



Minnesota Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term

supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Minnesota Association of Area Agencies on Aging

<http://mn4a.org/>

Minnesota Area Agencies on Aging by County

<http://mn4a.org/aaas/>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

Minnesota STAR Program

www.mn.gov/star

358 Centennial Office Building

658 Cedar Street

Saint Paul, MN 55155

Phone: 651-201-2640

Toll free: 1-888-234-1267

Email: star.program@state.mn.us

Great Lakes ADA Center (covers Minnesota)

<http://www.adagreatlakes.org/>

University of Illinois at Chicago

Institute on Disability & Human Development (MC 728)

1640 W. Roosevelt Rd, Room 405

Chicago, IL 60608

Phone: 312-413-1407

Toll free: 800-949-4232

Closing the Gap

<https://www.closingthegap.com/>

526 Main Street

P.O. Box 68

Henderson, Minnesota 56044

Phone: 507-248-3294

Closing The Gap, Inc. provides assistive technology resources and training opportunities through its bimonthly magazine, webinars and annual international conference.

Courage Center Assistive Technology

<https://account.allinahealth.org/services/595>

3915 Golden Valley Road

Golden Valley, MN 55422

Phone: 612-775-2499

Caregivers Information

Caregiver.com

<https://caregiver.com/>

3920 Riverland Road

Fort Lauderdale, FL 33312

Tel: 954-893-0550, 1-800-829-2734

Email: info@caregiver.com

Well Spouse Association

Minneapolis/St Paul Well Spouse Chapter

7525 Oliver Ave South

Richfield, MN 55423

Contact: Mike Ryan

Phone: 952-200-4300

Community-Based Fitness Programs

Courage Kenny Rehabilitation Institute

<https://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/>

3915 Golden Valley Road

Minneapolis, MN 55422

Phone: 612-775-2600

ABLE (Activity-Based Locomotor Exercise) is an innovative new approach for people living with paralysis or neurological conditions. It promotes improvements in overall health, fitness, strength and quality of life for people living with paralysis or neurological conditions. ABLE is based on locomotor movement training, and includes Functional Electrical Stimulation (FES) and other fitness activities that challenge muscles below the level of injury.

Community Health Centers

Minnesota Association of Community Health Centers

www.mnachc.org

2829 University Ave SE, Suite 645

Minneapolis, MN 55414

Phone: 612-253-4715

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Minnesota Department of Public Safety: Office of Justice Programs (includes Crime Victim Assistance)

<https://dps.mn.gov/divisions/ojp/help-for-crime-victims/pages/default.aspx>

Phone: 651-201-7300 or 888-622-8799, ext. 1 for financial help

Toll-free: 800-247-0390, ext. 3 for information and referral

TTY: 651-205-4827

Minnesota: Crime Victim Justice Unit

<https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/crime-victim-rights-enforcement.aspx>

Safe Horizon's Links for General Crime Victim Resources/Issues

www.safehorizon.org

Domestic Violence Help

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Resource Center on Domestic Violence: 800-537-2238

Violence Free Minnesota

<https://www.vfmn.org/>

60 East Plato Blvd., Suite 230

St. Paul, MN 55107

Phone: 651-646-6177 or 800-289-6177

Day One Services

<http://www.dayoneservices.org/>

1000 E. 80th St.

Bloomington, MN 55420

Phone: 952-884-0376

Email: safety@dayoneservices.org

For shelter in the state of Minnesota and 24-hour crisis assistance, contact Day One **Minnesota Domestic Violence Crisis Line** 1-866-223-1111

Domestic Abuse Project

<https://www.mndap.org/>

1121 NE Jackson Street, Suite 105

Minneapolis, MN 55413

Phone: 612-874-7063

Email: dap@mndap.org

Easter Seals Offices

Minnesota Easter Seals Offices—Go to search by state, click on Minnesota. Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

<http://www.easterseals.com/connect-locally/?state=MN>

Government Offices For Minnesota

Minnesota State Website

<http://www.state.mn.us>

Minnesota State Council on Disability

<http://www.disability.state.mn.us/>

121 E. 7th Place, Suite 107

St. Paul, MN 55101

Phone/TTY: 800-945-8913, 651-361-7800

Email: council.disability@state.mn.us

Minnesota Department Human Rights

<http://mn.gov/mdhr/>

540 Fairview Avenue North, Suite 201

Saint Paul, MN 55104

Phone: 651-539-1100

Toll-free: 800-657-3704

Email: info.MDHR@state.mn.us

The Minnesota Department of Human Rights (MDHR) is a neutral state agency that investigates charges of illegal discrimination, ensures that businesses seeking state contracts are in compliance with equal opportunity requirements, and strives to eliminate

discrimination by educating Minnesotans about their rights and responsibilities under the state Human Rights Act.

Minnesota Department of Human Services

<https://mn.gov/dhs/people-we-serve/children-and-families/services/direct-care-treatment/contact-us/index.jsp>

The Minnesota Department of Human Services (DHS) operates five community dental clinics that provide services to individuals with developmental disabilities, severe/persistent mental illness and traumatic brain injury who are unable to obtain care from other community providers. Clinics are located in Brainerd, Cambridge, Faribault, Fergus Falls and Willmar.

Central Lakes Community Dental Clinic

Central Lakes College Campus
501 West College Drive
Brainerd, MN 56401
[218-855-8272](tel:218-855-8272)

Fergus Falls Community Dental Clinic

1121 Pebble Lake Road
Fergus Falls, MN 56537
[218-739-7254](tel:218-739-7254)

Health Source Community Dental Clinic

1425 East Rum River Drive S
Cambridge, MN 55008
[763-689-7306](tel:763-689-7306)

Southern Cities Community Clinic

400- 4th Street NW
Faribault, MN 55021
[507-384-6830](tel:507-384-6830)

Willmar Community Dental Clinic

1801 Technology Drive
Willmar, MN 56201
[320-231-5315](tel:320-231-5315)

The Minnesota Governor's Council on Developmental Disabilities

<http://www.mncdd.org/>
370 Centennial Office Building
658 Cedar Street
St. Paul, MN 55155
Phone: 651-296-4018
Toll free: 877-348-0505
Offers E-Learning Courses

Minnesota Vocational Rehabilitation Program

<http://mn.gov/deed/job-seekers/disabilities/>

Minnesota Department of Employment and Economic Development
1st National Bank Building
332 Minnesota Street, Suite E200
St. Paul, MN 55101-1351
Switchboard: 651-259-7114
Toll Free: 800-657-3858
E-mail: deed.customerservice@state.mn.us

Minnesota Medicare

<https://mn.gov/dhs/people-we-serve/seniors/health-care/health-care-programs/programs-and-services/help-with-medicare-costs.jsp>

Phone: (651) 431-2670 (Twin cities metro area), (800) 657-3739 (Outside Twin cities metro area)

Please note that Medicare is a national program, it is listed here for convenience.

Medical Assistance (Minnesota Medicaid Office)

<https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/medical-assistance.jsp>

Minn. Dept. of Human Services
PO Box 64976
St. Paul, MN 55164-0976
Phone: 651-431-2670
Toll-free: 800-657-3739

Minnesota SCHIP Program (State Children's Health Insurance Program)

MinnesotaCare

<https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/minnesotacare.jsp>

PO Box 64838
St. Paul, MN 55164-0838
Phone: 651-297-3862 in the Twin Cities metro area
Toll-Free: (800) 657-3672 outside the Twin Cities
TTY: (800) 627-3529

Minnesota CHIP Program (Children's Health Insurance Program)

TEFRA Option (for children with disabilities who live with their families)

<https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/ma-tefra.jsp>

Phone: (651) 431-2670 (Twin cities metro area), (800) 657-3739 (Outside Twin cities metro area)
TTY: (800) 627-3529

Minnesota SHIP Program (State Health Insurance Information Program for Seniors)

<http://www.mnaging.org/>

Minnesota Board on Aging
P.O. Box 64976

St. Paul, MN 55164-0976
Elmer L. Andersen Human Services Building
540 Cedar Street
St. Paul, MN 55164
TTY: 1-800-627-3529
Phone: 1-800-882-6262, 651-431-2500
Email: mba.dhs@state.mn.us

Minnesota Workers' Compensation

<https://www.dli.mn.gov/workers/workers-compensation-workers>

443 Lafayette Road N.
St. Paul, MN 55155
Phone: 651-284-5005, 800-342-5354

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

State Long-Term Care (LTC) Ombudsman

<https://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/>

Office of Ombudsman for Long Term Care
P.O. Box 64971
St. Paul, Minnesota 55164
Phone: 651-431-2555
Toll-free: 800-657-3591

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

Fannie Mae—Minnesota Office

www.fanniemae.com
Midwestern Regional Office
One South Wacker Drive, Suite 2700
Chicago, IL 60606-4667
Phone: 800-232-6643

Housing and Urban Development (HUD)

www.hud.gov

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the "State Info" tab across the top bar, then click on your state, then click on "contact my local office". If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Minnesota Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

14295 390th Street SE

Fertile, MN 56540

Phone: 612-518-1497

Independent Living Research Utilization's directory of Independent Living Centers

<http://www.ilru.org>

Regency Home HealthCare

Minnesota's Premier Home Healthcare Agency

www.regencyhhc.com/housing

10467 93rd Ave N

Maple Grove, MN 55369

Phone: 651-488-4655

Toll-free: 877-226-4655

National Council on Independent Living (NCIL)

<http://www.ncil.org/>

2013 H St. NW, 6th Floor

Washington, DC 20006

Phone: 202-207-0334

Toll-free: 844-778-7961

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living

Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Independent Lifestyles, Inc. Center for Independent Living

<https://independentlifestyles.org/>

215 North Benton Drive

Sauk Rapids, MN 56379

Phone: 320-529-9000 or 888-529-0743

Email: ilicil@independentlifestyles.org

Independent Lifestyles believes that everyone deserves opportunities to make decisions that affect their life, are able to pursue activities of their own choosing, and are limited only in the same ways that one's non-disabled neighbors are limited. Independent living should not only be defined in terms of living on one's own. Being employed in a job fitting their capabilities and interests, or having an active social life are aspects of living independently. Independent living has to do with self-determination. It is having the right and the opportunity to pursue a course of action. And, it is having the freedom to fail and to learn from one's failures, just as non-disabled people do.

Library Services

Minnesota Braille and Talking Book Library

<https://education.mn.gov/MDE/fam/mbtbl/>

388 SE 6th Avenue

Faribault, MN 55021-6340

Phone: 507-333-4828

Toll-free (In-state): 800-722-0550

E-mail: mn.btbl@state.mn.us

NeuroRecovery Network (NRN)

The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. If you are interested in finding out more about NRN, please go to www.ChristopherReeve.org/NRN.

Courage Kenny Rehabilitation Institute – Golden Valley

<https://account.allinahealth.org/services/577#locations>

3915 Golden Valley Rd

Minneapolis, MN 55422

Phone: 612-775-2600

A Reeve Foundation Community Fitness & Wellness center.

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@ChristopherReeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/gol for more info on qualifying and applying.

Protection And Advocacy

Minnesota Disability Law Center

<http://mylegalaid.org/about/our-work/disability-law>

111 N Fifth St.

Suite 100

Minneapolis, MN 55403

Phone: 612-334-5970, 1-800-292-4150 (Disability Line); 612-332-4668 (TTY)

The Minnesota Disability Law Center (MDLC) is the designated Protection and Advocacy System (P&A) for Minnesota and addresses the unique legal needs of Minnesotans with disabilities. MDLC provides free civil legal assistance to individuals with disabilities statewide on legal issues related to their disabilities. All individuals with disabilities are eligible to receive help, regardless of age or income level.

Service Dogs

Helping Paws of Minnesota

www.helpingpaws.org

630 12th Ave South

Hopkins, MN 55343

Phone: 952-988-9359

Types of dogs trained: Service

Can Do Canines (formerly Hearing and Service Dogs of Minnesota)

<https://can-do-canines.org/>

9440 Science Center Drive

New Hope, MN 55428

Phone: 763-331-3000

Pawsitivity Service Dogs

<http://www.pawsitivityservicedogs.com>

197 Griggs St N.

St Paul, MN 55104

Phone: 651-321-DOGS
Email: mail@pawsitivityservicedogs.com
Trains assistance dogs for individuals with disabilities.

Sports And Recreation

U.S. Electric Wheelchair Hockey Association

www.powerhockey.com
7216 39th Avenue North
Minneapolis, MN 55427
Contact Person: Craig McClellan
Phone: 612-568-7216

Wilderness Inquiry

<http://www.wildernessinquiry.org>
1611 County Rd B West, Suite 315
St. Paul, MN 55113
Phone: 612-676-9400, 800-728-0719
Email: info@wildernessinquiry.org

Mind Body Solutions: Yoga for the Disabled

<http://mindbodysolutions.org/>
4212 Park Glen Road
St. Louis Park, MN 55416
952-473-3700 (voicemail)
info@mindbodysolutions.org

Madison Claire Foundation

<http://madisonclairefoundation.org/>
10505 Pinnacle Way
Woodbury, MN 55129
Phone: 612-670-1568
Email: info@madisonclairefoundation.org

The Madison Claire Foundation is building the first fully inclusive playground built in the East Metro that will be fully ramped, allowing access to every point of the playground.

Midwest Power Soccer Association

<http://www.powersoccerusa.org/>
Mailing Address:
Tiffany Labas
40 Jeffrey Dr.
Columbia City, IN 46725
Email: info@powersoccerusa.org

The USPSA is the governing body for Power Soccer in the United States. Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users

United Way

United Way

<http://unitedway.org>

National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities. Enter postal code for a United Way office in your area

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator

<https://www.va.gov/find-locations/>

Minneapolis VA Center

<http://www.minneapolis.va.gov/>

One Veterans Drive
Minneapolis, MN 55417
Phone: 612-467-1100
Toll-free: 866-414-5058

St. Cloud VA Medical Center

<http://www.stcloud.va.gov/>

4801 Veterans Drive
St. Cloud, MN 56303
Phone: 320-252-1670 or 800-247-1739

Minnesota Chapter PVA Offices

www.mnpva.org

1 Veterans Drive, SCI-238
Minneapolis, MN 55417-2309
Phone: 612-467-2263

ALS

ALS Association's Minnesota Chapter

www.alsmn.org

1919 University Ave W Suite 175
St. Paul, MN 55104
Phone: 612-672-0484, 888-672-0484
Email: info@alsmn.org

Brain Injury

Minnesota Brain Injury Alliance (formerly Brain Injury Association of Minnesota)

<http://www.braininjurymn.org/>

2277 Highway 36 West, Suite 200

Roseville, MN 55113-3830

Phone: 612-378-2742, 800-669-6442

Minnesota TBI Model System: The Mayo Clinic

<http://mayoresearch.mayo.edu/mayo/research/tbims/>

200 First St.

Rochester, MN 55905

Phone: 507-284-2511

Cerebral Palsy

UCP of Minnesota

www.ucpmn.org

200 University Ave. East

St. Paul, MN 55101-2892

Phone: 651-265-7361

E-mail: info@ucpmn.org

Friedreich's Ataxia

National Ataxia Foundation (NAF) National Office

<http://www.ataxia.org/>

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Phone: 763-553-0020

Twin Cities Support Group

Lenore Healey Schultz

Minneapolis, MN

Phone: 612-724-3784

Email: schultz.lenore@yahoo.com

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

<http://www.gbs-cidp.org/>

375 E. Elm St.

Conshohocken, PA 19428

Phone: 610-667-0131

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society (NMSS)

<http://www.nationalmssociety.org/>
www.nationalmssociety.org/online-community/index.aspx
Phone: 800-FIGHT-MS

Upper Midwest Chapter of NMSS

<http://www.nationalmssociety.org/Chapters?chapters=6530>
<http://www.nationalmssociety.org/Chapters/MNM>
2829 University Avenue SE, Ste 900
Minneapolis, MN 55414
Phone: 612-335-7900
Toll-free: 800-344-4867

Multiple Sclerosis Association of America: Midwest Office (covers MN)

<http://mymsaa.org/about-msaa/regional/#Midwest>
Chicago, IL
Phone: 800-532-7667 extension 150
E-mail: midwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org/>
National Headquarters
161 N. Clark, Suite 3550
Chicago, IL 60601
Phone: 800-572-1717
Enter your postal code in the "Find your local MDA" section of the website for MD clinics in your area.

Minneapolis Chapter of MDA

7401 Metro Blvd. #325
Edina, MN 55439
Phone: 952-832-5517
Email: Minneapolis@mdausa.org

Post-Polio Syndrome

Post-Polio Health International (PHI)

<https://post-polio.org/>
50 Crestwood Executive Center #440
Saint Louis, MO 63126-1916
Phone: 314-534-0475
Email: info@post-polio.org
[PDIR-2020.pdf \(post-polio.org\)](#)

Directory lists Health Professionals, Clinics, and Support Groups.

Spina Bifida

Spina Bifida Association of America

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

<http://spinabifidaassociation.org/clinics/#K-O>

SBAA Minnesota Clinics:

Shriners Hospitals for Children– Twin Cities

www.twincitiesshrinershospital.org

Spina Bifida Clinic (**pediatric only**)

215 Radio Drive, Suite 100

Woodbury, MN 55125

(612) 596-6154

Mayo Clinic

www.mayoclinic.org

Spina Bifida Clinic (**pediatric-will refer adults**)

200 First St. SW

Rochester, MN 55905

(507) 284-2511

Gillette Children’s Specialty Healthcare

www.gillettechildrens.org

Gillette Lifetime Specialty Care Clinic (**adults only-age 16 and over**)

435 Phalen Blvd.

St. Paul, MN 55130

651-228-6400

Gillette Children’s Specialty Healthcare

<http://www.gillettechildrens.org>

Center for Spina Bifida (**pediatric only**)

200 E University Avenue

St. Paul, MN 55101

651-291-2848

Spinal Cord Injury

Minnesota Spinal Cord Injury Association

<http://www.MNSCIA.org>

Email: info@mnschia.org

Stroke

American Stroke Association

<http://www.strokeassociation.org>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 1-888-478-7653

Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<http://www.asap.org/>

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association (formerly Transverse Myelitis Assn.)

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Minnesota Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/mn.htm>

Minnesota chapter of the American Occupational Therapy Association

www.motafunctionfirst.org

970 Raymond Ave, Ste 205

St. Paul, MN 55114

Phone: 612-460-8625

Email: info@motafunctionfirst.org

Minnesota Chapter of the American Physical Therapy Association

970 Raymond Avenue, Suite 205

Saint Paul, MN 55114
Phone: 651-635-0902
Email: info@mnapta.org

Association of People Supporting Employment First: MN chapter

www.apse.org
<https://apse.org/chapter/minnesota/>
Email: mnapse@apse.org

Search Beyond Adventures, Inc.

www.searchbeyond.com
4603 Bloomington Ave.
Minneapolis, MN 55407
Phone: (800) 800-9979
Escorted Travel for Adults with Disabilities

Accessibility Design

www.accessibilitydesign.com
Main Office:
1001 Kingwood Street
Suite #217
Brainerd, MN 56401
Phone 952-925-0301
Email: info@accessibilitydesign.com
Serves the Minnesota area with home modification consulting and design.

Healthboards.com – message boards on health related topics. Topics include SCI, CP, Stroke, and more.

<http://www.healthboards.com/boards/index.php>

First Call 2-1-1

<http://www.211.org>

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. 211 can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Minnesota Help.info From the Minnesota Board of Aging and the Minnesota Dept. of Human Services

www.MinnesotaHelp.com

(Information on social services, health care and disability in Minnesota)

Access Press: Minnesota's Disability Community Newspaper

www.accesspress.org

PO Box 40006
Industrial Station
St. Paul, MN 55104-8006
Phone: 651-644-2133
Email: access@accesspress.org

Courage Kenny Rehabilitation Institute/Allina Health

<https://account.allinahealth.org/servicelines/815>

800 E. 28th St.

Minneapolis, MN 55407

Phone: 612-863-6015

Services include rehabilitation therapies, inpatient transitional rehabilitation, pain management, accessible fitness centers and pools, vocational and community-based services, behavioral/mental health therapies, family support, camping, and sports and recreation programs.

Life Works

www.lifeworks.org

2965 Lone Oak Drive #160

Eagan, MN 55121

Phone: 651-454-2732

Toll-free: 866-454-2732

Employment placement for people with disabilities

Farm Rescue

www.farmrescue.org

P.O. Box 28

Horace, ND 58047

Email: info@farmrescue.org

Phone: 701- 252-2017

Farm Rescue is a nonprofit organization that provides planting and harvesting assistance free of charge to farm families who have experienced a major illness, injury or natural disaster. It helps farm families in North Dakota, South Dakota, Montana, Minnesota, and Iowa. Please see their website for application info.

Senior LinkAge Line

<https://mn.gov/board-on-aging/direct-services/senior-linkage-line/>

Phone: 800-333-2433

Email: senior.linkage@state.mn.us

The Senior LinkAge Line® is the Minnesota Board on Aging's free statewide information and assistance service. The Senior LinkAge Line® service is provided by six Area Agencies on Aging that cover all 87 counties of Minnesota and helps connect you to local services.

Disability Hub MN

<https://disabilityhubmn.org/>

Phone: 866-333-2466

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system, and plan for your future. You'll discover options and tools for managing your health, your benefits, your work, your housing and more. Our team knows the ins and outs of community resources and government programs and has years of experience helping people fit them together.

Veteran LinkAge Line aka LinkVet

<https://linkvet.custhelp.com/>

Phone: 888-546-5838

Online support is available seven days a week for Minnesota Veterans and their families. LinkVet is staffed by a team of support specialists trained through the Minnesota Department of Veterans Affairs (MDVA). Contact them by phone (1-888-LinkVet), live chat or ask a question.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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