

Puerto Rico Referrals

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Category	Web Link	Assistance Description	Spanish Details	Telephone
Access and Functional Needs and Disability	Labor Development Program	Provide training and employment services to young people (14 to 21 years old), adults (18 years and older), displaced workers and employers, through the programs promoted by the Working Force Investment Act (WIA).	Ofrece servicios de adiestramiento y empleo, a jóvenes (14 a 21 años), adultos (18 años en adelante), trabajadores desplazados y patronos, a través de los programas que promueve la Ley de Inversión en la Fuerza Trabajadora (WIA).	787-754-5504
Access and Functional Needs and Disability	Movement for Independent Living (MAVI)	Programs and services to people with disabilities such as independent living programs, sign language classes, and assistive technology.	Provee servicios a las personas con impedimento tales como destrezas de vida independiente, consejería, clases de lenguaje de señas, donaciones de equipos asistivos y modificaciones en el hogar.	Región Metro: 787-758-7901 Región Central: 787-746-7438 Región Este: 787-809-7001 Región Norte: 787-881-6283 or 787-881-6284 Región Norte Central: 787-200-2984
Access and Functional Needs and Disability	Technology Assistance Program (PRATP)	Training, Information, Durable Medical Equipment (DME), Assistive Technology (AT); and iCanConnect (distribution program for deaf and blind people)	Servicios de información, consultoría, adiestramiento, prestamo de equipos de asistencia tecnológica (AT) y distribución de equipos para sordo-ciegos (iCanConnect).	787-474-9999 Toll Free: 855-449-2999 Deaf Community: 787-523-8681

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Access and Functional Needs and Disability	Defender of the People with Disabilities	Orientation advise and training to the people with disabilities of programs, services and their human and legal rights. Provide technical assistance to public and private entities to ensure adequate implementation of laws and regulations that govern the services and rights of people with disabilities.	Orientación y asesoría a las personas con impedimentos sobre todos los programas, servicios y beneficios a los que tiene derecho. Brindan asistencia técnica a entidades públicas y privadas para garantizar la implantación adecuada de las leyes y reglamentos que rigen los servicios y derechos de las personas con impedimentos.	787-725-2333

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Aging Services	Office of the Procurator for the Elderly	Program of assistance, guidance and advice for the protection of the rights of the elderly; coordinates with entities to provide necessary services such as: home care, education, medical equipment, among others. Serves and investigates claims and watches over the rights of every participant or beneficiary of the different systems of public or private retreats, as well as of the elderly in the areas of education, planning, recreation and culture.	Programa de asistencia, orientación y asesoramiento para la protección de los derechos de los ancianos; coordina con entidades para prestar los servicios necesarios tales como: cuidado domiciliario, educación, equipamiento médico, entre otros. Sirve e investiga reclamos y vigila los derechos de cada participante o beneficiario de los diferentes sistemas de retiros públicos o privados, así como de los ancianos en las áreas de educación, planificación, recreación y cultura.	San Juan: 787-721-6121 Camuy: 787-822-6559 Juncos: 787-905-7133, 787-905-7132, 787-905-7131, 787-905-7134, 787-905-7135 Guayama: 787-592-7020, 787-592-7021, 787-592-7022, 787-592-7010 Mayaguez: 787-265-4215, 800-981-4899, 787-986-7105, 787-986-7106, 787-986-7107, 787-986-7108, 787-986-7109, 787-986-7109
Aging Services	Club ESTHIMA San Pablo HIMA Hospital	Club for people over 60 years old, that provide a series of socio-recreational activities that promote the physical, mental, spiritual and social wellbeing of the participant to improve their quality of life.	Club para personas mayores de 60 años, provee una serie de actividades socio-recreativas que promueven el bienestar físico, mental, espiritual y social del participante para mejorar su calidad de vida.	787-653-6060

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Category	Web Link	Assistance Description	Spanish Details	Telephone
Animal Health & Assistance	The Humane Society of Puerto Rico	Adoption center and low-cost veterinary clinic.	Centro de adopción de mascotas y clínica veterinaria a bajo costo.	787-720-6038
Animal Health & Assistance	Vieques Humane Society & Animal Rescue	Provide information for animal care, services, temporary shelter, adoption, offering spay-neuter services and a low-cost veterinary clinic.	Provee información acerca de el cuidado de mascotas, servicios, refugio temporero, adopción, esterilización y clínica veterinaria a bajo costo.	787-741-0209
Consumer Services	Department of Consumer Affairs (DACO)	Protects and defends consumers, maintains a balance in the price of goods and services of use and consumption, according to supply and demand, inflationary tendencies and through the establishment of a price control.	Protege y defiende a los consumidores, mantiene un balance en el precio de los artículos y servicios de uso y consumo, conforme a la oferta y la demanda, las tendencias inflacionarias y mediante el establecimiento y fiscalización de un control de precios.	3-1-1 Main Office: 787-722-7555 Arecibo: 939-281-1444 Caguas: 787-743-2330, 787-744-9341 Mayaguez: 787-832-3320, 787-833-0935 Ponce: 787-842-0318, 787-843-6075

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Contractors	Department of Consumer Affairs (DACO)	Contractors may register their construction business with the Department of Consumer Affairs. The list is available online for the consumers to find information on contractors.	Los contratistas pueden registrar su negocio de construcción en el Departamento de Asuntos del Consumidor. La lista está disponible en línea para que los consumidores encuentren información sobre contratistas.	3-1-1 Main Office: 787-722-7555 Arecibo: 939-281-1444 Caguas: 787-743-2330, 787-744-9341 Mayaguez: 787-832-3320, 787-833-0935 Ponce: 787-842-0318, 787-843-6075
Crisis Counseling	Administration of Mental health and Anti-addiction services (ASSMCA)	Treatment and Rehabilitation of people with mental health problems, addictive disorders or substance dependence.	Tratamiento y Rehabilitación de las personas con problemas de Salud Mental, trastornos adictivos o dependencia a sustancias.	Emergency: 911 800-981-0023
Crisis Counseling	Disaster Distress Helpline	Provide counseling and support before, during, and after disasters and refer people to local disaster related resources for follow up care and support.	Provee asesoramiento y apoyo antes, durante y después de los desastres, y referidos para recursos locales relacionados con los desastres para seguimiento y apoyo.	Emergency: 911 For Spanish Press 2: 800-985-5990 TTY: 800-846-8517 Text 'TalkWithUs' to 66746 From Puerto Rico text 'Hablanos' to 787-339-2663

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Disaster Specific Information				
Disaster Unemployment Assistance	Department of Labor and Human Resources (Departamento del Trabajo y Recursos Humanos)	Provide benefits to people who are unemployed as a result of a major disaster but are not covered under the regular unemployment Insurance program.	Provee beneficios a las personas que se encuentran desempleados a consecuencia de un desastre, pero no están cubiertos bajo el programa regular de Seguro por Desempleo.	787-945-7900, 787-754-5353
Essential Needs	Puerto Rico Department of the Family	The Nutritional Assistance Program (PAN) offers financial assistance to low-income families so that they can cover their food needs through the purchase of nutritious food.	El Programa de Asistencia Nutricional (PAN) ofrece ayudas económicas a familias de escasos recursos para que puedan cubrir sus necesidades alimentarias mediante la compra de alimentos nutritivos.	787-289-7600
Essential Needs	Puerto Rico Department of Health- WIC program	Nutritional program for expectant mothers and children under five years of age.	Programa nutricional para mujeres embarazadas y niños menores de cinco años.	787-765-2929
Essential Needs	Bill's Kitchen	Provides prepared meals and fresh food to people with HIV/AIDS and other diseases for daily pick-up, as well as frozen meals for storage and subsequent re-heating via weekly delivery.	Proporciona comidas preparadas y alimentos frescos a personas con HIV/AIDS y otras enfermedades para recoger diariamente, así como comidas congeladas para almacenamiento y posteriormente	787-754-6525

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Category	Web Link	Assistance Description	Spanish Details	Telephone
			recalentar a través de entrega semanal.	
Essential Needs	Centro de Ayuda Social	Provides support services to the participant and assist in the rehabilitation process and reintegration into society. Offer help at the time of crisis to the family providing the necessary assistance that leads to improve their quality of life.	Provee servicios de apoyo al participante y asistirlo en el proceso de rehabilitación y reintegración a la sociedad. Ofrecer ayuda en el momento de crisis a la familia brindándole la asistencia necesaria que la lleve a mejorar su calidad de vida.	787-781-3695
Essential Needs	La Fondita de Jesus	Food and hygiene services, outreach and social work interventions, psychological and psychiatric treatment (mental health), addiction counseling, spiritual support services and recreational activities for homeless people with Chronic conditions.	Servicios de alimentación e higiene, intervenciones de trabajo de alcance y trabajo social, tratamiento psicológico y psiquiátrico (salud mental), consejería en adicción, servicios de apoyo espiritual y actividades recreativas para personas sin hogar con condiciones crónicas.	787-724-4051
Family & Protective Services	National Adult Protective Services Association	To report abuse of Seniors or Adults with Disabilities.	Línea para reportar abuso a personas de edad avanzada o adultos con impedimento.	Emergency: 911 787-723-2127 or 787-749-1333
Family & Protective Services	Puerto Rico Department of the Family	Nutritional Assistance Program (PAN) to qualified individuals and help locating a job for parents of children under 18 years old.	Programa de Asistencia Nutricional (PAN) para individuos que cualifiquen y ayuda a la búsqueda de empleos a padres de niños menores de 18 años.	311 787-289-7600

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Health Care Services	Puerto Rico Health Department (Medicaid program)	Medicaid is a program through which the Federal Government provides assistance to states and territories to pay for the medical expenses of certain groups of people with low income.	Medicaid es un programa mediante el cual el Gobierno Federal aporta ayuda a los estados y territorios para pagar los gastos médicos de ciertos grupos de personas con bajos recursos.	787-641-4224 or 787-765-2929 Ext.6700
Health Care Services	Puerto Rico 311 Line Services	Puerto Rico Government Services and non-emergency police contact.	Agencias de Servicio del gobierno de Puerto Rico y contactos de agencias que no son de emergencia.	311 or 787-792-5533
Health Care Services	Puerto Rico Epilepsy Foundation	Prescription and medical equipment. Assistance online- website. Useful for many conditions including diabetes.	Estimular el desarrollo óptimo, apoderamiento y bienestar de las personas con epilepsia, sus familiares, y la comunidad, mediante servicios efectivos de prevención, educación, detección temprana, control de la condición y rehabilitación.	Helpline 24/7: 1-866-748-8008, 787-782-6200
Health Care Services	Walmart \$4 Prescription Program	Walmart offers low-cost prescriptions.	Walmart ofrece una lista medicamentos recetados a bajo costo.	Online Form
Health Care Services	Puerto Rico Spina Bifida and Hydrocephalus Association	They provide physical and occupational therapy. Orthopedic and other medical equipment.	Brindar servicios habilitativos y educativos relacionados a pacientes y familiares tanto con la condición de Espina Bífida como desórdenes asociados para lograr un máximo de funcionalidad e independencia y su integración a la comunidad.	787-740-6695 787-740-0033

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Health Care Services	EPAP – Emergency Prescription Assistance	The Emergency Prescription Assistance Program (EPAP) helps people living in a disaster area who do not have health insurance get the prescription drugs and medical equipment that they need to stay healthy.	El programa de asistencia para medicamentos en casos de emergencia (EPAP, siglas en inglés) presta ayuda a la personas sin cobertura de seguro después de catástrofes para poder garantizarles los medicamentos y equipos médicos que utilizan normalmente para estar sanos.	855-793-7470
Health Care Services	Puerto Rico Asthma Program	Educate the general public about asthma.	El Programa va dirigido a: educar a personas del público general en asma; fomentar la investigación en el área de la academia; ofrecer educación a niños sobre el asma con el Proyecto VIAS de Visitas al Hogar y con el Programa Open Airways for School'; y facilitar adiestramientos según las guías de NAEPP a profesionales de la salud que atienden niños, jóvenes y adultos con asma para el manejo y control de su condición.	787-765-2929 Etx. 4105 or 4130
Health Care Services	The Puerto Rico Lung Association	Provide educational information on lung health and providing prevention services to all of Puerto Rico.	Proveer información educativa sobre salud pulmonar y servicios de prevención a todo Puerto Rico.	787-765-5664

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Health Care Services	Puerto Rico Diabetes Center	Offer education, medical services and develop research that leads us to improve the quality of life of people living with diabetes and their families.	Ofrecer educación, servicios médicos y desarrollar las investigaciones que nos encamine a mejorar la calidad de vida de las personas viviendo con diabetes y sus familiares.	787-773-8283
Health Care Services	Pediatric Diabetes Foundation	Works with pediatric diabetic patients type I and II up to 21 years of age. Must be referred to the foundation by endocrinologist. Membership is free. They will receive a one-time initial kit that includes glucometer. The foundation provides nutritional education and psychological and psychiatric services. Activities all year round and a summer camp. They have insulin available for low income families and no fridge coolers to keep insulin while supplies last.	Ofrecen servicios a pacientes pediátricos con diabetes Tipo I (insulino-dependiente) o Tipo II entre las edades de infantes hasta 21 años. La membresía y los servicios se ofrecen libre de costo. Se envía kit educativo y con suplidos a pacientes de nuevo diagnóstico de diabetes a su habitación. Terapias psicológicas a nivel individual. Consultas individualizadas de nutrición con dietista certificada.	787-633-6373
Health Care Services	Puerto Rico Multiple Sclerosis Foundation	This foundation offers many services such as educational, durable equipment like wheelchairs and canes, wellness therapies such as yoga, aquatic therapy.	El objetivo principal del programa es ayudar a los pacientes de esclerosis múltiple que tengan una necesidad particular y que no tienen forma de cubrir su costo, incluyendo los siguientes: Andadores, bastones, participación en diversos estudios científicos, orientación y apoyo a pacientes y familiares, pago parcial de deducibles, estudios o laboratorios.	787-723-2331

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Category	Web Link	Assistance Description	Spanish Details	Telephone
Health Care Services	American Cancer Society of Puerto Rico	Patient Financial Assistance Program: Assistance for paying for medication, they provide reimbursement for gasoline and tolls to get to treatment, Help paying for medical studies and lab work.	La Sociedad Americana Contra el Cáncer de Puerto Rico tiene programas y servicios de apoyo gratuito para ayudar a las personas con cáncer y a sus seres queridos a entender esta enfermedad, a manejar sus vidas durante el tratamiento y recuperación, y a encontrar el apoyo emocional que necesitan.	888-227-3201 North: 787-764-2295 Ext. 6231, 787-764-0553 East: 787-743-4040 West: 787-833-3320 South: 787-844-1037
Health Care Services	Univision Farmacia Savings Card	Free discount card that can be used at many pharmacies. No health insurance or identification is required.	Diseñado para hacer que los medicamentos sean más económicos para los hispanos. Con tu membresía obtienes descuentos en medicamentos selectos de marca y en todos los medicamentos genéricos aprobados por la FDA.	877-309-5748
Health Care Services	The Renal Council of Puerto Rico	Different services, like education program, assessment, medication, among other to renal patients.	Promover estilos de vida que ayuden a prevenir la aparición, el progreso y las complicaciones de enfermedades renales para proteger la población sana, a riesgo, diagnosticada y sus redes de apoyo con el fin de tener un Puerto Rico saludable.	787-765-1500 787-765-1507

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Health Care Services	The Albizu University Speech Language Pathology Clinic	This speech therapy clinic works with patients of all ages. They work with stroke patients and Alzheimer's patients or any other condition that affects speech. The clinic charges a small fee per appointment if the patient can afford to pay. They will not turn away anyone that cannot pay and even offer financial aid for those patients that can't pay.	Consiste en el tratamiento del habla, lenguaje o tragado para adultos o ancianos que han sufrido un derrame cerebral, trauma cerebral, cáncer de laringe, demencia o pérdida de la voz.	787-725-6500 Ext.1441, Ext.1426, Ext.1402 888-468-6228
Health Care Services	Albizu University Clinic	Individual therapy, Psychometric Evaluations, Psychological Evaluations, Neuro Evaluations, Autism, Family therapy and Couples Therapy.	Evaluaciones psicométricas, psicoeducativas, psicológicas y neuropsicológicas. Terapia psicológica individual, para parejas y familias.	787-725-6500 Ext.1566 or Ext.1582 888-468-6228
Insurance	Corporation for Agricultural Insurance	Agricultural insurance questions and/or concerns.	Proveer seguros agrícolas para proteger la inversión de los agricultores, las instituciones crediticias que financieras las distintas empresas agrícolas y las cuantiosas inversiones que hace el Gobierno a través de los programas de incentivos.	787-722-2748 or 787-722-2965
Insurance	Office of the Insurance Commissioner of Puerto Rico	Help the consumer with questions, concerns and complaints.	Orientar y atender las reclamaciones y querellas del consumidor.	787-304-8686 Toll free: 888-722-8686

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Legal Services	Pro Bono, Inc.	Disaster survivors seeking free and reduced fee legal advice and services.	Ofrecen servicios legales gratuitos a personas indigentes en el área civil y administrativo del derecho.	Main Office: 800-981-5801, 787-721-3398 or 787-721-3350 Arecibo: 787-879-2012 Caguas: 787-746-7660 Fajardo: 787-852-6286, 787-237-8306 or 787-655-0620 Ext. 2006 Mayaguez: 787-833-5121 Ponce: 787-840-3260 or 939-219-5780
Missing Persons	Puerto Rico Police: Missing Persons	Police information for missing persons.	Información policial sobre personas desaparecidas.	Emergency: 911 787-343-2020, 787-793-1234 Ext. 2152, Ext. 2153, Ext. 2307
Roadside Assistance & Road Conditions	Puerto Rico Highways and Transportation Authority	Disaster survivors requesting information on hazardous road conditions.	Información del Tránsito.	787-977-2200 800-981-3021

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Tax Preparation	Treasury Department Puerto Rico	Puerto Rico disaster survivors with tax questions and/or concerns.	Atender los problemas y reclamos del contribuyente.	787-622-0123
Veterans Services	Office of the Veterans Advocate	Quality of life, well-being, health, safety or deprivation of a right to a Veteran or his or her family.	Calidad de vida, el bienestar, la salud, seguridad o la privación de un derecho a un Veterano o su familia.	787-758-5760
Volunteer	VOLUNTEERS SHOULD NOT SELF-DEPLOY			