



## **DO YOU NEED SPECIAL ASSISTANCE OR REASONABLE ACCOMMODATION?**

Do you need help with your application, redetermination, or other program requirements?

If you have a disability, Child Care Resources can help by providing supports or accommodations to make it easier for you to get the services you need. This type of help is called a reasonable accommodation.

### **What are examples of reasonable accommodations for people with disabilities?**

- Making your appointments at times that avoid rush hour travel
- Shortening your wait times at the Child Care Resources Office
- Arranging for a sign language interpreter
- Helping you with reading and completing forms
- Assistance with appealing any action on your case

### **A few examples of conditions that may cause you to need a reasonable accommodation:**

- Vision, speech, or hearing impairments
- Medical conditions like arthritis, cancer, multiple sclerosis, heart disease, cirrhosis, or HIV/AIDS
- Developmental or learning disabilities
- Mental health conditions like bipolar disorder, clinical depression, anxiety disorder, or schizophrenia
- Services for Clients Who Are Deaf or Hard of Hearing

### **How do I ask for a reasonable accommodation?**

You can ask for an accommodation by calling (732) 918-9901 ex t107

OR you can email, mail, or fax your written request to:

Child Care Resources o Monmouth County  
3301C Route 66  
Neptune, NJ 07753  
Fax: 732-918-9902  
info@ccrnj.org

### **What if I feel I've been treated unfairly because of my disability?**

If you think you or someone in your family has been discriminated against at CCR because of a disability you may send a complaint to:

New Jersey Department of Human Services  
ADA Coordinator  
PO Box 700  
Trenton, NJ 09725  
(609) 631-4559

U.S. Department of Human Services (Complaints Office For Civil Rights)  
26 Federal Plaza  
New York, NY 10278  
(212) 264-3313    (212) 264-2355 (TDD)    (212) 264-3039 (Fax)