

Quick Start Guide for People with Disabilities



For individuals with disabilities, it is not always easy to decide where to start looking for resources. This page offers commonly used programs and initiatives to help guide you in finding the support you need as a person with a disability.

BLIND AND VISUALLY IMPAIRED



Find out more about services that are available through the [Commission for the Blind and Visually Impaired](#).

DEAF AND HARD OF HEARING



Learn more about what services you are eligible for by contacting the [Division of the Deaf and Hard of Hearing](#).

FINDING AND PAYING FOR HEALTH INSURANCE



See if you qualify for financial support and compare health plans at [GetCovered.NJ.Gov](#), or learn more about [NJ FamilyCare](#), New Jersey's publicly funded health insurance program.

MENTAL HEALTH SUPPORT



Contact the [Division of Mental Health and Addiction Services](#) to get connected to community-based mental health services.

DAY-TO-DAY ASSISTANCE



Personal care services may be available through [NJ FamilyCare](#), the [Personal Assistance Services Program](#), or the [Jersey Assistance for Community Caregiving](#) program.

INTELLECTUAL AND DEVELOPMENTAL SUPPORT



Contact the [Division of Developmental Disabilities](#) to learn more about services you may be eligible for.

ELIGIBILITY FOR FOOD OR CASH ASSISTANCE



Use the [NJ HELPS](#) tool to determine if you are eligible for programs like the [Supplemental Nutrition Assistance Program](#) and [Work First New Jersey](#).

HOUSING PAYMENT ASSISTANCE



Use the Department of Community Affairs [Eligibility Screener](#) to see what housing assistance programs you are eligible for.

nj.gov/disabilities



Department of Human Services
Sarah Adelman, Commissioner