

Social Determinants of Health—a Guide for Getting Started

Meeting social needs of patients is key for better outcomes and reduced hospital utilization. This guide provides national search tools to find local/state examples of SDoH resources. We recommend that this guide/template be used in conjunction with SDoH screening tool(s) as a best practice. IPRO QIN-QIO has prepared a list of SDoH assessment and health equity resources that are available in our library: <https://qi-library.ipro.org/>

National Resources

Community Search		
The Social Care Network	https://www.findhelp.org/	Find free or reduced cost programs/services for all ages to help with food assistance, paying bills, locate social service agencies, etc.
Eldercare Locator	https://eldercare.acl.gov/Public/Index.aspx	Use this site to find local Area Agencies on Aging and Aging and Disability Resource Centers that provide home delivered meals, local transportation options, case management services and more.
Financial Assistance		
American Association of Daily Money Managers	Daily Money Managers Association Personal financial management (aadmm.com)	Money Managers help older adults and those who have disabilities with bill paying, etc. Includes a search tool & directory.
National Council on Aging	The National Council on Aging (NCOA) NCOA's Age Well Planner	NCOA site includes information about Medicare costs and coverage, planning for retirement and more.
Social Security Administration	Disability Benefits SSA	SSA website provides general information about eligibility for disability benefits.
Health Insurance Coverage		
Healthcare Exchange	https://www.healthcare.gov/	Use this site to find your state's health insurance marketplace for enrolling in coverage.

SHIP: State Health Insurance Assistance Program	https://www.shiphelp.org/	Includes search a tool to find your state's SHIP, which provides free, 1:1 insurance counseling & assistance with Medicare.
Unemployment Assistance		
	Unemployment Help USAGov Unemployment benefits CareerOneStop	USAGov site includes information about how to apply for benefits, COBRA, worker's comp, disability insurance and more. CareerOneStop has a search tool to find local benefits & training programs, etc.
Food Access		
Food Pantry search tool	https://www.foodpantriesnear.me/	
Food stamps – SNAP	Supplemental Nutrition Assistance Program (SNAP) Food and Nutrition Service (usda.gov) https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program	Includes information about SNAP eligibility, FAQs and other resources
Moms Meals	https://www.momsmeals.com/	Serves clients who are covered under Medicare Advantage plans, Medicaid plans, Long-Term Services and Supports (LTSS) programs or the Older Americans Act, and by individuals or their caregivers who are looking for a self-pay program. Meals are delivered to the home, are medically tailored and are affordable for self-pay.
Meals on Wheels	https://www.mealsonwheelsamerica.org/find-meals	Search tool to find your local home-delivered meal provider, which is usually the Area Agency on Aging or senior center nearby.
Transportation		
National Association for Area Agencies on Aging: USAging	USAging Transportation Options for Older Adults and People with Disabilities NADTC	The National Aging and Disability Transportation Center includes resources and information about different assisted transportation options.

GoGo Grandparent	GoGo - The Best Way To Call Lyft & Uber Without A Smartphone (gogograndparent.com)	Trained staff assist by phone to arrange transportation for doctor visits, medication & grocery delivery using partners like Uber, Doordash and Instacart. Requires small monthly fee; no smartphone needed.
Homelessness/Housing		
National Health Care for the Homeless Council	https://nhchc.org/directory/	Starting point for finding health care resources for those experiencing homelessness.
	https://www.usa.gov/finding-home HUD.gov / U.S. Department of Housing and Urban Development (HUD)	Use these sites to help locate housing and rental assistance.
Public Housing Agency	PHA Contact Information - HUD HUD.gov / U.S. Department of Housing and Urban Development (HUD)	Use this site to find the local public housing agency by state.
Utilities		
Federal Communications Commission Emergency Broadband benefit	https://www.fcc.gov/broadbandbenefit Affordable Connectivity Program Federal Communications Commission (fcc.gov)	Eligibility and enrollment information for the Affordable Connectivity Program for Internet access.
Low Income Home Energy Assistance Program	Low Income Home Energy Assistance Program (LIHEAP) The Administration for Children and Families (hhs.gov)	LIHEAP provides federally funded assistance in managing costs associated with home energy bills, energy crises, weatherization and energy-related minor home repairs. LIHEAP reduces the risk of health and safety problems that arise from unsafe heating and cooling practices.
Mental Health		
Alcoholics Anonymous & Narcotics Anonymous	Find A.A. Near You Alcoholics Anonymous (aa.org) NAWS : Find a meeting	Search tools to find an AA or NA meeting near you.
National Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/	Crisis line for suicide prevention. Starting 7/16/2022 everyone will

		<i>be able to access crisis services by dialing 988.</i>
SAMHSA: Substance Abuse and Mental Health Services Administration	https://www.samhsa.gov/find-treatment	SAMHSA site includes a Helpline, Behavioral Health treatment locator and Substance Use treatment locator.
National Alliance on Mental Illness	Helpline: 1-800-950-NAMI https://nami.org/help	Check the NAMI site for information about your state's local chapter, helpline and other services
Safety in the Home		
National Domestic Violence Hotline	1-800-799-SAFE https://www.thehotline.org/	Free, confidential support and resources for victims of domestic violence. Available for adults, teens and young adults.
Adult Protective Services	https://eldercare.acl.gov/Public/Index.aspx	Use the Eldercare Locator to find your state's information for adult protective services. In some states, there may be one department for adults aged 18-59, and another for age 60 and older.
Family Caregiver Support		
Area Agency on Aging Family Caregiver Support programs	https://eldercare.acl.gov/Public/Index.aspx	Use the Eldercare Locator to find your local Family Caregiver Support Program, which is open to caregivers of adults with disabilities, adults with dementia, grandparents raising grandchildren, etc.
Family Caregiver Alliance	Home - Family Caregiver Alliance	Provides resources in different languages to find services near you & personalized help.
Caregiver Action Network	https://www.caregiveraction.org/family-caregiver-toolbox	The Toolbox includes checklists for doctor visits, how to find a support group, video series on a variety of topics, and more.