

# Minnesota Support Programs + Agencies



Search “Minnesota Long-term Services and Supports Waiver Programs” to find an organized summary of State waiver assistance programs. Two good sites are:

- <http://medicaidwaiver.org/state/minnesota.html>
- <https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/ma-waiver-programs.jsp>

## Supplemental Security Income (SSI)

*Is my child eligible?*

<https://www.ssa.gov/ssi/text-eligibility-ussi.htm>

## Minnesota-Based Resources

### Olmstead Rights- Minnesota Disability Resources and Advocacy Organizations

contains many helpful resources and links to government agencies and disability rights organizations in Minnesota: including, but not limited to

- Disability advocacy
- Home health services
- Home care
- Nursing aide services
- Medicaid
- Accessing other community resources to help people with disabilities

**The Brain Injury Waiver** provides funding for home and community-based services for children and adults who have an acquired or traumatic brain injury.

**Minnesota Brain Injury Alliance** is dedicated to raising awareness and enhancing the quality of life for people affected by brain injury and provides individual and group support programs.

### Child and Youth with Special Health Needs

**Navigator** helps families and professionals connect with information and services for children with special health needs.

**Counseling, Training, and Job Skills** for individuals with disabilities is provided by the Employment and Economic Development division of Minnesota to help find a job goal and take the steps necessary to reach it.

**Department of Education – Special Education** page contains information and resources for parents whose children require specialized instruction or accommodations.

**Disability Hub MN** is a free statewide resource network that helps individuals with disabilities solve problems, navigate the system, and plan for the future.

**Freedom Resource Center for Independent Living, Inc.** has a mission to provide services that increase independence for people with disabilities through information and referral, advocacy, independent living skills training, peer mentorship, employment, and more!

**HOPE Inc.** provides family friendly sports and recreational programming for kids and adults with mobility challenges. Activities include sled hockey, baseball, track, bowling, wheelchair soccer, Skate City, fashion show, day camp, and more! HOPE Inc. also offers

sporting equipment lending: swim chairs, adaptive bikes, strollers, and more available at a low weekly rate.

**Lifeworks** provides opportunities for people to explore interests, develop skills, and connect with the community through day programs including creative arts, career exploration, health and wellness, music therapy, and more.

**Minnesota Department of Education – Students with Disabilities** provides information on how to receive the necessary educational support for your child with a disability.

**Minnesota Department of Human Services – Long-Term Services and Supports** provides publicly funded long-term programs to support people with a variety of disabilities, including brain injury.

**Minnesota Help** provides a comprehensive index of a variety of topics including resources for people with disabilities.

**Options – Resource Center for Independent Living** provides a large variety of resources for individuals in Minnesota, including accessibility evaluations, benefits assistance, peer support and recreational groups, durable medical equipment loans, and more.

**Regions Hospital Brain Injury Support Group** aims to provide a safe, private meeting place for individuals with brain injury and their care partners to share experiences and receive education and resources.

**Relocation Service Coordination (RSC)** is a type of case management to help people who want to move out of certain institutions into the community. RSC helps people plan and arrange for the services and supports they need to live in the community.

**Semi-independent living services (SILS)** include training and assistance in managing money, preparing meals, shopping, hygiene and other activities needed to maintain and improve the capacity of an adult with a developmental disability to live in the community.

**Southwestern Center for Independent Living (SWCIL)** offers a wide array of services for individuals, including independent living skills training, information and resources, and assistive technology lending library and demonstrations.

**Team Luke Hope for Minds** exists to enrich the lives of children impacted by a brain injury and to give hope to their families through support, education, and resources.

**The Minnesota Statewide Independent Living Council (MNSILC)** provides statewide planning and policies necessary to provide independent living services to people with disabilities.

**The State Rehabilitation Council (SRC)** guides decisions about Minnesota's Vocational Rehabilitation Services (VRS) program, which serves thousands of people with severe disabilities statewide by helping them reach their vocational goals.

**U.S. Department of Labor Disability Resources** The federal government website for comprehensive information about disability-related programs, services, policies, laws and regulations.

**United Way 2-1-1** provides free and confidential health and human services information for people in Minnesota.

**Vocational Rehabilitation Services** can help individuals with disabilities prepare for, find, and keep a job and live as independently as possible.

## Assistive Technology

**Assistive Technology Resources Directory** provides a list of available assistive technology resources. Users can input specific criteria or search through a list of all program names.

**ConnectAbility of MN** specializes in providing transportation, making homes accessible, providing access to assistive technology, and more so that individuals with disabilities can live a life free of limitations.

**Minnesota Guide to Assistive Technology** provides information and resources to increase awareness and assist in the consideration, selection, and use of assistive technology for learning, working, and living.

**MN Special Needs Equipment for Sale** is a Facebook group created by the Pacer Center for users to buy and sell used assistive technology.

**North Dakota Assistive** is a non-profit organization that serves North Dakota and Minnesota to decrease barriers to participation with assistive technology so that individuals with disabilities can live, work, play, and contribute to their communities.

**Options – Equipment Loaner Closet** provides durable medical equipment to people who require such devices but do not have the finances or insurance coverage to acquire them.

**Pacer Center – Simon Technology Center (STC)** is dedicated to making the benefits of technology more accessible to children and adults with disabilities. STC provides technology consultations, individualized training session, assistive technology lending library, in-services and workshops, as well as a Facebook group to buy and sell used assistive technology items and toys.

**Pass It On Center – National AT Reuse Center** provides a list of locations in

Minnesota that provide new and used assistive technology.

**Regional Assistive Technology Center (RATC)** was established to provide communication devices, as well as education and services for augmentative communication systems and assistive technology.

**SMILES Center for Independent Living** assists people with disabilities to overcome and eliminate barriers with assistive technology through assessments, training and support, and assistive technology demonstration and lending library.

**System of Technology to Achieve Results (STAR)** is located within the Minnesota Department of Administration. STAR's mission is to help all Minnesotans with disabilities gain access to and acquire the assistive technology they need to live, learn, work and play.

## Financial Aid

**Community Alternative Care Waiver** provides funding for home and community-based services for children and adults who are chronically ill and is designed to serve persons with disabilities who would otherwise require the level of care provide in a hospital.

**Consumer Support Grant** is a state-funded alternative to Medicaid home care services of home health aide, personal care assistance and/or private duty nursing to give consumers greater flexibility and freedom of choice in service selection, payment rates, and more.

**Consumer-Directed Community Supports (CDCS)** includes services and supports now available through Medical Assistance waivers. It also allows users to buy non-traditional supports, such as special therapies, assistive

technology and home and vehicle modifications.

**Family Assets for Independence in Minnesota (FAIM)** accounts, also known as Individual Development Accounts (IDAs), enable people to escape poverty and achieve wealth through a financial saving and matching program.

**Family Support Grant (FSG)** provides state cash grants to families of children with certified disabilities to prevent/delay out-of-home placement of children with disabilities and promote family health and social well-being by providing access to family-centered services and supports.

**GrantWatch- Disability Grants** information about available government and foundation grants.

**Medical Assistance (MA) Coverage of Home and Community-Based Services Waiver Programs** is available for people who need extra help to stay at home instead of moving to a nursing home or other medical facility.

**Minnesota Supplemental Aid (MSA)** provides cash assistance to help adults who get Supplemental Security Income (SSI) pay for their basic needs. Some people who are blind, have a disability or are older than 65 but do not get SSI because their other income is too high may also be eligible for MSA if they meet the income limit.

**Moving Home Minnesota** is Minnesota's Money Follows the Person Demonstration. The goal of Moving Home Minnesota is to reduce or eliminate barriers to people receiving long-term care services in home and community settings.

**Rehabilitation Loan/Emergency and Accessibility Loan Program** assists homeowners with low income to finance

basic home improvements for safety, living, energy efficiency and accessibility.

**Spinal Cord Injury and Traumatic Brain Injury Research Grant** supports research into new and innovative treatments and rehabilitative efforts for the functional improvement of people with spinal cord and traumatic brain injuries.

**St. Paul & Minnesota Foundation – Community Sharing Fund** identifies families and individuals facing short-term financial setbacks to receive a small grant from the fund to prevent unemployment and homelessness.

**Supplemental Nutrition Assistance Program (SNAP)** helps Minnesotans with low incomes get the food they need for nutritious and well-balanced meals.

**The Abilities First Fund** purchases physical rehabilitation equipment and aids that allow those with physical limitations to live life more fully and integrate into the community, workplace, or school.

**The Arc of Minnesota Microgrant** offers scholarship and grant opportunities to support people with disabilities in their education, careers, and more.

**The Community Access for Disability Inclusion (CADI) Waiver** provides funding for home and community-based services for children and adults, who would otherwise require the level of care provided in a nursing facility.

**The Developmental Disabilities (DD) Waiver** provides funding for home and community-based services for children and adults with developmental disabilities or related conditions.

**The Elderly Waiver (EW)** program provides home and community-based services for people who need the level of care provided in

a nursing home but who choose to live in the community.

**The Minnesota ABLE Plan** allows people with disabilities and their families to save for many disability-related expenses, including assistive technology, on a tax-deferred basis.

**The Minnesota Family Investment Program (MFIP)** is the state's welfare reform program for low-income families with children. MFIP helps families progress through work and employment.

## Healthcare

**Alternative Care (AC) Program** provides home-and community-based services to people who need nursing home level of care but choose to live in the community. The Alternative Care program provides many of the same services as the Elderly Waiver program. Alternative Care is for people with low income and assets who are not eligible for Medical Assistance.

**Children's Health Insurance Program (CHIP)** provides no cost or low-cost health coverage for eligible children in Minnesota.

**Long Term Care Consultation Services** helps individuals with chronic or long-term care needs make decisions about long-term care services and supports.

**Personal Care Assistance Services** help a person with day-to-day activities in their home and community. PCAs help people with activities of daily living, health-related procedures and tasks, observation and redirection of behaviors and instrumental activities of daily living for adults. PCA services are available to eligible people enrolled in a Minnesota Health Care Program.

**Medical Assistance (MA)** is Minnesota's Medicaid program for people with low income and serves children and families,

women, adults without children, seniors, and people who are blind or have a disability.

**Medical Assistance for Employed Persons with Disabilities (MA-EPD)** provides healthcare coverage for employed people with disabilities.

**Medicare** is a federal health insurance program for retirees age 65 or older and people with disabilities.

**Medicare Rights Center** is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

**MinnesotaCare** is a health care program for Minnesotans with low incomes.

**MnCHOICES** allows a person of any age with a disability or in need of long-term services and supports to use the MnCHOICES person-centered assessment and support-planning process to help make decisions about long-term services and support needs.

## Legal Advocacy

**Anishinabe Legal Services** provides free legal assistance to low-income individuals who live near Leech Lake, Red Lake, and White Earth Reservations in Northwestern Minnesota.

**Central Minnesota Legal Services** provides free legal help to low-income individuals and families to assist with civil legal issues.

**Legal Services of Northwest Minnesota (LSNM)** provides free legal help to people with low-incomes and issues critical to daily life.

**Minnesota Disability Law Center (MDLC)** is the Protection & Advocacy system for Minnesota and provides free civil legal assistance to individuals with disabilities statewide, regardless of age or income.

**National Health Law Program** includes detailed information about federal health policy, especially Medicaid and Medicare.

**Self Advocates Becoming Empowered (SABE)** is the United States' national self-advocacy organization that works to ensure that people with disabilities are treated as equals and are given the same decision-making opportunities.

**Southern Minnesota Regional Legal Services** provides free legal help to low-income people in critical civil matters.

## Treatment and Rehabilitation

**Gillette Children's Specialty Healthcare Center for Pediatric Rehabilitation** provides specialty rehabilitation and care for children with both brain and spinal cord injuries.

**May Clinic** has accredited brain rehabilitation programs for both children and adults.

**Essentia Health-Duluth** has intensive inpatient brain injury specialty rehabilitation programs for adults, children, and adolescents.

**ExercisABILITIES** is a nonprofit activity-based therapy center based in Rochester, Minnesota that is dedicated to helping people of all ages in Southeast MN with neurologic or medical conditions that affect their physical, cognitive, or social well-being.

**Regions Hospital** provides outpatient therapy for various conditions including traumatic brain injuries.

**Courage Kenny Rehabilitation Institute** provides a wide range of inpatient and outpatient rehabilitation and community services to children and adults with various injuries and conditions. They also provide various resources and supports, as well as in-person and virtual classes and events.

**HealthPartners Neuroscience Center – Physical Medicine and Rehabilitation** provides care for a variety of neurological disorders, including spinal cord injuries and traumatic brain injuries.

**Minnesota Masonic Children's Clinic for Communication Disorders** provides accessible and personalized, state-of-the-art services to children ages birth to 9 who are in need of improving communication abilities, and support for caregivers, in order to increase each child's learning potential, social engagement, and quality of life.

**Children's Therapy Center Inc.** specializes in treating children ages birth through 19 years with a variety of conditions, with the goal of helping children reach their full potential.



# Non-Profit Resources

**Able Artist Foundation** connect artists with disabilities on fixed incomes to companies who provide 50% discounts on their software products and services.

**Ability Building Community (ABC)** provides a variety of services designed to address individual needs and desires such as recreation, education, and employment.

**AccessAbility** works to connect individuals with the resources they need to enrich their lives through recreational, vocational, and paid work opportunities so they can successfully integrate with their communities.

**Advocacy and Inclusion Matter (AIM)** advocates for the full inclusion of people with intellectual and developmental disabilities so they may lead healthy and independent lives.

**ALLY People Solutions** has a mission to help advance the career and life goals of people with disabilities through life skills, employment, and transportation.

**Arc of Minnesota** enhances the lives of people with intellectual and developmental disabilities and their families. They fulfill this through advocacy for community supports and services that foster social inclusion, self-determination, and equity across all aspects of society.

**Best Buddies of Minnesota** is an organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employments.

**Casey's Circle** A nonprofit dedicated to helping families of children with special needs find ways for their kids to be kids first - patients later. This is done by providing tools,

education, resources and opportunities to help improve the quality of life or medically complex children, their families and their providers, while also strengthening their circle of care.

**Cerebral Palsy Group** General information on CP as well as support resources.

**Cerebral Palsy Guidance** General information on CP as well as financial assistance resources.

**Cherished Creations** Dream requests for children with serious illnesses.

**Children's Wish Foundation International** Grants for wishes for children under 18 who have been diagnosed with a life-threatening medical condition.

**Chive Charities** Funding for rare medical conditions, veterans with medical-related needs, first responders & emergency assistance organizations & underfunded special needs education initiatives.

**Clayton Dabney Foundation for Kids with Cancer** Last wishes, gifts, special events, family travel & financial assistance for families with children in the last stages of terminal cancer.

**Different Needz** Grants for people with developmental disabilities for equipment and medical services. Grant applications become available in January.

**Do It For The Love** Grants live concert wishes for people with life-threatening illnesses, children with severe challenges & wounded veterans.

**Dream Foundation** Volunteer-driven wish-granting organization that serves children

ages 3-18 who have a critical or chronic illness.

**Easter Seals** offers a variety of services to help people with disabilities address life's challenges from child development centers to physical rehabilitation and job training for people with disabilities.

**Family Voices of Minnesota** has a mission to cultivate strong families across Minnesota by connecting them with one another for support and information so they become empowered advocates improving health and quality of life for their children and youth with special health care needs and disabilities.

**First Hand Foundation** Financial Assistance.

**Fund It Forward** For anyone with a diagnosed disability or medical condition in need of medical devices or equipment.

**Goodwill-Easter Seals Minnesota** is a nonprofit that provides job training and career navigation services to eliminate barriers to work and independence.

**Granted Wish Foundation** Sports/Athlete specific wishes for people with a physical disability age 5-25.

**Helping Paws** has a mission to further independence and quality of life through the use of assistance dogs.

**iHOPE** - The International Academy of Hope is a highly specialized brain injury school in New York City funded by the Sarah Jane Brain Foundation (SJBFB). The mission of SJBFB is to change the world for children, youth and young adults who suffer from brain injury and other brain-based disorders by improving services, training and research in this country and beyond.

**Interact Center's** mission is to create art that challenges people perceptions of disability

and exemplifies the idea of community integration by supporting artists with and without disabilities working side by side every day.

**Make A Wish Foundation** grants the wish of a child diagnosed with a life-threatening medical condition in the United States and its territories.

**Mclindon Family Foundation** Gives adaptive bikes to children with disabilities.

**Mental Health Minnesota** is dedicated to enhanced mental health, promoting individual empowerment, and increasing access to treatment and services for persons living with mental illness.

**Modest Needs** Short term critical-need financial assistance for those who do not qualify for traditional assistance because of income level.

**NAMI Minnesota (National Alliance on Mental Illness)** is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families.

**National AMBUCS, Inc.** is creating mobility and independence for people with disabilities by therapeutic tricycles to individuals unable to operate a traditional bike, awarding academic scholarships for therapists, and performing various other forms of community service.

**National MS Society** Resources, support and programs for those living with multiple sclerosis.

**National Organization for Vehicle Accessibility** small grants to help complete accessible van purchases after other funding has been secured.



**National Patient Travel HELPLINE** Provides assistance and referral to the best source of charitable medical air transportation help.

**Ragan's Hope** helps parents of children with catastrophic injuries by providing financial, emotional and spiritual support, in the name of Christ.

**Ray Tye Medical Aid Foundation Grants** for in-hospital life-saving treatments and surgeries for those who do not have medical insurance.

**RxAssist** Provides information on financial support organizations that help with the cost of prescriptions.

**Sibling Support Project** is a national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns.

**Single Mothers Grants** provides financial assistance for utility bills, childcare, college, medical bills, medications, rent assistance, buying a home and more.

**The Determined Parents Foundation** grants money for things like co-pays, deductibles and items insurance only partially covers or does not cover at all.

**The Special Needs Alliance** helps individuals with disabilities, their families and the professionals who serve them.

**The Sunshine Foundation** Grants special dreams to children, ages 3-18, who are chronically or seriously ill, physically challenged or have been abused.

**United Ability** is a non-profit that provides innovative services connecting people with disabilities to their communities and empowering individuals to live full and meaningful lives, particularly through

building skills, education, and employment opportunities.

**UnitedHealthCare Children's Foundation - Family Grants** -UHCCF grants provide financial help/ assistance for families with children that have medical needs not covered or not fully covered by their commercial health insurance plan.

**Upstream Arts** uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities.

**Wheelchairs 4 Kids** Wheelchairs, home & vehicle modifications, and devices for children with limited mobility.