



## Arizona

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Education

Arizona Student Financial Aid Programs: lists available grants for post-secondary education for Arizona students: <https://azgrants.az.gov/>

## Employment

AHCCCS Freedom to Work-The Basics: Many people with disabilities fear that if they return to work and start earning more money, they'll lose their AHCCCS coverage. With AHCCCS Freedom to Work, one can earn more income and keep their AHCCCS coverage. It pays for visits to the doctor, hospital stays, medical equipment, home care services, and mental health services.

[https://az.db101.org/az/programs/health\\_coverage/ftw/program.htm](https://az.db101.org/az/programs/health_coverage/ftw/program.htm)

Unemployment insurance benefits:

<https://des.az.gov/services/employment/unemployment-individual>



## Food/Nutrition

Coordinated Hunger Relief Program: food bank/pantry resources. <https://des.az.gov/content/coordinated-hunger-relief-program-community-partners>

The Emergency Food Assistance Program (TEFAP): is a federally funded program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. Under TEFAP, the US Department of Agriculture makes commodity foods available to state distributing agencies. <https://des.az.gov/services/basic-needs/food-assistance/emergency-food-assistance>

Nutrition Assistance (formerly the Food Stamp Program): supports families to prevent under-nutrition in Arizona. <https://des.az.gov/services/basic-needs/food/nutrition-assistance-formerly-food-stamp-program> or <https://www.benefits.gov/benefit/1050>

## Financial

Arizona Cash Assistance - Temporary Assistance for Needy Families (TANF) program: is designed to help needy families achieve self-sufficiency. States receive grants to design and operate programs that accomplish one of the purposes of the TANF program. To find out the four purposes visit: <https://www.benefits.gov/benefit/1048>

Arizona Department of Economic Security (DES): DES works with families, community organizations, advocates and state and federal partners to realize their collective vision that every child, adult, and family in Arizona will be safe and economically secure. <https://des.az.gov/about-des/welcome-to-des> List of resources from DES: <https://des.az.gov/>

Arizona Self Help: is a free and easy way to find out if one's family can get help from 40 different health and human services programs. This website provides convenient, one-stop access to: program list/descriptions, contract information, list of items one may need to bring to an eligibility interview, and program applications. <http://www.arizonaselfhelp.org/>



Arizona Statewide Independent Living Council: Centers for Independent Living (CILs) are non-residential, non-profit corporations. They are consumer-controlled, community-based organizations that provide programs and services for people with all types of disabilities and their families. Their goal is to promote and support opportunities for people with disabilities to fully participate in an integrated community and search for the possibilities to live as they choose. <http://azsilc.org/independent-living/what-are-cils/>

Arizona Unemployment Insurance Benefits:  
<https://extranet.azdes.gov/ders/ea/ContinuedUIClaims/>

AZ529.gov: is a Family College Savings Program designed to help families meet the rising costs of a higher education by offering an easy, flexible, and tax-advantaged way to save for college. <https://az529.gov/>

Cash Assistance: helps families meet their basic needs for well-being and safety and serves as their path to self-sufficiency. The Cash Assistance program provides temporary cash benefits and supportive services to the neediest of Arizona's children and their families. <https://des.az.gov/services/child-and-family/cash-assistance> [https://az.db101.org/az/programs/income\\_support/tanf/program2.htm](https://az.db101.org/az/programs/income_support/tanf/program2.htm)

Cash and Nutrition Assistance Policy Manual (CNAP): <https://dbmefaapolicy.azdes.gov/>

Financial literacy resources from the State Treasurer of Arizona:  
<https://aztreasury.gov/financial-literacy/>

Long-Term Disability Insurance (LTD): pays a portion of one's income after they run out of STD. Depending on their plan, LTD may pay them for a specific number of years until they turn 65 years old for example.  
[https://az.db101.org/az/programs/income\\_support/ltd/program.htm](https://az.db101.org/az/programs/income_support/ltd/program.htm)

Short-Term Disability Insurance (STD): is private insurance that replaces some of one's income if they can't work because of an injury or illness. The injury or illness does not have to be work-related. STD pays a portion of their income for a short period of time. Depending on one's plan, STD generally will last between nine and 52 weeks (one year). The average STD policy in Arizona lasts for six months.  
[https://az.db101.org/az/programs/income\\_support/std/program.htm](https://az.db101.org/az/programs/income_support/std/program.htm)

STABLE Account: a Section 529A qualified savings plan.  
<https://access.stableaccount.com/>



State Assistance: provides assistance for the support of applicants who are certified unemployable by the State Tuberculosis Control offer as result of communicable tuberculosis. <https://des.az.gov/services/child-and-family/cash-assistance/state-assistance>

## Housing

The Arc of Arizona: The Arc advocates for the rights and full community participation of all people with intellectual and developmental disabilities. They improve systems of support and services, connect families, inspire communication, and influence public policy. They include access to disability resources for Arizonians. <http://arcarizona.org/> and <http://arcarizona.org/resources/resources-in-arizona/>

Arizona Help with Utility Bills from HUD.gov: encompasses a list of resources to help individuals and families pay their utility bills. <https://www.hud.gov/states/arizona/renting/energyprgms>

Arizona Rental Help from HUD.gov: helps individuals and families find subsidized apartments, section 8 housing, and other HUD rental programs. <https://www.hud.gov/states/arizona/renting>

Arizona Utility Assistance Program (LIHEAP): Low Income Home Energy Assistance Program (LIHEAP) is a Federally-funded program that helps low-income households with their home energy bills. Offers bill payment assistance, energy crisis assistance, weatherization and energy-related home repairs. <https://www.benefits.gov/benefit/1529>

Domestic Violence Services from the AZ Dept of Economic Security: offers services that include mobile and community-based advocacy, legal advocacy, emergency shelter and housing intervention services that consist of transitional housing and rapid rehousing. <https://des.az.gov/services/basic-needs/shelter-housing/domestic-violence-services> <https://des.az.gov/services/basic-needs/domestic-violence/domestic-violence-contracts-directory>



Homelessness Services from the AZ Dept of Economic Security: are a combination of federal, state, and donated funds used to support statewide efforts to provide community-based services for homeless individuals and families. The DES State Homeless Coordination Office collaborates with community homeless providers statewide to provide rapid housing, temporary emergency shelter, homeless prevention, and outreach services. Visit the 2-1-1 Arizona resource directory to find: emergency, shelter, rapid rehousing, and rental assistance. <https://des.az.gov/services/basic-needs/shelter-housing/homeless-services>

Human Services Department: <https://www.maricopa.gov/451/Get-Help-Paying-Utility-Rental-Bills>

Maricopa County-Get help paying utility and rental bills: Maricopa County families an individual's struggling to pay their utility and/or rental/mortgage bills may qualify for assistance from the <https://www.maricopa.gov/451/Get-Help-Paying-Utility-Rental-Bills>

Short-Term Crisis Services (STCS) Program: provides temporary assistance to low-income families experiencing an emergency that cannot be met immediately by their own income, the resources to help stabilize an immediate financial crisis. In order to receive these services a dependent child must live in the home. Provides emergency assistance with preventing homelessness by helping with rent or mortgage payments, emergency shelter, utility payments and utility deposit assistance, special needs related to maintaining or securing employment, and rental deposits. <https://des.az.gov/services/basic-needs/shelter-housing/short-term-crisis-services>

Southwest Network Housing Resources list- rental/utility assistance: <http://www.southwestnetwork.org/nt19rg/result.asp?engSearch=33>

## Legal Services

Arizona Center for Disability Law: is a not-for-profit public interest law firm focused on protecting the rights of individuals with physical, mental, psychiatric, sensory and cognitive disabilities. They provide information, outreach and training on legal rights and self- advocacy, represent individuals in negotiations, administrative proceedings and court, and investigate abuse and neglect. <https://www.azdisabilitylaw.org/>



## Medical/Health-related

Arizona Association of Providers for People with Disabilities: Among other resources, the AAPPD has put together a guide for the different systems and resources available to those with disabilities. <http://aappd.org/resources/for-families-individuals>

Arizona Department of Economic Security: Family Caregiver Support Program: Provides information, assistance, respite care, and supplemental services to help with care provided by caregivers. <https://des.az.gov/services/aging-and-adult/family-caregiver-support-program-fcsp>

Arizona Health Care Cost Containment System (AHCCCS): is Arizona's Medicaid program which helps pay medical expenses for people with low income. One must be of a certain income level in order to qualify for AHCCS. [https://az.db101.org/az/programs/health\\_coverage/medicaid/program.htm](https://az.db101.org/az/programs/health_coverage/medicaid/program.htm) <https://www.azahcccs.gov/AHCCCS/AboutUs/>

Arizona Long Term Care System (ALTCS): provides healthcare, behavioral health, and long-term care services to eligible Arizona residents who have a developmental disability. To see the ALTCS handbook, visit <https://des.az.gov/sites/default/files/dl/PAD-465.pdf>

AZ ABLE-Achieving a Better Life Experience: investment account programs that offer persons with disabilities, their family and friends, the option to contribute to a tax-exempt savings account for disability-related expenses. <https://des.az.gov/services/disabilities/developmental-disabilities/accomplishments-and-initiatives/az-able>

AZ Promising Practices:A wide range of resources including behavioral, educational, and support for parents of those with disabilities. <http://www.azpromisingpractices.com/>

Health-e-Arizona PLUS: apply for medical assistance, including the new tax credit that can help one pay health insurance premiums, and also apply for Nutrition Assistance and Cash Assistance through this site. [https://www.healtharizonaplus.gov/app/Info\\_Family\\_Individual.aspx](https://www.healtharizonaplus.gov/app/Info_Family_Individual.aspx)