

LIVING WITH A DISABILITY

IN THE UNITED STATES FOR REFUGEES



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

The laws of the United States protect and help people with disabilities.

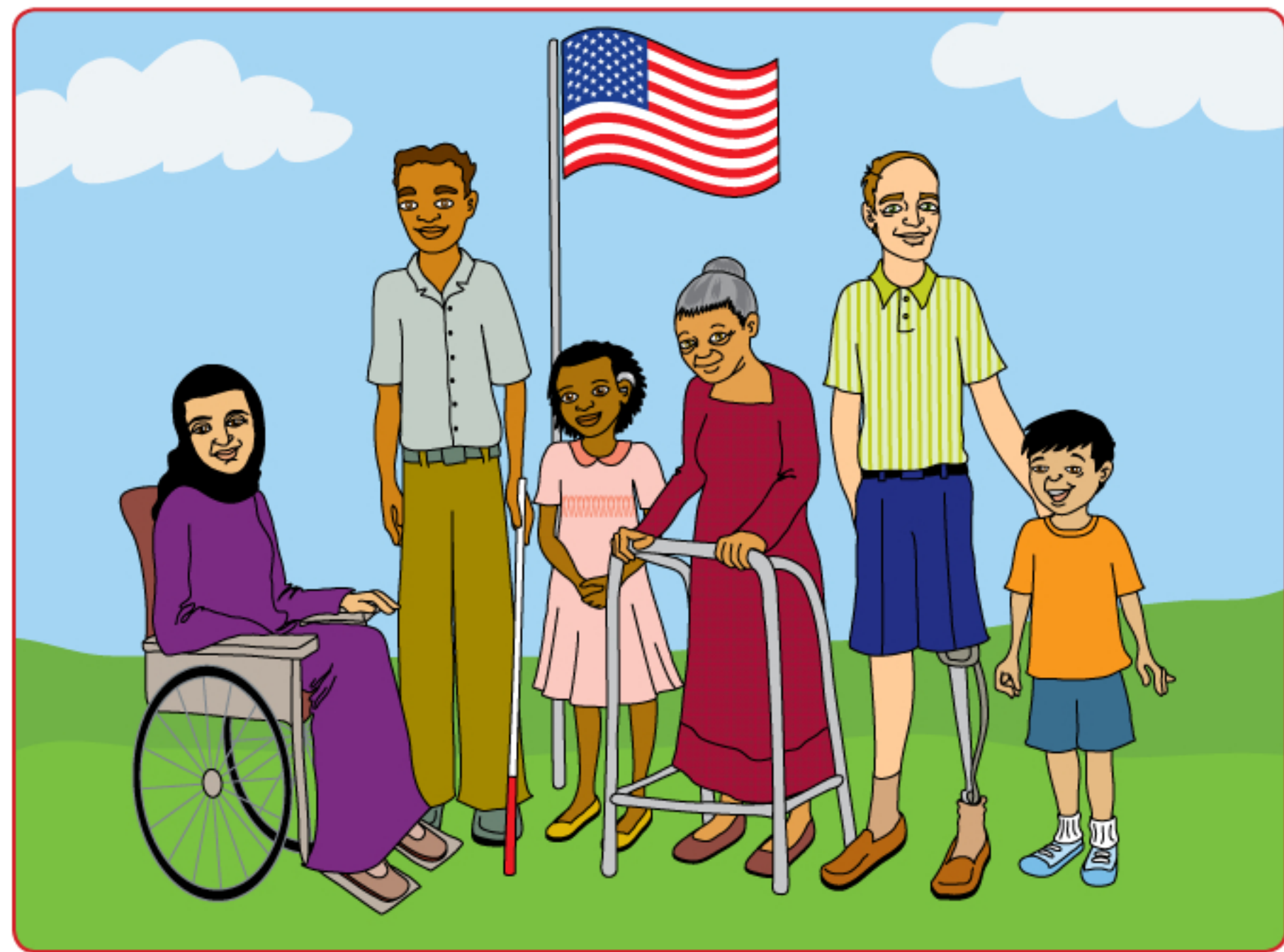
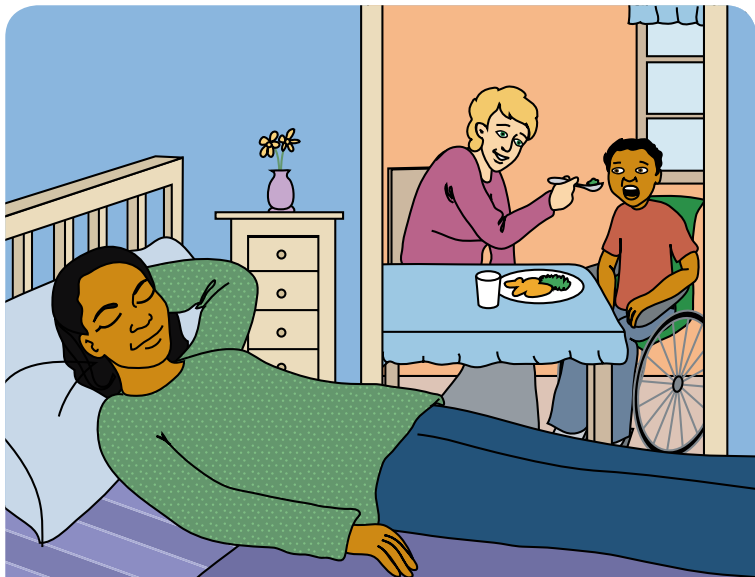




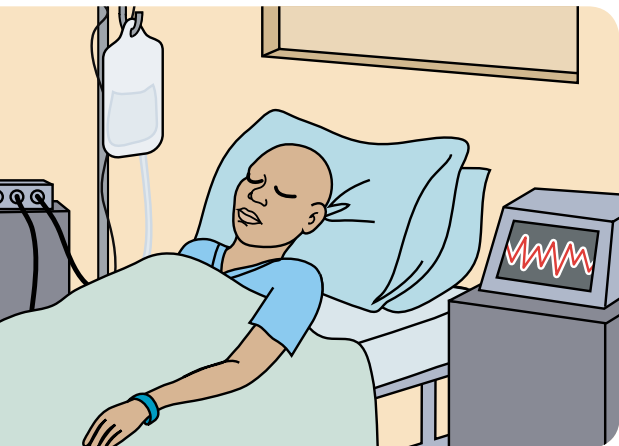
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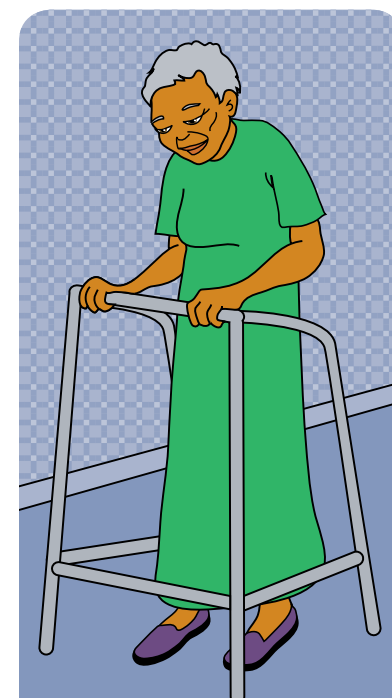
WHAT IS A DISABILITY?

If you or a family member has a physical or mental impairment that limits your ability to work or take care of yourself, you can seek help under the Americans with Disabilities Law.



A disability is when you have problems:

- Seeing
- Hearing
- Speaking
- Breathing
- Learning
- Remembering
- Caring for yourself
- Moving around



LIVING WITH A DISABILITY

**People with a disability
CAN live a full life.**

You CAN work.

You CAN go to school.

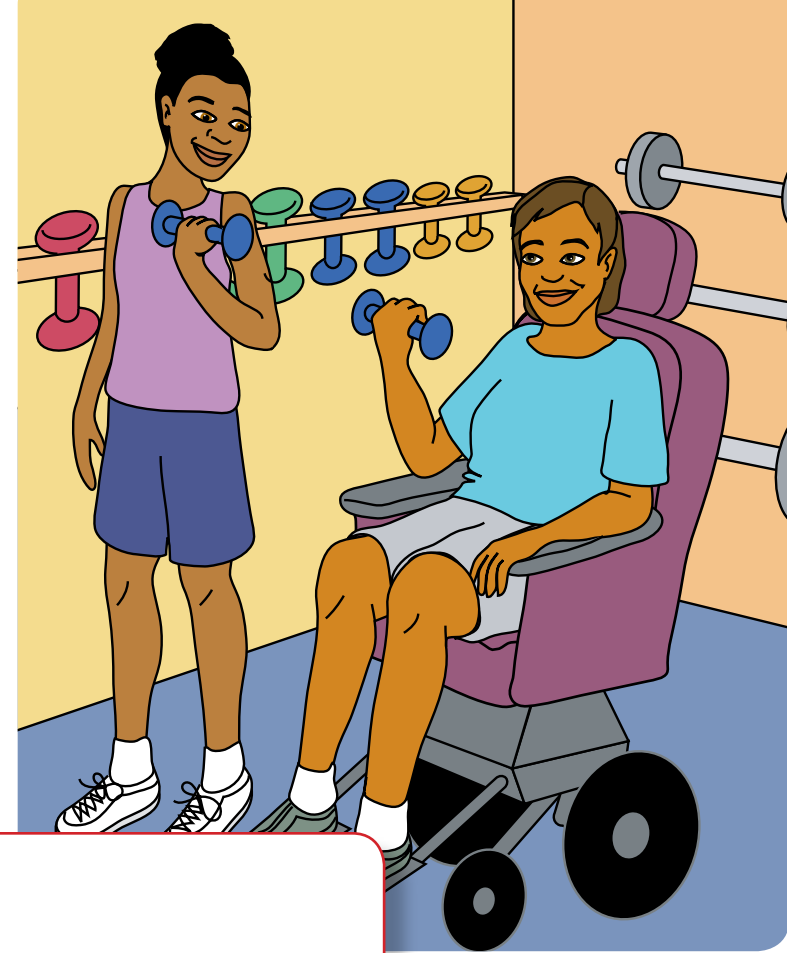
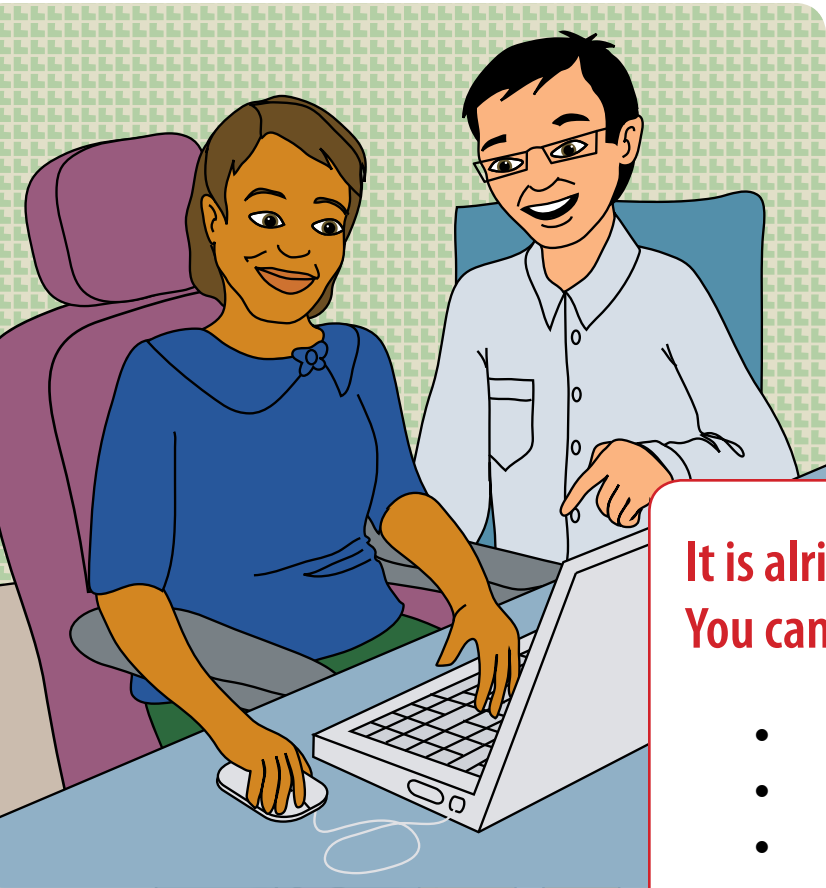
You CAN take a bus, train or even drive a car.

You CAN live with your family or by yourself.

You CAN have friends, travel, and play



GETTING HELP



**It is alright to ask for help.
You can be helped:**

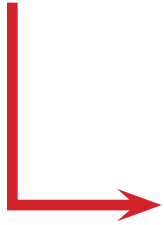
- Getting medical care
- Getting a job
- Finding a home
- Going to school
- Getting a wheelchair, hearing aid or other medical equipment
- Getting someone to assist in taking care of your or a disabled family member

HOW TO APPLY FOR CASH ASSISTANCE

Step 1

Be examined by a doctor.

You need to apply for SSI disability benefits.



Step 2

Contact your local Social Security Office to set up an appointment to complete the application form in person or over the phone.

Call 1-800-772-1213 (TTY 1-800-325-0778).

If you are not approved, you CAN appeal the decision to the government.

- Contact your local Social Security office to see what additional information they need to appeal.
- Go back to your doctor. Your doctor can help fill out the appeal papers.



MAKING A BETTER LIFE



People with disabilities CAN work.

You CAN learn to take care of yourself.
You CAN learn new skills to get a good job.
You CAN learn to speak English or American
Sign Language.

Organizations that help people with disabilities do all these things are called Rehabilitation Service Agencies or Vocational Rehabilitation Centers.

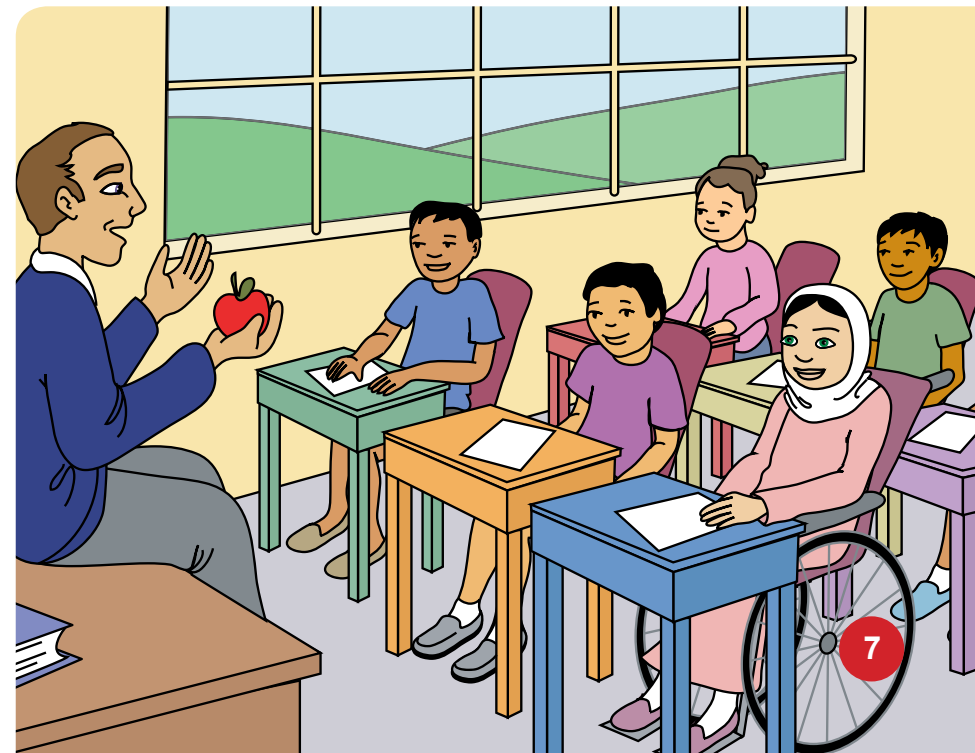
To find a Center near you, go to
www.jan.wvu.edu/sbses/vocrehab.htm

CHILDREN AND SCHOOL

Children with a disability CAN go to school until they are 21 years old.

If a child is having problems learning, parents can ask for special help from the school.

Parents should work with the school to make an Individual Education Plan or IEP for their child.

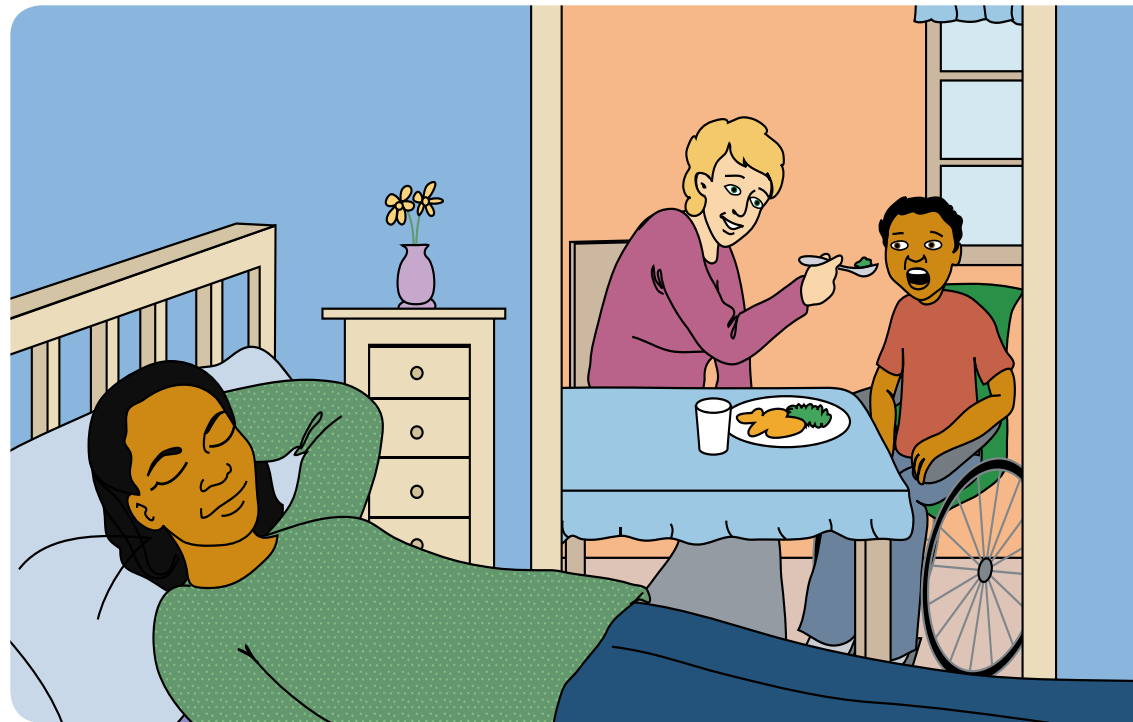


INDEPENDENT LIVING CENTERS

There are organizations around the United States that help people with Disabilities live on their own . They are called Independent Living Centers.

Personal Assistants

can help you live independently in your own home.



Respite Care

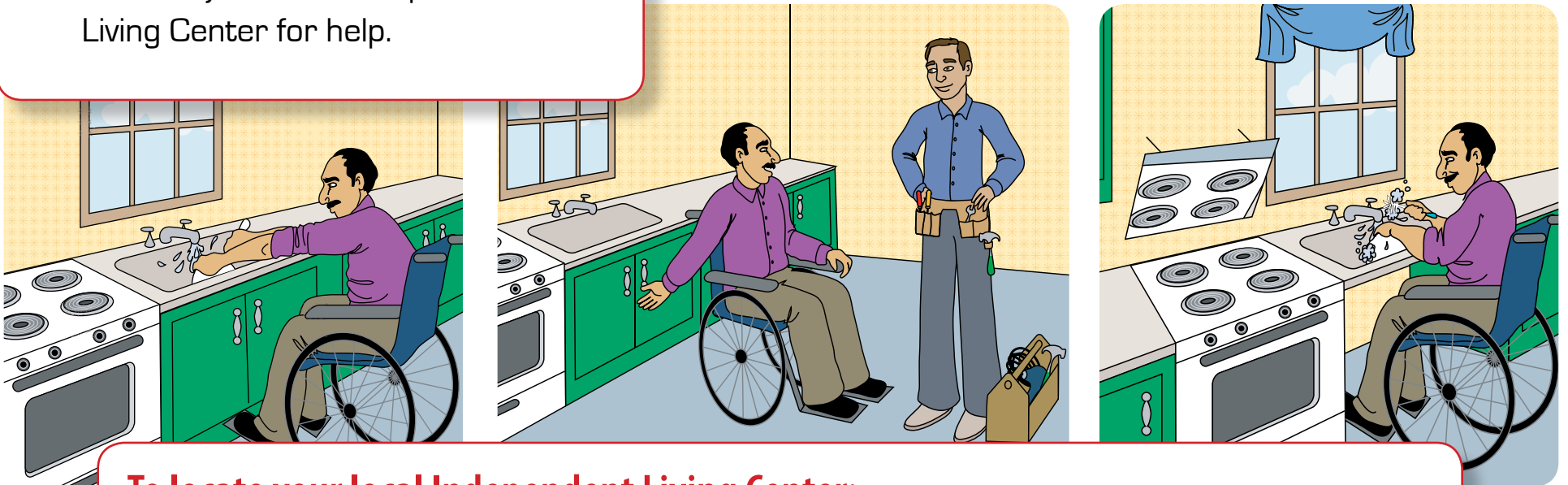
can help you rest if you take care of a family member with a disability.

INDEPENDENT LIVING CENTERS

Home Assistive Technology

Changes can be made to your home to make it more useable.

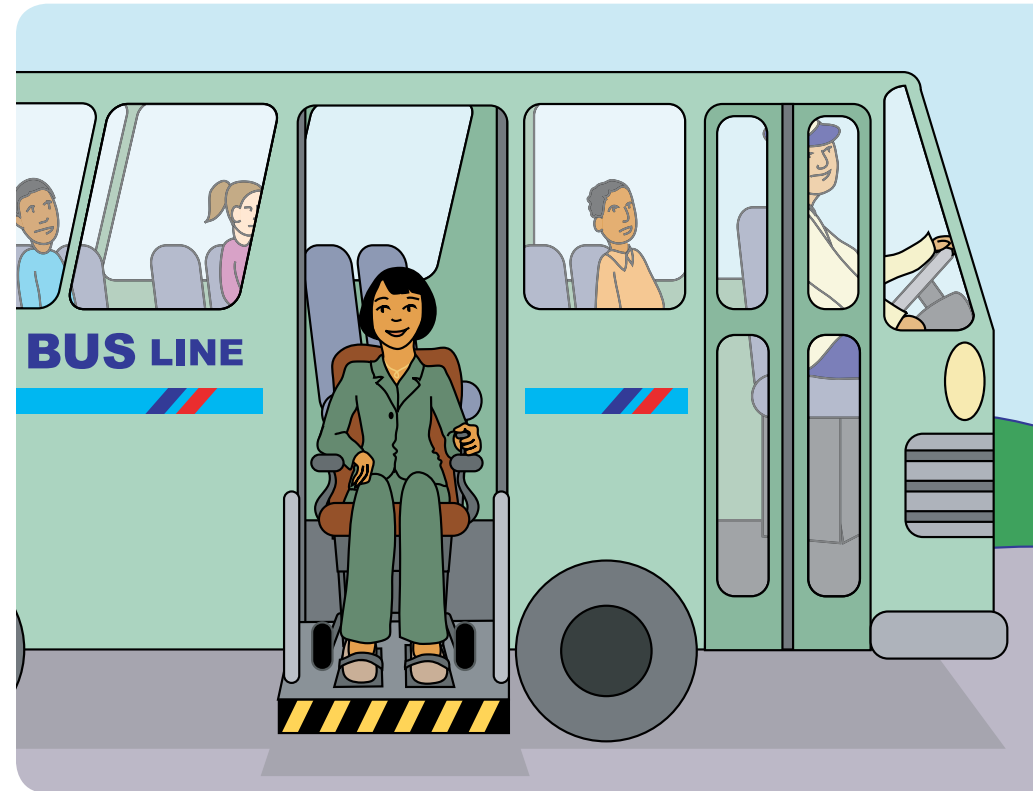
Contact your local Independent Living Center for help.



To locate your local Independent Living Center:

- Call the National Council on Independent Living at 703-525-3406 (voice) or 703-525-4135 (tty).
- Contact the CIL Management Center at 716-836-0822 (voice), E-Mail: info@wnyilp.org or go to their website www.wnyilp.org/cilmc/directory.php
- Go to the Virtual CIL website www.virtualcil.net/cils

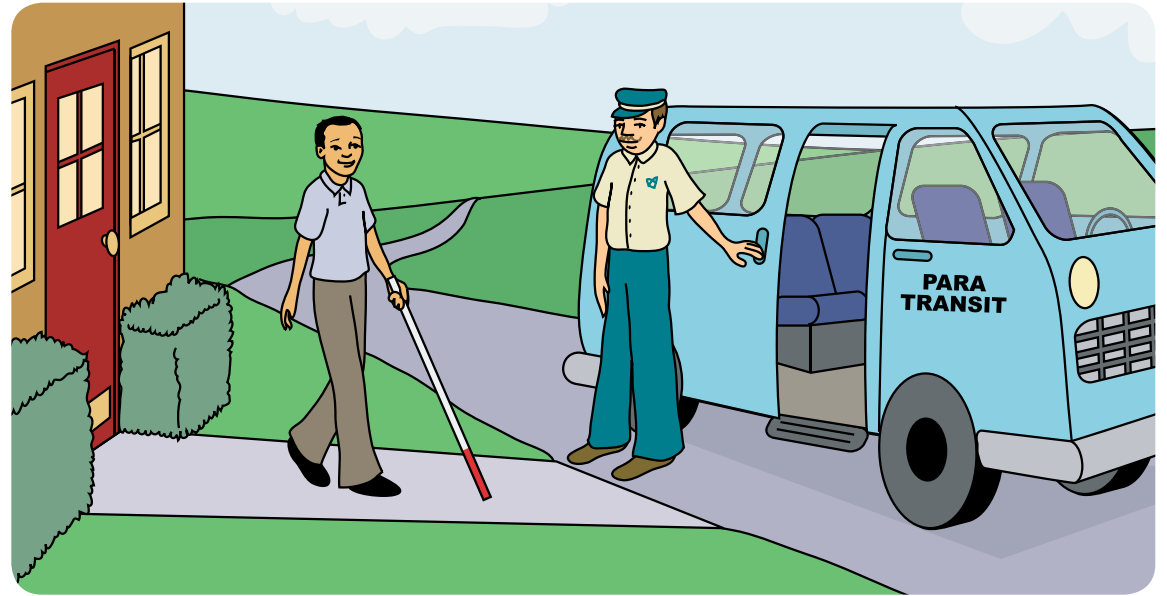
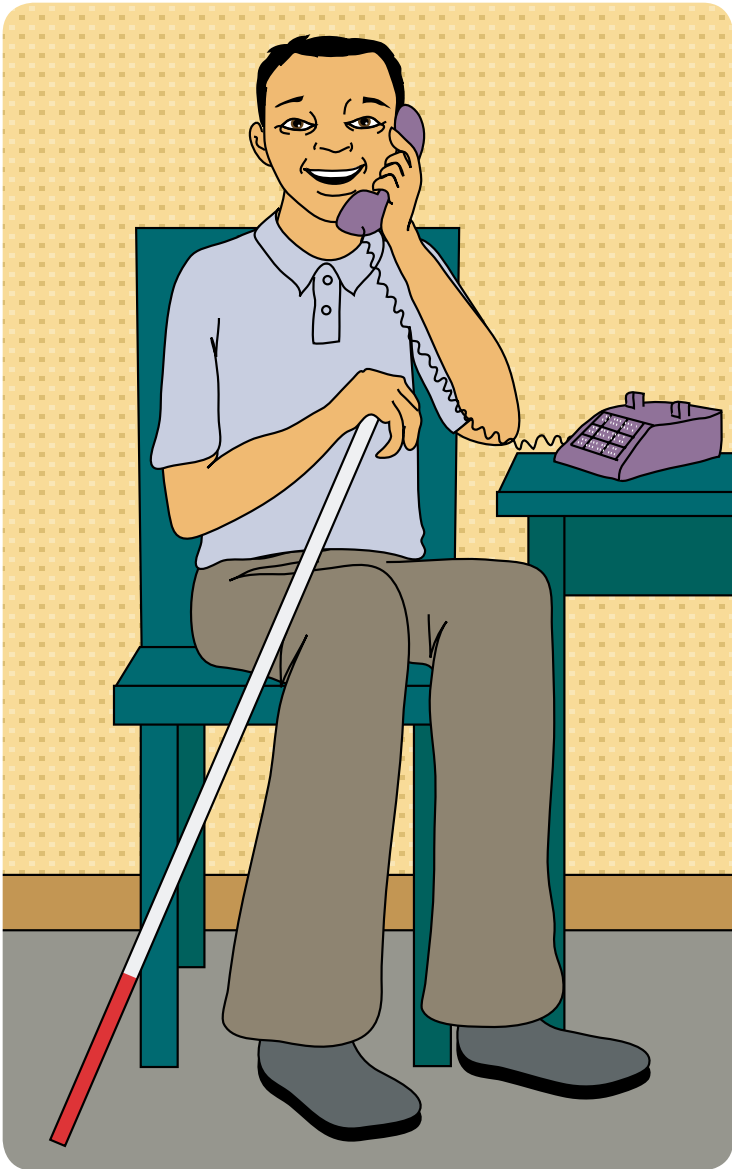
GETTING AROUND



Some public buses and trains are made so people with disabilities can use them.

A Ticket To Work is a program that can help you pay to use buses and trains. Ask your local Social Security office about it.

GETTING AROUND



If you cannot get to a bus or train, you may be able to have a bus or car to come pick you up at your house. It is called **Para transit**.

GETTING AROUND

Government offices are built so people with disabilities can use them.

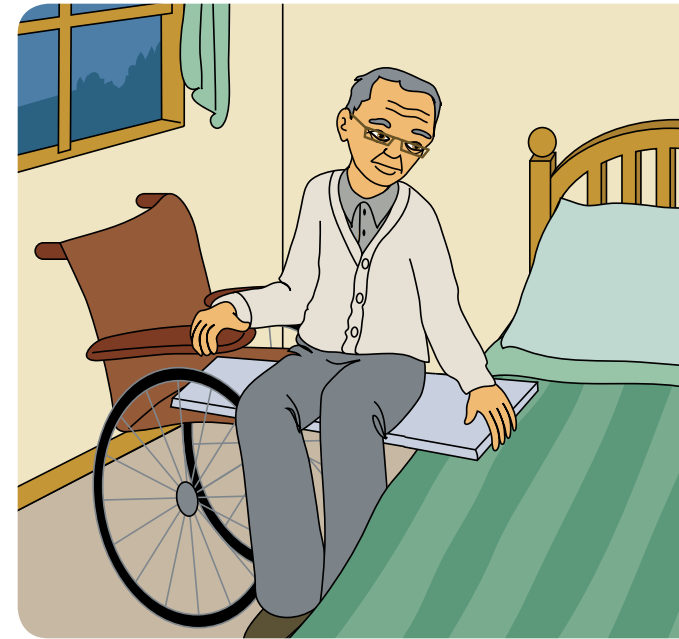


ASSISTIVE TECHNOLOGY

**There are tools that can help you be more independent.
You can get tools that help you:**

- Move around
- Take a bath
- Use the toilet by yourself
- Take care of your children
- Use a computer
- Use a phone
- Drive a car

The government can help you pay for some of these tools.



FUN, FRIENDS AND EXERCISE

There are a lot of fun things you can do to stay healthy. It is important to go outside and move around. You can play sports and exercise.





UNITED STATES CITIZENSHIP

After you have lived in the United States for 5 years, you can apply for citizenship.

It is important to become a citizen of the United States. You will lose your federal benefits if you do not become a citizen.

To be a citizen, you will need to take a test and complete the forms.

- You can get help completing the papers for citizenship.
- You can take classes to study for the test.
- If you are not able to apply for citizenship due to your disability you can apply for a waiver called an N-648 form.



RESOURCES

Social Security Administration

800-772-1213 (voice)

800-325-0778 (TTY)

<http://www.ssa.gov/>

INDEPENDENT LIVING CENTERS

National Council on Independent Living

703-525-3406 (voice)

703-525-4135 (TTY)

CIL Management Center

716-836-0822 (voice)

E-Mail: info@wnyilp.org

www.wnyilp.org/cilmc/directory.php

Virtual CIL website

www.virtualcil.net/cils

STATE REHABILITATION PROVIDERS

Job Accommodation Network

800-526-7234 (voice)

877-781-9403 (TTY)

www.jan.wvu.edu/sbses/vocrehab.htm

EQUIPMENT TO BE ABLE TO DO THINGS ON YOUR OWN

ABLEDATA

Toll-Free: 1-800-227-0216.

<http://www.abledata.com>

CATEA: National Public Website on Assistive Technology

Toll-Free: 1-800-726-9119 (voice/tty)

<http://assistivetech.net>

MAKING A DIFFERENCE IN THE LIVES OF REFUGEES AND IMMIGRANTS

For almost a century, the U.S. Committee for Refugees and Immigrants (USCRI) has helped immigrants and refugees build better lives in the U.S. and around the world. USCRI works through four field offices and a network of 27 community-based partner agencies to resettle refugees and help immigrants in the U.S. access basic housing and orientation services, as well as targeted programs covering marriage, food and nutrition, financial literacy, citizenship and disabilities. Each year approximately 5,000 to 10,000 refugees are resettled, and almost a million immigrants are assisted through the USCRI network. USCRI, headquartered in Washington, D.C., is a non-profit, charitable organization with 501(c)(3) status.

USCRI also works to mobilize an effective response to refugee situations from the international community. USCRI makes refugee needs known to world governments, U.S. policy makers, humanitarian organizations, and the general public. USCRI holds public briefings, updates government officials, and testifies before the U.S. Congress. To mobilize the public, USCRI ensures that refugees are in the news through staff appearances on television and radio, as well as in newspapers and magazines and on the Internet. We speak directly to the American public in schools, places of worship, and community meetings. We distribute our analysis through USCRI publications such as the World Refugee Survey, Refugee Reports, Refugee Voices™, topic-specific issue papers, email updates, and our website, www.refugees.org.

Since 2004, USCRI has led a growing coalition of hundreds of nongovernmental organizations in the campaign to end refugee “warehousing”—a practice that deprives millions of refugees worldwide of the rights to work, to practice professions, to run businesses, to own property, to move about freely, to choose their place of residence, and to receive relief on par with nationals.

Health and Human Services Division

A successful resettlement includes positive long-term health outcomes. USCRI views health promotion as more than the work of health care professionals and institutions. It is an integral part of refugee resettlement and involves resettlement agencies, ethnic and faith based organizations.

USCRI is committed to improving the health and quality of life for refugees resettled in the United States. The Health and Human Services (HHS) Division was created to support the initial orientation and the on-going resettlement process to aid refugees in becoming proactive, involved health consumers. The HHS Division develops innovative programs and provides technical assistance to the USCRI network, national and local community based organizations.



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

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