



# 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.usaging.org/adrcs>

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door>

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 (<https://acl.gov/>) (including AoA (<https://acl.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<https://www.cms.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/>

Email: [info@mn4a.org](mailto:info@mn4a.org)

### **Minnesota Area Agencies on Aging by County**

<https://mn4a.org/agencies/>

### **National Center on Elder Abuse (NCEA)**

<https://ncea.acl.gov/home#gsc.tab=0>

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537 (ELDR)

Email: [ncea-info@acl.hhs.gov](mailto:ncea-info@acl.hhs.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**

<https://mn.gov/admin/star/>

Administration Building

50 Sherburne Avenue, Suite G10

Saint Paul, MN 55155

Phone: 651-201-2640, 888-234-1267 (Toll-free)

Email: [star.program@state.mn.us](mailto:star.program@state.mn.us)

### **Great Lakes ADA Center (Covers Minnesota)**

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

Mailing Address:

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 (TTY), 800-949-4232 (Toll-free)

### **Closing the Gap**

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

PO Box 68

Henderson, MN 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 Kenny Rehabilitation Institute: Assistive Technology**

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

3915 Golden Valley Road

Minneapolis, MN 55422

Phone: 612-775-2499, 612-775-2578

## **Caregivers Information**

### **Caregiver.com**

<https://caregiver.com/>

1900 West Oakland Park Blvd

POB 101147

Oakland Park, FL 33310

### **Well Spouse Association**

Minnesota WS Support Group

Contact: Kim

Phone: 612-743-8421

Email: [twincitieswsa@wellspouse.org](mailto:twincitieswsa@wellspouse.org)

## **Community-Based Fitness Programs**

### **Courage Kenny Rehabilitation Institute**

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

3915 Golden Valley Road

Minneapolis, MN 55422

Phone: 612-775-2600, 612-775-2200

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](http://www.mnachc.org)

2550 University Ave W, Suite 340 S

Saint Paul, MN 55114

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>

Physical Address:

445 Minnesota Street

St. Paul, MN 55101

Mailing Address:

445 Minnesota Street

Town Square Tower Suite 2300

St. Paul, MN 55101

Phone: 651-201-7300, 888-622-8799 (Toll-free), 651-205-4827 (TTY)

Email: [dps.justiceprograms@state.mn.us](mailto:dps.justiceprograms@state.mn.us)

### **Minnesota Crime Victim Justice Unit**

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

Office of Justice Programs

445 Minnesota Street, Suite 2300

St. Paul, MN 55101-1515

Phone: 651-201-7310, 800-247-0390

Email: [cvju.ojp@state.mn.us](mailto:cvju.ojp@state.mn.us)

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

[www.safehorizon.org](http://www.safehorizon.org)

Phone: 800-621-4673 (24 Hour Hotline)

## **Domestic Violence Help**

### **National Domestic Violence Hotline**

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

Phone: 800-799-7233

### **National Resource Center on Domestic Violence**

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

Phone: 800-537-2238

Email: [NRCDV@nrcdv.org](mailto:NRCDV@nrcdv.org)

### **Violence Free Minnesota**

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

60 East Plato Blvd, Suite 230

St. Paul, MN 55107

Phone: 651-646-6177, 833-659-3350 (Toll-free)

### **Minnesota Day One**

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

1000 E 80<sup>th</sup> St

Bloomington, MN 55420

Phone: 952-884-0376

Email: [safety@dayoneservices.org](mailto: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](mailto:dap@mndap.org)

## **Easterseals Offices**

### **Minnesota Easterseals Offices**

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

Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals 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 For Minnesota

### Minnesota State Website

<https://mn.gov/portal/>

### Minnesota Council on Disability

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

1600 University Avenue W, Suite 8

St. Paul, MN 55104

Phone: 800-945-8913 (Toll-free), 651-361-7800

Email: [council.disability@state.mn.us](mailto:council.disability@state.mn.us)

### Minnesota Department of Human Rights

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

Griggs Midway Building

540 Fairview Avenue North, Suite 201

Saint Paul, MN 55104

Phone: 651-539-1100, 800-657-3704 (Toll-free)

Email: [info.MDHR@state.mn.us](mailto: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/>

Phone: 651-431-2000, 800-627-3529 (TTY/TDD)

Email: [DHS.info@state.mn.us](mailto:DHS.info@state.mn.us)

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.

For information on local clinics, please go to <https://mn.gov/dhs/people-we-serve/adults/services/direct-care-treatment/programs-services/>.

### The Minnesota Governor's Council on Developmental Disabilities

<https://mn.gov/mnddc/index.html>

Administration Building

50 Sherburne Street, Room G10

St. Paul, MN 55155

Phone: 651-296-4018, 877-348-0505 (Toll-free)

Email: [admin.dd.info@state.mn.us](mailto:admin.dd.info@state.mn.us)

Offers E-Learning Courses

### Minnesota Vocational Rehabilitation Services

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

Minnesota Department of Employment and Economic Development  
Great Northern Building  
180 E 5th St, Suite 1200  
St. Paul, MN 55101  
Phone: 651-259-7114, 800-657-3858 (Toll-free), 800-328-9095  
Email: [VRS.CustomerService@state.mn.us](mailto:VRS.CustomerService@state.mn.us)

### **Medicare Savings Programs**

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

Phone: 800-333-2433 (Senior LinkAge Line), 866-333-2466 (Disability Hub MN)  
Please note that Medicare is a national program, it is listed here for convenience.

### **Medical Assistance (Minnesota Medicaid Program)**

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

Dept. of Human Services  
PO Box 64993  
St. Paul, MN 55164-0993  
Phone: 651-431-2670, 800-657-3739 (Toll-free)

### **MinnesotaCare Program**

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

Dept. of Human Services  
PO Box 64838  
St. Paul, MN 55164-0838  
Phone: 651-297-3862, 800-657-3672, 800-627-3529 (TTY)

### **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, 800-657-3739, 800-627-3529 (TTY)

### **Minnesota Workers' Compensation Division**

<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.

<https://www.house.gov/representatives/find-your-representative>

<http://whoismyrepresentative.com/>

### **Minnesota Office of Ombudsman for Long-Term Care**

<https://mn.gov/ooltc/>

Physical Address:

540 Cedar Street

St. Paul, MN 55101

Mailing Address:

PO Box 64971

St. Paul, MN 55164-0971

Phone: 651-431-2555, 800-657-3591 (Toll-free)

Email: [MBA.OOLTTC@state.mn.us](mailto:MBA.OOLTTC@state.mn.us)

The mission of the Office of Ombudsman for Long-Term Care is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

## **Housing**

### **Fannie Mae**

[www.fanniemae.com](http://www.fanniemae.com)

One South Wacker Drive, Suite 2700

Chicago, IL 60606

Phone: 800-232-6643

### **U.S. Department of Housing and Urban Development (HUD)**

[www.hud.gov](http://www.hud.gov)

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

### **211**

[www.211.org](http://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 State Independent Living Council**

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

840 Sherman Street

Good Thunder, MN 56037

Phone: 612-518-1497

### **Independent Living Research Utilization's Directory of Independent Living Centers**

<http://www.ilru.org>

### **Regency Home HealthCare**

[www.regencyhhc.com/housing](http://www.regencyhhc.com/housing)

10467 93<sup>rd</sup> Ave N

Maple Grove, MN 55369

Phone: 651-488-4655, 877-226-4655 (Toll-free)

### **National Council on Independent Living (NCIL)**

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

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

Email: [ncil@ncil.org](mailto: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, 888-529-0743

Email: [ilcil@independentlifestyles.org](mailto:ilcil@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/>

400 NE Stinson Blvd

Minneapolis, MN 55413-2614

Phone: 800-722-0550 (Toll-free)

Email: [mn.btbl@state.mn.us](mailto:mn.btbl@state.mn.us)

## Peer Support Programs

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

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@Reeve.org](mailto:Peer@Reeve.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: <https://www.christopherreeve.org/todays-care/get-support/grants-for-non-profits/> for more info on qualifying and applying.

## Protection And Advocacy

### Mid-Minnesota Legal Aid: Minnesota Disability Law Center

<https://mylegalaid.org/>

111 N Fifth St

Suite 100

Minneapolis, MN 55403

Phone: 612-334-5970, 800-292-4150 (Disability Line)

Email: [mndlc@mylegalaid.org](mailto:mndlc@mylegalaid.org)

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 Assistance Dogs

[www.helpingpaws.org](http://www.helpingpaws.org)

6569 City West Parkway  
Eden Prairie, MN 55344  
Phone: 952-988-9359  
Email: [general@helpingpaws.org](mailto:general@helpingpaws.org)  
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  
Email: [info@candocanines.org](mailto:info@candocanines.org)

**Pawsitivity Service Dogs for Veterans**

<http://www.pawsitivityservicedogs.com>  
197 Griggs St N  
St. Paul, MN 55104  
Phone: 651-321-3647  
Email: [mail@pawsitivityservicedogs.com](mailto:mail@pawsitivityservicedogs.com)  
Trains assistance dogs for individuals with disabilities.

**Sports And Recreation**

**Wilderness Inquiry**

<http://www.wildernessinquiry.org>  
Physical Address:  
325 Randolph Ave, Suite 300  
St. Paul, MN 55102  
Mailing Address:  
1611 County Rd B West, Suite 315  
St. Paul, MN 55113  
Phone: 612-676-9400, 800-728-0719  
Email: [info@wildernessinquiry.org](mailto:info@wildernessinquiry.org)

**Mind Body Solutions: Adaptive Yoga**

<http://mindbodysolutions.org/>  
Mailing Address:  
PO Box 16241  
St. Louis Park, MN 55416  
Email: [info@mindbodysolutions.org](mailto:info@mindbodysolutions.org)

**United States Power Soccer Association**

<http://www.powersoccerusa.org/>  
Mailing Address:  
Lexi Heer  
10974 Wintercove Way  
Fishers, IN 46038

Email: [info@powersoccerusa.org](mailto: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

Mailing Address:

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**

### **U.S. Department of Veterans Affairs: Facility Locator**

<https://www.va.gov/directory/guide/home.asp>

### **Minneapolis VA Medical Center**

<https://www.va.gov/minneapolis-health-care/>

One Veterans Drive

Minneapolis, MN 55417-2309

Phone: 612-725-2000, 866-414-5058 (Toll-free)

### **St. Cloud VA Medical Center**

<https://www.va.gov/st-cloud-health-care/>

4801 Veterans Drive

St. Cloud, MN 56303-2015

Phone: 320-252-1670, 800-247-1739 (Toll-free)

### **Minnesota Chapter PVA**

[www.mnpva.org](http://www.mnpva.org)

1 Veterans Drive, SCI-238

Minneapolis, MN 55417

Phone: 612-467-2263

Email: [office@mnpva.org](mailto:office@mnpva.org)

## **ALS**

### **ALS Association's Minnesota Chapter**

<https://www.als.org/support/states/minnesota>

Phone: 612-672-0484  
Email: [infoMN@als.org](mailto:infoMN@als.org)

## Brain Injury

### Minnesota Brain Injury Alliance

<http://www.braininjurymn.org/>  
2277 Highway 36 West, Suite 200  
Roseville, MN 55113-3830  
Phone: 612-378-2742, 800-669-6442

### The Mayo Clinic: Traumatic Brain Injury Model System

<https://www.mayo.edu/research/centers-programs/traumatic-brain-injury-model-system/overview>  
200 First St SW  
Rochester, MN 55905  
Phone: 507-284-2511, 507-255-0718  
Email: [TBIMS@mayo.edu](mailto:TBIMS@mayo.edu)

## Cerebral Palsy

### UCP of Minnesota

[www.ucpmn.org](http://www.ucpmn.org)  
200 University Ave East  
St. Paul, MN 55101  
Phone: 651-265-7361  
Email: [info@ucpmn.org](mailto:info@ucpmn.org)

## Friedreich's Ataxia

### National Ataxia Foundation (NAF)

<http://www.ataxia.org/>  
Physical Address:  
600 Hwy 169 S, Ste 1725  
Minneapolis, MN 55426  
Mailing Address:  
PO Box 27986  
Golden Valley, MN 55427  
Phone: 763-553-0020  
Email: [naf@ataxia.org](mailto:naf@ataxia.org)

Twin Cities Support Group  
Lenore Healey Schultz  
Minneapolis, MN  
Phone: 612-724-3784  
Email: [schultz.lenore@yahoo.com](mailto:schultz.lenore@yahoo.com)

## **Guillain-Barré Syndrome/CIDP**

### **Guillain-Barré Syndrome/CIDP Foundation International**

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

Mailing Address:

375 E Elm St, Suite 101

Conshohocken, PA 19428

Phone: 610-667-0131, 866-224-3301 (Toll-free)

Call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society (NMSS)**

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

<https://www.nationalmssociety.org/resources/get-connected/online-communities>

Phone: 800-344-4867

### **Upper Midwest Chapter of NMSS**

<https://www.nationalmssociety.org/resources/get-connected/in-your-area>

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/mnm>

Physical Address:

2829 University Avenue SE, Ste 900

Minneapolis, MN 55414

Mailing Address:

PO Box 88540

Carol Stream, IL 60188

Phone: 800-344-4867 (Toll-free)

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

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, extension 150

Email: [midwest@mymsaa.org](mailto:midwest@mymsaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

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

National Headquarters

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

*Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.*

## **Post-Polio Syndrome**

### **Post-Polio Health International (PHI)**

<https://post-polio.org/>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

<https://post-polio.org/wp-content/uploads/2024/08/PDIR-2024.pdf>

Directory lists Health Professionals, Clinics, and Support Groups.

## **Spina Bifida**

### **Spina Bifida Association**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

Please contact them for info in your area

For information on local clinics, please go to <http://spinabifidaassociation.org/clinics/#K-Q>

## **Spinal Cord Injury**

### **Minnesota Spinal Cord Injury Association**

<http://www.MNSCIA.org>

Email: [info@mnscla.org](mailto:info@mnscla.org)

## **Stroke**

### **American Stroke Association**

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 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, 800-272-7282

Email: [info@ASAP.org](mailto:info@ASAP.org)



## Transverse Myelitis

### **Siegel Rare Neuroimmune Association**

[www.wearesrna.org](http://www.wearesrna.org)

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

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 Occupational Therapy Association**

[www.motafunctionfirst.org](http://www.motafunctionfirst.org)

Mailing Address:

PO Box 582687

Minneapolis, MN 55401

Email: [info@motafunctionfirst.org](mailto:info@motafunctionfirst.org)

### **APTA Minnesota: A Chapter of the American Physical Therapy Association**

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

PO Box 459

Tolland, CT 06084

Phone: 651-635-0902

Email: [info@mnapta.org](mailto:info@mnapta.org)

### **Minnesota Association of People Supporting Employment First (MN APSE)**

[www.apse.org](http://www.apse.org)

<https://mnapse.org/>

Mailing Address:

PO Box 23087

Richfield, MN 55423-0087

### **Search Beyond Adventures, Inc.**

[www.searchbeyond.com](http://www.searchbeyond.com)

Physical Address:

900 American Blvd E, Suite 105

Bloomington, MN 55420

Mailing Address:

PO Box 18

Brimfield, MA 01010

Phone: 800-800-9979  
Email: [travel@searchbeyond.com](mailto:travel@searchbeyond.com)  
Escorted Travel for Adults with Disabilities

### **Accessibility Design**

[www.accessibilitydesign.com](http://www.accessibilitydesign.com)

1001 Kingwood Street  
Suite 217

Brainerd, MN 56401

Phone: 952-925-0301

Email: [info@accessibilitydesign.com](mailto:info@accessibilitydesign.com)

Serves the Minnesota area with home modification consulting and design.

### **Healthboards.com**

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

Message boards on health related topics. Topics include SCI, CP, Stroke, and more.

### **211**

<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 Board of Aging and Dept. of Human Services: MinnesotaHelp.info**

<https://www.minnesotahelp.info/>

Information on social services, health care and disability in Minnesota

### **Access Press: Minnesota's Disability Community Newspaper**

[www.accesspress.org](http://www.accesspress.org)

Mailing Address:

PO Box 40006

Industrial Station

St. Paul, MN 55104

Phone: 651-644-2133

Email: [access@accesspress.org](mailto:access@accesspress.org)

### **Courage Kenny Rehabilitation Institute: Minneapolis**

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

800 E 28<sup>th</sup> St

Abbott Northwestern Hospital

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.

### **Lifeworks**

[www.lifeworks.org](http://www.lifeworks.org)

6636 Cedar Ave S, Suite 250

Richfield, MN 55423

Phone: 651-454-2732, 866-454-2732 (Toll-free)

Employment placement for people with disabilities

### **Farm Rescue**

[www.farmrescue.org](http://www.farmrescue.org)

PO Box 28

Horace, ND 58047

Phone: 701-252-2017

Email: [info@farmrescue.org](mailto:info@farmrescue.org)

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/senior-linkage-line/>

Phone: 800-333-2433

Email: [senior.linkage@state.mn.us](mailto: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.

### **Veterans Linkage Line: LinkVet**

<https://www.mnveteranslinkageline.org/s/>

Phone: 888-546-5838 (Toll-free), 800-627-3529 (TTY)

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](http://www.thinkfirst.org)

Phone: 630-961-1400

Email: [thinkfirst@thinkfirst.org](mailto: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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