

# The Internet

## Resource Directory

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The Internet is full of valuable resources with more information about many of the topics covered in this Guide. If you do not have a computer at home then give us a call at the CMR Leadership Institute, (502) 587-6500, and we will make arrangements for you to come and use our computers to surf the Internet.

### Medicaid

To keep up with what is happening on the Federal level concerning Medicaid and people with disabilities:

- 1) The Arc Legislative Action Center (<http://www.thearc.org>)
- 2) The National Health Law Project home page –see “What’s New” (<http://www.healthlaw.org/index.shtml>)
- 3) Families USA web site –see Medicaid section (<http://www.familiesusa.org>)
- 4) Center for Medicare and Medicaid Services (CMS) (<http://cms.hhs.gov/medicaid>)
- 5) Fathom- the Source for online learning- How to get the most out of your managed care plan (<http://www.fathom.com>)
- 6) A Resource Guide for Assessing the Performance of Managed Care Organizations (<http://aspe.hhs.gov/daltcp/reports/resource.htm>)
- 7) The Kaiser Commission on Medicaid the Uninsured (<http://www.kff.org>)
- 8) Medicaid Advocacy Guide (<http://www.nohla.org>)
- 9) Research and Advocacy Sites for Home and Community Based Services (<http://hcbs.org/links>)
- 10) State of the States in Developmental Disabilities- The Coleman Institute (<http://www.cu.edu/ColemanInstitute/>)
- 11) Advancing Independence: Modernizing Medicare and Medicaid (<http://aimmm.org>)
- 12) Understanding Medicaid Home and Community Services: A Primer (<http://www.keystonehumanservices.org/pdf/files/primerpt.htm>)

- 13) Information about lawsuit concerning Medicaid services for people with disabilities can be found at (<http://www.qualitymall.org/online/litigation.html>)
- 14) Murphy's Unofficial Medicaid Page (<http://www.geocities.com/CapitolHill/5974/>)
- 15) Federal Register ([http://www.archives.gov/federal\\_register/](http://www.archives.gov/federal_register/))
- 16) Medicaid and Persons with Disabilities (<http://www.nls.org/medicaidanddisability.htm>)
- 17) Overview of Promising Practices Reports (<http://www.cms.gov/promisingpractices/overview.asp>)
- 18) Glossary of Terms in Managed Health Care ([http://www.pohly.com/terms\\_c.html](http://www.pohly.com/terms_c.html))
- 19) Managed Health Care Curriculum (<http://www.qualitymall.org>)

### **Kentucky Sites**

1. KY Cabinet for Families and Children –Go to the Jefferson Service Region (<http://cfc.state.ky.us/>)
2. KY Cabinet for Health Services – Department of Medicaid (<http://www.chs.state.ky.us>)
3. KY Cabinet for Health Services – Office of the Ombudsman (<http://www.chs.state.ky.us/ombudsman>)
4. KY Cabinet for Health Services – Office of Aging (<http://www.chs.state.ky.us/aging>)
5. Department of Medicaid Services – Regulations and Statutes (<http://www.chs.state.ky.us/dms>)
6. Department for Mental Health and Mental Retardation Services (<http://www.mhmr.chs.ky.gov>.)
7. Kentucky State Resources (<http://www.nichcy.org>)
8. KY Managed Care Program – Passport (<http://www.passporthealthplan.com>)
9. KY Managed Care Program – Ken PAC (<http://www.chs.state.ky.us>)
10. Center on Self-Determination –State Contact (<http://www.self-determination.com/states/kentucky/index.html>)

## Health and Wellness

1. The National Center on Physical Activity and Disability – College of Health and Human Development- University of Illinois in Chicago (<http://www.uic.edu/depts/idhd/chp.htm>)
2. Rehabilitation Research and Training Center –A Health and Wellness Consortium (<http://www.healthwellness.org/index.htm>)
3. Health, wellness and Aging with Disability –Resource List (<http://www.jik.com/hwawd.html>)
4. Quality Mall- Aging (<http://www.qualitymall.org>)
5. Health, Wellness, &Disability: Perspectives of Persons with Disability (<http://www.ilru.org/>)
6. What You Can Do To Stay Healthy (<http://www.ahcpr.gov/ppip/50plus/50intro.htm>)
7. Healthy Kentuckians 2010 ([http://chs.ky.gov/publichealth/healthy\\_ky\\_2010.htm](http://chs.ky.gov/publichealth/healthy_ky_2010.htm))
8. National Center on Birth defects and Developmental Disabilities- Center for Disease Control and Prevention (<http://www.cdc.gov/ncbddd/dh>)
9. Healthy Aging – Health Information for Older Adults – CDC ([http://www.cdc.gov/aging/health\\_issues.htm](http://www.cdc.gov/aging/health_issues.htm))
10. Preventive Health Services Benefit (<http://www.pensions.org>)
11. Overweight definition using body mass index (<http://www.halls.md/body-mass-index/overweight.htm>)
12. American Dental Specialty Institute (<http://www.milwaukeeperio.com/medicine.cfm>)
13. Prescription Drug Assistance Programs (<http://www.disabilityresources.org/RX.html>)
14. B- Independent – A resource to get independent and stay independent (<http://www.bindependent.com>)
15. The DRM Web Watcher – Disability Resources (<http://www.disabilityresources.org>)
16. The DRM Regional Resource Directory – Kentucky- The Bluegrass State (<http://www.disabilityresources.org/KENTUCKY.html>)
17. Closing the Gap: a National Blueprint for Improving the Health of Individuals with Mental Retardation. Report of the Surgeon General's Conference on Health Disparities and Mental Retardation (<http://www.surgeongeneral.gov/library>)
18. Agency for Healthcare Research and Quality – US Preventive Services Task Force (USPSTF) (<http://www.ahcpr.gov/clinic/uspstfix.htm>)