Carson City, Nevada

HEARING, DISABILITY & COMMUNITY HELP GUIDE

Practical assistance for women and adults who are Deaf, hard of hearing, or living with other disabilities. Local services, state programs, national benefits, and food by day.

“Bear one another’s burdens, and so fulfill the law of Christ.” — Galatians 6:2

START HERE: THREE IMPORTANT CONNECTIONS

Nevada Care Connection
Free one-on-one navigation for disability services, benefits, care options, and Deaf/Hard of Hearing resources. Ask for accessible communication by email, text, relay or interpreter.
Contact: nvcc@adsd.nv.gov
Website: nevadacareconnection.org

Nevada 211
Find local food, housing, bill help, transportation and health services. Ask for an accessible way to communicate.
Contact: Dial 2-1-1 or 1-866-535-5654
Website: nevada211.org

Immediate safety
Emergency 911; suicide or mental-health crisis 988. For phone access, Nevada Relay is 711. Text-to-911 availability varies by area; use 911 directly where possible.
Contact: 911 / 988 / 711

HEARING LOSS: EQUIPMENT, ACCESS & ADVOCACY

Nevada Communication Access Services (CASC)
No-cost assistive telecommunications equipment for qualifying Deaf, hard-of-hearing or speech-disabled Nevada residents: captioned phones, amplified phones, TTY, doorbell alerts, bed-shaker alarms and more. Ask about current eligibility, delivery and application.
Contact: 702-475-4751; CASCINFO@ADSD.NV.GOV
Website: adsd.nv.gov

Relay Nevada
Free relay calling for people who are Deaf, hard of hearing or have speech disabilities. Can help make calls to agencies that only list a phone number.
Contact: Dial 711
Website: dhs.nv.gov/trash-home/relaynv/

Nevada Commission for Persons who are Deaf and Hard of Hearing
Information about communication access, interpreting, advocacy and service navigation.
Contact: nvcc@adsd.nv.gov
Website: nevadacareconnection.org/care-options/deaf-and-hard-of-hearing-resources/

Nevada Vocational Rehabilitation
Employment counseling, training and potential workplace accommodations/assistive technology for eligible people whose disability creates a barrier to employment. Ask for accessible intake and a communication accommodation.
Contact: Via online application
Website: vrnevada.nv.gov

Rural Center for Independent Living (RCIL)
Independent living advocacy and local disability support. Confirm current office location and services before visiting.
Contact: 775-841-2580
Website: Nevada 211 for current program listing

FOOD, GROCERIES & EVERYDAY PROVISIONS

FISH (Friends in Service Helping)
Food pantry and other referrals. 138 E Long St, Carson City. Groceries weekdays 9 a.m.–noon and 1–5 p.m.; prepared meals daily 3–5 p.m.
Contact: 775-882-3474
Website: nvfish.com

Ron Wood Family Resource Center
Food pantry and family support. 2621 Northgate Ln, Suite 62, Carson City. Published pantry schedule generally weekdays; call to confirm exact Wednesday hours.
Contact: 775-884-2269
Website: carson-family.org

Northern Nevada Dream Center
Food distributions 1st and 3rd Fridays, 1–3 p.m., at 3579 Hwy 50 East #211, Carson City. Ask about grocery delivery for disabled or senior residents.
Contact: 775-443-4090
Website: nndreamcenter.org

Salvation Army Carson City
Food boxes and other basic-needs assistance. 911 E 2nd St. Published food hours vary by day; see daily schedule.
Contact: 775-887-9120

Carson City Seventh-day Adventist Pantry
405 College Pkwy. Wednesday 4–6:30 p.m. and Sunday 10 a.m.–2 p.m.; published special senior/disabled shopping times should be confirmed.
Contact: 775-492-8726

RENT, UTILITIES, SHELTER & HOUSING

Carson City Health and Human Services
Ask about emergency utility assistance, housing stability, public health and referrals. 900 E Long St, Carson City.
Contact: 775-887-2190; human services 775-887-2110

FISH Housing and Emergency Assistance
Ask about available utility aid, emergency referrals and Wylie House services for women and children. Screening and openings vary.
Contact: 775-882-3474
Website: nvfish.com

Nevada Energy Assistance Program
Income-based help with eligible home energy costs. Apply through Nevada Division of Social Services; funding and qualification vary.
Contact: 775-684-0730
Website: accessnevada.dwss.nv.gov

Nevada Rural Housing
Affordable housing and voucher program information; ask about waitlists and any emergency assistance. 3695 Desatoya Dr #105, Carson City.
Contact: 775-887-1795
Website: nvrural.org

Advocates to End Domestic Violence
Safety planning, crisis services and shelter referrals. Request a safe accessible contact method if hearing impaired.
Contact: 775-883-7654
Website: pcccarson.org/local-services/

BENEFITS, HEALTH, TRANSPORTATION & NATIONAL PROGRAMS

Nevada Division of Social Services
Apply for SNAP food benefits, Medicaid and cash/energy programs. 2533 N Carson St #200, Carson City.
Contact: 775-684-7200
Website: accessnevada.dwss.nv.gov

Social Security: SSDI and SSI
Federal disability income programs with different work-history and financial rules. Hearing loss may qualify when SSA criteria are met; a diagnosis alone does not guarantee approval.
Contact: 800-772-1213
Website: ssa.gov/disability

Medicare / Medicaid
Medicaid may help eligible low-income residents; Medicare may apply by age or qualifying disability. Ask Nevada Care Connection for benefits counseling.
Contact: Nevada Care Connection: nvcc@adsd.nv.gov
Website: medicare.gov / medicaid.gov

Lifeline
Federal discount on qualifying phone or internet service for eligible low-income households. Not a free-phone guarantee; choose a participating provider.
Contact: 800-234-9473
Website: lifelinesupport.org

iCanConnect (National Deaf-Blind Equipment Distribution Program)
Free communications technology and training for eligible low-income people with BOTH significant hearing and vision loss. Hearing loss alone does not qualify.
Contact: Contact Nevada program via website
Website: icanconnect.org

ADA communication accommodations
Ask health providers, landlords, employers, government offices and service agencies for effective communication such as captioning, qualified interpreters or written contact, as appropriate. ADA National Network offers information.
Contact: 800-949-4232
Website: adata.org

Carson City senior/disabled transportation and meals
Ask Nevada Care Connection about paratransit, accessible rides, home-delivered meals, and eligibility. Local Meals on Wheels information is listed through Carson City School District at 775-883-0703.
Contact: 775-883-0703
Website: nevadacareconnection.org

DAILY FOOD OPTIONS: CARSON CITY

Schedules below come from Food Bank of Northern Nevada partner listings updated in 2026. Pantry schedules and access rules may change. Bring photo ID if available, and call ahead.

MONDAY
FISH groceries 9 a.m.–noon / 1–5 p.m.; prepared meal 3–5 p.m. | Ron Wood pantry, generally 10 a.m.–2 p.m. | Salvation Army food boxes 9 a.m.–1 p.m. | O Church 9:30–10 a.m.

TUESDAY
FISH groceries 9 a.m.–noon / 1–5 p.m.; meal 3–5 p.m. | Ron Wood pantry, generally 10 a.m.–2 p.m. | Salvation Army 10 a.m.–noon and 1–2:30 p.m. | O Church 9:30–10 a.m.

WEDNESDAY
FISH groceries 9 a.m.–noon / 1–5 p.m.; meal 3–5 p.m. | Salvation Army drive-through 12:30–2 p.m. | SDA Pantry 4–6:30 p.m. | O Church 9:30–10 a.m. | Ron Wood: confirm hours.

THURSDAY
FISH groceries 9 a.m.–noon / 1–5 p.m.; meal 3–5 p.m. | Ron Wood pantry generally 10 a.m.–2 p.m. | Salvation Army 10 a.m.–noon and 1–2:30 p.m.

FRIDAY
FISH groceries 9 a.m.–noon / 1–5 p.m.; meal 3–5 p.m. | Ron Wood pantry generally 10 a.m.–2 p.m. | Northern Nevada Dream Center 1st and 3rd Fridays 1–3 p.m.

SATURDAY
FISH prepared meal 3–5 p.m. | Dream Center Parkway Plaza sub-distribution 2nd Saturday around 10 a.m.; confirm first.

SUNDAY
FISH prepared meal 3–5 p.m. | SDA Pantry groceries 10 a.m.–2 p.m.; published senior/disabled special shopping 5–5:30 p.m., confirm before visiting.

A SIMPLE ACTION PLAN

Today: Contact Nevada Care Connection and ask for a disability navigator and accessible communication. For food today, call FISH. For immediate safety or homelessness, contact 211 and ask about accessible shelter intake.

This week: Apply for SNAP/Medicaid/energy aid if eligible; request free hearing-related equipment from CASC; ask about SSI/SSDI if hearing loss significantly affects work; request help with transportation and rent/utility screening.

Suggested message: “I live in Carson City and have hearing-related communication needs. I need help with food, bills, housing and disability services. Please respond by email or text, or arrange an interpreter/captioning. Can you help me apply or connect me with a navigator?”

Important: No provider availability, funding, shelter bed or individual eligibility has been confirmed. Published times are subject to change. Some programs require ID or income verification; do not delay seeking emergency help if documents are missing.

Source references: Nevada ADSD/CASC, Nevada Care Connection, Relay Nevada, Nevada Vocational Rehabilitation, Food Bank of Northern Nevada 2026 pantry schedules, FISH, Ron Wood Family Resource Center, Nevada 211, Carson City local resource listings, SSA, FCC Lifeline and iCanConnect. Reviewed November 16, 2026.

Prepared for Sheep n Fish Fellowship | SheepnFish.org/links