**
  351 NW 5th St
  Miami, FL 33132
  305-377-9922 ext.102

**ADDITIONAL TEEN SERVICES**

- **America’s Pregnancy Hotline**
  1-888-672-2296

- **National Center for Missing and Exploited Children**
  1-800-843-5678

- **National Child Abuse Hotline**
  1-800-656-HOPE
  24-hour hotline

- **Planned Parenthood Federation of America**
  1-800-230-PLAN

- **Self-Injury Hotline**
  (SAFE-Self Abuse Finally Ends)
  1-800-dON’t Cut
  1-800-366-8288

- **Youth Crisis Hotline**
  1-800-999-9999
  24-hour hotline for teens and families

**National Services**

- **National Herpes Hotline**
  1-919-361-8488

- **National Runaway Switchboard**
  1-800-786-2929
  1-800-RUNAWAY

- **National Sexual Assault Hotline**
  1-800-656-HOPE
  24-hour hotline

- **National Drug and Alcohol Treatment Hotline**
  1-800-662-HeLp

- **National Domestic Violence Hotline**
  1-800-799-7233

- **National Gay and Lesbian Hotline**
  1-888-843-4564

- **National Teen Dating Helpline**
  1-866-331-9474

- **National Teen Dating Helpline**
  1-800-784-2433
  24-hour hotline

- **National Suicide Hotline**
  1-800-784-2433
  24-hour hotline

**Planned Parenthood Federation of America**

1-800-230-PLAN

**Community Health Centers listed in this guide (p. 6-7) for information on their related services.**

**Care Resource**

3510 Biscayne Blvd.
Miami, FL 33137
305-576-1234

**Center for Haitian Studies STD Testing Clinic**

8260 NE 2nd Ave
Miami, FL 33138
305-757-9555

**Helen B. Bentley Family Health Center, Inc.**

3050 SW 37th Ave
Coconut Grove, FL 33129
305-447-4950

**Miami-Dade County Health Department**

- **Downtown**
  1350 NW 14th St
  Miami, FL 33125
  305-575-5423

**HIV Testing Free or on a Sliding Scale Please contact**

Community Health Centers listed in this guide (p. 6-7) for information on their related services.
Sexually Transmitted Diseases (STDs)

What Are They?
Diseases such as chlamydia, gonorrhea, herpes, and syphilis are passed on through having sex. There are no cures for some of them and you can infect other people if not careful.

How Do People Get Infected?
Not using condoms is the most common way of getting an STD. Get tested and ask your partner to get tested to avoid infecting others.

How Do I Get Treated?
The best way to prevent infection of HIV/AIDS and STDs is not to have unprotected sex. Always wear a condom and talk to your partner about their sexual history. Women, Infants and Children (WIC) and HIV clinics near you offer treatment and support. Don’t be afraid to talk openly and seek out help.

Getting Treatment
AIDS is completely preventable, so it is important to be protected, use condoms, and get tested to avoid infection and infecting others. There is no cure for the HIV virus but if you have HIV/AIDS, there are many medicines and treatments that can help you live an enjoyable, normal life. For more information on HIV/AIDS and to get tested contact one of the centers listed at left.

Stop HIV & AIDS
Get Tested. It’s Never Too Late!

What Is HIV/AIDS?
HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome) which affects the immune system, the part of the body that fights diseases. Untreated, AIDS can be fatal because our bodies are not able to fight infections.

How Do People Become Infected?
HIV is passed through the blood stream (sharing needles for drugs or tattoos) or through sexual activity with people who are infected. You cannot tell if a person has HIV or AIDS (the person might not know either) but don’t worry; you won’t be infected by shaking hands or living or working with someone with HIV/AIDS.
Providing Support

The Veterans' Services Division, part of the Department of Veterans Affairs (VA), provides a network of Veterans' Benefits Counselors.

These counselors provide a wide range of services including information, counseling, and veterans’ assistance. Veterans’ dependents and survivors also get help including matters that pertain to state and federal benefits earned by honorable service in the US Armed Forces.

Coverage
VA’s medical benefits package provides comprehensive health care services to all enrolled Veterans, including:

- Preventive care services such as immunizations, physical examinations, screenings, and health care assessments
- Inpatient hospital care and outpatient services including emergency outpatient care in VA facilities, medical and surgical services, as well as mental health and substance abuse services
- Ancillary services including prescriptions, dental, nutrition and food service, radiology, physical therapy and social work services.

Qualifying
You must have served in the Army, Navy, Air Force, Marines, or Coast Guard and been discharged under conditions other than dishonorable.

Reservists and National Guard Members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits.

Health care eligibility is not exclusive to those who served in combat. Other groups may be eligible for some health benefits.

Applying
You can apply for VA health care, nursing home, domiciliary, or dental benefits by completing VA Form 10-10EZ: Application for Health Benefits.
For Our Veterans

Obtaining the Form

» Download the form from the VA Website: www.1010ez.med.va.gov
» Visit, call, or write any VA Health Care Facility or Veterans’ Benefits Office

Call the US Department of Veterans’ Affairs Statewide: 1-800-827-1000

Evidence for Applying

» A copy of your discharge papers (DD-214)
» Military service records indicating you received a Purple Heart Medal, or
» Evidence you received hostile fire or imminent danger pay or a combat medal if you indicated you were in combat after November 11, 1998

Miami VA Healthcare System
1201 NW 16th St
Miami, FL 33125
305-575-7000

Additional Help Line
1-877-222-VETS

Miami VA Healthcare System
1201 NW 16th St
Miami, FL 33125
305-575-7000

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1-877-222-VETS

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1-877-222-VETS

Miami VA Healthcare System
1201 NW 16th St
Miami, FL 33125
305-575-7000

Additional Help Line
1-877-222-VETS
Serving Homeless Individuals and Families

For individuals and for families, there is help for those who find themselves homeless in the Miami area. Shelter, a helping hand, and support are among the services available.

- **Homeless Help Line:** 877-994-4357
- **A Women’s Place**
  - 235 NE 17th St
  - Miami, FL 33132
  - 305-358-2063
  - Day shelter for women and children
- **Camillus House**
  - 726 NE 1st Ave
  - Miami, FL 33132
  - 305-374-1065
  - Emergency shelter and services
- **Chapillus House South Dade**
  - 2735 NW 10th Ave
  - Miami, FL 33127
  - 305-247-1949
- **Community Partnership for Homeless**
  - 1550 N Miami Ave
  - Miami, FL 33136
  - 305-329-3000
- **Concept House**
  - 162 NE 49th St
  - Miami, FL 33137
  - 305-751-6501
  - Transitional shelter for men and women/job training
- **Lotus House**
  - 217 NW 15th St
  - Miami, FL 33136
  - 305-576-4780
- **Metatherapy – Beckham Hall Homeless Shelter for Men**
  - Camillus House South Dade
  - 2735 NW 10th Ave
  - Miami, FL 33127
  - 305-247-1949
- **Miami Rescue Women**
  - 2250 NW 1st Ave
  - Miami, FL 33127
  - 305-571-2250
  - Emergency shelter for women and children.
- **M. Teresa Mission of Charity**
  - 724 NW 17th St
  - Miami, FL 33127
  - 305-545-5699
- **New Life Family of Catholic Charities**
  - 3620 NW 1st Ave
  - Miami, FL 33127
  - 305-573-3333
  - Emergency shelter for families with children.
- **Salvation Army Miami Adult Rehab Center**
  - 2236 NW Miami Ct
  - Miami, FL 33127
  - 305-573-4200
- **Salvation Army Miami - Men’s Lodge**
  - 1907 NW 38th St
  - Miami, FL 33142
  - 305-637-6720

**What Is TB?**
Tuberculosis (TB) is caused by a bacteria and attacks your lungs as well as the brain and kidneys. Symptoms include bad cough, pain in the chest, weakness, fatigue, and fever. If untreated, tuberculosis can be fatal.

**How Do You Get TB?**
Tuberculosis is spread through the air when a person with an active TB disease coughs, sneezes, or talks. Not everyone that has the TB bacteria becomes sick.

**Treatment**
Persons diagnosed with TB can be treated by taking several drugs for 6 months to a year. Get tested at a local health center:

- **Health District Center**
  - 1350 NW 14th St
  - Miami, FL 33125
  - 305-575-5401
- **Little Haiti Health Center**
  - 300 NE 80th Terrace
  - Miami, FL 33138
  - 305-755-2100
There are special services and programs mainly designed to provide services to individuals who are disabled or have special medical needs.

**Children’s Medical Services (CMS) Network**
This is a statewide managed care program for children under age 21 with special health care needs, overseen by the Florida Department of Health. It offers a group of different programs for children and families.

**Early Steps Eligibility**
Early Steps is Florida’s early intervention system that offers services to eligible infants and toddlers (birth to 36 months) with major delays or a condition likely to result in a developmental delay. Guidance is provided to support families and caregivers in developing skills to help their child learn and develop.

The screening process includes finding out if your child has major delays or a known medical condition that will likely result in a delay.

If you feel your child may be eligible, you can refer your family by contacting CMS at:

**1-800-654-4440**

[www.cms-kids.com](http://www.cms-kids.com)
Home and Community-Based Waivers

Home and community-based waivers 1915(c) are tools used by states to get federal Medicaid matching funds to provide long-term care to patients in settings other than institutions.

The waivers must be approved by Centers for Medicare/Medicaid Services and are good for 3 years. They may be renewed every 5 years.

In Florida, there are several Medicaid waiver programs.

The Home and Community-Based Services Waiver, also called the HCBS/DD Waiver or “Big” Waiver, helps Florida residents who have disabilities such as Cognitive Impairments, Spina Bifida, Cerebral Palsy, Prader-Willi syndrome, Down Syndrome, and Autism. The HCBS/DD Medicaid waiver program helps to cover the cost for things that Medicaid does not cover. The HCBS Waiver currently has 28 services and no spending cap. However, services must be deemed “medically necessary.”

The Florida Supported Living Waiver, also called the FSL Waiver or “Little” Waiver is another option but does have a spending cap. Many people on the FSL Waiver are waiting to be approved for the HCBS Waiver. The FSL Waiver also helps people who have disabilities and the eligibility requirements to receive services are the same as the HCBS Waiver. Depending on the patient and their needs, the waivers may provide some of the following services:

- Health and wellness services
Attendant care services
Technology and equipment
Behavioral programming
Community support coordination
Companion services
Life skills training
Public mobility guidance
Counseling
Rehab evaluations
Personal care assistance
Medical supplies
For more information on these and other state resources for persons with disabilities contact:

The Agency for Person’s with Disabilities
401 NW 2nd Ave, Ste South 811
Miami, FL 33128
305-349-1478

Florida Department for Elder Affairs

The M.O.R.G.A.N. Project is a national, community-based organization of volunteers whose mission is to promote awareness and help parents caring for their children with special health care needs and to enhance the quality of life for these special families.

The M.O.R.G.A.N. Project provides the following resources for families with special needs children:
Disability resources
Equipment exchange
Small grants for families
Informational pamphlets
Autism spectrum disorder (ASD) and autism are both general names for a group of disorders of brain development.

These disorders are known to cause problems in relating to people, communications, and cause repetitive behaviors. Some of the different kinds of disorders are: autistic disorder, Rett syndrome, and Asperger syndrome.

ASD can be linked with learning disability, problems with motor skills, and attention and gastrointestinal troubles. Some persons with ASD do very well in visual skills, music, math, and art.

Autism seems to have its roots in very early brain development. However, the most clear signs and symptoms of autism tend to emerge between 2 and 3 years of age.

Family Support for Autism

UM-NSU CARD
This is an outreach and support program serving people with autism and related disabilities, their families, and the professionals who work with them. It can help provide:

» Individual and family support services
» Program consultation and technical assistance
» Parent and professional training
» Public awareness and community outreach

LOCAL RESOURCES FOR AUTISM AND AUTISM-RELATED DIAGNOSES

Autism Resource Center of South Florida
www.autismresourcecenterofsouthflorida.com

Dan Marino Foundation
400 N Andrews Ave
Ft. Lauderdale, FL 33301
954-530-5511
www.danmarinofoundation.org

Early Steps
Miami-Dade
786-268-2611
Broward
954-728-1083

Florida Diagnostic & Learning Resource System (FDLRS)
Miami-Dade
305-274-3501

UM-NSU CARD
University of Miami
5665 Ponce de Leon Boulevard
Coral Gables, FL 33124
1-800-9-AUTISM, x1
305-284-6563