



USEFUL RESOURCES ESPECIALLY FOR KANSAS & MISSOURI

GOVERNMENT PUBLIC BENEFIT PROGRAMS

Medicare

<http://www.medicare.gov>

1-800-633-4227

Social Security

<http://www.socialsecurity.gov>

1-800-772-1213

LOCAL AND NATIONAL ASSISTANCE WITH PUBLIC BENEFITS

Legal Aid of Western Missouri

<http://www.lawmo.org/offices.htm>

Social Security Disability Legal Advocates

913-262-6555

800-444-8185

Missouri Protection and Advocacy Services

<http://moadvocacy.org>

Westport Cooperative Services

Medicare Assistance Program

<http://westportcooperative.org/medicare.php>

Westport Cooperative Services provides a program to help individuals understand and navigate Medicare. They also provide a Senior Companion program as well.

NATIONAL ASSISTANCE WITH HEALTH INSURANCE

Accredo Therapeutics: The A.C.C.E.S.S. Program (“Advocating for Chronic Conditions, Entitlements and Social Services (A.C.C.E.S.S.) is dedicated to helping find solutions to many of the social and economic problems that confront families facing chronic conditions. A.C.C.E.S.S. can assist you in navigating the often-complex maze of state and federal entitlement programs.”)
(888) 700-7010

Patient Advocate Foundation (“Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability relative to their diagnosis of life threatening or debilitating diseases.”)
(800) 532-5274

LOCAL HEALTH INSURANCE & ASSISTANCE PROGRAMS

Missouri Health Insurance Pool (provides insurance to those who have been denied)
<http://www.mhip.org/>
800-821-2231

Mid America Assistance Coalition (helps make social service system more simple and efficient)
<http://maalink.org/maac.htm>
Phone: (816) 561-2727 / (877) 962-6222

CLAIM – Missouri State Health Insurance Assistance Program
<http://www.missouricclaim.org/>
1-800-390-3330

Kansas Health Insurance Association
<http://www.khiastatepool.com/default.asp>

AREA AGENCIES ON AGING (AAA)

Area Agencies on Aging are supported by federal and state tax dollars to provide the services listed below. Your local AAA agency may provide the following services, but please note that not all agencies provide the same services:

- Information and Referral
- Newsletters
- Nutrition sites
- Legal services
- Counseling/case management
- Medication management
- Health and educational programs
- CARE program
- Health and functional status assessment for long-term care

Kansas Area Agencies on Aging

Wyandotte-Leavenworth AAA

1300 North 78th Street,
Suite #100
Kansas City, KS 66112-1540
913-573-8531
888-661-1444

Southeast KS AAA

1 West Ash
Chanute, KS 66720-1010
620-431-2980
800-794-2440

Northeast KS AAA

526 Oregon
Hiawatha, KS 66434-2222
785-742-7152
800-883-2549

Central Plains AAA

2622 W. Central, Suite 500
Wichita, KS 67203-3725
316-660-7298
800-367-7298

Southwest KS AAA

236 San Jose Avenue
P O Box 1636
Dodge City, KS 67801-1636
620-225-8230
800-742-9531

South Central KS AAA

304 S. Summit
Arkansas City, KS 67005
620-442-0268
800-362-0264

Northwest KS AAA

510 W 29th Street, Suite B
P O Box 610
Hays, KS 67601-3703
785-628-8204
800-432-7422

East Central KS AAA

117 S. Main
Ottawa, KS 66067-2327
785-242-7200
800-633-5621

Johnson Co AAA

11811 S Sunset Drive, Ste # 1300
Olathe, KS 66061-7056
913-715-8800
888-214-4404

Jayhawk AAA

2910 SW Topeka Blvd.
Topeka, KS 66611
785-235-1367
800-798-1366

North Central Flint Hills AAA

401 Houston
Manhattan, KS 66502
785-776-9294
800-432-2703

Missouri Area Agencies on Aging

AAA Region X/The Vantage

Point – Joplin, MO
531 E. 14th Street
Joplin, MO 64803
417-781-7562

Central Missouri AAA

Columbia, MO
1121 Business Loop 70 East,
Suite 2A
Columbia, MO 65201
800-369-5211
cmaaa@cmaa.net

Mid-America Regional Council

Kansas City, MO
600 Broadway, Suite 200
Kansas City, MO 64105-1659
816-474-4240

Care Connection for Aging Services

– Warrensburg, MO
106 W. Young
P.O. Box 1078
Warrensburg, MO 64093
800-748-7826 &
660-747-3107
information@GoAging.org

Mid-East Area Agency on Aging

– Manchester, MO
14535 Manchester Road
Manchester, MO 63011
636-207-1323
800-AGE-6060

Northwest MO AAA – Albany, MO

211 South Polk Street
P.O. Box 265
Albany, MO 64402
660-726-3800
888-844-5626
nwmoaaa@nwmoaaa.org

Southeast Missouri AAA

1219 N. Kings Highway,
Suite 100
Cape Girardeau, MO 63701
573-335-3331 or
800-392-8771

Southwest MO, Office on Aging

– Springfield, MO
1735 South Fort
Springfield, MO 65807
800-497-0822

FREE OR LOW COST MEDICAL CARE IN MO & KS

Kansas City Free Health Clinic

<http://www.kcfree.org/>

Jaydoc Free Health Clinic – University of Kansas Medical Center

<http://www.jaydocfreeclinic.org/>

Swope Health Services

http://www.swopeparkwayhc.org/Clinics/Swope_Clinic_Locations.aspx

KC Northland CARE / Metro Care

<http://www.metromedkc.org/northland-care-metrocare>

WyJo Care Medical Society of Johnson & Wyandotte Counties

msjwc@msjwc.org

Sites to find free or low cost medical care throughout KS and MO

<http://www.freemedicalcamps.com/vcity.php?stateid=MO>

http://www.needymeds.org/free_clinics.taf?_function=list&state=ks

HOW TO PREPARE FOR YOUR MEDICAL APPOINTMENTS

<http://www.ahrq.gov/questionsaretheanswer>

MEDIC ALERT BRACELETS

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

<http://www.medicassist.com/>

<http://www.laurenshope.com/aboutus.aspx>

<http://www.americanmedical-id.com/extras/reimbursement.php>

MEDICATION ASSISTANCE PROGRAMS

GENERAL RESOURCES

Benefits CheckUp - NCOA's Online Screening Service <http://www.benefitscheckup.org> (prescription drugs, health care, utilities and other needs)

Partnership for Prescription Assistance - 1-888-477-2669 <https://www.pparx.org/Intro.php> (prescription assistance)

RxAssist - <http://www.rxassist.org/default.cfm> - (comprehensive data base of patient assistance programs, medical assistance cards and prescription assistance)

Needy Meds - <http://www.needymeds.com> - (no-cost prescription medications)

Cost Containment Research Institute - <http://www.institute-dc.org> (free and low cost prescription drugs)

UnneedPSI - 1-800-336-7741 <http://www.uneedpsi.org> (health insurance premium, pharmacy copayment and copayment waiver assistance)

KANSAS RESOURCES

Kansas Health Insurance Association: <http://www.khiastatepool.com/default.asp>

MISSOURI RESOURCES

Missouri Health Insurance Pool (provides insurance to those who have been denied)
<http://www.mhip.org/> 800-821-2231

CLAIM-Missouri State Health Insurance Assistance Program: <http://www.missouricclaim.org/> 1-800-390-3330

Kansas City Free Health Clinic: <http://www.kcfree.org/>

Swope Health Services: http://www.swopeparkwayhc.org/Clinics/Swope_Clinic_Locations.aspx

SPECIFIC DRUG ASSISTANCE

Mestinon: Valeant Patient Assistance Program (administered through RxHope) 1-800-511-2120, www.rxhope.com Timespan (time release pyridostigmine), Mestinon Syrup (pyridostigmine syrup) and Prostigmin (neostigmine).

Cyclosporine: Novartis Patient Assistance Program 1-800-245-5356 - Sandimmune (cyclosporine) and Neoral (cyclosporine) www.abbotpatientassistancefoundation.org or Abbott Labs - Gengraf, Abbot Patient Assistance Foundation 1-800-222-6885

CellCept: Roche Pharmaceuticals 1-877-757-6243 or Genetech: Patient Access Program <http://www.gene.com/gene/products/access/> 1-888-422-2377

Mytelase: (amibenonium chloride): Sanofi-Synthelabo 1-800-446-6267

Prednisone: Express Scripts (866) 699-8239, <http://www.xubex.com/>

DISCOUNT PRESCRIPTION CARDS

<http://www.caprxcad.org>

<http://www.familywize.org>

<http://www.themedicineprogram.com>

<http://www.togetherrxaccess.com>

EMPLOYMENT & DISABILITY ADVOCACY RESOURCES

Vocational Rehabilitation (specializes in employment and training services that can assist you in becoming employed)

<http://www.dese.mo.gov/vr/vocrehab.htm>

1-877-222-8963

Job Accommodation Network

JAN is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace.”

<http://www.askjan.org>

(800)526-7234 (Voice)

LOCAL DISABILITY ADVOCACY ORGANIZATIONS **WITH OFFICES IN KS & MO**

The Whole Person

The Whole Person Inc. provides a variety of community-based, consumer-driven services to people with disabilities to promote consumer control and choice of services, self-direction, empowerment, independence, self-reliance, self-help, self-advocacy and integration into the community.

<http://www.thewholeperson.org>

800-878-3037

Coalition for Independence

The Mission of the Coalition for Independence is to facilitate positive and responsible independence for people with disabilities by acting as an advocate for individuals with disabilities, providing services and promoting accessibility and acceptance.

<http://www.cfi-kc.com>

866- 201-3829

Disability Rights Center of Kansas

The Disability Rights Center of Kansas (DRC), formerly Kansas Advocacy & Protective Services (KAPS), is a public interest legal advocacy agency empowered by federal law to advocate for the civil and legal rights of Kansans with disabilities. DRC is the Official Protection and Advocacy System for Kansas and is a part of the national network of federally mandated and funded protection and advocacy systems. As such, DRC advocates for the rights of Kansans with disabilities under state or federal laws (ADA, the Rehabilitation Act, Federal Medicaid Act, Kansas Act Against Discrimination, etc.)

<http://www.drckansas.org/default.asp>

877-776-1541

APARTMENT COMPLEXES WITH DISABILITY ACCESS

<http://www.apartmentguide.com/apartments/Missouri/Kansas-City/disability-access-4ia/>

http://www.apartmentcities.com/Kansas-City-Apartments/Kansas-City/feature-af06/Disability_Access

TRANSPORTATION ASSISTANCE – KS & MO

KUMC – Transportation Handbook for Individuals with Disabilities in Greater Kansas City area

<http://www.alliedhealth.kumc.edu/programs/ot/documents/PDF/transportation.pdf>

Share-a-Fare Program through Kansas City Metro Bus System

http://www.kcata.org/rider_guide/share_a_fare

Additional Transportation Options in KS

<http://www.apta.com/resources/links/unitedstates/Pages/KansasTransitLinks.aspx#a2>

TALKING BOOKS IN KS & MO

KS – Talking Books –through KS Library system

<http://www.kslib.info/talking>

KU’s Audio Reader Program - for residents of KS and Western MO

<http://reader.ku.edu/>

Audio-Reader

1120 west 11th St.

P.O. Box 847

785 864 4600

Lawrence KS 66044

800 772 8898

Wolfner Library for the Blind and Physically Handicapped

Missouri residents are served by **Wolfner Library for the Blind and Physically Handicapped**, PO Box 387, 600 W. Main, Jefferson City, MO 65102-0387. Contact Wolfner Library by calling toll-free, (800) 392-2614 (within Missouri) or 573-751-8720 (within the Jefferson City area). You may e-mail the library at wolfner@sos.mo.gov

EMERGENCY HOME EVACUATION PLAN

Home Evacuation Guide specific to the needs of senior adults and individuals with disabilities

http://www.nyredcross.org/?nd=disaster_safety_guide_for_seniors_and_people_with_disabilities

IN-HOME MEDICAL EQUIPMENT

Coalition for Independence

<http://www.cfi-kc.com/cfi/Services/DME/DMEInventory.aspx>

Muscular Dystrophy Association

<http://www.mda.org/local/?postalcode=64132&submit=find>

MDA's local office provides access to equipment loans and other services which may be of interest to an individual living with MG.

MEDICATION REMINDERS

<http://www.imedicalapps.com/2010/09/iphone-android-blackberry-medication-reminder-app>

ORGANIZATIONS THAT PROVIDE VOLUNTEERS FOR IN-HOME REPAIRS FOR OLDER ADULTS

Jewish Family Services (open to everyone) Help @ Home Program

<http://www.jfskc.org/wp-content/uploads/2011/01/H@H-9-11.pdf>

Shepherd's Center Minor Home Repair

<http://www.sckck.org>

913-281-8908

CAREGIVING SUPPORT

Well Spouse Association

<http://www.wellspouse.org>

National Alliance for Caregiving

<http://www.caregiving.org>

Turning Point, The Center for Hope and Healing

<http://www.turningpointkc.org/index.aspx>

Strength for Caring, a Place for Caregivers

<http://www.strengthforcaring.com>

National Family Caregivers Association

<http://www.thefamilycaregiver.org/index.cfm>

Handbook for Long Distance Caregivers

http://www.caregiver.org/caregiver/jsp/content/pdfs/op_2003_long_distance_handbook.pdf

Caring from a Distance

<http://www.cfad.org>

CaringBridge

<http://www.caringbridge.org/about>

ON-LINE SUPPORT GROUPS

<http://www.dailystrength.org> - - click on "Support Groups"

<http://www.mdjunction.com/myasthenia-gravis> - - also click on "forums"

<http://www.health.groups.yahoo.com/group/maddysmgsupport/>

<http://www.groups.google.com/health.groups.yahoo.com/group/MGC7HT3>

LOCAL SUPPORT GROUPS

The MGA sponsors patient support group meetings which provide MG patients and their caregivers with a resource to better understand and cope with the disease. Most meetings feature a special presentation and present an opportunity for informal sharing of information among attendees. The MGA has several support group location besides in the Kansas City metro area:

- Lawrence, KS
- Wichita, KS
- St. Joseph, MO
- North Kansas City, MO
- Columbia/Jefferson City, MO
- Springfield, MO

For more information about support groups, please contact the MGA at 816-256-4100 or mgakc@sbcglobal.net.

MYASTHENIA GRAVIS ASSOCIATION OF KS & MO

The MGA not only provides support groups, but a wide array of services to individuals living with MG in KS and MO. These services are:

- Quarterly newsletters
- Information and referral
- MG-knowledgeable neurologists recommended by members

- MGA staff support at the MG Clinic at the University of Kansas Medical Center and by appointment at Neurological Consultants/Dr. Michael Schwartzman's office.
- MGA website at mgakc.org and Facebook page at facebook.com/mgakc
- Awareness and educational events throughout the year – 2 walks for awareness and annual meeting

For more information, please contact the MGA at 816-256-4100 or mgakc@sbcglobal.net.

MORE WEBSITES OF INTEREST

CaringBride provides websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier. <http://www.caringbridge.org/about>

Myasthenia Gravis Association of Kansas & Missouri - <http://www.mgakc.org>

Myasthenia Gravis Foundation of America - <http://www.myasthenia.org>

Muscular Dystrophy Association (put myasthenia gravis in search box) - <http://www.mda.org>

Magazine of the MDA - <http://www.quest.mda.org>

National Center for Biotechnology Information - <http://www.ncbi.nlm.nih.gov/pubmed?term=myastheniagravis>

U.S. National Library of Medicine - <http://www.nlm.nih.gov>

American Academy of Neurology - <http://www.aan.com>

Neurology Now Magazine - <http://www.journals.lww.com/neurologynow/default.aspx>