

## Websites of Interest for Individuals with Disabilities

This page will be updated frequently, as I learn about new programs, or as I have time to add more of which I am aware.

Links for many Alta Regional-financed adult agencies are listed. The purpose is to give an idea of what is available, not to endorse any particular program. Please work with your Alta Regional Support Provider to find the agency that is the best match for your needs.

Disclaimer: My knowledge of many of these programs is limited – I have attempted to provide a brief description of what each organization offers for your information. Please contact the organization itself for more in-depth information.

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| Alta California Regional Center                        | <a href="http://www.altaregional.org/">http://www.altaregional.org/</a>   | As with other regional centers in California, Alta Regional provides support for clients with disabilities to live their lives as fully as possible in accordance with the Lanterman Act.  |
| Department of Rehabilitation                           | <a href="http://www.dor.ca.gov/">http://www.dor.ca.gov/</a>   | “The California Department of Rehabilitation works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.” If you are an Alta Regional client, Alta is your first contact for services. The website has links to documents that provide good information about the law. |
| Developmental Disabilities Service Organization (DDSO) | <a href="http://www.ddso.org/">http://www.ddso.org/</a>   | DDSO was designed to give adults with disabilities the opportunity to use and enhance their artistic skill. They are now an umbrella organization that has many programs available.  |
| Disability Resource Center, Sacramento City College    | <a href="http://web.scc.losrios.edu/disabilitiescenter/">http://web.scc.losrios.edu/disabilitiescenter/</a>             | The DRC assists individual with disabilities who are interested in attending Sac City College.   |
| Disabled Students Programs &                           | <a href="http://www.arc.losrios.edu/Support_Services/DSPS.htm">http://www.arc.losrios.edu/Support_Services/DSPS.htm</a> | The DSPS assists individual with disabilities who are interested in attending American River College.  |

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| Services (DSPS),<br>ARC               |   |   |
| InAlliance                            | <a href="http://inallianceinc.com/">http://inallianceinc.com/</a>                               | InAlliance has several programs, including work and Independent Living Skills programs. They are funded through Alta Regional.  |
| Lanterman Act                         | <a href="http://www.lanterman.org/lanterman_act/">http://www.lanterman.org/lanterman_act/</a>   | This legislation from the 1960s is what dictates that services be provided to individuals with disabilities. The website includes a link to a client-friendly version of the Lanterman Act, meant to be read by individuals with disabilities.  |
| Progressive<br>Employment<br>Concepts | <a href="http://progressiveemployment.org/">http://progressiveemployment.org/</a>               | Progressive Employment Concepts is an adult program for clients of Alta Regional. They provide support for clients using a community-based model. Support staff ratio is determined by client need and is provided in the community as clients pursue their dreams, whether that includes a career, college, fitness, social endeavors, or opening a small business, etc. |
| Sacramento Job<br>Corps               | <a href="http://sacramento.jobcorps.gov/home.aspx">http://sacramento.jobcorps.gov/home.aspx</a> | Job Corps is a program for ages 16-24, which includes GED classes and training in a career. All costs are paid through the US Department of Labor.  |
| Sacramento Public<br>Library          | <a href="http://www.saclibrary.org/">http://www.saclibrary.org/</a>                             | Public libraries provide free access to books, magazines, newspapers, CDs, movies, and computers with Internet access. Many libraries also have interesting community programs.   |

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| Training Toward<br>Self Reliance<br>(TTSR) | <a href="http://www.trainingtowardselfreliance.org/">http://www.trainingtowardselfreliance.org/</a> | TTSR provides individual support for people striving to live independently. |
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