

# Benefits Guide for Clients, Families & Providers

## Oregon Health Plan (OHP)

To apply for OHP benefits online: <https://one.oregon.gov>

There, you can set-up an account and fill out an OHP application.

If technology is an issue, you can also apply in person. Call the number below to request an appointment. The representative will tell you what you need to bring. **800-273-0557 (TTY 711)**

## Supplemental Nutrition Assistance Program (SNAP)

To apply for food assistance benefits online: <https://one.oregon.gov>

You are able to apply in person if technology is an issue. To apply in-person, call: **971-673-7300** or **800-628-7876** to arrange an appointment. When you call for your appointment, the representative will tell you what you need to bring.

## Guardianship / Legal

The following resources in the Portland Metro area provide services and information to help you establish guardianship, conservatorship, a special needs trust, your will, and/or other legal planning needs.

### The ARC

To inquire about guardianship services offered by The ARC, go to: <https://thearcpx.org/programs/>, or call **(503) 223-7279**

### Attorneys

- Sonya Fischer: **503-635-7775**
- Fitzwater Meyer, LLP: **503-786-3785**
- Gay Canaday: **503-705-3999** (cell); **503-635-7773** (office)
- Duffy Kekel Firm: **503-226-1371**
- Cynthia Barrett: **503-294-0080**
- Robert Lusk: **503-595-5376**
- Steven Smith: **503-248-9535**

### Paralegals

Some paralegals also assist families with establishing legal relationships, usually at lower costs.

- Cindy Ernst: <https://www.nwdocumentpreparationservices.com/about.html>. **503-278-6534**
- Johnson & Taylor: **503-746-8868**

## Supplemental Security Income (SSI)

To apply for SSI benefits online: <https://www.ssa.gov/benefits/ssi/>

This site provides information about eligibility for SSI, the application process, and an online SSI application.

To apply by phone: **800-772-1213 (TTY 800-325-0778)**, 8:00 am to 7 pm Monday through Friday.

To apply in-person, call **866-964-4264** to arrange an appointment. When you call, the SS representative will tell you what you need to bring.

## Employment / Benefits Counseling

Website for Vocational Rehabilitation (VR): <https://www.oregon.gov/dhs/employment/VR/Pages/index.aspx>

Website for Benefits Counseling: <https://www.oregon.gov/dhs/employment/VR/WIN/Pages/Services.aspx>

Your SC/PA can refer you directly to VR for employment or Work Incentive Network for benefits counseling.