

## Massachusetts Rehabilitation Commission (MRC)

### What is it?

The Massachusetts Rehabilitation Commission (MRC) helps individuals with disabilities to live and work independently. MRC is responsible for Vocational Rehabilitation, Community Living, and Disability Determination for federal benefit program.

### Services Available:

- Vocational Rehabilitation (VR)
  - VR helps people with disabilities go to work. You must want to work and need VR services to train, find, or keep a job. If you are unemployed or underemployed, you may benefit from vocational services
  - Examples of VR Services: vocational counseling, guidance, and assistance in job placement, such as interview preparation, job coach, and/or direct job placement services. Training programs including job-driven partnerships with employers, college and vocational certificate programs. Assistive technology and rehabilitation technology services
- Statewide Head Injury Program (SHIP)
  - SHIP provides a range of services for people with a traumatic brain injury. This includes individual supports for community living, regional service centers, residential supports, case management, recreation programs, substance use disorder services, technical assistance and consultation.
  - Examples of SHIP: Skills Training (helping consumers learn the skills they need to live in the community), Adult Companion (provides companionship and social activities. This aide can also be used so a caregiving family member can take a break), and Residential Services (provided in a 24-hour, provider operated group home setting)
- Home Care Assistance Program (HCA)
  - HCAP provides needed homemaking and coordination of services to individuals, age 18 through 59 with disabilities other than legal blindness.
  - Examples of HCAP: services may be provided on an average of 4 hours per week, with a maximum of 12 hours in exceptional circumstances, meal preparation, grocery shopping at the supermarket or grocery store closest to the consumer's residence, medication pick-up and taking out trash, laundry of your items only
- Supported Living (SL)
  - SL provides services specifically for people living with severe physical disabilities and to help them live independently in the community by providing assistance with managing personal affairs, including support in managing PCA services.
  - Examples of SL: Finding accessible and affordable housing, support in Personal Care Assistance (PCA), personal health, finances, household and transportation services. Obtaining and maintaining assistive technology, including durable medical equipment. Accessing vocational, educational, social and recreational opportunities

**How to Apply:**

Apply online at: [https://mrc.iad1.qualtrics.com/jfe/form/SV\\_9pIOpxvXjYi0ik6](https://mrc.iad1.qualtrics.com/jfe/form/SV_9pIOpxvXjYi0ik6)

**Contact Information:**

- Address: 600 Washington St, 2<sup>nd</sup> Floor, Boston, MA 02111
- Help Desk: (617)-204-3665
- Toll Free #: (800)-245-6543
- Email: [MRC.Connect@mass.gov](mailto:MRC.Connect@mass.gov)
- Website: <https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>