Disability.gov’s “Quick Links” — A fast and easy way to access information!

Visit the links below to get information about Social Security benefits, home health care, rental assistance, help finding a job and much more. At the bottom of this page you'll also find a list of frequently requested government telephone numbers. (Note: When you visit the links below, you'll be directed to websites outside of Disability.gov.)

- Contact your local Aging and Disability Resource Center for information about services for seniors and people with disabilities: https://www.adrc-tae.acl.gov/tiki-index.php?page=ADRC Locator.
- Find important Social Security forms: http://www.ssa.gov/forms.
- Check the status of your Social Security disability benefits application online: https://secure.ssa.gov/apps6z/IAPS/applicationStatus.
- Thousands of people call or visit 2-1-1 every day for help finding housing, paying for food and utility bills, learning about job opportunities and more: http://www.211.org.
- Use the ElderCare Locator to find services for older adults and their families: visit http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx or call 1-800-677-1116.
- Contact your local Center for Independent Living for information about disability-related services, assistive technology, living independently and much more: http://www.ilru.org/projects/cil-net/cil-center-and-association-directory.
- Get help finding a job or job training opportunities from your local Vocational Rehabilitation Agency (http://soar.askjan.org/IssueConcern/214) or American Job Center (http://www.careeronestop.org/localhelp/americanjobcenters/find-american-job-centers.aspx).
- Learn about different types of financial aid for students with disabilities planning to attend a college or university: http://www.washington.edu/doit/college-funding-students-disabilities.

We hope you find these quick links helpful, but if you didn't find the information you're looking for, please check out Disability.gov's Guides to Information and Resources for more resources: https://www.disability.gov/disability-govs-guides-to-information/.

Below is a list of frequently called government telephone numbers you may find useful.
- **2-1-1**: Information about food and nutrition assistance programs, homeless shelters and housing options, help paying utility bills, employment and education opportunities, services for Veterans, health care and vaccinations and more.

- **ADA Information Line**: 1-800-514-0301 (TTY: 1-800-514-0383) — Information about the Americans with Disabilities Act (ADA) and [filing an ADA complaint](https://www.disability.gov/disabilitygovs-quick-links/) with the U.S. Department of Justice.

- **ADA National Network**: 1-800-949-4232 — Information and training on how to comply with the ADA.

- **Eldercare Locator**: 1-800-677-1116 — Help finding transportation, in-home care, legal assistance and other home and community-based services near you.

- **HealthCare.gov**: 1-800-318-2596 (TTY: 1-855-889-4325) — Information on the Affordable Care Act and health insurance coverage options, including Medicare.

- **Housing discrimination complaints**: 1-800-669-9777 (TTY: 1-800-927-9275) — Information on filing a Fair Housing complaint with the U.S. Department of Housing and Urban Development (HUD).

- **Job Accommodation Network**: 1-800-526-7234 (TTY: 1-877-781-9403) — Answers to questions about workplace accommodations and the ADA.

- **Nursing home complaints**: Choose your state for the phone number and website.

- **Public Housing Information Resource Center**: 1-800-955-2232 — Information from HUD on rental assistance and public housing vouchers.

- **Replacement Medicare cards**: 1-800-772-1213 (TTY: 1-800-325-0778) — Also has information on applying for help with Medicare prescription drug costs.

- **SAMHSA's National Helpline**: 1-800-662-HELP (4357) (TDD: 1-800-487-4889) — Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues.

- **Social Security Administration** (SSA): 1-800-772-1213 (TTY: 1-800-325-0778) — Information on disability benefit applications and payments. There are also a lot of [things you can do online](https://www.disability.gov/disabilitygovs-quick-links/) including applying for benefits, getting a new Social Security card, changing your address, etc.

- **State Councils on Developmental Disabilities** — Information and advocacy for people with developmental disabilities and their families. Choose your state for the phone number and website.

- **State Health Insurance Assistance Programs** (SHIP): Free insurance counseling and assistance for people enrolled in Medicare, their families and caregivers. Choose your state for the phone number and website.

- **State Vocational Rehabilitation Agencies** — Help finding employment, job training and education opportunities. Choose your state for the phone number and website.

- **Ticket to Work Help Line**: 1-866-968-7842 (TTY: 1-866-833-2967) — Get answers to questions about going back to work while receiving Social Security disability benefits.

- **TSA Cares**: 1-855-787-2227 — Information for air travelers with disabilities, medical conditions and other special circumstances who may need additional assistance during the security screening process.


- **VA Caregiver Support Line**: 1-855-260-3274 — Help from the U.S. Department of Veterans Affairs (VA) for caregivers of Veterans.

- **Veterans Disability Compensation**: 1-800-827-1000 — Learn about benefits for Veterans with service-connected disabilities.