

Summary: The Department for Medicaid Services (DMS) encourages participants in the 1915(c) Home and Community Based Services (HCBS) waiver programs to utilize community resources when services under their 1915(c) HCBS waiver program and/or the Kentucky state Medicaid program do not meet one of their needs. Below is a list of programs, resources, organizations, and support groups where individuals and their families may find additional help and support. This is not an exhaustive list of all resources available across Kentucky. If you have a suggested resource for this list, please email MedicaidPublicComment@ky.gov

Navigating the List: Specific help categories are listed below. To view the resources for a specific category, just click the category name. You can also search the entire list by keyword. Just click CTRL and F and enter the keyword in the search box.

Disclaimer: Please note the below are listed as *potential* sources of assistance and do not guarantee assistance will be provided. Individuals must contact the agency providing the support or service for more information and to determine if they qualify.

Contents

Advocacy/Resource Centers	2
Aging Care	6
Behavioral Health, Substance Use, and Crisis Help	7
Blind	10
Brain Injury	10
Children/Families	
CPR and First Aid	13
Developmental, Physical and/or Intellectual Disability	14
Deaf or Hard of Hearing	
Financial Literacy, Information and Assistance	15
Food Assistance	17
Health Care/Insurance	17
Health/Safety	
Housing Resources	20
Immigrant and Refugee	20



Military and Veterans	21
Technology	22
Transportation	
Support Groups	25
Other Resource Guides	25

Advocacy/Resource Centers

kynect Resources	
Overview: A place to find local programs and services that can help with housing, food, employment, transportation, health, finances, education, mental health and addiction, legal, and more	https://kynect.ky.gov/resources/s/?language=en_US
Aging and Disability Resource Center (ADRC)	https://www.chfs.ky.gov/agencies/dail/Pages/adrc.aspx (877) 925-0037
Overview: For information and referrals to aging and disability information, programs, and services	



The Arc of Kentucky Overview: For individuals with intellectual and developmental disabilities to promote and protect their rights and support community inclusion	https://thearc.org/chapter/the-arc-of-kentucky/ (502) 875-5225
Cabinet for Health and Family Services (CHFS) Office of the Ombudsman Overview: Advocate for Kentucky citizens and works to ensure individuals seeking	https://chfs.ky.gov/agencies/os/omb/Pages/default.aspx (502) 564-5497 or (800) 372-2973
public services are treated fairly Commonwealth Council on Developmental Disabilities	https://ccdd.ky.gov/Pages/index.aspx (502) 564-7841 or (877) 367-5332
Overview: Advocates for systemic change to promote community inclusion for individuals with developmental disabilities	
Community Action Kentucky Overview: Information and referrals to help with employment, education, housing, utilities, food, and other resources	https://www.capky.org/ (502) 875-5863 or (800) 456-3452



Kentucky Family Resource and Youth Service Centers (FRYSC) Overview: Provides programs and services to address student physical and mental wellbeing and student achievement including kindergarten readiness, transitions from school to adult life, and parent engagement	https://www.chfs.ky.gov/agencies/dfrcvs/dfrysc/Pages/default.aspx (502) 564-4986
Kentucky Partnership for Families and Children Overview: Provides support and training to families of children with social, emotional and behavioral challenges	https://kypartnership.org/ (502) 875-1320 or (800) 369-0533
Kentucky Special Parent Involvement Network (SPIN) Overview: Links families of children with special needs to resources	http://www.kyspin.com/ (502) 937-6894 or (800) 525-7746
Kentucky State Coordinator for Americans with Disabilities Act (ADA) Overview: State of Kentucky ADA information	https://extranet.personnel.ky.gov/Pages/ada.aspx
Kentucky United Way Overview: Help with housing, utilities, food, legal help, healthcare, transportation and other needs	https://www.kentucky211.org/ Dial 211 from your phone Text your zip code to 898211
Learning Disabilities Association of Kentucky	http://ldaofky.org/ (877) 587-1256 or (502) 473-1256



Overview: Offers information about learning disabilities, support, and testing/assessment, legal, and teaching/learning resources	
Kentucky Protection and Advocacy Overview: Provides legally-based, individual or systemic advocacy and education	http://kypa.net/ (502) 564-2967 or (800) 372-2988
Coverview: Advocate for children and families by working with elected officials and policymakers, providing case-specific advocacy directly to families, and by training youth to be advocates	http://kyyouth.org/ (502) 895-8167 or (888) 825-5592
Neighborhood Place Overview: Eight locations in Louisville designed to assist with helping connect individuals to resources as housing assistance, food benefits, and Medicaid	https://louisvilleky.gov/government/neighborhood-place (502) 574-5050 List of Neighborhood Place locations https://louisvilleky.gov/government/neighborhood-place/services/find-your-nearest-neighborhood-place-site



Aging Care

Kentucky Department for Aging and Independent Living Overview: Oversees the administration of state programs and services for individuals who are aged or disabled	https://www.chfs.ky.gov/agencies/dail/Pages/default.aspx
Aging and Disability Resource Center (ADRC) Overview: For information and referrals to	https://www.chfs.ky.gov/agencies/dail/Pages/adrc.aspx
aging and disability information, programs, and services	(877) 925-0037
Personal Care Attendant Program	https://chfs.ky.gov/agencies/dail/Pages/pcap.aspx (502) 564-6930
Overview: Subsidizes the costs of personal attendant services for individuals age 18 and older who have a physical disability and want to remain at home	(302) 304-0930
Kentucky Caregiver Support Services	https://www.chfs.ky.gov/agencies/dail/Pages/caregiversupport.aspx (502) 564-6930
Overview: Offers flexible benefits and support services to caregivers in a variety of situations	(302) 304-0330
Kentucky Homecare Program	https://chfs.ky.gov/agencies/dail/Pages/homecare.aspx (502) 564-6930
Overview: Provides support services and care coordination for individuals age sixty or olde who require assistance with daily needs to remain at home	(002) 004 0000



State Health Insurance Assistance Program (SHIP)	https://www.chfs.ky.gov/agencies/dail/Pages/ship.aspx (877) 293-7447, option #2 or (502) 564-6930 and ask for at SHIP counselor
Overview: Provides information, assistance and counseling to seniors, individuals with disabilities and their families and caregivers regarding Medicare	

Behavioral Health, Substance Use, and Crisis Help

Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities	https://dbhdid.ky.gov/kdbhdid/default.aspx (502) 564-4527 or (800) 374-9146
Overview: Connects individuals to programs and services to promote mental health and well-being	
Community Mental Health Centers Overview: 14 organizations located across Kentucky that link individuals to resources that can help with mental health, substance use, intellectual and developmental disabilities	Find your local CMHC: https://dbhdid.ky.gov/cmhc/ List of CMHC crisis phone numbers by county: https://dbhdid.ky.gov/crisisnos.aspx
Free or Low-Cost Rehab Centers in Kentucky Overview: List of free or low-cost rehab centers in Kentucky	https://www.addictionresource.net/free-rehab-centers/kentucky/



Kentucky Suicide and Crisis Lifeline Overview: Connect with suicide prevention, mental health, and substance use counselors 24/7, 365 days per year	https://988.ky.gov/ Dial or text 988 from your phone
KY HELP Statewide Call Center	1-8338-KYHELP (1-833-859-4357) or <u>KYHELP@OperationUnite.org</u>
Overview: Provides personalized assistance and resources to individuals seeking substance use disorder for themselves or others and support for families	Phone lines are staffed 7 a.m. – 10 p.m. Eastern, Monday-Friday and 8:30 a.m. – 5:30 p.m. Saturday and Sunday https://operationunite.org/programs/kyhelp-call-center/
Find Help Now KY	https://findhelpnowky.org/ky
Overview: Website allows you to search hundreds of facilities statewide for an addiction treatment facility that is taking new clients	
Find Recovery Housing Now KY	https://www.findrecoveryhousingnowky.org/
Overview: Website allows you to search for recovering housing statewide and offers tips on what to look for in recovery housing	
Angel Initiative	https://operationunite.org/wp-content/uploads/2019/09/Angel-Initiative-2019-
Overview: Allows individuals with substance use disorder to get help finding treatment by going to any Kentucky State Police Post	Brochure-copy.pdf



Kentucky Harm Reduction Program	https://www.chfs.ky.gov/agencies/dph/Pages/harmreduction.aspx
Overview: Resources related to reducing negative consequences of substance use for individuals, their families and communities	
Kentucky Harm Reduction Coalition	https://kyhrc.org/
Overview: Provides naloxone distribution and training, syringe services program listing, and testing for HIV and Hepatitis C	
Online Naloxone Training from the Centers for Disease Control	https://www.cdc.gov/opioids/naloxone/training/index.html
Overview: Online modules and fact sheets about naloxone and how to use it	
National Alliance on Mental Illness (NAMI), Kentucky Affiliate	https://namiky.org/ (800) 257-5081
Overview: Provides education, support, and advocacy for the well-being of individuals affected by mental illness	
NAMI Lexington	https://www.namilexington.org/
Overview: Provides education, support, and advocacy for the well-being of individuals affected by mental illness	(859) 272-7891



NAMI Lexington Training List	NAMI and Other Training Programs List
Overview: Listing of trainings conducted by NAMI and other organizations	
DBHDID Listing of Crisis Hotlines	https://dbhdid.ky.gov/kdbhdid/hotlines.aspx
Overview: Lists contact information for the National Domestic Violence Hotline, the National Sexual Assault Hotline and other crisis hotlines	

Blind

Kentucky Career Center Blind Services Division Overview: Assists individuals with visual disabilities in becoming more independent at home, in school, in the workplace, and in the community	https://kcc.ky.gov/Vocational-Rehabilitation/seeking-services/Blind-Services/Pages/Blind-Services-Division.aspx (502) 564-4440 (800) 372-7172 (TTY)
Bluegrass Council of the Blind	https://bcbky.org/
Overview: Offers peer support and assistive technology and training to adults affected by vision loss and their family, friends or co-workers	(859) 259-1834
KATS Network Resources for the Blind and Visually	https://www.katsnet.org/docs/BVIresources.pdf
Overview: Listing of programs providing services and items for visually impaired individuals	

Brain Injury

Brain Injury Alliance of Kentucky	http://www.biak.us
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Overview: Provides advocacy, education and support o individuals with brain injuries	(502) 493-0609 or (800) 592-1117
Traumatic Brain Injury Trust Fund Overview: Provides funding to individuals with disabilities caused by a brain injury to cover some service needs	https://www.chfs.ky.gov/agencies/dail/Pages/tbitrust.aspx (502) 564-6930 or (855) 816-9577

Children/Families

Kentucky Early Intervention System (First Steps)	https://www.chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/keis.aspx (502) 564-3756, option 1 or (877) 417-8377
Overview: Provides early intervention services to children from birth to age three with developmental disabilities or medical conditions that may lead to developmental disabilities	
Commission for Children with Special Health Care Needs	https://www.chfs.ky.gov/agencies/ocshcn/Pages/default.aspx (502) 429-4430 or (800) 232-1160
Overview: Provides medical services, therapy services, hearing loss services, and other support to children with special health care needs such as Autism, cerebral palsy, and cleft lip and/or palate	



Christian Appalachian Project	https://www.christianapp.org/
Overview: Organization providing hunger and poverty services, children and family development, disaster relief, and elder services in Appalachia	
Infant Resource Project – South Louisville	1143 S. Third Street, Louisville (502) 584-2343
Overview: Offers help with diapers, formula, and baby food	Open Monday and Thursday, from 9:30-11:15 a.m. and Wednesday from 1-3 p.m. Parent must have photo ID and birth certificate of child
Golden Arrow Center – Louisville Overview: Provides assistance to mothers and children	Golden Arrow 835 East Gray Street, Louisville (502) 589-3537 Open Tuesday-Thursday 9 a.m. – Noon Clients must bring current photo ID and birth certificate, social security card, or medical insurance care for their child/children. New clients must arrive 30 minute prior to closing. https://stmartinoftourslouisville.org/golden%20arrow.htm
South Louisville Community Ministries Overview: Offers assistance with rent, utility medication, food, household supplies, babies on wheels and other needs	https://slcm.org/our-services (502) 367-6445



The Nest – Lexington	https://www.thenestlexington.org/contact-us Contact The Nest Crisis Care Coordinator by calling 859-259-1974, ext. 222.
Overview: Provides education, counseling, advocacy, and resources to help families in crisis	

CPR and First Aid

American Red Cross CPR and First Aid	https://www.redcross.org/local/kentucky/take-a-class/cpr
Overview: Search for CPR and first aid classes offered through the American Red Cross	
Seizure Recognition and First Aid Certification	https://learn.epilepsy.com/courses/seizure-first-aid-cert-ondemand
Overview: Online course to educate the public on the Epilepsy Foundation's approved procedures for recognizing seizures and responding to one	
Louisville Division of Fire CPR Center	https://louisvilleky.gov/government/fire/services/take-cpr-class
Overview: Offers CPR classes to the public, including BLS for health providers and Heartsaver CPR with AED	



Developmental, Physical and/or Intellectual Disability

The Arc of Kentucky	https://thearc.org/chapter/the-arc-of-kentucky/ (502) 875-5225
Overview: Advocates for the rights of individuals with intellectual and developmental disabilities	
Community Action Kentucky	https://www.capky.org/ (502) 875-5863
Overview: Provides a range of services and assistance including senior support, workforce development, food, transportation, utility, and housing support	
HART Supported Living	https://www.chfs.ky.gov/agencies/dail/Pages/hslp.aspx (502) 564-6930
Overview: Provides funds to individuals with disabilities to help them remain at home, participate in the community, and reach their goals	(302) 304-0930
Epilepsy Foundation of Kentuckiana	http://www.efky.org/ (502) 637-4440 or (866) 275-1078
Overview: Provides advocacy and support for individuals with epilepsy	(302) 307 4440 31 (330) 273 1070
Kentucky Autism Training Center	http://louisville.edu/education/kyautismtraining/ (502) 852-4631 or (800) 334-8635
Overview: Provides resources and support to families and training to the community on Autism Spectrum Disorder	(002) 002 1001 01 (000) 004 0000



Spina Bifida Association of Kentucky	http://spinabifidakentucky.org/ (859) 268-5798
Overview: Providers resources for children, adults and families affected by spina bifida	
Kentucky Advisory Council on Autism	https://www.kyaca.org/ f
Overview: Provides resources, information and support to families of individuals who have Autism Spectrum Disorder	

Deaf or Hard of Hearing

Kentucky Commission on Deaf and Hard of Hearing	http://www.kcdhh.ky.gov (502) 573-2604 or (502) 416-0607 (Video Phone)
Overview: Provides advocacy services and referrals for individuals who are deaf or hard of hearing	
Free Deaf or Hard of Hearing Smoke Alarm Aid	https://louisvilleky.gov/government/fire/services/request-deaf-or-hard-hearing-smoke-alarm-aid
Overview: Individuals living in the Louisville Fire District/Urban Services District who are deaf or hard of hearing can apply for a device that works with the smoke alarm to alert them in case of fire	

Financial Literacy, Information and Assistance

Community Action Kentucky	https://www.capky.org/
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Overview: Provides a range of services and assistance including senior support, workforce development, food, transportation, utility, and housing support	(502) 875-5863
Low Income Home Energy Assistance Program (LIHEAP)	https://www.chfs.ky.gov/agencies/dcbs/dfs/pdb/Pages/liheap.aspx
Overview: Federally-funded program to help pay for energy bills	
MoneyGeek: Supporting Neurodivergent People in Personal Finance	https://www.moneygeek.com/financial-planning/support-for-people-with-learning-disabilities/?fbclid=lwAR2plKd4VR-DzBT1agklSwuJn0yYbilujeYGgWhOQPhaLmZ53etfsk8vv80
Overview: Tips on money management for individuals who are neurodivergent	DEBT Tagriowadiloy I bildje i Gqvvii o Qi iliazili 200eti 3100 v 000
STABLE Kentucky	https://stablekentucky.com/
Overview: Helps Kentuckians with disabilities establish and investment account to save money and invest money without losing eligibility for certain public benefits programs	



Food Assistance

Community Action Kentucky Overview: Provides a range of services and assistance including senior support, workforce development, food, transportation, utility, and housing support	https://www.capky.org/ (502) 875-5863
Emergency Food Options – South Louisville	South Louisville Emergency Food Options
Overview: Listing of places to find hot meals or small food orders in south Louisville	

Health Care/Insurance

Kentucky Children's Health Insurance Program (KCHIP)	https://kidshealth.ky.gov/Pages/index.aspx (877) 524-4718 or (877) 524-4719 TTY/TDD
Overview: KCHIP providers free health insurance for children younger than 19 and based on family size and income	
State Health Insurance Assistance Program (SHIP)	https://www.chfs.ky.gov/agencies/dail/Pages/ship.aspx (877) 293-7447, option #2 or (502) 564-6930 and ask for at SHIP counselor
Overview: Provides information, assistance and counseling to seniors, individuals with disabilities and their families and caregivers regarding Medicare	



Kentucky Integrated Health Insurance Premium Payment Program (KI-HIPP)	https://www.chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx (855) 459-6328
Overview: Provides financial assistance to help eligible Medicaid members pay for their employersponsored insurance	
Kentucky Prescription Assistance Program (KPAP)	https://www.chfs.ky.gov/agencies/dph/dpqi/hcab/Pages/kpap.aspx (800) 633-8100
Overview: Helps qualifying individuals identify sources of free and low-cost medications	
Local Health Departments	To find your local health department: https://www.chfs.ky.gov/agencies/dph/dafm/Pages/lhd.aspx
Overview: Local health departments offer a variety of free or reduced cost health care services and other information and support	Titipo.// WWW.offio.ity.gov/agoffolos/apri/adiffi// agos/fila.aopx

Health/Safety

Kentucky Child / Adult Protective Services Reporting	Online (for non-emergency reports) https://prd.webapps.chfs.ky.gov/reportabuse/home.aspx
Overview: To report instances of neglect, abuse or exploitation of an adult or child in Kentucky	Phone (877) 597-2331 If reporting a life-threatening situation, call 911.



Free Smoke Alarms – City of Louisville	https://louisvilleky.gov/government/fire/services/request-smoke-alarm
Overview: Louisville residents living in an owner- occupied, single-family dwelling can request a free smoke alarm through the city of Louisville	
Free Deaf or Hard of Hearing Smoke Alarm Aid – City of Louisville	https://louisvilleky.gov/government/fire/services/request-deaf-or-hard-hearing-smoke-alarm-aid
Overview: Individuals living in the Louisville Fire District/Urban Services District who are deaf or hard of hearing can apply for a device that works with the smoke alarm to alert them in case of fire	
Fire Safety and Education – City of Louisville	https://louisvilleky.gov/government/fire/safety-education
Overview: Fire and safety education, such as talks, fire extinguisher training, and CPR	
Free Smoke Alarm – American Red Cross	https://www.redcross.org/local/kentucky/about-us/our-work/home-fire-campaign/home-fire-safety-visit.html
Overview: Providers up to three free smoke alarms for qualified households, assistance in testing current smoke alarms, and discuss fire safety and other hazards	Campaign/nome-me-salety-visit.html
Kentucky Diabetes Prevention and Control Program	https://www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx (502) 564-7996
Overview: Provides educational programs to help individuals with diabetes and pre-diabetes prevent or cope with the condition and includes listing of resources	
Kentucky Cancer Program Tobacco Prevention and Cessation	https://www.kcp.uky.edu/community/tobacco/ptbtf.php



Overview: Free one-time class to help individuals who use tobacco make a customized quite plan	
Kentucky Poison Control Center	(800) 222-1222
Overview: 24-hours hotline for individuals to call in the case of a suspected poisoning	Hotline is open 24 hours a day, 365 days a year. Calls are free and confidential.

Housing Resources

Homeless Outreach Services – Louisville	https://louisvilleky.gov/government/homeless-services-division/homeless-
Overview: List of Louisville-area resources for individuals who are homeless and/or coping with mental illness and/or substance use disorder	outreach-services
HPI	https://wearehpi.org/ (502) 585-5451
Overview: Non-profit in Louisville that specializes in creating affordable housing opportunities for Kentuckians	(302) 303-3431

Immigrant and Refugee

Multilingual Fire Safety Handouts	https://louisvilleky.gov/government/fire/multilingual-fire-life-safety-handouts
Overview: Listing of fire safety handouts in multiple languages from the Louisville Division of Fire	
Americana World Community Center Overview: Provides services and support such as English classes, GED classes and citizenship classes	https://www.americanacc.org/ Americana Program Brochure



Kentucky Refugee Ministries	https://kyrm.org/
Overview: Assists refugees with resettlement through partnerships with other organizations	

Military and Veterans

Veterans Crisis Line Overview: Hotline for veterans experiencing a crisis	Dial 988, then press 1 Text: 838255 Online chat available at https://www.veteranscrisisline.net/ Phone line is open 24 hours a day, 7 days a week and is confidential. Hotline is open to veterans, service members, National Guard and Reserve members, their family and friends. Callers do not have to be enrolled in VA benefits or health care to call.
Search for Veterans Resources Overview: Tools to help individuals search for support and services for veterans	https://www.veteranscrisisline.net/find-resources/local-resources/



Kentucky National Guard Child & Youth Services	https://ky.ng.mil/Benefits-Resources/Child-Youth-Services/
Overview: Programs and events for youth ages 6-18 connect to the Kentucky National Guard	
Operation Military Kids	https://www.operationmilitarykids.org/kentucky/
Overview: Providers programs, support, and education for military children and their families	

Technology

Kentucky Assistive Technology Loan Program	http://katlc.ky.gov/Pages/default.aspx (877) 675-0195
Overview: Provides low-interest loans to qualified applicants with disabilities who need assistive technology such as modified vehicles, hearing aids, adapted computers, and communications devices	
Kentucky Assistive Technology Services (KATS)	https://katsnet.at4all.com/ (locator website) www.katsnet.org (KATS Network Coordinating Center) (800) 327-5287
Overview: Helps individuals locate assistive technology that is available to borrow, for sale, or free	(000) 02. 020.



Project CARAT	https://www.katsnet.org/services/at-reuse/
Overview: Accepts donations of assistive technology, refurbishes items, and makes items available for individuals in need	

Transportation

Kentucky Transportation Cabinet Listing of Public Transportation Providers	https://transportation.ky.gov/TransportationDelivery/Pages/Public-Transportation- Providers.aspx
Overview: Comprehensive listing of public transportation providers by county	
Human Development Institute (HDI) Transportation Training	https://transportation.hdiuky.org/
Overview: Training from the University of Kentucky's HDI on how to access paratransit and non-emergency medical transportation	
Ashland Paratransit	https://www.ashlandky.gov/residents/ashland_bus_system/paratransit_service.php
Overview: Provides individuals with disabilities in Ashland with low-cost transportation	
Henderson Paratransit	https://www.hendersonky.gov/202/Paratransit-Services
Overview: Provides individuals with disabilities in Henderson with low-cost transportation	
Woodford Wheels	https://www.facebook.com/woodfordwheels/ https://itncountry.org/site-landing/woodford-wheels-ky/



Overview: Connects individuals in Woodford County with trained and vetted drivers at an affordable price	
Federated Transportation Services of the Bluegrass	http://www.ftsb.org/index.html
Overview: Providers various types of transportation for individuals in the Bluegrass region of Kentucky, including transportation to jobs, education, and Medicaid appointments	
Lextran Wheels	https://lextran.com/accessibility/wheels-paratransit/
Overview: Provides individuals with disabilities in Fayette County with low-cost transportation	
Owensboro Paratransit	https://transit.owensboro.org/paratransit
Overview: Provides individuals with disabilities in Owensboro with low-cost transportation	
TANK Paratransit	https://www.tankbus.org/ramp-paratransit/eligibility/
Overview: Provides individuals with disabilities in Northern Kentucky with low-cost transportation	



TARC3 Paratransit	https://www.ridetarc.org/getting-around/tarc3/
Overview: Provides individuals with disabilities in Louisville with low-cost transportation	
Road to Recovery	https://www.cancer.org/support-programs-and-services/road-to-recovery.html (800) 227-2345
Overview: American Cancer Society program offering free rides to cancer-related medical appointments	

Support Groups

Autism Spectrum Disorder Related Support Groups in Kentucky	List of ASD Support Groups
Overview: Listing of support groups for Autism Spectrum Disorder, including contact information	

Other Resource Guides

Kentucky Housing Corporation Community Resource Guide	https://www.kyhousing.org/Programs/Documents/Community%20Resource%20Guide.pdf
Overview: Listing of agencies by county for possible assistance	



PossAbilities Expo Resource Guide	https://www.possabilitiesexpo.org/ files/ugd/a29478 aed0de6e6d9245f08e1090880f831146.pdf
Overview: Listing of resources, support groups, and other services for individuals with disabilities	
Disability Benefits 101 Kentucky	https://ky.db101.org/
Overview: Learn about disability programs, how working impacts benefits, and connect with resources and experts	
Kentucky Disability Resource Guide	https://resources.hdiuky.org/
Overview: Listing from the University of Kentucky's Human Development Institute of resources for individuals with disabilities by category	