

South Dakota Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <u>https://www.healthcare.gov/</u> to find out more about the Health Insurance Marketplace and the options available in your state. <u>https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=south-dakota</u>

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 (<u>http://www.hhs.gov/acl/index.html</u>) (including AoA (<u>http://www.aoa.gov/</u>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<u>http://www.cms.hhs.gov/</u>). 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.

South Dakota Department of Aging

https://dss.sd.gov/asa/ Pierre State Office 3800 E. Hwy 34, c/o 500 E. Capitol Ave-Hillsview Plaza Phone: 605-773-3656, 1-866-854-5465

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

DakotaLink: South Dakota Assistive Technology Project

https://www.sd.at4all.com/ 1161 Deadwood Ave., Suite #5 Rapid City, SD 57702 Phone: 605-394-6742, 800-645-0673 Email: <u>atinfo@dakotalink.net</u>

Rocky Mountain ADA Center (covers South Dakota)

http://www.rockymountainada.org/ 3630 Sinton Road, Suite 103 Colorado Springs, CO 80907 Phone/TTY: 719-444-0268 Toll-free: 800-949-4232

Community-Based Fitness Programs

The Reeve Foundation has several Community Fitness and Wellness facilities that are part of its NeuroRecovery Network (NRN) program. These facilities are accepting individuals with walking difficulties related to any cause (not just SCI) and are hosting activity-based exercise programs designed specifically for individuals with physical disabilities. There is not one in this state but if you would like to learn more about the program, please go to <u>www.ChristopherReeve.org/NRN</u>.

Community Health Centers

South Dakota Office, Community HealthCare Association of the Dakotas

www.communityhealthcare.net 196 E 6th Street, Suite 200 Sioux Falls, SD 57104 Phone: 605-275-2423

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

South Dakota Crime Victim Compensation and Assistance

https://dps.sd.gov/victims-services 118 West Capitol Avenue Pierre, SD 57501 Phone: 605-773-6317, 800-696-9476 Email: victimsservices@state.sd.us

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); TTY: 800-787-3224

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

South Dakota Coalition Ending Domestic & Sexual Violence

Statewide Hotline: 800-572-9196

http://www.sdcedsv.org/ P.O. Box 141 Pierre, SD 57401 Phone: 605-945-0869 Email: sdcadvsa@rapidmail.com

White Buffalo Calf Woman Society, Inc.

http://www.wbcws.org/ P.O. Box 227 Mission, SD 57555 Phone: 605-856-2317

Easter Seals Offices

Easter Seals Headquarters

www.easterseals.com

Please check their website for any local or state-based services

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.

Government Offices

South Dakota State Website

http://www.sd.gov

South Dakota Department of Human Services

http://dhs.sd.gov/ 3800 E Hwy 34 Hillsview Properties Plaza 500 E Capitol Ave Pierre, SD 57501 Phone: 605-773-3438 TTY Phone: 605-773-6412 Toll-free: 800-265-9684 Email: infodhs@state.sd.us

South Dakota Division of Human Rights

http://dlr.sd.gov/human_rights/default.aspx South Dakota Department of Labor and Regulation 116 W. Missouri Ave. Pierre, SD 57501 Phone: 605-773-3681 The Division investigates formal complaints filed by people who believe they have been discriminated against.

South Dakota Department of Social Services

http://dss.sd.gov/ 700 Governors Drive Pierre, SD 57501 Phone: 605-773-3165 Email: <u>dssinfo@state.sd.us</u>

South Dakota Division of Rehabilitation Services

http://dhs.sd.gov/rehabservices/ 1310 Main Ave, South, Suite 102 Brookings, SD 57006 Phone: 605-688-4280 Toll-free: 800-382-2176 Email: infors@state.sd.us

South Dakota Medicaid Office

http://dss.sd.gov/medicaid/ 700 Governors Drive Richard F Kneip Bldg. Pierre, SD 57501 Phone: 605-773-3165 Email: medelig@state.sd.us

SHIINE (Senior Health Information and Insurance Education)

http://www.shiine.net/

SHIINE Regional Coordinators: Eastern South Dakota Phone 800-536-8197 or 605-333-3314

Email: activegen.org

Central South Dakota

Phone: 877-331-4834 or 605-224-3212 Email: <u>SHIINE@centralsd.org</u>

Western South Dakota

Local: 877-286-9072 or 605-342-8635 Email: <u>SHIINE@westriversd.org</u>

South Dakota Division of Insurance

https://dlr.sd.gov/insurance/default.aspx 124 South Euclid Ave, 2nd Floor Pierre, SD 57501 Phone: 605-773-3563 Email: insurance@state.sd.us

South Dakota Worker's Compensation

https://dlr.sd.gov/workers_compensation/default.aspx

Labor and Management Kneip Building 700 Governors Drive Pierre, SD 57501-2291 Phone: 605-773-3101

South Dakota Vocational Rehabilitation Services

http://dhs.sd.gov/rehabservices/vocrehabservices.aspx

Vocational Rehabilitation is a program that provides individualized vocational rehabilitation and supportive services to assist eligible individuals with disabilities to get and keep jobs compatible with their skills and abilities.

South Dakota Council on Developmental Disabilities

https://dhs.sd.gov/cdd.aspx 2520 E Franklin Street Pierre, SD 57501 Phone: 605-773-6369 Toll-free: 800-265-9684

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/

South Dakota Long Term Care Ombudsman

https://dss.sd.gov/asa/services/ombudsman.aspx Phone: 866-854-5465 Email: ASA@state.sd.us

Area Ombudsmen receive, investigate and seek to resolve complaints from, or on behalf of, residents of long-term care and residential facilities. The State Ombudsman is responsible for training local Ombudsman, providing technical assistance and providing the overall leadership for the program.

Housing

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: <u>https://www.hud.gov/program_offices/public_indian_housing/pha/contacts</u> and choose your state from the drop down box.

211

<u>www.211.org</u>

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) South Dakota Statewide Independent Living Council

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

524 N Sycamore Ave., Ste. 2 Sioux Falls, SD 57110 Phone: 605-494-3613 Toll-Free: 1-800-265-9684 Email: <u>mkoterwski@csd.org</u>

Independent Living Research Utilization's directory of Independent Living Centers http://www.ilru.org

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: 877-525-3400 TTY: 202-207-0340 Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national crossdisability, 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.

Library Services

South Dakota Braille and Talking Book Library

http://library.sd.gov/btb/ Mackay Building 800 Governors Drive Pierre, SD 57501 Phone: 605-773-3131, 800-423-6665

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. There is no NRN center in this state but if you are interested outside of this in finding one state, please go to www.ChristopherReeve.org/NRN.

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-topeer 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: <u>www.ChristopherReeve.org/gol</u> for more info on qualifying and applying.

Protection and Advocacy

Disability Rights South Dakota

https://drsdlaw.org 2520 E Franklin St, Ste 2 Pierre, SD 57501 Phone: 605-224-8294, 800-658-4782 (Voice/TTY, In-State) Email: drsd@drsdlaw.org Disability Rights South Dakota is the non-profit legal services agency dedicated to protecting and advocating for the rights and inclusion of South Dakotans with disabilities.

Sports and Recreation

South Dakota Game Fish and Parks—Disability Info for Hunting and Fishing

http://gfp.sd.gov/ http://gfp.sd.gov/hunting/accessibility/ 523 East Capitol Avenue Pierre, SD 57501 Phone: 605-223-7660

Email: parkinfo@state.sd.us

United Way Offices

United Way

https://www.unitedway.org/ 701 North Fairfax Street Alexandria, VA 22314 Phone: 703-836-7112 Enter postal code for a United Way office in your area 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.

Veteran Benefits

US Department of Veterans Affairs VA Hospital Locator

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

South Dakota Chapter Paralyzed Veterans of America Offices

www.pva.org http://www.ncpva.org/ 209 N. Garfield Sioux Falls, SD 57104 Phone: 605-336-0494, 800-505-4782 Email: info@ncpva.org

PVA National Service Office: South Dakota VA Medical & Regional Office Center

2501 W. 22nd St., Room 100, P.O. Box 5046 Sioux Falls, SD 57117 605-333-6801 800-795-3632 (toll free)

ALS

The ALS Association National Office

http://www.alsa.org/ 1300 Wilson Blvd., Suite 600 Arlington, VA 22209 Phone: 202- 407-8580 Call for information in your area

Brain Injury

Brain Injury Alliance of South Dakota

www.braininjurysd.org 4304 S. Glenview Rd.

Sioux Falls, SD 57103 Phone: 605-697-6678 Email: <u>braininjurysd@gmail.com</u>

BIA of SD locates services and agencies to assist people in meeting their needs and reaching their goals. They provide information and referral on brain injury and available services. They also provide training to groups on brain injury and its impact on the lives of South Dakotans. They work with public and private decision makers to help identify ways to make services more available to persons with brain injury and their families. Brain Injury Support Groups:

Aberdeen -Ron Hoops (605) 395-6655

Brookings-Doris Schumacher (605) 697-6678

Rapid City-Justine Ashokar (605) 718-8446

Sioux Falls-Karen Brokenleg (605) 339-0137

Cerebral Palsy

United Cerebral Palsy (UCP) National Office

http://www.ucp.org 1825 K St., NW, Suite 600 Washington DC 20006 Phone: 202-776-0406 Toll-free: 800-USA-5-UCP Email: info@ucp.org Please contact them for local info.

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 Email: <u>naf@ataxia.org</u> Please contact them for local info.

Guillain-Barré Syndrome / CIDP

Guillain-Barré Syndrome / CIDP Foundation International

http://gbs-cidp.org/ 375 E. Elm St. Conshohocken, PA 19428 Phone: 610-667-0131 Toll-free: 866-224-3301 Please contact them for local info.

Multiple Sclerosis

National Multiple Sclerosis Society

http://www.nationalmssociety.org Click on "Find a Chapter" to locate one near you

Multiple Sclerosis Association of America

http://mymsaa.org/about-msaa/regional/#Midwest MSAA Midwest Regional Office—covers South Dakota 1507 E. 53rd Street, Suite 284 Chicago, IL 60659-1199 Phone: 800-532-7667, ext.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 Email: <u>ResourceCenter@mdausa.org</u> Enter your state in the "MDA Care Center Network" section of the website for MD clinics in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

http://www.post-polio.org 50 Crestwood Executive Center #440 Saint Louis, MO 63126-1916 Phone: 314-534-0475 Email: info@post-polio.org http://www.post-polio.org/net/poldir.pdf Directory lists Health Professionals, Clinics, and Support Groups by state.

Spina Bifida

Spina Bifida Association of America

http://www.spinabifidaassociation.org 1600 Wilson Blvd Suite 800 Arlington, VA 22209 Phone: 800-621-3141 Email: <u>sbaa@sbaa.org</u> Please contact them for info in your area

Spinal Cord Injury

Brain and Spinal Cord.org: South Dakota support groups

http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/south-dakota.html

Stroke

American Stroke Association

www.stroke.org National Center 7272 Greenville Avenue Dallas, TX 75231 Phone: 888-478-7653 or 888-474-8483 Please contact them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<u>www.asap.org</u> PO Box 1586 Longview, TX 75606-1586 Phone: 903-236-7079, 800-ASAP-282 Email: <u>info@ASAP.org</u>

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 local support groups.

General Disability Resources

South Dakota Yellow Pages for Kids with Disabilities http://www.yellowpagesforkids.com/help/sd.htm

South Dakota Chapter of the American Occupational Therapy Association

http://www.sdota.org/ https://www.facebook.com/South-Dakota-Occupational-Therapy-Association-135515893181493/ South Dakota Occupational Therapy Association P.O. Box 1771 Sioux Falls, SD 57101 Phone: 605-380-4592 Email: southdakotaota@gmail.com

South Dakota Chapter of the American Physical Therapy Association

http://www.sdapta.org PO Box 91146 Sioux Falls, SD 57108 Phone: (605) 339-4839 Email: admin@sdapta.org

Association of People Supporting EmploymentFirst (ASPE)

www.apse.org No state chapters listed for South Dakota

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

www.211.org

Phone: 211

Provides callers with information about and referrals to human services for every day needs and in times of crisis. 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.

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.

South Dakota RehabACTion

https://www.sdrehabaction.org

Serving the vocational rehabilitation needs of people with disabilities throughout South Dakota, South Dakota RehabACTion is an organization composed of community professionals, private professionals, educators, families, persons with disabilities, as well as friends and businesses, working in a combined effort to make a positive impact in the public vocational rehabilitation program. We are a network that showcases the results of contributions made by employment specialists, vocational rehabilitation counselors, evaluators, teachers, rehab technicians, therapists, adjustment specialists, secretaries, trainers, and many other selfless, hard-working individuals who have committed their time, effort and expertise to helping persons with disabilities gain back independence through employment.

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org 1801 N. Mill St., Suite F Naperville IL 60563 Phone: 630-961-1400, 800-THINK56 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 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.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.