

# A Guide to Services for People with Disabilities



*Thomas Jefferson Planning District, covering the  
City of Charlottesville and the Counties of Albemarle,  
Fluvanna, Greene, Louisa and Nelson*

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Jefferson Area Disability Services Board**  
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**United Way-Thomas Jefferson Area  
Information & Referral**  
806 East High Street  
Charlottesville, VA 22902  
(434) 972-1701  
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**June 2011**



# **Guide to Services for People with Disabilities**

The **United Way – Thomas Jefferson Area** and the **Jefferson Area Disability Services Board (DSB)** are pleased to present this June 2011 edition of the Guide to Services for People with Disabilities in the Thomas Jefferson Planning District. Our region has a broad array of providers and services.

*This guide has the following sections:*

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*All of the services you are seeking may NOT be included in this directory.*

There are many agencies to help you. If you need further assistance, call the Information and Referral (I&R) Center at (434) 972-1703 or email [ir@unitedwaytja.org](mailto:ir@unitedwaytja.org). An I&R specialist will be glad to assist you in finding the resources you need.

The Information and Referral Center provides citizens with quick, comprehensive, and confidential information and referrals to health and human service resources. I&R maintains a current database of human service resources for Charlottesville and the surrounding region and publishes directories to area services.

**Information and Referral Center**  
**United Way – Thomas Jefferson Area**  
**Phone: (434) 972-1703**

[www.unitedwaytja.org](http://www.unitedwaytja.org)  
806 East High Street  
Charlottesville, VA 22902  
Fax: (434) 972-1719

*The information contained herein is the most current available as of the date of publication. The Information and Referral Center does not guarantee the accuracy of the information provided nor the existence or continuation of any of the services described and specifically disclaims any responsibility for the safety or reliability of included services. Inclusion in this directory does not imply endorsement nor does omission imply a lack of endorsement by the United Way – Thomas Jefferson Area.*



# Frequently Asked Questions

➤ ***This is a lot of information. Where do I start?***

If you are looking for specific services, start with that section. Some resources are geared specifically for people with disabilities and others are community resources available to a wide range of clients. Generally you would want to start with governmental services, such as schools, Department of Rehabilitative Services, Departments of Social Services and the Social Security Administration. The Independence Resource Center can also help you to identify appropriate services. Some regional organizations serve the entire planning district, but have one central office in Charlottesville. Others also have satellite offices in rural counties.

➤ ***Am I entitled to services?***

Programs for adults with disabilities are based on eligibility. Many of the government agencies and organizations that serve adults with disabilities have waiting lists. There is no guarantee that services for adults with disabilities will be available or will be provided without charge. No single organization can provide all the services and support needed to live as an adult in the community.

➤ ***My child will be graduating from high school in a few years. How do we prepare for that?***

In addition to this guide, the Life After High School web site ([www.LifeAfterHS.org](http://www.LifeAfterHS.org)) includes more information on these and other services, including education, employment, day support, housing, transportation, leisure activities, financial planning and benefits. The site is specifically geared toward the transition of students with disabilities from school to adult life, but it is also useful for all students preparing for life after high school and for people with disabilities of all ages.

➤ ***My mother is beginning to have trouble getting around and her vision is getting worse. Where do I find services?***

JABA is our area agency on aging and provides information and referral services for senior citizens. That would be a good place to start. Most services in this guide would also apply to senior citizens with disabilities.

➤ ***How would I find training resources to help me get a better job?***

The Virginia Workforce Center – Charlottesville is the one-stop center for employment and training services. You can access information and get connected to resources at the center. In addition to the comprehensive center, there are satellite centers in the surrounding counties. The employment section also includes a listing of training resources.

➤ ***Are there resources geared toward specific disabilities?***

In the Advocacy and Information Section, there are organizations listed who specialize in particular disabilities. They can provide guidance and assistance to connect you to appropriate services.

➤ ***I have an opportunity to work part-time, but I'm afraid it will affect my benefits. How do I find out if this will reduce the insurance and benefits that I currently receive?***

Services are available from Benefits Specialists/Community Work Incentive Coordinators (CWICs) for benefits planning and assistance services. The provider for our area is vaACCSES, listed in the Advocacy and Information section.

➤ ***Where else can I get information about services?***

In addition to Life After High School ([www.LifeAfterHS.org](http://www.LifeAfterHS.org)), there is an information and referral telephone number – 211 – that connects you to free information on available community services. When you dial 2-1-1, a trained professional listens to your situation and suggests sources of help using one of the largest databases of health and human services in Virginia. 2-1-1 VIRGINIA provides access to services in your community and statewide. All referrals are confidential and you can search for these same services on the 2-1-1 VIRGINIA **Website**: [www.211virginia.org](http://www.211virginia.org).

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# Advocacy & Information

## Adult Protective Services

Virginia Department of Social Services  
801 E. Main Street  
Richmond, VA 23219  
**Website:** [www.dss.virginia.gov/family/as/aps.cgi](http://www.dss.virginia.gov/family/as/aps.cgi)

**Area Served:** *Statewide.*

**Hours:** 24-hour, Toll-Free Adult Protective Services hotline can be reached at (888) 832-3858.

**Cost:** No charge.

**Eligibility:** Adults over 60 and disabled persons over 18 who have been or at risk of being abused, neglected or exploited.

**Intake:** Self-referral.

**Services:** *APS investigates reports of abuse, neglect, and exploitation of adults aged 60 and over and incapacitated adults over 18 years of age and provides services when persons are found to be in need of protective services. The goal of APS is to protect a vulnerable adult's life, health, and property without a loss of liberty.*

## AIDS HIV Services Group

953 Second Street Southeast  
P. O. Box 2322  
Charlottesville, VA 22902  
**Phone:** (434) 979-7714  
**Website:** [www.aidservices.org](http://www.aidservices.org)  
**E-mail:** [christina.delzingaro@asgva.org](mailto:christina.delzingaro@asgva.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 9am-5pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Client services are available to anyone affected by HIV/AIDS and their families.

**Intake:** Self-referral.

**Services:** *Support services to persons with HIV/AIDS include testing, case management, financial assistance, assistance in filing for Medicaid benefits and executing a living will, practical and emotional support, nutrition supplements, prescription assistance, clothing and furniture, transportation for medical visits, preventive education and advocacy, and companionship provided by volunteer from the ASG Buddy Program. Wheelchair accessible and on bus line.*

## Alzheimer's Association

Central and Western Virginia  
1160 Pepsi Place, Suite 306  
Charlottesville, VA 22901  
**Phone:** (434) 973-6122  
**24-hour helpline:** (800) 272-3900  
**Website:** [www.alz.org/cwva](http://www.alz.org/cwva)  
**E-mail:** [alzcwva@alz.org](mailto:alzcwva@alz.org)

**Area Served:** *Albemarle, Charlottesville, Culpeper, Fluvanna, Greene, Louisa, Madison, Nelson, Orange, Rappahanock.*

**Hours:** 9am-5pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Individuals, families, and caregivers affected by Alzheimer's disease.

**Intake:** Self-referral.

**Services:** *Serves people in the area who have been diagnosed with Alzheimer's disease or related dementias, as well as their caregivers and families. This assistance comes in the form of Memory U, a toll-free HelpLine, support groups and care consultation in each region, lending libraries, MedicAlert+Safe Return, an annual education conference as well as many other programs and services. Wheelchair accessible and on bus line.*

## Amputee Support Group

1645 Ravens Pl  
Charlottesville, VA 22911-7527  
**Phone:** (434) 243-4670  
**E-mail:** [musewalt@cstone.net](mailto:musewalt@cstone.net) OR [mg4f@virginia.edu](mailto:mg4f@virginia.edu)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** Meetings are usually held 7pm on the 2nd Tuesday of the month.  
Call ahead to confirm meeting; varies during summer months.

**Cost:** No charge.

**Eligibility:** For amputees and their friends and families.

**Intake:** Self-referral.

**Services:** *Resource group for amputees and their families; monthly support group meeting. Trained peer visitors are available to visit new or prospective amputees in hospitals or other settings. Wheelchair accessible.*

## The Arc of the Piedmont

509 Park St  
Charlottesville, VA 22901  
**Phone:** (434) 977-4002 or (800) 732-9507  
**Website:** [www.thearcofthepiedmont.org](http://www.thearcofthepiedmont.org)  
**E-mail:** [mail@thearcofthepiedmont.org](mailto:mail@thearcofthepiedmont.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8:30am–5pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Families or individuals impacted by intellectual or developmental disabilities.

**Intake:** Self-referral.

**Services:** *To improve the quality of life for infants, children and adults with or at risk of intellectual or developmental disabilities, through service, advocacy and education. Wheelchair accessible and on bus line.*

## Central Virginia Legal Aid Society

1000 Preston Avenue, Suite B  
Charlottesville, VA 22903  
**Phone:** (434) 296-8851 or (800) 390-9982  
**Website:** [www.cvlas.org](http://www.cvlas.org)  
**E-mail:** [Henry@cvlas.org](mailto:Henry@cvlas.org)

**Area Served:** *The Piedmont office serves the counties of Albemarle, Fluvanna, Greene, Nelson, and Louisa plus the City of Charlottesville.*

**Hours:** 9am–5pm Mon.

**Cost:** N/A

**Eligibility:** Income-based. See list: <http://www.cvlas.org/help-eligibility.html>

**Intake:** Self-referral.

**Services:** *Central Virginia Legal Aid Society (CVLAS) is a non-profit organization providing legal assistance in the following areas such as family law, elder law, employment and civil rights, disability and public benefits law, consumer law, and, housing law. Low income or elderly individuals needing assistance in these civil matters are provided advice and/or representation by staff attorneys as well as by volunteer private attorneys. Bilingual services are available. Wheelchair accessible and on bus line.*

## FOCUS Women's Resource Center

953 Second Street, South East  
Charlottesville, VA 22903

**Phone:** (434) 293-2222

**Website:** [http://focus.avenue.org/focus\\_information.html](http://focus.avenue.org/focus_information.html)

**E-mail:** [jshuklis@focusville.org](mailto:jshuklis@focusville.org)

**Area served:** *Central Virginia.*

**Hours:** 8:30am–4:30pm Mon – Fri.

**Cost:** Some insurance plans accepted; sliding scale of fees available.

**Eligibility:** All are welcome.

**Intake:** Self-Referral.

**Services:** *Affordable and accessible professional counseling is available on a wide range of mental health needs from life transition to emotional difficulties such as depression and anxiety to family and relationship problems. Counseling is available to women, men and children. Focus believes that all individuals have the right to affordable counseling regardless of income. Some insurance plans are accepted. Bilingual services available. Wheelchair accessible and on bus line.*

## Independence Resource Center

815 Cherry Ave

Charlottesville, VA 22903

**Phone:** (434) 971-9629

**Website:** <http://charlottesvilleirc.org/>

**E-mail:** [tvandever@ntelos.net](mailto:tvandever@ntelos.net)

**Area Served:** *Albemarle, Augusta, Charlottesville, Culpeper, Fluvanna, Greene, Louisa, Madison, Nelson, Orange, Staunton, Waynesboro.*

**Hours:** 9am-5pm Mon-Thur; 9am-3:30pm Fri.

**Cost:** No charge.

**Eligibility:** Disabled individuals; primarily physical and sensory disabilities.

**Intake:** Self-referral.

**Services:** *Resource center for persons with disabilities which provides peer counseling, independent living skills training an advocacy program, consumer groups, and sign language instruction. Offers limited financial assistance to qualified applicants. Emphasis on creating a community environment which allows persons with disabilities to live as independently as they choose. Wheelchair accessible and on bus line.*

## Jefferson Area Board for Aging (JABA)

674 Hillsdale Drive, Suite 9  
Charlottesville, VA 22901  
**Phone:** (434) 817-5222  
**Website:** [www.jabacares.org](http://www.jabacares.org)  
**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8:30am-5pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Over age 60.

**Intake:** Self-referral. Appointment necessary.

**Services:** *Provides many services for seniors and disabled, such as home-delivered meals, case management, insurance assistance, ombudsman services, information on crime prevention, health, housing, legal issues and transportation for seniors and their families & caregivers. Wheelchair accessible and on bus line.*

## Legal Aid Justice Center

1000 Preston Avenue, Suite A  
Charlottesville, VA 22903  
**Phone:** (434) 977-0553  
**Fax:** (434) 977-0558  
**Toll-free:** (800) 578-8111 (clients only)  
**Website:** [www.justice4all.org/](http://www.justice4all.org/)  
**E-mail:** [alex@justice4all.org](mailto:alex@justice4all.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 9am-5pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Children and families; Income not to exceed 187.5% of poverty except under special circumstances.

**Intake:** Telephone. Documentation required.

**Services:** *Just Children provides workshops for service and families; an informational handbook: "Helping You Help Your Child" and free legal assistance to eligible low-income children. Legal Aid Justice Center provides legal advice to low-income people on: Public Benefits (Unemployment, Medicaid and Food Stamps); Special Education; and employment related (discrimination, Title VII). Offers full representation in traditional poverty law areas, including housing, consumer protection, employment, education, and public benefits to low-income residents. Wheelchair accessible and on bus line.*

## Mental Health America of Charlottesville – Albemarle

973 Second Street Southeast

Charlottesville, VA 22902

**Phone:** (434) 977-4673

**Crisis Numbers list:** <http://mha.avenue.org/resources.php>

**Website:** [www.avenue.org/mha](http://www.avenue.org/mha)

**E-mail:** [mha@avenue.org](mailto:mha@avenue.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Madison, Nelson, Orange*

**Hours:** Business, 9am-4:30pm Mon – Fri.

**Cost:** No charge. Referral service for those covered by insurance. Pro bono referrals on limited basis.

**Eligibility:** Unrestricted. Many services for uninsured mentally ill families who can't afford to pay. Can be accessible through referral service.

**Intake:** Self-referral. Appointment necessary. Intake form required.

**Services:** *Provide direct services to the mentally disabled and their families and/or caregivers. Provides information on community risks and needs for mental health; provided through the community education forums, public presentations and working groups. On bus line.*

## National Federation of the Blind

Blue Ridge Chapter

118 Park Rd

Charlottesville, VA 22903

**Phone:** (434) 293-3556

**Website:** [www.nfbv.org](http://www.nfbv.org)

**E-mail:** [kcowen@ntelos.net](mailto:kcowen@ntelos.net)

**Area Served:** *Charlottesville.*

**Hours:** Call for information; meets the third Saturday of each month.

**Cost:** No charge.

**Eligibility:** Blind individuals.

**Intake:** Self-referral.

**Services:** *Organization of blind helping the blind. Wheelchair accessible and on bus line.*

## National Multiple Sclerosis Society

Blue Ridge Chapter

1 Morton Drive Suite 106

Charlottesville, VA 22903-6806

**Phone:** (434) 971-8010 or (800) 451-0373

**Website:** <http://vab.nationalmssociety.org>

**E-mail:** [vab@nmss.org](mailto:vab@nmss.org)

**Area Served:** *Central Virginia.*  
**Hours:** 9am-5pm Mon – Fri.  
**Cost:** Equipment procurement limited. Charges for certain programs.  
Accepts cash & check.  
**Eligibility:** Individuals who have MS or are related to someone with MS.  
**Intake:** Self-referral.  
**Services:** *The society is dedicated to the prevention, treatment, alleviation and cure of multiple sclerosis and to improving the quality of life for individuals with multiple sclerosis and their families. Programs and services include: information and referral, education, scholarship programs, health and wellness, family and social support, accessibility issues, long-term care assistance and more. Wheelchair accessible and on bus line.*

## **The Parent Resource Center**

Piedmont Regional Education Program  
Sarah Blech, Coordinator  
225 Lambs Lane  
Charlottesville, VA 22901  
**Phone:** (434) 975-9400 ext. 2342  
**Website:** [www.prep-prc.org](http://www.prep-prc.org)  
**E-mail:** [sblech@k12albemarle.org](mailto:sblech@k12albemarle.org)

**Area Served:** *Charlottesville, Albemarle, Fluvanna, Greene, Louisa and Madison.*  
**Hours:** 8:15am–3:45pm Mon–Fri.  
**Cost:** No charge.  
**Eligibility:** Parents of children with special needs in the public school system.  
**Intake:** Self-referral.  
**Services:** *The Parent Resource Center serves parents of children in special education in the public schools and operates on the philosophy that parents are a valuable resource in planning the education of their special child. PRC serves as an information and referral source for needed services that are available in our community, provides training for parents, and promotes an understanding of the special education process in our schools, provides support and information groups for families and educators of children with special needs, maintain a book and video library, promotes a working relationship between parents, educators, and our community resources. Wheelchair accessible and on bus line.*

## **Thomas Jefferson Planning District Commission (TJPDC)**

Disabilities Services Board  
401 East Water Street  
Charlottesville, VA 22902-5241  
**Phone:** (434) 979-7310  
**Website:** [www.tjpd.org](http://www.tjpd.org)  
**E-mail:** [info@tjpd.org](mailto:info@tjpd.org)

**Area Served:** *Charlottesville and counties of Albemarle, Fluvanna, Greene, Louisa, & Nelson.*  
**Hours:** 8am-5pm Mon – Fri.  
**Cost:** None.  
**Eligibility:** People with physical and sensory disabilities.  
**Intake:** Self-referral.  
**Services:** *To improve the self-sufficiency of people with physical and sensory disabilities by providing research, information and support for coordinated disability services, and raising public awareness of the needs and contributions of disabled persons. Advocacy only, no direct services. Wheelchair accessible and on bus line.*

## **United Way - Thomas Jefferson Area**

Information & Referral  
806 East High Street  
Charlottesville, VA 22902  
**Phone:** (434) 972-1701  
**Website:** [www.unitedwaytja.org](http://www.unitedwaytja.org)  
**E-mail:** [UnitedWayTJA@UnitedWayTJA.org](mailto:UnitedWayTJA@UnitedWayTJA.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*  
**Hours:** 8:30am-5pm Mon - Fri; voicemail available afterhours.  
**Cost:** None.  
**Eligibility:** Unrestricted.  
**Intake:** Telephone, mail, e-mail, & walk-in.  
**Services:** *Provides citizens with quick, comprehensive and confidential information and referral to health and human resources. Maintains a current database of human service resources for the regional area. Wheelchair accessible and on bus line.*

## **UVA Women's Center Free Legal Clinic**

PO Box 800588  
1400 University Avenue  
Charlottesville, Virginia 22908  
**Phone:** (434) 982-2361  
**Website:** <http://womenscenter.virginia.edu/resources.php>  
**E-mail:** [sjg3h@virginia.edu](mailto:sjg3h@virginia.edu)

**Area Served:** *Albemarle, Charlottesville.*  
**Hours:** Clinics are held every third Thursday of the month from 7-9 pm.  
**Cost:** None.  
**Eligibility:** Unrestricted.  
**Intake:** Self-referral  
**Services:** *Free legal clinic, counseling service, and baby sitting. Wheelchair accessible and on bus line.*

## Virginia Assistive Technology System Central

8004 Franklin Farms Drive  
Richmond, Virginia 23229  
**Phone:** (800) 435-8490  
**Website:** [www.vats.org](http://www.vats.org)  
**E-mail:** [Robert.Krollman@drs.virginia.gov](mailto:Robert.Krollman@drs.virginia.gov)

**Area Served:** *Statewide.*

**Hours:** 8:15am–5pm Mon – Fri.

**Cost:** None.

**Eligibility:** People with disabilities who can benefit from assistive technology.

**Intake:** Self-referral.

**Services:** *VATS' priority is to establish assistive technology recycling programs across the state. VATS will work with local groups to plan and implement AT recycling specific to each community. VATS has three Assistive Technology Regional Sites that provide community contact points throughout Virginia for assistive technology information and resources across designated regions. These Regional Sites provide training, public awareness, and general technical assistance for consumers who can benefit from the use of assistive technology. Through VATS Information and Referral System, callers can access information on assistive technology products, funding options, and resources that range from therapists to service providers to assistive technology vendors. The toll free number, 1-800-435-8490, connects you with a professional who can answer inquiries and guide you to the best resources in your community.*

## Virginia Association of Community Rehabilitation Programs

vaACCSES  
7420 Fullerton Road, Suite 110  
Springfield, VA 22153  
**Phone:** (703) 461-8747 or toll-free (877) 877-2777  
**Website:** [www.vaaccses.org](http://www.vaaccses.org)  
**E-mail:** [ktefelski@vaaccses.org](mailto:ktefelski@vaaccses.org)

**Area Served:** *Statewide.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Virginia citizens with disabilities.

**Intake:** Self-referral.

**Services:** *vaACCSES is an active statewide association of organizations providing quality employment, residential, day support, training, and support services for persons with disabilities. It is the premiere association of Virginia community service providers enhancing support of Virginians with disabilities that leads to maximum community involvement. vaACCSES develops effective relationships and influences policy makers, funders and advocates through information, advocacy, education and training.*

## Virginia Department for the Blind & Vision Impaired (DBVI)

1076 Jefferson Hwy

Staunton, VA 24401

**Phone:** (540) 332-7729 or toll-free 1-800-622-2155

**Website:** [www.vdbvi.org](http://www.vdbvi.org)

**E-mail:** [debby.austin@dbvi.virginia.gov](mailto:debby.austin@dbvi.virginia.gov)

**Area Served:** *Thomas Jefferson District as well as entire state of VA as an agency*

**Hours:** **8:15am–5pm Mon – Fri.**

**Cost:** Free. Income restrictions may apply to some purchased services only.

**Eligibility:** All ages. Must have a recent eye report showing diagnosed vision impairment with 20/70 vision or worse.

**Intake:** Self-referral or doctor referral or from any source. Intake Worker for TJ District is Bea Jenkins in the Staunton Regional Office.

**Services:** DBVI is dedicated to empowering individuals who are blind, vision impaired, and deaf-blind to achieve their maximum level of personal independence, employment, and education with comprehensive individualized programs designed to meet each client's needs. Independent Living Skills, Vocational Rehab, Orientation & Mobility, Low Vision Services, etc.

# Assistive Technology

## 2-1-1 Virginia: Get Connected, Get Answers

Disability Services Help Line

1602 Rolling Hills Dr, Suite 107

Richmond, VA 23229-5012

**Phone:** 2-1-1 (VideoPhone users dial 1-800-230-6977)

**Website:** [www.atlfa.org](http://www.atlfa.org)

**E-mail:** [atlfa@atlfa.org](mailto:atlfa@atlfa.org)

**Area Served:** *Residents of Virginia.*

**Hours:** Calls taken 24 hours a day, 7 days/week.

**Cost:** No charge.

**Eligibility:** Any resident of Virginia who has a disability or a family member with a disability.

**Intake:** Self-referral. Written application required.

**Services:** *The NewWell Fund is a low-interest loan program that assists Virginians with disabilities to get the assistive technology they need. Loans are available to eligible applicants for a variety of special equipment and devices that enhance independence, education and employment.*

## Independence Resource Center (IRC)

815 Cherry Ave

Charlottesville, VA 22903-3448

**Phone:** (434) 971-9629

**Website:** [www.charlottesvilleirc.org](http://www.charlottesvilleirc.org)

**E-mail:** [tvandever@ntelos.net](mailto:tvandever@ntelos.net)

**Area Served:** *Albemarle, Augusta, Charlottesville, Culpeper, Fluvanna, Greene, Louisa, Madison, Orange, Staunton, Waynesboro.*

**Hours:** 9am–5pm Mon–Thurs; 9am–3:30pm Fri.

**Cost:** No charge for technical assistance.

**Eligibility:** Disabled individuals – primarily physical and sensory disabilities.

**Intake:** Self-referral.

**Services:** *Resource center for persons with disabilities, which provides peer counseling, independent living skills training, an advocacy program, consumer groups, and sign language instruction. Offers limited financial assistance to qualified applicants. Emphasis on creating a community environment that allows persons with disabilities to live as independently as they choose.*

## Jefferson Area Board for Aging (JABA)

674 Hillsdale Drive, Suite 9

Charlottesville, VA 22901

**Phone:** (434) 817-5222

**Website:** [www.jabacares.org](http://www.jabacares.org)

**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.

**Hours:** 8:30am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** No age requirement to obtain information.

**Intake:** Self-referral. Appointments preferable.

**Services:** *JABA lends support to seniors in need of assistance. Whether that includes basic information, case management, insurance counseling, home delivered meals — or any of the many other available services — JABA is a source of support for you or your loved ones. Most of our support is offered as a gift to those who cannot pay. See individual programs for more details.*

## Piedmont Regional Education Program (PREP)

Parent Resource Center

225 Lambs Lane

Charlottesville, VA 22901

**Phone:** (434) 975-9400

**Website:** [www.prep-prc.org](http://www.prep-prc.org)

**E-mail:** [sblech@albemarle.org](mailto:sblech@albemarle.org)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.

**Hours:** 8am–4pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Parents of children with disabilities.

**Intake:** Self-referral or professional/agency referral. Walk-ins accepted, appointments preferred.

**Services:** *Parent Resource Center serves parents of children in special education in the public schools and operates on the philosophy that parents are a valuable resource in planning the education of their special child. The philosophy of the program is to provide cost effective, quality programming to students with low-incident disabilities by the sharing of resources and personnel.*

## Virginia Recording for the Blind and Dyslexic Inc

350 Greenbrier Drive

Charlottesville, VA 22901

**Phone:** (866) 887-7323 or (434) 293-4797

**Website:** [www.learningally.org](http://www.learningally.org)

**E-mail:** [traimo@rfd.org](mailto:traimo@rfd.org)

**Area Served:** *Central Shenandoah, Loud Fairfax, RADCO, Rappahannock-Rapidan, Thomas Jefferson Area Planning Districts.*

**Hours:** 8:30am–4:30pm Mon–Fri.

**Cost:** Application fee. Can be reduced or waived for qualified applicants.

**Eligibility:** Persons who cannot read standard print.

**Intake:** Written application required.

**Services:** *Supply recorded books (mostly educational) in all subjects at all levels for individuals who are print-disabled (dyslexia), blind, have low vision, or perceptual or physical disabilities. Volunteers are trained to read and record print materials, check and duplicate completed tapes, as well as perform administrative tasks.*

## Virginia Assistive Technology System (VATS) Central

8004 Franklin Farms Drive

Richmond, VA 23229

**Phone:** (800) 435-8490 or (804) 662-9990

**Website:** [www.vats.org](http://www.vats.org)

**E-mail:** [Robert.Krollman@drs.virginia.gov](mailto:Robert.Krollman@drs.virginia.gov)

**Area Served:** *Statewide.*

**Hours:** 8:15am–5pm Mon–Fri.

**Cost:** None.

**Eligibility:** Persons with disabilities that would benefit from assistive technology.

**Intake:** Self-referral.

**Services:** *VATS will work with local groups to plan and implement AT recycling specific to each community. VATS has three Assistive Technology Regional Sites that provide community contact points throughout Virginia for assistive technology information and resources across designated regions. These Regional Sites provide training, public awareness, and general technical assistance for consumers who can benefit from the use of assistive technology. Through VATS Information and Referral System, callers can access information on assistive technology products, funding options, and resources that range from therapist, to service providers to assistive technology vendors.*

# Clothing Resources

## **Albemarle Baptist Association**

Church Community Development  
PO Box 8025  
Charlottesville, VA 22901  
**Phone:** (434) 977-6876  
**E-mail:** abassoc@firstva.com

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa.*

**Hours:** 9am–2pm Mon–Fri.

**Cost:** \$2 per bag of clothes. Accepts cash. Free with referral voucher.

**Eligibility:** Based on income limits. Free clothing requires referral from social service agency (ex: MACAA, CAP, DSS) or local church.

**Intake:** Self-referral. Need professional/agency voucher for free clothing.

**Services:** *Clothing Distribution program provides clothing for persons in need of all ages, some personal items available as well as uniforms and business clothes for women in the workforce. Wheelchair accessible and on bus line.*

## **Belmont Baptist Church**

Laundry Services  
830 Monticello Avenue  
Charlottesville, VA 22901  
**Phone:** (434) 296-7111  
**Website:** [www.belmontbaptistville.org](http://www.belmontbaptistville.org)

**Area Served:** *Belmont and Charlottesville residents.*

**Hours:** Vary. Call for details; appointment needed.

**Cost:** No charge.

**Eligibility:** Low-income individuals.

**Intake:** Self-referral. Must meet income qualifications through financial screening with LOVE, Inc (partner Christian organization).

**Services:** *Belmont Baptist received a \$25,000 grant to develop laundry services for the area's poor residents. The ministry provides all the laundry supplies, including detergent, fabric softener, needle and thread, etc. Wheelchair accessible and on bus line.*

## Charlottesville Pregnancy Center

320 West Main Street

Charlottesville, VA 22903-5538

**Phone:** (434) 979-8888 or 1-800-395-HELP (4357)

**Website:** [www.virginiapregnancy.org/index.aspx](http://www.virginiapregnancy.org/index.aspx)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.

**Hours:** 10am–3pm Mon, Wed & Fri; 10am–8pm Tues & Thurs.

**Cost:** All services are free and confidential.

**Eligibility:** Pregnant women and their children under 2 years.

**Intake:** Appointments preferred, walk-ins welcome.

**Services:** *Our mission is to provide you with the hope, help, health and healing that you need. Clothing available for pregnant women and children, some baby items available. Bilingual Services available. On bus line.*

## Green Olive Tree Thrift Store

5370 Three Notch'd Road

Crozet, VA 22932-3104

**Phone:** (434) 823-4523

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.

**Hours:** 11am–4 pm Mon–Sat.

**Cost:** Varies. Accepts cash and agency vouchers. Provides tax receipts.

**Eligibility:** Open to the general public.

**Intake:** Self-referral.

**Services:** *Offers used clothing and small household items in good condition at low cost.*

## Goodwill Industries Thrift Shop

Charlottesville – Route 29

1720 Seminole Trail

Charlottesville, VA 22901

**Phone:** (434) 872-0170

Charlottesville – Pantops Mountain

1242 Richmond Rd

Charlottesville, VA 22911-3515

**Phone:** (434) 295-3967

**Website:** [www.goodwillvalleys.com](http://www.goodwillvalleys.com)

**E-mail:** [info@goodwillvalleys.com](mailto:info@goodwillvalleys.com)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.  
**Hours:** 8am–9pm Mon–Sat, 12pm–6pm Sun.  
**Cost:** Prices vary.  
**Eligibility:** Open to the general public.  
**Intake:** Self-referral.  
**Services:** *Goodwill offers great bargains on clothing and accessories, furniture, kitchenware, art, music, toys, books, electronics, collectibles and much more. We offer thousands of new and used items at unbeatable bargains. Wheelchair accessible and on bus line.*

## Salvation Army Thrift Store

604 Cherry Avenue  
Charlottesville, VA 22903  
**Phone:** (434) 979-5230  
**Website:** [www.uss.salvationarmy.org/uss/www\\_uss\\_charlottesville.nsf](http://www.uss.salvationarmy.org/uss/www_uss_charlottesville.nsf)  
**E-mail:** [dan\\_matthews@uss.salvationarmy.org](mailto:dan_matthews@uss.salvationarmy.org)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.  
**Hours:** 9am–6pm Mon–Sat.  
**Cost:** Varies with items. Prices waived with ESP referral.  
**Eligibility:** Open to the general public.  
**Intake:** Self-referral.  
**Services:** *The thrift store provides used furniture, adult and children's clothing and shoes, appliances, records, tapes, books, videos, golf equipment, artwork, toys, kitchen utensils, lamps, televisions, knick-knacks and many other items. All of these items are available to the public at reasonable prices. Revenue from its thrift stores funds the missions and programs of the Charlottesville Salvation Army. The stores also assist people who are going through difficult times due to homelessness, domestic violence, or other trying circumstances through the provision of gifts-in-kind. A needy person or family may apply for help through the Emergency Services Office at The Salvation Army's main office to obtain vouchers for furniture and clothing at no charge. On bus line.*

## Schoolhouse Thrift Shop

1147 East Rio Road  
Charlottesville, VA 22901  
**Phone:** (434) 973-2271  
**Website:** [www.schoolhousethriftshopatrio.com](http://www.schoolhousethriftshopatrio.com)

**Area Served:** *Charlottesville, Albemarle.*

**Hours:** 10am–4pm Tues–Fri; 10am–1pm Sat; Closed Sun & Mon.

**Cost:** Prices vary. Accepts vouchers from social service agencies.

**Eligibility:** Open to the general public.

**Intake:** Self-referral.

**Services:** *The shop sells items at low cost and gives clothing to families in need by working with social service organizations. Money raised by the Thrift Shop goes to support Habitat for Humanity, Ministry With the Aging, The Alliance for Interfaith Ministries, and the Gertrude Mitchell House, thereby helping children, women, the aging and those in need. On bus line.*

## **Twice is Nice**

923 Preston Avenue, Suite B

Charlottesville, VA 22903

**Phone:** (434) 293-8319

**Website:** [www.twiceisnicethrift.org](http://www.twiceisnicethrift.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 11am–7pm Tues–Thurs; 11am–6pm Fr; 10am–4:30pm Sat.

**Cost:** Varies with items.

**Eligibility:** Open to the general public.

**Intake:** Self-referral.

**Services:** *Thrift store that sells boutique-quality fashions, accessories, jewelry, gifts, home-wares, and more. Proceeds of Twice Is Nice benefit needy local seniors at Mountainside Senior Living, one of the few affordable assisted living facilities in Central Virginia managed by JABA (Jefferson Area Board for Aging). Wheelchair accessible and on bus line.*

# Employment Resources

## **Albemarle Baptist Association**

815 Bolling Avenue  
Charlottesville, VA 22902  
**Phone:** (434) 977-6876

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa.*

**Hours:** 9am-12pm Mon – Sat.

**Cost:** No fee.

**Eligibility:** Income limits. Free clothing requires referral from social service agency/local church (e.g. CARES, DSS, MACAA, RTC).

**Intake:** Self-referral. Professional/agency voucher for free clothing.

**Services:** *Mentoring/job readiness program for women which requires a year commitment. Funds available for professional clothing/uniforms (application and referral are required). On bus line.*

## **Albemarle Career Center**

Albemarle County DSS  
1600 5th Street Ext., Suite A  
Charlottesville, VA 22902  
**Phone:** (434) 972-4010 Ext. 3617

**Website:** [www.albemarle.org/department.asp?section\\_id=1827&department=soc\\_services](http://www.albemarle.org/department.asp?section_id=1827&department=soc_services)

**E-mail:** [Director@albemarle.org](mailto:Director@albemarle.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson*

**Hours:** 9am–4pm Mon, Wed, Thu; 9am–11am and 1:30pm-4pm Tues.

**Cost:** No fee.

**Eligibility:** No restrictions.

**Intake:** Self-referral.

**Services:** *Provide the general public with career resources and services to prepare a workforce that is informed, capable and ready for work. Internet access available, resume assistance, job search assistance, resource library, educational videos; fax, phones and copier available for use. Wheelchair accessible and on bus line.*

## **FOCUS Women's Resource Center**

953 Second Street

Charlottesville, VA 22903

**Phone:** (434) 293-2222

**Website:** <http://avenue.org/focus/index.html>

**Area Served:** *Albemarle, Charlottesville.*

**Hours:** 9am–4pm Mon – Fri.

**Cost:** Charge for service varies with income and may be reduced. Accepts cash; terms available.

**Eligibility:** Women & their families; under 18 requires parental release.

**Intake:** Self, telephone, walk-in, unrestricted and professional/agency referrals; emergency services provided

**Services:** *Provides information on job searches, education counseling, career and resume assistance, and professional development training. Wheelchair accessible and on bus line.*

## **Goodwill Industries of the Valleys**

Corporate Headquarters

2502 Melrose Avenue NW, Suite A

Roanoke, VA 24017

**Phone:** (540) 581–0620

Staunton Office

1600 North Coalter Street, Suite 16

Staunton, VA 24401

**Phone:** (540) 886–2001

**Area Served:** *31 counties and 14 cities in the Shenandoah Valley, central and southwest Virginia including Albemarle, Augusta, Fluvanna, Greene, Madison, and Nelson.*

**Hours:** Vary.

**Cost:** No charge.

**Eligibility:** Disabled or disadvantaged youth or adults.

**Intake:** Self-referral.

**Services:** *Non-profit organization dedicated to helping people with disabilities and disadvantages overcome barriers to employment. Offers industrial services to business and industry, which provides the training and employment opportunities for individuals participating in workforce development. Provides a broad range of training and employment opportunities.*

## Louisa Teamworks

115 Jefferson Highway, Sage Building

Louisa, VA 23093

**Phone:** (540) 967-5201

**Website:** [www.pvcc.edu/instructional\\_divisions/workforce\\_services/louisa\\_teamworks.php](http://www.pvcc.edu/instructional_divisions/workforce_services/louisa_teamworks.php)

**E-mail:** [jguill@pvcc.edu](mailto:jguill@pvcc.edu)

**Area Served:** *Louisa.*

**Hours:** 8am-4:30pm Mon – Fri.

**Cost:** No charge.

**Eligibility:** Primarily serves adults receiving TANF (Temporary Aid for Needy Families) and VIEW (Virginia Initiative for Employment not Welfare).

**Intake:** Call or walk-in for more information.

**Services:** *Workforce training program for low-income Louisa residents. Provides job search, job readiness, computer training, job skills, customer service and communication skills training; goal is to lead client to self-sufficiency, job success and retention.*

## Personal & Career Development Center at UVA

Ruffner Hall, Curry School of Education

405 Emmet Street South

Charlottesville, VA 22904

**Phone:** (434) 924-0783

**Website:** <http://curry.edschool.virginia.edu/component/content/157?task=view>

**Area Served:** *Albemarle, Charlottesville.*

**Hours:** Hours by appointment only.

**Cost:** No fee.

**Eligibility:** Residents of Central Virginia.

**Intake:** Self-referral.

**Services:** *Under the supervision of Education School faculty, graduate students in counseling offer free counseling in life transitions, career decision and changes, and interpersonal relations to any interested community members. Wheelchair accessible and on bus line.*

## Piedmont Virginia Community College

Center for Training and Workforce Development

501 College Dr

Charlottesville, VA 22902

**Phone:** (434) 977-3900 or (434) 961-5354

**Website:** [www.pvcc.edu/instructional\\_divisions/workforce\\_services](http://www.pvcc.edu/instructional_divisions/workforce_services)

**E-mail:** [cftwd@pvcc.vccs.edu](mailto:cftwd@pvcc.vccs.edu)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.  
**Hours:** 8am–5pm Mon – Fri.  
**Cost:** Charges for certain services.  
**Eligibility:** Over 18. Any person with a high school diploma or equal, or who is over 18 & able to attend classes.  
**Intake:** Professional/agency referral. Written application required.  
**Services:** Offers software application courses, customized computer training, quality improvement and personal enrichment training, and employment services. Certificate programs include: Surgical Technologist, Biotechnology, Web Publishing, Financial Accounting Analysis and more. Wheelchair accessible and on bus line.

## Virginia Department for the Blind & Vision Impaired (DBVI)

1076 Jefferson Hwy  
Staunton, VA 24401  
**Phone:** (540) 332-7729 or toll-free 1-800-622-2155  
**Website:** [www.vdbvi.org](http://www.vdbvi.org)  
**E-mail:** [debby.austin@dbvi.virginia.gov](mailto:debby.austin@dbvi.virginia.gov)

**Area Served:** Thomas Jefferson District as well as entire state of VA as an agency  
**Hours:** **8:15am–5pm Mon – Fri.**  
**Cost:** Free. Income restrictions may apply to some purchased services only.  
**Eligibility:** All ages. Must have a recent eye report showing diagnosed vision impairment with 20/70 vision or worse.  
**Intake:** Self-referral or doctor referral or from any source. Intake Worker for TJ District is Bea Jenkins in the Staunton Regional Office.  
**Services:** DBVI is dedicated to empowering individuals who are blind, vision impaired, and deaf-blind to achieve their maximum level of personal independence, employment, and education with comprehensive individualized programs designed to meet each client's needs. Independent Living Skills, Vocational Rehab, Orientation & Mobility, Low Vision Services, etc.

## Virginia Department of Rehabilitative Services (DRS)

Employment Rehab Services  
2211 Hydraulic Road Suite 101  
Charlottesville, VA 22901  
**Phone:** (434) 296-5621  
**Website:** [www.vadrs.org](http://www.vadrs.org)  
**E-mail:** [drs@drs.virginia.gov](mailto:drs@drs.virginia.gov)

**Area Served:** *Thomas Jefferson District.*  
**Hours:** 8:15am–5pm Mon – Fri.  
**Cost:** Charges for some services.  
**Eligibility:** Over 16. Must have a diagnosed disability. Income restrictions apply only to purchased services.  
**Intake:** Self-referral; appointment recommended; walk-ins accepted. Orientation group meets Thursdays at 9am.  
**Services:** *To help persons with disabilities find and retain jobs; individualized programs designed to meet each client's needs. Wheelchair accessible and on bus line.*

## Virginia Employment Commission

Charlottesville Workforce Center  
2211 Hydraulic Road  
Charlottesville, 22901  
**Phone:** (434) 984-7630  
**Website:** [www.vec.virginia.gov/vecportal/](http://www.vec.virginia.gov/vecportal/)  
**E-mail:** [charlottesville@vec.virginia.gov](mailto:charlottesville@vec.virginia.gov)

Louisa Employment Center  
115 Jefferson Highway  
Louisa, VA 23093  
**Phone:** (540) 967–6095

Nelson Career Resource Center  
8445 Thomas Nelson Highway  
Lovingston, VA 22949  
**Phone:** (434) 263–8074

**Area Served:** *Locations statewide.*  
**Hours:** 8:30am-4:30pm Mon – Fri. Louisa, 9am–1pm Tues and 3pm–7pm Thurs only.  
**Cost:** No fees.  
**Eligibility:** Working age (over 16) or aliens with proper credentials for most job placements. Under 16 may be eligible for some employment.  
**Intake:** Self-referral. Written application & ID required.  
**Services:** *Provides a list of local job opportunities and registers those seeking employment; also provides recruiting and referral services to employers. Services available to workers include job referral and placement, referral to training, and job search skill building activities. Wheelchair accessible and on bus line.*

## WorkSource Enterprises

1311 Carlton Ave

Charlottesville, VA 22902

**Phone:** (434) 972-1730

**Website:** [www.worksourceva.org](http://www.worksourceva.org)

**E-mail:** [info@worksourceva.org](mailto:info@worksourceva.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am–5pm Mon – Fri.

**Cost:** Fixed rates. Accepts cash and vendor payments. State, CSB, PASS plan, and individual billing.

**Intake:** By appointment. Referrals from Department of Rehabilitative Services, Virginia Department of Visually Handicapped, Region Ten, or local schools.

**Services:** *Provides job training and employment to people with disabilities and disadvantaged youth. Operates businesses that employ disabled individuals and at-risk youth. Offers community job placement assistance. WorkSource encourages the direct involvement and informed choice of the persons served in making employment decisions. Wheelchair accessible and on bus line.*

# Financial Assistance

## **Albemarle County Department of Social Services**

1600 5th Street Extended

Charlottesville, VA 22902-6495

**Phone:** (434) 972-4010

**Website:** [www.albemarle.org/department.asp?section\\_id=1827&department=soc\\_services](http://www.albemarle.org/department.asp?section_id=1827&department=soc_services)

**E-mail:** [director@albemarle.org](mailto:director@albemarle.org)

**Area Served:** *Albemarle County.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Must meet income/resources eligibility requirements.

**Intake:** Self, telephone, walk-in, professional and/or agency referrals. Written application required.

**Services:** *Benefit Programs provide medical, financial and food stamp assistance to the residents of Albemarle, paid from Federal, State, and local funds. These programs span both the Adult Division and Families and Children Division and include food stamps, aged and disabled auxiliary grants, Temporary Assistance to Needy Families (TANF), and Medicaid. Wheelchair accessible and on bus line.*

## **Charlottesville Department of Social Services**

120 7th Street Northeast

Charlottesville, VA 22902-0911

**Phone:** (434) 970-3400

**Website:** <http://www.charlottesville.org/Index.aspx?page=36>

**E-mail:** [dssfeedback@charlottesville.org](mailto:dssfeedback@charlottesville.org)

**Area Served:** *City of Charlottesville.*

**Hours:** 8am–5pm Mon–Fri. 24-hour, 7 days/week emergency coverage for Child Protective Services, Adult Protective Services & Foster Care.

**Cost:** No charge.

**Eligibility:** Must meet income/resources eligibility requirements.

**Intake:** Self, telephone, professional and/or agency referrals. Written application required. Appointment necessary.

**Services:** *Financial assistance programs such as Temporary Assistance for Needy Families (TANF), food stamps, Medicaid, and others are managed and implemented by VDSS, and administered through the Charlottesville Department of Social Services. Wheelchair accessible and on bus line.*

## CARES

Coalition Assisting Residents in Emergency Situations

1025 Park Street

Charlottesville, Virginia 22901

**Phone:** (434) 295-3171

**Website:** [www.macaa.org/programs/cares.html](http://www.macaa.org/programs/cares.html)

**Area Served:** *Albemarle, Charlottesville.*

**Hours:** 8:30am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Must have a source of income but do not have to be working. Sources of income include but are not limited to employment, SSI/SSA, child support, disability, VIEW/TANF.

**Intake:** Application/screening procedure; budget intake form.

**Services:** *Clients eligible for cash assistance must have income sufficient to meet regular monthly expenses. CARES resources are designed to meet one-time emergencies. Eligible clients can receive cash assistance one time per fiscal year (July 1 – June 30) in three main categories of need: eviction prevention, foreclosure prevention, and utility termination prevention. There is a small amount of money for medical prescriptions. CARES seeks funding for clients from participating faith-based organizations. Located on bus line.*

## Fluvanna County Department of Social Services

8880 James Madison Highway

P. O. Box 98

Fork Union, Virginia 23055

**Phone:** (434) 842-8221

**Website:** [www.co.fluvanna.va.us/](http://www.co.fluvanna.va.us/)

**E-mail:** [shm065@northern.dss.state.va.us](mailto:shm065@northern.dss.state.va.us)

**Area Served:** *Fluvanna.*

**Hours:** Office hours are 8am–4:30pm Mon–Fri. Call to make an appointment outside these hours.

**Cost:** Most services require income statements and other verifications. Some services are available without regard to income.

**Eligibility:** Must meet income/resources eligibility requirements.

**Intake:** Applications for programs can be mailed or picked up at the office.

**Services:** *Services for eligible residents of Fluvanna County include benefit programs such as Food Stamps, Medicaid, TANF, FAMIS (health insurance for children), General Relief, emergency Energy Assistance, Auxiliary Grant and State/Local Hospitalization.*

## Greene County Department of Social Services

10009 Spotswood Trail  
Stanardsville, VA 22973  
**Phone:** (434) 985-5246  
**Website:** [www.gcva.us/dpts/ss/default.htm](http://www.gcva.us/dpts/ss/default.htm)  
**E-mail:** [james.howard@dss.virginia.gov](mailto:james.howard@dss.virginia.gov)

**Area Served:** *Greene.*

**Hours:** 8am–4:30pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Must meet eligibility requirements.

**Intake:** Self-referral. Written application required.

**Services:** *To facilitate a wide variety of governmental assistance such as: Medicaid, Food Stamps, TANF, Energy and Fuel Assistance. Benefits programs are for those individuals who are in need of temporary financial assistance. The Temporary Assistance for Needy Families (TANF) Program is intended to provide a monthly maintenance to families who meet income and resource guidelines.*

## Louisa County Department of Social Services

103 McDonald St  
P.O. Box 425  
Louisa, VA 23093  
**Phone:** (540) 967-1320

**Area Served:** *Louisa.*

**Hours:** 8am–4:30pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Must meet income/resources eligibility requirements.

**Intake:** Call for more information.

**Services:** *Provide assistance to residents of Louisa in accordance with Federal Programs such as Food Stamps, TANF and Medicaid.*

## Love Inc

198 Spotnap Road, Suite C-1  
Charlottesville, VA 22911  
**Phone:** (434) 977-7777  
**Website:** [www.loveinccville.org](http://www.loveinccville.org)  
**E-mail:** [loveincoffice@embarqmail.com](mailto:loveincoffice@embarqmail.com)

**Area Served:** *Charlottesville, Albemarle.*  
**Hours:** 9am–4pm Mon–Fri.  
**Cost:** No charge.  
**Eligibility:** Services available to all.  
**Intake:** Application process, referral by self or Social Services professional.  
**Services:** *Assistance areas include food, clothing, furniture, transportation, tutoring & mentoring, budgeting assistance, counseling and family help. Love INC will verify referrals and seek help from area agencies or church volunteers, as appropriate.*

## Monticello Area Community Action Agency (MACAA)

1025 Park Street  
Charlottesville, VA 22901  
**Phone:** (434) 295-3171  
**Website:** [www.macaa.org/](http://www.macaa.org/)  
**E-mail:** [info@macaa.org](mailto:info@macaa.org)

**Area Served:** *Albemarle, Charlottesville, Louisa, Fluvanna, Nelson.*  
**Hours:** 9am–5pm Mon–Fri.  
**Cost:** No fees for services if found eligible.  
**Eligibility:** Age restrictions for some programs. Must meet US Labor Dept income guidelines for low-income individuals or families.  
**Intake:** Self-referral. Written application required.  
**Services:** *MACAA helps low-income persons achieve self-sufficiency through child health, education, teen pregnancy prevention, job training, emergency assistance, housing and community development services and involvement. MACAA is evolving a Family Support and Development (FS&D) program into a new strategic priority, Family Economic Security (FES). The goal of FES is to provide low-income people a path out of poverty by building assets.*

## Nelson County Department of Social Services

203 Front Street  
P.O. Box 357  
Lovingston, VA 22949  
**Phone:** (434) 263-7160  
**Website:** [www.nelsoncounty.com/agencies/socialservices](http://www.nelsoncounty.com/agencies/socialservices)

**Area Served:** *Nelson.*  
**Hours:** 8am–4pm Mon–Fri.  
**Cost:** No charge.  
**Eligibility:** Must meet income/resources eligibility requirements.  
**Intake:** Self-referral. Written application required.  
**Services:** *Facilitate a wide variety of governmental assistance such as General Relief, TANF, Medicaid, and Food Stamps. Wheelchair accessible.*

## Salvation Army

207 Ridge Street

Charlottesville, VA 22902

**Phone:** (434) 295-4058

**Website:** [www.uss.salvationarmy.org/uss/www\\_uss\\_charlottesville.nsf](http://www.uss.salvationarmy.org/uss/www_uss_charlottesville.nsf)

**E-mail:** [dan\\_matthews@uss.salvationarmy.org](mailto:dan_matthews@uss.salvationarmy.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 9am–6pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Must provide verification of income and expenses.

**Intake:** Self-referral. Written application required.

**Services:** *Emergency Services Program (ESP) provides complete assessment for emergency crisis needs and makes referrals to local churches and agencies for needs that cannot be handled in-house. Services provided include clothes, food, furniture, and household furnishings. Wheelchair accessible and on bus line.*

## Skyline CAP

Main Office

532 S. Main Street

Madison, VA 22727

**Phone:** (540)948-2237

Greene County

31 Stanard Street

Stanardsville, VA 22973

**Phone:** (434) 985-6066

**Area Served:** *Greene, Madison, & Orange Counties.*

**Hours:** 8am–4:30pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Low-income, elderly, and/or disadvantaged persons.

**Intake:** Self-referral.

**Services:** *Skyline CAP, Inc. receives state and federal funding through the Community Service Block Grant and TANF programs to provide emergency, one-time assistance to residents in our three-county service area. Households are only eligible for assistance once per year. Skyline CAP offers Housing Programs (primarily in Greene County) that address substandard owner-occupied dwellings for seniors and disabled residents, Indoor Plumbing and Rehabilitation, Housing Counseling, and First Time Homebuyers Programs.*

## Social Security Administration

District Office

1470 Pantops Mountain Place

Charlottesville, VA 22911

**Phone:** (800) 772-1213 or (434) 295-1144

**Website:** [www.ssa.gov](http://www.ssa.gov)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa.

**Hours:** 9am–4pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Services open to all US citizens.

**Intake:** Self-referral, written application required.

**Services:** *The Social Security Administration's mission is to advance the economic security of the nation's people through compassionate and vigilant leadership in shaping and managing America's Social Security programs. Wheelchair accessible and on bus line.*

## Virginia Cooperative Extension

Albemarle County

460 Stagecoach Road

Charlottesville, VA 22902

**Phone:** (434) 872-4580

**Website:** <http://offices.ext.vt.edu/albemarle/>

**Hours:** 8am–5pm Mon–Fri.

Fluvanna County

132 Main Street

Palmyra, VA 22963

**Phone:** (434) 591-1950

**Website:** <http://offices.ext.vt.edu/fluvanna/>

**Hours:** 8am–4:30pm Mon–Fri.

Greene County

10013 Spotswood Trail

Stanardsville, Virginia 22973-2945

**Phone:** (434) 985-5236

**Website:** <http://offices.ext.vt.edu/greene/>

**Hours:** 8am–5pm Mon–Fri.

## Louisa County

1 Woolfolk Ave

Louisa, Virginia 23093

**Phone:** (540) 967-3422

**Website:** <http://offices.ext.vt.edu/louisa/>

**Hours:** 8:30am–5pm Mon–Fri.

## Nelson County

8445 Thomas Nelson Highway

Lovingston, VA 22949

**Phone:** (434) 263-4035

**Website:** <http://offices.ext.vt.edu/nelson/>

**Hours:** 8am–5pm Mon–Fri.

**Cost:** Charges for certain services. Call for more information.

**Eligibility:** Open to the general public.

**Services:** *A holistic approach to strengthening Virginia families, including those with limited resources, assists youth and adult participants in developing wellness life skills. Budget Counseling program provides training and information on family financial management and housing issues. Also offers information on Agriculture and Natural Resources, Animal Science, Family and Consumer Sciences, 4-H Youth Development, and Community Viability. Wheelchair accessible.*

# Food Resources

## Angel Food Ministries

24-hour hotline: 1-877-366-3646

**Website:** [www.AngelFoodMinistries.com](http://www.AngelFoodMinistries.com)

**E-mail:** [angelfood@angelfoodministries.com](mailto:angelfood@angelfoodministries.com)

**Area Served:** *Locate additional host sites by calling the hotline or visiting the website. Charlottesville sites listed below.*

**Cost:** \$30 per box of food items.

**Eligibility:** Available to all.

**Intake:** Self-referral.

**Services:** *Angel Food Ministries distributes to 5200 volunteer host sites across the nation, who in turn provide boxes of Angel Food to individual families. Generally, one box of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store.*

## Laurel Hill Baptist Church

Chris Hardin, Host Site Director

3595 Grand Forks Blvd.

Charlottesville, VA 22911

**Phone:** (434) 973-6125

**Website:** [www.angelfoodministries.com/host.asp?id=12152](http://www.angelfoodministries.com/host.asp?id=12152)

**Hours:** On site orders Wednesdays from 9am–2pm.

**Services:** *Will accept payments of cash or money orders.*

## Monticello Wesleyan Church

Windy Walton, Host Site Director

2001 Earlysville Rd

Earlysville, VA 22936

**Phone:** (434) 973-5578

**Website:** [www.angelfoodministries.com/host.asp?id=8857](http://www.angelfoodministries.com/host.asp?id=8857)

**Hours:** Orders are taken at the church from 9am–5pm, Mondays and Wednesday. Please call if you need to come on a different day.

**Services:** *To place an order, contact the Director at 434-973-5578.*

## Portico Church

Chris Allerton, Host Site Director

Portico Church

201 Monticello Ave

Charlottesville, VA 22902

**Phone:** 434-296-0033

**Website:** [www.angelfoodministries.com/host.asp?id=13857](http://www.angelfoodministries.com/host.asp?id=13857)

**E-mail:** [info@porticocville.org](mailto:info@porticocville.org)

**Hours:** Portico Church will take on-site and phone orders on Mondays between 2:30 pm - 5:00 pm.

**Services:** *To place an order, either call 434-296-0033 or go online. SNAP (food stamp program) accepted.*

## Central Virginia Food Bank

1415 Rhoadmiller Street

Richmond, VA 23220

**Phone:** (804) 521-2500

**Website:** [www.cvfb.org](http://www.cvfb.org)

**E-mail:** [hkestle@feedmore.org](mailto:hkestle@feedmore.org)

**Area Served:** *Amelia County, Brunswick County, Charles City County Charlotte County, Chesterfield County, Colonial Heights, Cumberland County, Dinwiddie County, Emporia, Essex County, Greensville, County, Goochland County, Halifax County, Hanover County, Henrico County, Hopewell, King William County, James City County, Lancaster County, Louisa County, Lunenburg County, Mecklenburg County, New Kent County, North Cumberland County, Nottoway County, Petersburg, Powhatan County, Prince Edward County, Prince George County, Richmond City, Richmond County, Surry County, Sussex County and Westmoreland County.*

**Hours:** 8:00am–3:00pm Mon–Thurs, 8:00am–12:00pm Fri.  
2<sup>nd</sup> Saturday of each month, 8:00am–12:00pm

**Cost:** No charge.

**Eligibility:** Children, elderly, disabled, newly unemployed, mentally challenged, homeless, working poor, battered women, single-parent families.

**Intake:** Self-referral.

**Services:** *In addition to the CVFB warehouse distribution center, there are ten programs to address hunger in Central Virginia.*

## Charlottesville Soup Kitchens

207 Ridge Street

Charlottesville, VA 22902

**Phone:** (434) 295-4058

**Website:** [www.unitedwaytja.org/Downloads/InformationAndReferral/SoupKitchens2008.pdf](http://www.unitedwaytja.org/Downloads/InformationAndReferral/SoupKitchens2008.pdf)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louis, Nelson*

**Hours:** Lunch: 12:00–12:30 pm daily, rotational locations below. See below for breakfast and evening meal schedules.

**Cost:** No charge.

**Eligibility:** Open to public.

**Intake:** Walk-in; located on bus line.

**Lunch Sites:** *MONDAY -- First United Methodist Church @ 101 E Jefferson St  
TUESDAY -- Christ Episcopal @ 103 W Jefferson St (also @ First Baptist from Oct-Apr)  
WEDNESDAY -- First Presbyterian @ 500 Park St.  
THURSDAY -- Holy Comforter @ 3rd & E Jefferson Streets  
FRIDAY--First Baptist Church 735 Park St. Lunch served at 1PM  
SATURDAY-- Salvation Army (Public Meals Program) @ 207 Ridge St  
SUNDAY -- Salvation Army (Public Meals Program) @ 207 Ridge St*

*BREAKFAST: Open to Public: M,T,W,Th,F 6:45AM; Sa, Su 7:15AM  
Salvation Army (Public Meals Program) @ 207 Ridge St*

*DINNER: Open to Public: Su,M,T,W,Th,F,Sa 6PM  
Salvation Army (Public Meals Program) @ 207 Ridge Street*

## Community Meals on Wheels

2270 Ivy Road

Charlottesville, VA 22903

**Phone:** (434) 293-4364

Fax: (434) 293-7660

**Website:** [www.cvillemeals.org/about.html](http://www.cvillemeals.org/about.html)

**E-mail:** [mandy@cvillemeals.org](mailto:mandy@cvillemeals.org)

**Area Served:** *Albemarle (the urban ring of Albemarle, Esmont & Scottsville), Charlottesville, portions of Western Albemarle*

**Hours:** Business: 8:30am–2:30pm M – F, Meal Delivery: 10:30am–12:30pm

**Cost:** Charges vary with income, reduced/waived for indigents. Also accepts cash and check for those who can pay.

**Eligibility:** Homebound residents who, due to medical reasons, are unable to cook their own meals and have no help; this includes people who need short term assistance while recovering from an illness, surgery or hospital stay and those with long term needs.

**Intake:** Self-referral.  
**Services:** *Provides hot, nutritious meals to homebound residents of the Charlottesville/Albemarle area who find it difficult or impossible to prepare meals for themselves. Meals are delivered at lunchtime every Monday through Friday, including all holidays that fall on weekdays. Meals on Wheels provides a source of daily social contact for people who would otherwise be alone. It also allows for earlier release from hospitals and long term care facilities and helps in keeping elderly and disabled persons out of institutions altogether.*

## **Emergency Food Bank**

Charlottesville/Albemarle  
PO Box 4373  
Charlottesville, VA 22905  
**Phone:** (434) 979-9180  
**Website:** <http://avenue.org/efb>  
**E-mail:** [efb@avenue.org](mailto:efb@avenue.org)

**Area Served:** *Albemarle and Charlottesville.*  
**Hours:** 9:00am–12:00pm, Monday – Friday.  
**Cost:** No charge.  
**Eligibility:** Must be a resident of Albemarle or Charlottesville.  
**Intake:** Self-referral, 3 times per fiscal year; professional referral thereafter. Need Social Security Number and photo ID.  
**Services:** *Food orders may be placed by telephone Mon- Fri from 9:00 am until 12:00 pm. Food will be available for pick-up between 1:30 pm and 3:30 pm at a location disclosed during intake. The EFB provides a two-day supply of food to persons in need up to three times per fiscal year. Can give assistance with food delivery if necessary; also on bus line.*

Fluvanna  
8880B James Madison Highway  
Fork Union, Virginia 23055  
**Phone:** (434) 842-2521

**Area Served:** *Fluvanna County*  
**Hours:** 8:30am - 4:30pm, Office and Food Pantry Hours  
**Cost:** No charge.  
**Eligibility:** Emergency Only (Not Month-to-Month) for Fluvanna residents.  
**Intake:** Must be a food emergency.  
**Services:** *These foods include canned fruits and vegetables, fresh milk and bread, cereal, canned fish, beans, soup, peanut butter, pasta, bread and margarine. You can only get food from the food bank once a month. Walk-ins welcome.*

## Jefferson Area Board for Aging (JABA)

Home Delivered Meals

674 Hillsdale Drive, Suite 9

Charlottesville, VA 22901

**Phone:** (434) 817-5222

**Website:** [www.jabacares.org/page/full/home-delivered-meals/](http://www.jabacares.org/page/full/home-delivered-meals/)

**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.

**Hours:** 8:30am–5pm Mon – Fri.

**Cost:** Because of limited federal and state funding, the HDM program depends on individual contributions. While there is no charge for meals, participants are encouraged to contribute toward their meals on a voluntary, confidential basis. JABA suggests a per-meal contribution, based on the client's income. However, no one is denied a meal due to the inability to contribute.

**Eligibility:** Individuals who live in the City of Charlottesville, or Albemarle, Greene, Louisa, Nelson or Fluvanna county, are 60 years of age or older, incapacitated due to accident, illness or frailty, and cannot afford or have no one to prepare their meals may be eligible to participate in the Home Delivered Meals program. Program staff make every effort to serve eligible adults. However, in some geographic areas, there may be a waiting list.

**Intake:** Appointment necessary.

**Services:** *The JABA Home Delivered Meals (HDM) Program is provided for older adults who are unable to prepare their own well-balanced meals either on a temporary or long-term basis. Meals are prepared to follow dietary guidelines of reduced sodium, fat and sugar and increased fiber.*

## Louisa's Community Cupboard and Emergency Food Pantry

147 Resource Lane

Louisa, VA 23093

**Phone:** (540) 967-3577

**Website:** [www.louisacounty.com/LCliving/cupboard.htm](http://www.louisacounty.com/LCliving/cupboard.htm)

**Hours:** 9:00am–3:00pm M, W, F. 11:00am–5:00pm T, Th.

**Cost:** None.

**Eligibility:** The Emergency Food Pantry serves families and individuals in emergency or crisis situations. Eligibility is determined on a case-by-case basis. All applicants will also be screened for USDA monthly food.

**Intake:** Application process.  
**Services:** *Louisa's Community Cupboard is a program of the Louisa County Resource Council that serves approximately 500 families or 1,000 individuals a month. The Community Cupboard provides monthly bags of non-perishable foods to income-eligible individuals and families.*

## **Nelson County Pantry**

Located on the grounds of St. Mary's Church in Lovingson, VA.

**Phone:** (434) 263-6923 or (434) 263-4008

**Website:** [www.stmarycatholicchurch.org/food\\_pantry.php](http://www.stmarycatholicchurch.org/food_pantry.php)

**Hours:** Open the last Saturday of the month from 9:30am to 12pm.

**Cost:** None.

**Eligibility:** N/A

**Intake:** Must register with volunteers.

**Services:** *Serves 175+ households or approximately 500 people who first register with volunteers for the food they receive. 95% of the food supply comes from the Thomas Jefferson Area Food Bank in Charlottesville.*

## **On Our Own**

Drop In Center

123 Fourth St NW

Charlottesville, VA 22903-4502

**Phone:** (434) 979-2440

**Website:** [www.onourownville.org](http://www.onourownville.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am–7pm Mon – Fri, 12–4pm Sat – Sun. (365 days/year)

**Cost:** No charge.

**Eligibility:** Over 18.

**Intake:** Walk-in, self-referral.

**Services:** *Center offers a variety of services to individuals who have experienced significant problems in their lives due to a mental illness. Outreach services through the PATH program, provision of a home base for individuals seeking housing, jobs, entitlements, and quiet respite; offers a mailing address and phone, kitchen facilities, newspaper and television, a social center with a variety of drug- and alcohol-free activities and events. Wheelchair accessible and on bus line.*

## Salvation Army

207 Ridge St

Charlottesville, VA 22902

**Phone:** (434) 295-4058

**Website:** [www.uss.salvationarmy.org/uss/www\\_uss\\_charlottesville.nsf](http://www.uss.salvationarmy.org/uss/www_uss_charlottesville.nsf)

**E-mail:** [dan\\_matthews@uss.salvationarmy.org](mailto:dan_matthews@uss.salvationarmy.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson*

**Hours:** 8am-4:30pm Mon – Fri. Weekend, see below.

**Cost:** No charge.

**Eligibility:** Open to public.

**Intake:** Walk-in. Located on bus line.

**Services:** *Breakfast served daily beginning at 6:45 am.*

*Lunch served Saturday and Sunday from 12:00 to 1:00 pm*

*Evening meal served daily at 6:00 pm.*

## Thomas Jefferson Area Food Bank

Kevin Ruddle

1207 Harris Street, #B

Charlottesville, VA 22906-6415

**Phone:** (434) 296-3663

Fax: (434) 296-9621

**Website:** [www.brafb.org](http://www.brafb.org)

**E-mail:** [kruddle@brafb.org](mailto:kruddle@brafb.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Nelson, Culpeper, Madison, Orange, and Rappahannock.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Charges for service. No charge for USDA Program.

**Eligibility:** Participating non-profit organizations only. USDA Program serves income eligible individuals.

**Services:** *Non-profit regional food clearing house that gathers stores and distributes government surplus food products and edible but unmarketable food that has been acquired from other sources at a low cost. Distributes food to participating charitable agencies. Wheelchair accessible and on bus line.*

# Health/Mental Health Resources

## **AIDS HIV Services Group**

963 Second Street Southeast

Charlottesville, VA 22902

**Phone:** (434) 979-7714

**Website:** [www.aidservices.org](http://www.aidservices.org)

**E-mail:** [christina.delzingaro@asgva.org](mailto:christina.delzingaro@asgva.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Client services are available to anyone affected by HIV/AIDS and their families.

**Intake:** Self-referral.

**Services:** *Support services to persons with HIV/AIDS include testing, case management, financial assistance, assistance in filing for Medicaid benefits and executing a living will, practical and emotional support, nutrition supplements, prescription assistance, clothing and furniture, transportation for medical visits, preventive education and advocacy, and companionship provided by volunteer from the ASG Buddy Program. Wheelchair accessible and on bus line.*

## **American Growth in Cerebral Palsy Project**

2270 Ivy Rd

Charlottesville, VA 22903

**Phone:** (434) 924-8185 or (888) 4CP-GROW

**Website:** [www.medicalhomeportal.org/issue/nutrition-and-growth-in-children-with-cp](http://www.medicalhomeportal.org/issue/nutrition-and-growth-in-children-with-cp)

**E-mail:** [4cp-grow@virginia.edu](mailto:4cp-grow@virginia.edu)

**Area served:** *All areas.*

**Hours:** 8am–4:30pm Mon – Fri.

**Cost:** No charge

**Eligibility:** Children ages 2-18 with moderate to severe Cerebral Palsy.

**Intake:** Self Referral/Physician Referral. Requires a telephone screening.

**Services:** *Improvement of care for children with moderate to severe Cerebral Palsy. Provides a quarterly publication posted on the web site titled “Bean Stalks”. This site is an excellent resource for those seeking information about Cerebral Palsy.*

## Blue Ridge Medical Center

4038 Thomas Nelson Hwy  
Arlington, VA 22922  
**Phone:** (434) 263-4000  
**Website:** www.brmedical.org

**Area Served:** *Nelson County.*

**Hours:** 8:30am–5:30pm Mon - Fri, 8:30am–3pm Sat.

**Cost:** Charges for service on sliding scale; accepts all medical plans. Terms are available.

**Eligibility:** Unrestricted.

**Intake:** Walk-ins accepted. Emergency service provided.

**Services:** *Provides quality health care accessible to all people of Nelson County and neighboring communities; helps to improve general health and well-being through prevention, education and treatment.*

## Central Virginia Health Services

2589 North James Madison Highway  
New Canton, VA 23123-0220  
**Phone:** (434) 581-3271  
**Website:** www.vhcf.org  
**E-mail:** info@vhcf.org

**Area Served:** *See facilities listed below.*

**Hours:** 8am–4:30pm, Mon–Fri.

**Cost:** Sliding scale fee. Accepts CHAMPUS, Medicare, Medicaid, cash, check, credit card, and vendor payment. Terms are available.

**Eligibility:** Unrestricted.

**Intake:** Self-referral; appointment required; emergency service provided.

**Services:** *Part of community health organization with five outpatient facilities: CVCHC (main center), New Canton, Women's Health Center-Farmville, Southern Albemarle Family Practice-Esmont, Family Medical Clinic-Drakes Branch Charlotte Co., Alberta Family Health Services-Brunswick Co. Serving residents of Central Virginia for persons requiring health care for general medical problems.*

## Charlottesville Free Clinic

1138 Rose Hill Dr Ste 200  
Charlottesville, VA 22903  
**Phone:** (434) 296-5525  
**Website:** www.cvillefreeclinic.org/  
**E-mail:** info@cvillefreeclinic.org

**Area served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson  
**Hours:** Business: 9am–5pm Mon – Thurs.  
Clinic: Mon – Thurs evenings; call for appointment  
**Cost:** No charge, donations accepted  
**Eligibility:** No health insurance (including Medicaid/Medicare) and not qualified for free care elsewhere.  
**Intake:** Self-referral. Appointments are necessary and required for health maintenance exams.  
**Services:** *The Charlottesville Free Clinic serves working uninsured adults and their families in the greater Charlottesville/Albemarle community. Working people who do not have any health insurance and do not qualify for free care at local hospitals may be eligible for our care. Services include primary medical care, prescription medication (prescribed by our providers), routine laboratory and radiology services, women’s health (excluding prenatal care), pediatrics, referrals to specialists and specialty.*

## Charlottesville League of Therapists

911 East Jefferson Street  
Charlottesville, VA 22902  
**Phone:** (434) 984-0023  
**Website:** [www.leagueoftherapists.com/locations/charlottesville.php](http://www.leagueoftherapists.com/locations/charlottesville.php)  
**E-mail:** [frances.greenstein@leagueoftherapists.com](mailto:frances.greenstein@leagueoftherapists.com)

**Area Served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson  
**Hours:** 8am–6pm Mon - Fri; other times available as needed.  
**Cost:** Accepts Medicaid, private insurance, purchase orders and direct pay.  
**Eligibility:** Unrestricted.  
**Intake:** Telephone.  
**Services:** *The League of Therapists offers psychotherapy for individuals, couples, and families, parent education and training, group counseling and in-home services.*

## Community Children’s Dental Center

259 Hydraulic Ridge Road # 101  
Charlottesville, VA 22901  
**Phone:** (434) 293-9300  
**Website:** [www.cadakids.org](http://www.cadakids.org)  
**E-mail:** [info@cadadentalcenter.org](mailto:info@cadadentalcenter.org)

**Area Served:** *City of Charlottesville and the Counties of Albemarle, Fluvanna, Greene, Louisa and Nelson.*  
**Hours:** Mon–Thurs, 8:30am–5pm. Fri, 8:30am–2pm.  
**Cost:** Varies.  
**Eligibility:** Services are provided to children and youth up to their 19th birthday.

- Intake:** We see children who are covered by Medicaid, FAMIS, and FAMIS Plus. This includes the state-provided insurance coverage of Virginia Premier, Optima, Anthem Healthkeepers, and Sentara.
- Services:** *We offer preventive and restorative dental services such as x-rays and cleanings. In addition to providing stainless steel crowns to save baby teeth, we can provide fillings for teeth when there are cavities. If required, the Center can extract most teeth and make referrals for teeth that need to be extracted by oral surgery.*

## Greene Care Clinic

Janet Call, C-ANP, Executive Director  
39 Stanard Street  
Stanardsville, VA 22973  
**Phone:** (434) 985-7000  
**Website:** [www.vafreeclinics.org/virginia-free-clinics.asp](http://www.vafreeclinics.org/virginia-free-clinics.asp)  
**E-mail:** [jcall@starband.net](mailto:jcall@starband.net)

- Area Served:** *Greene County.*
- Hours:** 9am–12pm Tues, Wed, Thurs.
- Cost:** None.
- Eligibility:** Based on Greene county residency and income.
- Intake:** We accept walk-ins (Thursday’s preferred) or call for an appointment.
- Services:** *Medical services, primary care, and medicine. No OBGYN.*

## Health & Wellness Center of Louisa

Mary Linn Wolf, NP, Site Director  
115 Jefferson Highway  
Louisa, VA 23093  
**Phone:** (540) 967-9401  
**Website:** [www.cvhsinc.org/hwcl.html](http://www.cvhsinc.org/hwcl.html)

- Area served:** *Louisa and Esmont.*
- Hours:** 8:30am-5pm Mon–Wed; 10:30am-7pm Thurs.; 8:30am-5pm Fri.
- Cost:** Charges for service on sliding scale; accepts most major medical plans, including Medicare and Medicaid.
- Eligibility:** Unrestricted.
- Intake:** Self Referral.
- Services:** *We are available to help you and your family with your health care needs such as physicals, immunizations, illness or management of chronic diseases like diabetes, high blood pressure or obesity.*

## Kluge Children's Rehabilitation Center

2270 Ivy Road

Charlottesville, VA 22901

**Phone:** (434) 924-5272 or (800) 627-8596

**Website:** [www.healthsystem.virginia.edu/internet/dietitian/peds/kcrc.cfm](http://www.healthsystem.virginia.edu/internet/dietitian/peds/kcrc.cfm)

**Area served:** *All areas.*

**Hours:** 8am–4:30pm Mon – Fri.

**Cost:** Charges for services on sliding scale. Accepts cash, check, credit card, Medicaid, Medicare, private insurance, and CHAMPUS.

**Eligibility:** Under 19 – unrestricted.

**Intake:** Appointment & documents required. Referral by physician or inpatient/outpatient coordinator.

**Services:** *The goal of KCRC is to have the disabled child functioning at home, school, and in the community, not in an institutional setting. The philosophy of care is to ensure that handicapped youngsters realize their maximum physical, emotional, social and educational potential in each of these environments. The Burn Center for children is located at KCRC. Wheelchair accessible and on bus line.*

## Louisa County Dental Clinic

522 Industrial Drive

Louisa, VA 23093

**Phone:** (540) 967-4439

**Website:** [www.vhcf.org/who-and-how-we-help/dental/](http://www.vhcf.org/who-and-how-we-help/dental/)

**E-mail:** [info@vhcf.org](mailto:info@vhcf.org)

**Area served:** *Louisa.*

**Hours:** Please call for appointment.

**Cost:** Varies.

**Eligibility:** N/A

**Intake:** Self- Referral.

**Services:** *A wide variety of dental care services are available to adults at low, affordable costs, as well as to Medicaid-eligible children.*

## Louisa County Medical Outreach Services

147 Resource Lane (off Chalklevel Road)

Louisa, VA 23093

**Phone:** (540) 967-1510

**Website:** [www.louisacounty.com/LCliving/medservs.htm](http://www.louisacounty.com/LCliving/medservs.htm)

**Area served:** *Louisa.*

**Hours:** Mon–Fri, 9am–3pm.

**Cost:** None.

- Eligibility:** Eligible patients are permitted to choose a family practice physician from Medical Associates, a UVA family practice.
- Intake:** Self-referral.
- Services:** *The program receives medication and pharmaceutical supplies donated from pharmaceutical companies. The MOS program participates in The Pharmacy Connection, a Virginia Health Care Foundation program designed to help clinics cope with the high costs of medications for the uninsured indigent and working poor by providing access to a limited list of free medications for chronic illnesses. The cost for medications for acute illnesses is paid for under grants from the Virginia Association of Free Clinics and local and state grants.*

## Martha Jefferson Hospital

459 Locust Avenue  
Charlottesville, VA 22902  
General Information (434) 982-7000  
Emergency Dept (434) 982-7150  
Physician Referral (434) 982-7009  
Cancer Support Group (434) 982-8407  
Women's Health (434) 982-7449  
TDD (434) 982-7008  
**Website:** [www.marthajefferson.org](http://www.marthajefferson.org)  
**E-mail:** [www.marthajefferson.org/contact-form.php](http://www.marthajefferson.org/contact-form.php)

- Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*
- Hours:** Business 8am–5pm Mon – Fri.  
Service 24 hrs/7days/week.
- Cost:** Charges for services. Accepts cash, insurance and vouchers.
- Eligibility:** Unrestricted.
- Intake:** Self referral or physician's referral.
- Services:** *Operates 24 hours a day and offers a full range of inpatient, outpatient, diagnostic, treatment, maternity, and emergency medical services. Programs include Brain Injury Center, Emergency Medical, Family Planning, Home Health, Physician Referral, Support Groups, and Women's Health. Wheelchair accessible and on bus line.*

## Mental Health Association of Charlottesville Albemarle

513 Stewart Street, Suite J  
Charlottesville, VA 22902  
**Phone:** (434) 977-4673  
**Website:** <http://avenue.org/mha/>  
**E-mail:** [mha@avenue.org](mailto:mha@avenue.org)

**Area served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Madison, Nelson, Orange.  
**Hours:** 9am-4:30pm Mon – Fri.  
**Cost:** No charge. Referral service for those covered by insurance; pro bono referrals on limited basis.  
**Eligibility:** Unrestricted. Many services for uninsured mentally ill families who can't afford to pay.  
**Intake:** Self-referral. Appointment necessary. Completed intake form required.  
**Services:** *Provide direct services for the mentally disabled and their families and/or care givers; promote mental health; prevent mental illness; assure the proper treatment of mentally ill children, adolescents, and adults; and eliminate the stigma associated with mental illness and mentally ill people. Provides information on community risks and needs for mental health.*

## Region Ten Community Services Board

800 Preston Ave  
Charlottesville, VA 22903-4420  
**Phone:** (866) 694-1605 or (434) 972-1800  
**Website:** [www.regionten.org](http://www.regionten.org)  
**E-mail:** [reedb@regionten.org](mailto:reedb@regionten.org)

**Area served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.  
**Hours:** 8:30am–9pm Mon - Thurs; 8:30am–5pm Fri.  
**Cost:** Charges for service. Charges vary with income.  
**Eligibility:** Individual and family problems in areas of mental health, mental retardation or substance abuse.  
**Intake:** Self-referral. Appointment necessary.  
**Services:** *RTCSB is responsible for planning, developing, funding and operating mental health services, services for the mentally retarded, and treatment programs for alcohol and drug abuse. Programs include Hotline Emergency Services, Psychosocial Rehab Programs, Child Abuse Prevention, Substance Abuse programs, Clinical and Mental Health Services.*  
**Locations:** *Palmyra (434) 589-8276; Stanardsville (434) 985-5220; Louisa (540) 967-2880; Nelson (434) 263-4889.*

## Salvation Army Medical Assistance Program

PO Box 296  
Charlottesville, VA 22902  
**Phone:** (434) 295-4058  
**Website:** [www.uss.salvationarmy.org/uss/www\\_uss\\_charlottesville.nsf](http://www.uss.salvationarmy.org/uss/www_uss_charlottesville.nsf)  
**E-mail:** [dan\\_matthews@uss.salvationarmy.org](mailto:dan_matthews@uss.salvationarmy.org)

**Area served:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.  
**Hours:** 8am-4:30pm Mon – Fri.  
**Cost:** No charge.  
**Eligibility:** Income limitations.  
**Intake:** Written application required.  
**Services:** *In partnership with the University of Virginia Medical Center, assists individuals in navigating the system to obtain health care at a reduced cost. Short and long term case management is provided after comprehensive assessment of both financial and medical issues. Medical advocacy, assistance with financial screening into the UVA system, financial support for the co-payment on medications and resource development for services of other agencies offered. Wheelchair accessible and on bus line.*

## Southern Albemarle Family Practice

2256 Irish Road  
Esmont, VA 22937  
**Phone:** (434) 286-3602  
**Website:** [www.cvhsinc.org/safp.html](http://www.cvhsinc.org/safp.html)  
**E-mail:** [hr@cvhsinc.org](mailto:hr@cvhsinc.org)

**Area served:** *Louisa, Esmont.*  
**Hours:** Mon, Wed, Fri 8:30am–5:30pm. Tues 9:30am–5:30pm.  
**Cost:** Charges for service -- sliding scale; accepts most major medical plans, including Medicare and Medicaid.  
**Eligibility:** Unrestricted.  
**Intake:** Self-referral.  
**Services:** *We are available to help you and your family with your health care needs such as physicals, immunizations, illness or management of chronic diseases like diabetes, high blood pressure or obesity.*

## Thomas Jefferson Health District

1138 Rose Hill Drive  
Charlottesville, VA 22906  
**Phone:** (434) 972-6200  
**Website:** [www.vdh.virginia.gov/LHD/ThomasJefferson](http://www.vdh.virginia.gov/LHD/ThomasJefferson)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*  
**Hours:** 8am-4:30pm Mon – Fri.  
**Cost:** Sliding scale fee.  
**Eligibility:** School-aged children; limited emergency care only for adults. Must meet income guidelines.  
**Intake:** Self-referral. Appointment necessary.

**Services:** *Includes Health Departments in various locations in PD10 to provide residents with public health services including administrative and environmental health care. Health care services are available on an ability to pay basis and target low-income and indigent residents of the community. Programs include AIDS HIV testing, STD VD treatment, Dental Services, Family Planning, WIC, and Maternal and Child Health Program.*

**Locations:** *Fluvanna (434) 591-1960; Greene (434) 985-2262; Louisa (434) 967-1108; Nelson (434) 263-8315*

## **United Way – Thomas Jefferson Area Prescription Relief**

806 East High Street

Charlottesville, VA 22902

**Phone:** (434) 972-1709 or (434) 972-1701

**Website:** [www.unitedwaytja.org/PrescriptionAssistance.shtml](http://www.unitedwaytja.org/PrescriptionAssistance.shtml)

**E-mail:** [Hfrye@UnitedWayTJA.org](mailto:Hfrye@UnitedWayTJA.org)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Nelson.*

**Hours:** 8:30am–5pm.

**Cost:** None.

**Eligibility:** Low to moderate income (\$20,400 for an individual or \$40,000 for a family of four) with no prescription coverage (some exclusions apply).

**Intake:** Caseworker will help you to complete a simple application. Bring your prescription(s) and proof of income.

**Services:** *Prescription Assistance Programs (PAP), provided nationally by most drug companies, offer free medications to low income, uninsured persons. However, help in applying for this assistance is often unavailable or accessible in a very limited way. The process is complicated, as each company has its own application form and eligibility guidelines. Bilingual services are available.*

## **University of Virginia Medical Center**

P.O. Box 800788

Charlottesville, VA 22908

General Information/Main Switchboard (434) 924-0211

Emergency Department (434) 924-2231

Patient Information (434) 982-1100

Children's Medical Center (434) 924-KIDS

Kluge Children's Rehab Center (434) 924-5161

UVA Primary Care Center (434) 924-5321

TDD (434) 982-HEAR (4327)

Poison Control Center (800) 222-1222

**Website:** [www.med.virginia.edu](http://www.med.virginia.edu)

## Children's Medical Center

PO Box 386

Charlottesville, VA 22903

**Phone:** (434) 924-KIDS or 1-800-251-3627

**Website:** [www.healthsystem.virginia.edu/internet/pediatrics](http://www.healthsystem.virginia.edu/internet/pediatrics)

**Area served:** *All areas.*

**Hours:** 8am-4:30pm, Mon–Fri

**Cost:** Varies with service.

**Eligibility:** All children in need of care.

**Intake:** Call to set up an appointment.

**Services:** *Provides a variety of inpatient and outpatient services to children and their families. Wheelchair accessible and on bus line.*

## Dental Clinic

Department of Dentistry

1222 Jefferson Park Ave, #2

Charlottesville, VA 22903

**Phone:** (434) 924-1774

**Website:** [www.healthsystem.virginia.edu/internet/dentistry](http://www.healthsystem.virginia.edu/internet/dentistry)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Fees vary.

**Eligibility:** Must participate in the financial assistance program. Call for more information.

**Intake:** Call for appointment.

**Services:** *Provides routine and specialized dental care in the Primary Care Center. Preventive care, periodontics, restorations, prosthodontics, endodontics, oral surgery and cosmetic dentistry are available. Faculty and residents treat special needs patients with systemic disorders and developmental disabilities that require care in the hospital setting.*

## Department of Social Work

1215 Lee Street

Charlottesville, VA 22908

**Phone:** (434) 924-2713 or (800) 251-3627

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** No charge.

**Eligibility:** Patients of UVA Medical Center.

**Intake:** Self-referral.  
**Services:** *Case management services for those leaving the hospital and still requiring medical care of some kind. Outpatient social work intervention available to coordinate resources. Support groups available.*

### Speech/Language Pathology

Department of Physical Medicine & Rehabilitation  
Charlottesville, VA 22908

**Phone:** (434) 924-3627 or 1-800-251-3627

**Website:** [www.medicine.virginia.edu/clinical/departments/otolaryngology/1\\_clinicalservices/for-physicians/physician\\_voice-page/?searchterm=speech/language%20pathology](http://www.medicine.virginia.edu/clinical/departments/otolaryngology/1_clinicalservices/for-physicians/physician_voice-page/?searchterm=speech/language%20pathology)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Charges vary with income.

**Eligibility:** Unrestricted.

**Intake:** Self-referral or professional/agency referral. Appointment required.

**Services:** *Pathologists specialize in evaluating and treating people with communication problems that result from disability, surgery, or developmental disorders. This includes both receptive (understanding speech) and expressive (speaking) communication problems. They also evaluate and treat people with swallowing disorders due to stroke, brain injury, or other nervous system impairments.*

### Clinical Psychology

Ruffner Hall Room 142  
405 Emmet St  
Charlottesville, VA 22908

**Phone:** (434) 924-7034

**Area served:** *UVA students and community members of Central Virginia, Northwest Virginia and Rappahannock-Rapidan are welcome.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Sliding scale available; call for information.

**Eligibility:** No restrictions.

**Intake:** Call for more information.

**Services:** *Offers comprehensive mental health services to residents of Central Virginia. Psychological intervention services, including therapy and consultation, are available for children, adolescents, adults, couples, families and groups.*

## Hospitality Houses

205 14<sup>th</sup> Street NW

Charlottesville, VA 22908

**Phone:** (434) 924-5722

**Website:** [www.healthsystem.virginia.edu/internet/lodging-services](http://www.healthsystem.virginia.edu/internet/lodging-services)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson*

**Hours:** Open 24 hrs. Call ahead of time.

**Cost:** \$10 per night/per person.

**Eligibility:** Patient or family/friend of patient undergoing medical treatment at the hospital; must live more than 45 minutes away.

**Intake:** Medical Staff referral required.

**Services:** *Housing for patient's family.*

## Medical Clinics

P.O. Box 494

Charlottesville, VA 22908

**Phone:** (434) 924-1931

**Area served:** *All areas.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Fees vary.

**Intake:** Call for more information.

**Services:** *Neurosciences, cardiac care, cancer care, comprehensive epilepsy program, diabetes research, care of children including neonatal and pediatric intensive care units at KCRC, burn center, level one trauma center, alcohol and drug abuse research and treatment, and transplant programs.*

## Patient Financial Services

Financial & Pharmacy Assistance

PO Box 800750

Charlottesville, VA 22908

**Phone:** (434) 924-5377 or 1-800-523-4398

**Website:** [www.healthsystem.virginia.edu/internet/pfs/finassist.cfm](http://www.healthsystem.virginia.edu/internet/pfs/finassist.cfm)

**Area served:** *All areas.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** No cost.

**Intake:** Call for more information. Application for financial assistance required; Spanish version available.

**Services:** *It is the policy of the University of Virginia Health System, Patient Financial Services to assist uninsured and/or under-insured patients free of charge in obtaining governmental and/or non-governmental financial assistance to help cover their expenses for necessary medical care.*

UVA HSC Pediatrics  
Primary Care Center  
Charlottesville, VA 22903  
**Phone:** (434) 924-5321  
**Website:** www.hsc.virginia.edu

**Area served:** *Residents of Charlottesville and Albemarle, Orange, & Augusta Counties.*  
**Hours:** 8am-4:30pm, Mon–Fri.  
**Cost:** Fees based on sliding scale.  
**Eligibility:** Ages 0-21.  
**Intake:** Self-referral. Appointment required.  
**Services:** *Provides general pediatric care, preventive care, special education evaluations and acute care. Also acts as a referral center to over 50 specialty clinics held at UVA Medical Center.*

#### **Other**

**Locations:** *Albemarle—Pediatrics at Northridge, (434) 980-6555; Orange—Pediatrics at Orange, (540) 661-3025; August—Augusta Pediatrics, (540) 332-5373.*

Ryan White HIV/AIDS Program  
PO Box 801340  
Charlottesville, VA 22908  
**Phone:** (434) 243-6832

**Area served:** *Residents of Charlottesville and surrounding areas.*  
**Hours:** 8am-4:30pm, Mon–Fri.  
**Eligibility:** Virginians infected with HIV/AIDS.  
**Intake:** Self-referral. Ask for a Ryan White Program provider.  
**Services:** *Involve clients and families in planning, delivery, and evaluation of health care. Facilitates communication through a team approach building family strengths and empowering families to achieve greater adherence to the medical management regimen through emotional, social and developmental support. Wheelchair accessible and on bus line.*

Stroke Head Injury Hotline  
Department of Neurology  
Hotline: (434) 924-DOCS (2706) or 911 for emergency  
**Website:** www.medicine.virginia.edu/clinical/departments/neurology/what-we-treat/stroke

**Area served:** *All areas.*  
**Hours:** Department of Neurology, 8am-4:30pm Mon–Fri.  
**Cost:** No charge for hotline.  
**Eligibility:** Unrestricted.  
**Intake:** Self-referral. Walk-in & emergency service provided at UVA Hospital.

**Services:** *24 hr/day telephone line puts you in direct contact with a health care professional knowledgeable about stroke symptoms, stroke treatment and resources.*

**UVA Teen Health Center**

1 Hospital Dr # 2767b

Charlottesville, VA 22908

**Phone:** (434) 982-0090

**Website:** [www.healthsystem.virginia.edu/internet/teen-health/](http://www.healthsystem.virginia.edu/internet/teen-health/)

**E-mail:** [teenhealth@virginia.edu](mailto:teenhealth@virginia.edu)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Fees vary.

**Eligibility:** Teens age 20 and under.

**Intake:** Self-referral.

**Services:** *Serves young men and women under age 20 for routine health care services. Includes sports physicals, check-ups, immunizations, family planning, pregnancy testing and prenatal care, STD evaluation and treatment, and treatment for minor illness. Referrals to specialists can be made when necessary. On bus line and wheelchair accessible.*

**The Women's Place**

PO Box 800712

Charlottesville, VA 22908

**Phone:** (434) 982-3678

**Website:** [www.hsc.virginia.edu/internet/women/home.cfm](http://www.hsc.virginia.edu/internet/women/home.cfm)

**Area served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Fees vary.

**Eligibility:** Women of all ages.

**Intake:** Self-referral.

**Services:** *General obstetrics and gynecology, reproductive medicine, the care of mothers-to-be, breast care, cancer care, midlife health, heart care and nutrition.*

## Veterans Health Clinic

650 Peter Jefferson Parkway Suite 100  
Charlottesville, Virginia 22901  
**Phone:** (434)293-3890

**Area Served:** *Any veterans, generally within the Charlottesville/Albemarle area.*

**Hours:** 8am-4:30pm, Mon–Fri.

**Cost:** Varies.

**Eligibility:** Must be a veteran.

**Intake:** Self-referral.

**Services:** *Primary care services.*

## Westhaven Parish Nursing Clinic

803 Hardy Drive  
Charlottesville, VA 22903  
**Phone:** (434) 971-1200  
**E-mail:** whclinic@juno.com

**Area Served:** *Albemarle, Charlottesville.*

**Hours:** 9am–4pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Open to the general public.

**Intake:** Self-referral.

**Services:** *Provides consultation, advocacy, resources, education and support. Operates on the Parish Nurse model. Wheelchair accessible and on bus line.*

## Woodrow Wilson Rehabilitation Center

P O Box 1500  
Fishersville, VA 22939-1500  
**Phone:** (540) 332-7000 or (800) 345-9972  
**Website:** <http://wwrc.virginia.gov/aboutus.htm>

**Area Served:** *All areas.*

**Hours:** 8am-4:45pm, Mon–Fri.

**Cost:** Charges for service vary with income. Accepts CHAMPUS, Medicare, Medicaid, private insurance, check, cash, and vendor payments.

**Eligibility:** Over 16; must have a disability and be able to benefit from services; disabling condition must be stabilized.

**Intake:** Agency/professional referral.

**Services:** *Training and therapy for people with disabilities to enable them to re-enter the work force and live more independently; this includes vocational rehabilitation, health care, rehabilitative services, and deaf and hard of hearing services. Four areas of focus are youth in transition, neuro-rehabilitation services, assistive technology services, and comprehensive evaluation and assessment services.*

# Housing Resources

## **Albemarle County Office of Housing**

1600 5th Street Ext Suite B

Charlottesville, VA 22902-6495

**Phone:** (434) 296-5839

**Website:** [www.albemarle.org/department.asp?section\\_id=1827&department=housing](http://www.albemarle.org/department.asp?section_id=1827&department=housing)

**Area Served:** *Albemarle.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** No cost for services. The level of Section 8 rental assistance a participating family may receive is based on total family income.

**Eligibility:** Section 8 rental assistance program serves families and single persons who meet HUD federal income guidelines.

**Intake:** Call for more information.

**Services:** *Housing counseling including information and referral, pre-purchase assistance for first time homebuyers, basic budgeting and financial management, and family self-sufficiency program. Housing Voucher Program non-emergency rental assistance program where applicants are placed on waiting list according to established local procedures, based on family income and household composition. Wheelchair accessible and located on bus line.*

## **Albemarle Housing Improvement Program (AHIP)**

2127 Berkmar Drive

Charlottesville, VA 22901-1423

**Phone:** (434) 817-2447

**Website:** [www.ahipva.org](http://www.ahipva.org)

**E-mail:** [ahip@ahipva.org](mailto:ahip@ahipva.org)

**Area Served:** *Albemarle.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** Based on ability to pay.

**Eligibility:** Must be established income limits.

**Intake:** Self-referral. Appointment necessary. Written application and social history required.

**Services:** *Home Ownership provides homebuyer assistance for low-income families. Rental housing also available. Housing Repair & Rehab helps low-income residents have the opportunity to live in safe, decent, affordable housing.*

## Charlottesville Redevelopment & Housing Authority (CRHA)

500 South First Street

Charlottesville, Virginia 22902

**Phone:** (434) 296-1863

**Website:** [www.charlottesville.org/Index.aspx?page=28](http://www.charlottesville.org/Index.aspx?page=28)

**Area Served:** *Charlottesville.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** Charges for certain services. Rent approximately 30% of net income.

**Eligibility:** Gross income under 80% of area median, never owned a home, meet VHDA asset limitations, want property in the City.

**Intake:** Self-referral.

**Services:** *The CRHA manages 376 units of public housing at 11 sites in the City of Charlottesville. It also administers 300 Housing Choice Voucher rental units through leased housing contracts with private owners. The mission is the same as that of the Department of Housing and Urban Development (HUD): To promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination for low income families of Charlottesville, VA. Wheelchair accessible and on busline.*

## Community Energy Conservation Program

1819 Broadway Street

Charlottesville, VA 22902-5880

**Phone:** (434) 293-3777 or 877-816-0218

**Website:** <http://cecpva.org>

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson. Cities of Harrisonburg, Staunton and Waynesboro; Counties of Augusta, Highland and Rockbridge.*

**Hours:** 7:30am–4pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Income limits: low income, SS#, income verification required.

**Intake:** Self, telephone, and walk-in referrals. Written application required. Emergency services provided.

**Services:** *Weatherization program for homes of low-income clients, including furnace replacements.*

## Dept of Neighborhood Planning & Development Services

Charlottesville City Hall  
610 East Market Street  
P.O. Box 911  
Charlottesville, VA 22902  
**Phone:** (434) 970-3182  
**Website:** [www.charlottesville.org/Index.aspx?page=2712](http://www.charlottesville.org/Index.aspx?page=2712)

**Area Served:** *Charlottesville.*  
**Hours:** 8am–5pm Mon–Fri.  
**Cost:** Charges vary for service. Accepts cash, check & vendor payments.  
**Eligibility:** None.  
**Intake:** Self-referral. Documents required: recorded deeds.  
**Services:** *Housing Repair & Rehab program helps low-income residents with housing repairs. Free Paint Program gives free paint to low-income community members. Wheelchair accessible and on bus line.*

## Fluvanna/Louisa County Housing Foundation

**Fluvanna Office:**  
P. O. Box 413  
Palmyra, VA 22963  
**Phone:** (434) 589-4820

**Louisa Office:**  
P.O. Box 160  
Louisa, VA 23093  
**Phone:** (540) 967-3483  
**Website:** [www.louisacounty.com/LCliving/HousingBrochure.htm](http://www.louisacounty.com/LCliving/HousingBrochure.htm)

**Area Served:** *Fluvanna and Louisa.*  
**Hours:** 8:30am–4:30pm Mon-Fri.  
**Cost:** No charge.  
**Eligibility:** Must qualify as low-to-moderate income status (below 80% of median income).  
**Intake:** Self-referral. Written application required. Appointment necessary.  
**Services:** *The Foundation works to promote, develop and encourage activities and means to improve the ability of low-income, elderly and/or disadvantaged persons to meet their housing needs, without regard to race, religion or national origin: and to that end sponsor, support, promote, and undertake housing projects within the Counties of Fluvanna and Louisa, Virginia. Wheelchair accessible.*

## Greater Charlottesville Habitat for Humanity

501 Grove Avenue

Charlottesville VA 22902

**Phone:** (434) 293-9066

**Website:** <http://cvillehabitat.org/location.shtml>

**E-mail:** [info501@cvillehabitat.org](mailto:info501@cvillehabitat.org)

**Area Served:** *Albemarle, Charlottesville, Greene, and Louisa.*

**Hours:** 9am–5pm Mon-Fri.

**Cost:** No charge.

**Eligibility:** Partner families must come from low income situations (25%-50% of median area income) with substandard housing and be willing to help build own and other homes.

**Intake:** Self-referral; need written application (must document income and current housing status).

**Services:** *Build houses to help disadvantaged, low-income families in sub-standard living. Volunteers and future homeowners, who are known as partner families, build houses. Homes are sold to partner families with a no interest mortgage.*

## Intermediate Care Residence

The Arc of the Piedmont

509 Park Street

Charlottesville, VA 22902

**Phone:** (434) 977-4002 x30

**Website:** [www.thearcofthepiedmont.org/services-clp.shtml](http://www.thearcofthepiedmont.org/services-clp.shtml)

**E-mail:** [mail@thearcofthepiedmont.org](mailto:mail@thearcofthepiedmont.org)

**Area Served:** *Planning District 10.*

**Hours:** Office hours are 8:30am–4:30pm, Mon–Fri. Residential services are 24 hours.

**Cost:** Varies.

**Eligibility:** Adults ages 18+ with a primary diagnosis of an intellectual and/or developmental disability desiring to live in a residential setting with others. Individuals may have physical limitations. Individuals must not be a threat to oneself or others and able to be supported by current staffing levels in a home. Individuals must qualify to be served in an Intermediate Care residence.

**Intake:** Family and agency referrals are accepted.

**Services:** *The Arc of the Piedmont operates an Intermediate Care residential program in Charlottesville. The home has seven wheelchair accessible bedrooms. An Intermediate care residence offers a much more structured daily program and has many more support services available to individuals than a Waiver-funded residence because the needs of the residents are much more intense.*

## Jefferson Area Board for Aging (JABA)

674 Hillsdale Drive, Suite 9

Charlottesville, VA 22901

**Phone:** (434) 817-5222

**Website:** [www.jabacares.org](http://www.jabacares.org)

**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8:30am–5pm Mon–Fri.

**Cost:** Charges may apply and vary with income.

**Eligibility:** Individuals aged 55 and older (Woods Edge, Ryan School, Mountainside), 62 and older (Park View), with a disability, or who have a medical condition with safety issues involved.

**Intake:** Self-referral. Appointment necessary. Doctor's note and proof of income may be required for certain services.

**Services:** *All JABA-owned and run living options promote a sense of community. Whether you are seeking independent living or living with assistance, JABA continues to establish and preserve living communities that increase options for living better. Visit JABA on the web to learn more about their housing opportunities. Wheelchair accessible and on bus line.*

## Monticello Area Community Action Agency (MACAA)

1025 Park Street

Charlottesville, VA 22901

**Phone:** (434) 295-3171

**Website:** [www.macaa.org](http://www.macaa.org)

**E-mail:** [info@macaa.org](mailto:info@macaa.org)

**Area Served:** *Albemarle, Charlottesville.*

**Hours:** 9am–5pm Mon–Fri.

**Cost:** No fees for services if found eligible for program.

**Eligibility:** Must meet US Labor income guidelines for low-income individuals and families.

**Intake:** Self-referral. Written application required.

**Services:** *Outreach, emergency assistance, case management, housing counseling and Hope House transitional housing, cooling assistance for elderly & disabled. Located on bus line.*

## Nelson County Community Development Foundation (NCCDF)

8445 Thomas Nelson Highway

Lovingsston, VA 22949

**Phone:** (434) 263-8074

**Website:** <http://nelsoncounty.com/agencies/?s=community+development>

**Area Served:** *Nelson.*

**Hours:** 9am–5pm Mon–Fri. Evenings by appointment.

**Cost:** Charges vary.

**Eligibility:** Must be of low to moderate income.

**Intake:** Self-referral or telephone referral. Emergency services provided.

**Services:** *Housing Authority helps provide housing for low to moderate income families and rehabilitation of homes for income eligible families. Also provides emergency home repair for elderly and the disabled. Housing Repair & Rehab program rehabilitates homes for low to moderate income families within Nelson County.*

## Piedmont Housing Alliance

111 Monticello Ave., Suite 104

Charlottesville, VA 22902

**Phone:** (434) 817-2436

**Website:** [www.piedmonthousingalliance.org](http://www.piedmonthousingalliance.org)

**E-mail:** [info@piedmonthousing.org](mailto:info@piedmonthousing.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8:30am–5pm Mon–Fri.

**Cost:** No charge for counseling and education services.

**Eligibility:** Income limits may apply.

**Intake:** Call, email or visit for information, intake materials, or to make an appointment; written application and documentation required for some programs.

**Services:** *Piedmont Housing Alliance (PHA) is a regional nonprofit organization that creates housing and community development opportunities for very low to moderate income families and individuals; teaches financial literacy and management, home buying and homeownership skills; and advocates for affordable housing policies and programs in central Virginia. PHA provides services in four main areas - Comprehensive Housing Counseling, Community Development Lending, Fair Housing, and Project Development. Wheelchair accessible and on bus line.*

## The Salvation Army

207 Ridge Street

Charlottesville, VA 22902

**Phone:** (434) 295-4058

**Website:** [www.uss.salvationarmy.org/uss/www\\_uss\\_charlottesville.nsf](http://www.uss.salvationarmy.org/uss/www_uss_charlottesville.nsf)

**E-mail:** [dan\\_matthews@uss.salvationarmy.org](mailto:dan_matthews@uss.salvationarmy.org)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm Mon-Fri.

**Cost:** Mortgage assistance through a no-interest loan must be paid back in a time period determined at the signing of the promissory note.

**Eligibility:** Must meet certain set criteria, call for details.

**Intake:** Self, walk-in and professional/agency referrals. Written application and appointment required.

**Services:** *Homeless Intervention Program helps to prevent displacement of households who are potentially homeless, to assist homeless persons in securing permanent housing, and to ensure that the persons who receive assistance become self-sufficient. Loans and grants for temporary rental, mortgage and security deposit assistance. Emergency Shelter provides crisis intervention by rendering emergency shelter and meals, clothing, educational and life skills programs. Transitional Housing also available at Center of Hope. Wheelchair accessible and on bus line.*

## USDA Rural Development

695 Berkmar Court Suite 3

Charlottesville, VA 22901-1406

**Phone:** (434) 975-0047

**Website:** [www.rurdev.usda.gov/va/offices/charlottes.htm](http://www.rurdev.usda.gov/va/offices/charlottes.htm)

**E-mail:** [daniel.auville@va.usda.gov](mailto:daniel.auville@va.usda.gov)

**Area Served:** *Albemarle, Fluvanna, Goochland, Greene, Louisa, Nelson.*

**Hours:** 8am-4:30pm Mon-Fri.

**Cost:** No charge.

**Eligibility:** Serves persons in PD10.

**Intake:** Self-referral, application.

**Services:** *Housing Loan Program for low-income applicants provides loans and grants to homeowners who need to remove health hazards or make dwelling accessible to a disabled household member. Housing Repair & Rehab program provides government lending for housing repairs to low income applicants.*

# Recreation Resources

## Adult Activities Centers

The Arc of the Piedmont – Charlottesville  
509 Park Street  
Charlottesville, VA 22902  
**Phone:** (434) 977-4002 or (800) 732-9507  
**Website:** [www.thearcofthepiedmont.org/services-aac.shtml](http://www.thearcofthepiedmont.org/services-aac.shtml)  
**E-mail:** [mail@thearcofthepiedmont.org](mailto:mail@thearcofthepiedmont.org)

Louisa County  
The Betty Queen Intergenerational Center of Louisa  
522 Industrial Drive  
Louisa, VA 23093  
**Phone:** (434) 977-4002

Nelson County  
The Nelson Center  
200 Main Street  
PO Box 612  
Lovingston, VA 22949  
**Phone:** (434) 977-4022

**Area Served:** *Planning District 10.*

**Hours:** Office and program hours are 8am–4pm, Mon–Fri.

**Cost:** Fees vary. Funding streams include MR Waiver, DD Waiver, ICFMR, and private pay.

**Eligibility:** Adults 18+ who have a diagnosis of intellectual/developmental disability. Secondary diagnosis, such as physical disability or sensory disabilities, will require individual review to determine program's capacity to meet the individual's needs.

**Exclusions:** Adults who present with aggressive or dangerous behavior to themselves or to others cannot be served. Adults with disruptive or self-abusive behaviors must be responsive to positive intervention, including environmental modifications.

**Intake:** Referrals are accepted from families, Region Ten, and other community agencies. Contact the Program Director or the Region Ten Case Manager to get an application packet. Applicants are encouraged to visit the program site to learn about the program. Once the application packet is completed, a series of trial visits may be required to take place.

**Services:** *The goal of the Adult Activity Centers' programming is to assist adults with intellectual/developmental disabilities to be more independent, learn new things, visit new places and make more friends. The AAC is a day support program for adults who are not eligible for other day support programs because of their need for intensive supports. The ratio of staff to people receiving services is 1:4. The Center provides individualized training in daily living skills, prevocational skills, social skills and communication skills.*

## **Best Buddies Program**

University of Virginia  
Chapter President Deena Becker  
**Phone:** (703) 965-5487  
**Website:** <http://sites.google.com/site/bestbuddiesatuva/>

**Area Served:** *Charlottesville, Albemarle.*

**Cost:** No charge.

**Eligibility:** Adults with intellectual disabilities.

**Intake:** Self-referral.

**Services:** *Our chapter upholds the mission of Best Buddies by matching UVA students in one-to-one friendships with adults with intellectual disabilities from the Charlottesville community. These pairs are then able to form lasting friendships through phone calls, emails, and outings. The chapter holds monthly events to give buddy pairs a chance to get together with others from our chapter and just spend time together as friends. In addition, chapter members participate in fundraisers, small group outings, and awareness events.*

## **Camp Virginia Jaycee**

2494 Camp Jaycee Road  
Blue Ridge, VA 24064  
**Phone:** (540) 947-2972 or toll free (800) 865-0092  
**Website:** [www.campvajc.org](http://www.campvajc.org)  
**E-mail:** [info@campvajc.org](mailto:info@campvajc.org)

**Area Served:** *Statewide.*

**Cost:** Fees vary depending on the program selected.

**Eligibility:** Children aged 7+ and adults with intellectual and developmental disabilities. *Individuals who need to be restrained at night are not candidates for attendance as well as individuals whose behavior is aggressive to the extent that it causes physical damage.*

**Intake:** Self-referral.

**Services:** *Camp Virginia Jaycee is a year-round residential outdoor recreation and educational facility. Children and adults with mental retardation can participate in games, partake in new experiences, learn to appreciate the outdoors and have fun. Programs are designed to give campers new outdoor experiences that provide opportunities for socialization and recreation.*

## Charlottesville Albemarle Technical Education Center

CATEC

1000 East Rio Road

Charlottesville, VA 22901

**Phone:** (434) 973-4461

**Website:** [www.catec.org/index.cfm](http://www.catec.org/index.cfm)

**Area Served:** *Albemarle, Charlottesville, Fluvanna.*

**Cost:** Fees vary per credit hour.

**Eligibility:** High school and adult programs available.

**Intake:** Registration required 2+ weeks before Fall or Spring semesters.

**Services:** *CATEC offers academic, career, and technical education programs for high school students, as well as a range of technical education courses for adults. Training, curriculum and instructional practices are focused on 5 areas: technical skills training, workplace training, innovative & functional technology training, entrepreneurship training, and literacy development.*

## Charlottesville Area Riding Therapy

5924 Fried Farm Road

Crozet, VA 22932

**Phone:** (434) 823-1178

**Website:** [www.cartcrozet.org](http://www.cartcrozet.org)

**E-mail:** [cart@cartcrozet.org](mailto:cart@cartcrozet.org)

**Area Served:** *Greater Charlottesville and Albemarle County area.*

**Hours:** Lessons are held on Saturday mornings in the Fall and Spring.

**Cost:** \$200 per 8-week riding session.

**Eligibility:** Children 4+ and adults with disabilities.

**Intake:** Self-referral.

**Services:** *Riding is conducted under the supervision of a certified NARHA (North American Riding for the Handicapped Association) Instructor. From one to three volunteers are needed for each rider, depending on the ability of the rider. There are four to five riders in each class, which lasts about one hour. CART runs from April to November and accepts riders from age 4 and up. Horses help physically because riding transmits the same motion to the hips that we use when walking, stimulating the same nerves and muscles. Horses also help emotionally because the riding experience is an enormous confidence booster. Wheelchair accessible.*

## Charlottesville Parks and Recreation

605 East Main Street

Charlottesville, VA 22902

**Phone:** Mildred Spicer, (434) 970-3264

**Phone:** Bob Isabelle , (434) 970-3269

**Website:** [www.charlottesville.org/index.aspx?page=763](http://www.charlottesville.org/index.aspx?page=763)

**E-mail:** [spicer@charlottesville.org](mailto:spicer@charlottesville.org) OR [isabelleb@charlottesville.org](mailto:isabelleb@charlottesville.org)

**Area Served:** *City of Charlottesville and surrounding counties.*

**Hours:** 8am–5 pm Mon–Fri.

**Cost:** Varies with activities.

**Eligibility:** The Therapeutic Recreation Program is for individuals, ages 8 and up, with physical and or mental disabilities whose recreational needs cannot be met by regular programs.

**Intake:** Self-referral.

**Services:** *Various activities include supper club, day/overnight trips, therapeutic classes, Special Olympic training, and summer therapeutic playground and camps. Goals are to improve self-esteem, health, social skills, recreation skills, safety skills, and independence while having fun. Staff participant ratio is usually 1 to 8. The major means of advertising for such events is through a monthly calendar mailed home by the first week of each month; call to be added to this mailing list.*

## Albemarle County Parks and Recreation

401 McIntire Road, Room 118

Charlottesville, VA 22902

**Phone:** (434) 296-5844

**Website:** [www.albemarle.org/department.asp?section\\_id=1827&department=parks](http://www.albemarle.org/department.asp?section_id=1827&department=parks)

## Fluvanna County Parks and Recreation

P. O. Box 128

Fork Union, Virginia

**Phone:** (434) 842-3150

**Website:** [www.co.fluvanna.va.us](http://www.co.fluvanna.va.us)

## Louisa County Parks and Recreation

522 Industrial Drive, Suite A

Louisa, Virginia 23093

**Phone:** (540) 967-4420

**Website:** [www.lcpr.info](http://www.lcpr.info)

## Nelson County Parks and Recreation

8445 Thomas Nelson Highway, Room 101

Lovingston, VA 22949

**Phone:** (434) 263-7130

**Website:** <http://nelsoncounty.com/parksandrec/>

**E-mail:** [eharper@nelsoncounty.org](mailto:eharper@nelsoncounty.org)

## Easter Seals Camping Programs

Camp Easter Seals  
201 East Main Street  
Salem, VA 24153

Toll Free: (800) 365-1656

**Website:** [http://va.easterseals.com/site/PageServer?pagename=VADR\\_camp\\_es](http://va.easterseals.com/site/PageServer?pagename=VADR_camp_es)

**Area Served:** *Statewide.*

**Cost:** Varies with program; call for more details.

**Eligibility:** Children and adults with physical and cognitive disabilities and/or special needs.

**Intake:** Self-referral.

**Services:** *Camp Easter Seals is designed to offer children and adults with disabilities the opportunity to enjoy fun and challenging activities in a supportive and cooperative atmosphere. Specific programs include therapy camps for kids and teens, cooperative camps for the blind and visually impaired, summer camp programs and weekend respite programs for kids, teens, adults, and families. Speech and occupational therapy also offered during special camp sessions.*

## JABA Adult Care Center - Charlottesville

674 Hillsdale Drive, Suite 5  
Charlottesville, VA 22901

**Phone:** (434) 817-5222

**Website:** [www.jabacares.org](http://www.jabacares.org)

**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 7:00 a.m. – 5:30 p.m. M-F, 9:00 a.m. – 3:00 p.m. Sat.

**Cost:** **Fees vary. Payment options include Medicaid, Veteran's Administration benefits, private pay, scholarships based on individuals' financial status.**

**Eligibility:** Adults 18+ who need socialization and/or assistance with activities of daily living including individuals with physical and cognitive disabilities. **Exclusions:** Individuals whose behaviors are aggressive or dangerous to themselves or others.

**Intake:** Referrals are accepted from families and community agencies. Applicants and their families are invited to join Center staff for a tour and free lunch the first Wednesday of every month.

**Services:** *Individual, group, intergenerational social and recreational activities including music, art, entertainment, pet therapy. The staff-to-participant ratio is 1:6; the ratio including volunteers is 1:3. Staff includes Registered Nurse, Certified Nursing Assistants, Horticulture, Music & Recreation Specialist, Arts Coordinator.*

## JABA Adult Care Center - Louisa

Betty Queen Intergenerational Center

522 Industrial Drive

Louis, VA 23093

**Phone:** (540) 967-4432, (540) 967-4433

**Website:** [www.jabacares.org](http://www.jabacares.org)

**E-mail:** [jabacares@gmail.com](mailto:jabacares@gmail.com)

**Area Served:** *Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson.*

**Hours:** 7:30 a.m. – 5:30 p.m. M-F

**Cost:** **Fees vary. Payment options include Medicaid, Veteran's Administration benefits, long-term care insurance, private pay, scholarships based on individuals' financial status.**

**Eligibility:** Adults 18+ who need socialization and/or assistance with activities of daily living including individuals with physical and cognitive disabilities. **Exclusions:** Individuals whose behaviors are aggressive or dangerous to themselves or others.

**Intake:** Referrals are accepted from families and community agencies. Applicants and their families are invited to join Center staff for a tour before submitting an application.

**Services:** *Individual, group, intergenerational social and recreational activities including music, art, entertainment, pet therapy. The staff-to-participant ratio is 1:6; the ratio including volunteers is 1:3. Staff includes Registered Nurse, Certified Nursing Assistants, Recreation Specialist, Arts Coordinator.*

## Literacy Volunteers

Charlottesville & Albemarle

418 7<sup>th</sup> Street NE

Charlottesville, VA 22902

**Phone:** (434) 977-3838

**Website:** <http://literacyforall.org/>

**E-mail:** [info@literacyforall.org](mailto:info@literacyforall.org)

Louisa County

**Phone:** (540) 967-1051

Nelson County

**Phone:** (434) 263-8228

**Cost:** No charge.

**Eligibility:** Individuals with poor literacy skills ages 18+.

**Intake:** Self-referral. Interview and assessment of skills required.

**Services:** *LV provides one-on-one, confidential tutoring in basic literacy and English as a second language to adults living or working in Charlottesville, Albemarle, Louisa,*

and Nelson. Adults are matched with volunteers we have been trained to act as tutors. Each learner/tutor pair meets twice a week for an hour of personalized tutoring at the LV office, morning or evening, to accommodate the student's and tutor's schedules. As the pair works together, LV staff provides instructional support and guidance. LV also collaborates with organizations that provide related services.

## School of Continuing and Professional Studies

University of Virginia  
104 Midmont Lane  
Charlottesville, VA 22904  
**Phone:** (434) 982-5313  
**Website:** [www.universitycenter.info](http://www.universitycenter.info)

**Area Served:** *Programs offered statewide.*

**Cost:** Varies by course.

**Eligibility:** Individuals looking to enrich their knowledge without applying for a degree program.

**Intake:** Self-referral. Registration required.

**Services:** *The School of Continuing and Professional Studies offers noncredit personal enrichment courses at times and at places that are convenient to adults. These noncredit courses are designed for individuals who want substantive intellectual activities, but who do not need the additional credit or degree study.*

## Special Olympics

Area 3  
21 Southgate Court, Suite 103  
PO Box 1906  
Harrisonburg, VA 22801  
Area Contact: Daniel Leake, Director  
**Website:** [www.specialolympicsva.org](http://www.specialolympicsva.org)  
**E-mail:** [dleake@specialolympicsva.org](mailto:dleake@specialolympicsva.org)

**Area Served:** *Charlottesville, Albemarle, Greene, Louisa, Fluvanna.*

**Cost:** Varies.

**Eligibility:** Individuals must be: (1) Ages 8+, (2) Have been identified by an agency or professional as having an intellectual disability, **or** have a cognitive delay, as determined by standardized measures, **or** have a closely related developmental disability, (3) Have registered to participate in Special Olympics.

**Intake:** Self-referral. Participation in Special Olympics training and competition is open to all persons who meet all three criteria *regardless of how mild or severe the person's disability, and whether or not that person also has other mental or physical disabilities.*

**Services:** *Provides year-round sports training and athletic competition in a variety of Olympic type sports for all children and adults with intellectual disability, a cognitive delay, or a closely-related developmental disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.*

## **St. Elizabeth's Summer Camp**

Diocese of Virginia Summer Camps at Shrine Mont

110 West Franklin Street

Richmond, VA 23220

**Phone:** (804) 644-6928

**Website:** <http://camps.thediocese.net/descriptions.shtml>

**E-mail:** [summercamps@thediocese.net](mailto:summercamps@thediocese.net)

**Area Served:** *Statewide.*

**Cost:** Non-Diocesan rate \$375, Diocesan rate \$340.

**Eligibility:** A typical camper is between 14-25 years old, attends to personal needs independently, and effectively communicates with others.

**Intake:** Self-referral.

**Services:** *St. Elizabeth's Camp provides individuals with mild to moderate disabilities the opportunity to participate in traditional camp activities in a supportive environment. Our campers have their own volunteer counselor buddy who will be a constant friend and assist in daily activities. Together they will stay in log cabins and share many exciting activities including swimming, canoeing, worship, art, and fishing.*

## **Volunteer Center – United Way**

United Way – Thomas Jefferson Area

806 E. High Street

Charlottesville, VA 22902

**Phone:** (434) 972-1705

**Website:** [www.BeAVolunteer.info](http://www.BeAVolunteer.info)

**E-mail:** [jsnyder@unitedwaytja.org](mailto:jsnyder@unitedwaytja.org)

**Area Served:** *Charlottesville, Albemarle, Greene, Fluvanna, Nelson.*

**Hours:** 8:30am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Volunteer opportunities open to the general public.

**Intake:** Self-referral.

**Services:** *Provides a database of volunteer opportunities throughout the area.*

## Wintergreen Adaptive Sports

Wintergreen Resort

P.O. Box 578

Lovingston, VA 22949

**Phone:** (434) 325-2007

**Website:** [http://skiwas.org/index.php?option=com\\_contact&Itemid=3](http://skiwas.org/index.php?option=com_contact&Itemid=3)

**E-mail:** [info@skiwas.org](mailto:info@skiwas.org)

**Area Served:** *Statewide.*

**Hours:** Full day lesson 10am–4pm; half-day lesson 10am–12:30pm or 1:30pm–4pm.

**Cost:** \$100 for full day ski lesson; \$60 for half-day ski lesson.

**Eligibility:** Students cover the spectrum of ages and disabilities.

**Intake:** Self-referral, appointments required for lessons.

**Services:** *Wintergreen Adaptive Sports is a non-profit, 501(c)3 corporation whose mission is to teach the joys of outdoor sport and recreation to individuals with a disability. As of 2009, they offer instruction in alpine skiing, snowboarding, kayaking, and canoeing, as well as a Wounded Warrior golf program.*

# Transportation Resources

## Charlottesville Area Transit (CAT)

Downtown Transit Station  
615 East Water Street  
Charlottesville, VA 22902

**Phone:** (434) 970-3649

**Website:** [www.charlottesville.org/Index.aspx?page=661](http://www.charlottesville.org/Index.aspx?page=661)

**E-mail:** [CAT@charlottesville.org](mailto:CAT@charlottesville.org)

**Area Served:** *Services all of Charlottesville & part of Albemarle.*

**Hours:** Business: 8am–8pm Mon–Sat, 9am–5pm Sun.  
Service: 6:30am–7pm Mon—Sat on all routes, 6:30am–11:45pm in some neighborhoods.

**Cost:** Charges for service. Discounts for special clients. Accepts cash.

**Eligibility:** Unrestricted. Call for bus schedule.

**Services:** *Public bus transit system to Charlottesville/Albemarle communities offering standard and regular routes with fixed time schedules. All CAT vehicles are wheelchair accessible and equipped with bike racks. Fully accessible to persons with disabilities and on bus line.*

## Commuter Information & Rideshare

Thomas Jefferson Planning District Commission  
401 East Water Street  
PO Box 1505  
Charlottesville, VA 22902

**Phone:** (434) 295-6165 or (888) 974-5500

**Fax:** (434) 979-1597

**Website:** [www.rideshareinfo.org](http://www.rideshareinfo.org)

**E-mail:** [rideshare@tjpdcc.org](mailto:rideshare@tjpdcc.org)

**Area Served:** *Charlottesville and Counties of Albemarle, Fluvanna, Greene, Louisa, & Nelson.*

**Hours:** 8am–5pm Mon–Fri.

**Cost:** No charge.

**Eligibility:** Unrestricted.

**Intake:** Self-referral, telephone, or walk-in.

**Services:** *Offers free carpool and SchoolPool matching, vanpool coordination, and operates a Guaranteed Ride Home program to provide free rides home in an emergency. RideShare also works with employers to develop and implement traffic reduction programs, and market the region's Park and Ride lots.*

## Greene County Transit, Inc.

8261 Spotswood Trail (In the Stanardsville Shopping Center)

Stanardsville, VA 22973

**Phone:** (434) 985-5205

**Website:** [www.gcva.us/dpts/trns/default.htm](http://www.gcva.us/dpts/trns/default.htm)

**Area Served:** *Greene County.*

**Hours:** 7am–10pm Mon–Fri, 9am–4pm Saturday. Scheduled transportation services to Charlottesville must be scheduled 24hrs in advance.

**Cost:** Within county, \$2.50 each stop; To Charlottesville, \$3.50 each stop. Seniors ride for free on Saturdays.

**Eligibility:** General public.

**Intake:** Self-referral.

**Services:** *Operating as a demand-response transportation system, door-to-door service, we provide transportation for the elderly, workers, shoppers, handicapped, or anyone in our county that may have a need for transportation service. Wheelchair accessible and on bus line.*

## JAUNT Inc.

104 Keystone Place

Charlottesville, VA 22902

**Phone:** (434) 296-3184

**Website:** [www.ridejaunt.org](http://www.ridejaunt.org)

**E-mail:** [info@ridejaunt.org](mailto:info@ridejaunt.org)

**Area Served:** *City of Charlottesville and Counties of Albemarle, Fluvanna, Louisa, Nelson, Buckingham, & Amherst.*

**Hours:** Business: 8:30am–5pm Mon–Fri. Service: hours vary by county. 6am–11:45pm Mon–Sat and 7am–10pm Sunday for Charlottesville City and Albemarle County.

**Cost:** Call for specific charges. Discounts offered to disabled persons. Accepts Medicaid, cash, check & JAUNT tickets.

**Eligibility:** Anyone in need of transportation services.

**Services:** *Provides transportation to area citizens, including those who are disabled, the general public and human service agency clients. Daily commuter routes from rural origins, limited intra-county services in Louisa and Nelson counties and rush hour services between Charlottesville and the Greene County line. Wheelchair accessible.*

## LogistiCare

Charlottesville Regional Office

**Phone:** (866) 782-8686

**Website:** www.logisticare.com

**E-mail:** fredas@logisticare.com

**Area Served:** *More than 290 local transportation companies participate in a transportation network serving the regions of Bedford, Charlottesville, Herndon, Norfolk, Norton, and Richmond. See local providers listed below.*

**Hours:** Vary with providers.

**Cost:** Varies.

**Eligibility:** Clients include the Virginia Department of Medical Assistance Services, Anthem BlueCross BlueShield and AMERIGROUP. Participants must be Medicaid recipients with medical appointments.

**Services:** *LogistiCare implements and manages complex non-emergency transportation programs to help our clients achieve their business objectives.*

## Taxi Services

### Cheryl's Taxi

**Phone:** (434) 969-4008

**Area Served:** *Nelson and Amherst.*

**Services:** *Door-to-door service funded by Medicaid.*

### Pine Grove

**Phone:** (434) 531-6326

**Area Served:** *Nelson, North Garden, and Crozet.*

**Services:** *Door-to-door service funded by Medicaid.*

### Ride Rite

**Phone:** (434) 327-3185

**Area Served:** *Charlottesville and Waynesboro.*

**Services:** *Self-pay or Medicaid transportation. Fees are \$2 plus \$3 per mile.*

### Medi-Ride Louisa

**Phone:** (434) 566-9046

**Area Served:** *Louisa.*

**Services:** *Door-to-door service funded by Medicaid.*

## UVA Department of Parking & Transportation

University Transit Service

1101 Millmont Street

PO Box 400000

Charlottesville, VA 22904

**Phone:** (434) 924-7711

**Website:** [www.virginia.edu/parking/TDM/index.html](http://www.virginia.edu/parking/TDM/index.html)

**E-mail:** [parking@virginia.edu](mailto:parking@virginia.edu)

**Area Served:** *UVA vicinity.*

**Hours:** Business: 8am–5pm Mon–Fri.

Service: 6am–12:30am M–F (routes vary), 12pm–12:30am Sat–Sun.

**Cost:** Free.

**Eligibility:** UVA students, faculty, staff and visitors.

**Services:** *Transport students, staff, faculty & visitors of the University of Virginia throughout the grounds of the Medical Center and University, all UVA parking and housing areas, and two neighborhoods adjacent to UVA. Wheelchair accessible.*

DART, Demand and Response Transportation

**Phone:** (434) 924–3095

**Website:** [www.virginia.edu/parking/disabilities/dart/index.html](http://www.virginia.edu/parking/disabilities/dart/index.html)

**E-mail:** [dart@virginia.edu](mailto:dart@virginia.edu)

**Area Served:** *UVA vicinity.*

**Hours:** On-demand, short-notice service. Call to schedule appointment.

**Cost:** Free.

**Eligibility:** UVA affiliated persons with disabilities.

**Services:** *Door to door transportation services for those who, because of disability, are unable to use the regular fixed route bus service. Wheelchair accessible.*

## Toll-Free Information Lines

AMC Cancer Information Center	800-525-3777
AIDS Hotline	800-533-4148
Alzheimer's Association	800-755-1129
American Council for the Blind	800-424-8666
American Diabetes Association	800-342-2383
American Kidney Fund	800-638-8299
American Liver Foundation	800-223-0179
American Lung Association	800-856-4872
American Tinnitus Association	800-634-8978
Amyotrophic Lateral Sclerosis Association "ALS"	800-782-4747
Association of Retarded Citizens "ARC"	800-433-5255
Cancer Research Institute	800-992-2623
Captioned Films for the Deaf Voice/TDD (also "Captioned Media Program")	800-237-6213
Christopher & Dana Reeves Foundation (formerly American Paralysis Association)	800-225-0292
City of Hope Cancer and Disease Center	800-826-4673
Cornelia de Lange Syndrome Foundation	800-223-8355
Courage Stroke Network	888-478-7653
Craniofacial International Foundation	800-535-3643
Crohn's and Colitis Foundation	800-343-3637
Cystic Fibrosis Foundation	800-344-4823

Diabetes Research Hotline	800-321-3437
Endometriosis Association	800-992-3636
Epilepsy Foundation	800-332-1000
Hepatitis Foundation International	800-891-0707
Huntington Disease Society	800-345-4372
International Rett Syndrome Association	800-818-7388
Juvenile Diabetes Foundation	800-533-2873
Leukemia Society of America	800-866-4483
Library of Congress Handicapped Hotline	800-424-8567
Long Term Elderly Care Ombudsman Program	800-552-3402
Lung Line for Asthma and Respiratory Disorders	800-222-5864
Lupus Foundation	800-558-0121
Medic Alert Foundation	800-432-5378
Medicare Hotline	800-552-3423
Mental Health America (formerly National Mental Health Association)	800-969-6642
Muscular Dystrophy Association	800-572-1717
Myasthenia Gravis Foundation	800-541-5454
National AIDS Hotline	800-342-2437
National Alliance for the Mentally Ill	800-950-6264
National Association for Hearing and Speech Action	800-638-8255
National Brain Injury Foundation	800-444-6443
National Center for Stuttering	800-221-2483

National Down Syndrome Society	800-221-4602
National Easter Seal Society	800-365-1656
National Foundation for Ileitis and Colitis	800-343-3637
National Foundation of Dentistry for the Handicapped	800-366-3331
National Headache Foundation	800-843-2256
National Hearing Aid Society Hotline	800-521-5247
National Hospice Organization	800-658-8898
National Marfan Foundation	800-862-7326
National Neurofibromatosis Foundation	800-323-7938
National Organization for Rare Disorders	800-999-6673
National Rehabilitation Information Center	800-346-2742
National Reyes Syndrome Association	800-233-7393
National Spinal Cord Injury Association	800-962-9629
National Stroke Association	800-787-6537
National Tuberous Sclerosis Association	800-225-6872
Organ Donations, The Living Bank	800-528-2971
International Dyslexia Association	800-222-3123
Parents of Kids with Infectious Diseases	877-557-5437
Parkinson's Disease Foundation	800-457-6676
Prevent Blindness America	800-331-2020
Random House Audio Books	800-733-3000
Recorded Books	800-638-1304

Recordings for the Blind	800-221-4792
Rehabilitative Services Virginia	800-552-5019
Research to Prevent Blindness	800-621-0026
RP Foundation Fighting Blindness	800-683-5555
Runaway Hotline	800-231-6946
Saint Jude Children's Hospital	800-336-3083
Sexually Transmitted Disease Hotline	800-227-8922
Sickle Cell Disease Association	800-421-8453
Simon Foundation for Incontinence	800-237-4666
Spina Bifida Association	800-621-3141
Sudden Infant Death Syndrome Alliance "SIDS"	800-221-7437
United Cerebral Palsy Association	800-872-5872
Virginia Department for the Blind & Visually Impaired	800-622-2155
Virginia Legal Referral Service	800-552-7977
Virginia Missing Children Clearinghouse Information	800-822-4453
Virginia Transplant Council/Virginia Blood Service	800-323-6307