



North Dakota 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-programno-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.

North Dakota Adults and Aging Services

<https://www.hhs.nd.gov/adults-and-aging>

North Dakota Health and Human Services

1237 W. Divide Ave., Suite 6

Bismarck, ND 58501

Phone: 701-328-4649, 855-462-5465 (Aging and Disability Resource-LINK, toll free), 711 (TTY)

Email: carechoice@nd.gov

Human Service Zones by County

<https://www.hhs.nd.gov/human-service/zones>

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

Email: ncea-info@acl.hhs.gov

Funded by the Administration for Community Living, the NCEA provides professionals, policymakers, and the public information and resources on elder abuse prevention and response to help ensure that older adults age with dignity and respect, free from maltreatment.

Assistive Technology

North Dakota Assistive

<https://ndassistive.org/>

Fargo Office

3240 15th St. South, Suite B

Fargo, ND 58104

Phone: 800-895-4728 (Toll-free)

Bismarck Office
4501 Coleman St., Suite 107
Bismarck, ND 58503
Phone: 800-895-4728 (Toll-free)

Rocky Mountain ADA Center (covers North Dakota)

<https://rockymountainada.org/>

Mailing Address:

University of Northern Colorado
Gunter Hall 1170, Campus Box 155
Greeley, CO 80639
Phone: 800-949-4232 (Voice/TTY), 719-358-2460 (ASL/Deaf/HoH)

North Dakota Association for the Disabled

<http://www.ndad.org>

Main Office:

2660 South Columbia Road
Grand Forks, ND 58201
Phone: 701-775-5577, 800-532-6323
Email: grandforks@ndad.org

Community Health Centers

Community HealthCare Association of the Dakotas

www.communityhealthcare.net

North Dakota Office
216 N 2nd Street, Suite 104
Bismarck, ND 58501
Phone: 701-221-9824

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

Crime Victims Compensation Program

<https://www.docr.nd.gov/crime-victims-compensation>

ND Department of Corrections & Rehabilitation

PO Box 1898

Bismarck, ND 58502-1898

Phone: 701-328-6195, 800-445-2322, 800-366-6888 (ND Relay TDD)

Email: DOCRcompensation@nd.gov

Domestic Violence Help

National Domestic Violence Hotline

www.thehotline.org

Phone: 1-800-799-SAFE (7233), 855-812-1001 (Video phone for people who are Deaf or hard of hearing)

National Resource Center on Domestic Violence

<https://nrcdv.org>

Phone: 1-800-537-2238

Easter Seals Offices

Easter Seals Goodwill ND, Inc.

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

Mandan Regional Office/Admin Headquarters

301 1st St. NE

Mandan, ND 58554

Phone: 701-663-6828, 800-247-0698

Email: info@esgwnd.org

Easter Seals offers services to children and adults with disabilities and special needs. Services may vary by location.

Government Offices For North Dakota

North Dakota State Website

www.nd.gov

North Dakota Department of Labor and Human Rights

<http://www.nd.gov/labor/human-rights/>

600 East Boulevard Ave, Dept. 406

Bismarck, ND 58505-0340

Phone: 701-328-2660, 800-582-8032 (Toll-free), 800-366-6888 (TTY Relay ND), 800-366-6889 (TTY Relay ND)

Email: labor@nd.gov

The Human Rights Division is responsible for enforcing the North Dakota Human Rights Act and the North Dakota Housing Discrimination Act.

North Dakota Department of Health and Human Services: Services to Individuals with Disabilities

<https://www.hhs.nd.gov/individuals-disabilities>

1237 W Divide Ave, Suite 1A

Bismarck, ND 58501-1208

Phone: 701-328-8930, 800-755-8529 (Toll-free), 800-366-6888(ND Relay TTY)

North Dakota Vocational Rehabilitation

<https://www.hhs.nd.gov/vr>

1000 E. Divide Ave

Bismarck, ND 58501

Phone: 701-328-8950, 800-755-2745 (Toll-free), 711(TTY)

Email: dhsvr@nd.gov

North Dakota Insurance Department

<https://www.insurance.nd.gov/>

600 East Boulevard Avenue

Bismarck, ND 58505-0320

Phone: 701-328-2440

Email: insurance@nd.gov

North Dakota Medicaid

<https://www.hhs.nd.gov/healthcare/medicaid>

North Dakota Health and Human Services

Medical Services Division

600 E. Boulevard Ave, Dept. 325

Bismarck, ND 58505-0250

Phone: 701-328-7068, 800-755-2604 (Toll-free), 711 (TTY)

E-mail: dhsmed@nd.gov

North Dakota CHIP Program (Children's Health Insurance Program)

<https://www.hhs.nd.gov/healthcare/CHIP>

North Dakota Department of Health and Human Services

Medical Services Division

600 E. Boulevard Avenue, Dept. 325

Bismarck, ND 58505-0250

Phone: 866-614-6005 (Toll free), 711 (TTY)

Email: applyforhelp@nd.gov

North Dakota SHIP (State Health Insurance Assistance Program)

<https://www.insurance.nd.gov/consumers/medicare>

Phone: 888-575-6611 (Hotline)

Email: NDSHIC@nd.gov

Comprehensive Health Association of North Dakota (CHAND)

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

CHAND

4510 13th Ave South
Fargo, ND 58121

Phone: 844-363-8457 (Toll-free)

The Comprehensive Health Association of North Dakota offers health insurance to North Dakota residents who either are unable to find adequate health insurance coverage in the private market due to medical conditions or who have lost their employer-sponsored group health insurance.

North Dakota Medicaid Home and Community-Based Services Waiver (HCBS)

<https://www.hhs.nd.gov/sites/www/files/documents/draft-nd-techn-dependent-waiver-termination.pdf>

North Dakota Workforce Safety & Insurance: Worker's Compensation

<http://www.workforcesafety.com/>

1600 East Century Avenue, Suite 1

Bismarck, ND 58503

Phone: 800-777-5033

Email: ndwsi@nd.gov

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/>

State Long-Term Care Ombudsman Program

<https://www.hhs.nd.gov/adults-and-aging/human-services/adults-and-aging/long-term-care-ombudsman-program>

Adult and Aging Services

1237 W. Divide Ave., Ste 6

Bismarck, ND 58501

Phone: 701-328-4617, 855-462-5465 (option 3, Toll-free), 711 (TTY)

Email: dhsagingombud@nd.gov

North Dakota's Long-Term Care Ombudsman Program speaks on behalf of people living in assisted living homes, basic care homes, hospital swing beds, transitional care units or nursing homes. The ombudsmen work to resolve complaints to the resident's satisfaction and offer information and resources on long-term care homes.

Housing

Fannie Mae

www.fanniemae.com

Phone: 800-232-6643

Fannie Mae is a leading provider of mortgage financing in the U.S. They are committed to facilitating equitable and sustainable access to homeownership and quality, affordable rental housing across America.

North Dakota Housing and Urban Development (HUD) Office

https://www.hud.gov/states/north_dakota

Fargo Field Office

657 2nd Ave North

Fargo, ND 58102

Phone: 701-239-5136, 711 (TTY)

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

www.hud.gov

451 7th Street, S.W.

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 “Your 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 Directory of Statewide Independent Living Councils (SILCs)

North Dakota Statewide Independent Living Council

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

<https://www.ilru.org/projects/silc-net/silc-directory-results/ND>

108 1st Street NE, P.O. Box 254

Crosby, ND 58730-0254

Phone: 701-328-8957

Email: rcusack@midco.net

Independent Living Research Utilization’s Directory of Centers for Independent Living

<http://www.ilru.org>

Dakota Center for Independent Living

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

Bismarck Office

3111 East Broadway Avenue
Bismarck, ND 58501
Phone: 701-222-3636, 800-489-5013 (TTY)

Dickinson Office
26 1st Street E. Ste 103
Dickinson, ND 58601
Phone: 701-483-4363

The Dakota Center for Independent Living empowers people with disabilities by minimizing barriers, advocating for inclusion and promoting consumer choice. They help their consumers with Information and Referrals, Peer Support, Individual and Systems Advocacy, Independent Living Skills, and Transitional Services.

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

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.

Library Services

North Dakota State Library Talking Book Program

<https://www.library.nd.gov/TBgeneralinfo>

Mailing Address:

604 East Boulevard Avenue, Dept. 250

Bismarck, ND 58505-0800

Phone: 701-328-1408, 800-843-9948

Email: tbooks@nd.gov

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@Reeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of the 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/qol for more info on qualifying and applying.

United Spinal Association's Peer Support Groups

<https://unitedspinal.org/peer-support-groups/>

102 Duane Rd.

Fort Totten, NY 11359

Phone: 800-962-9629 (Resource Center), 718-803-3782

Email: askus@unitedspinal.org

Protection And Advocacy

The North Dakota Protection & Advocacy Project

<http://www.ndpanda.org>

400 E. Broadway, Suite 409

Bismarck, ND 58501

Phone: 701-328-2950, 800-472-2670 (Toll-free), 711 (ND Relay TTY)

Email: panda@nd.gov

North Dakota Client Assistance Program (CAP)

<https://www.ndpanda.org/client-assistance-program-cap>

Phone: 701-328-2950, 800-472-2670 (Toll-free), 711 (ND Relay TTY)

Email: panda_intake@nd.gov

Service Dogs

Service Dogs for America

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

920 Short Street

PO Box 513

Jud, ND 58454

Phone: 701-685-2242

Email: info@servicedogsforamerica.org

Sports And Recreation

Annie's House

<https://annecarlsen.org/recreation/annies/>

1 Winter Park Rd

PO Box 168

Bottineau, ND 58318

Phone: 701-263-4556, 800-568-5175

Email: annies.house@annecenter.org

Adaptive skiing

United Way Offices

United Way (National Headquarters)

<http://www.unitedway.org>

United Way Worldwide

701 N. 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 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

U.S. Department of Veterans Affairs: Facility Locator

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

Fargo VA Medical Center

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

2101 Elm Street North

Fargo, ND 58102-2417

Phone: 701-239-3700

For information on local VA health clinics, please go to <https://www.va.gov/fargo-health-care/locations/>.

ALS

The ALS Association (National Office)

<https://www.als.org>

1300 Wilson Blvd, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

North Dakota Chapter of ALS Association

<https://www.als.org/support/states/north-dakota>

Phone: 612-672-0484

Email: infoND@als.org

Brain Injury

Brain Injury Association of America

www.biausa.org

3057 Nutley Street #805

Fairfax, VA 22031-1931

Phone: 703-761-0750, 800-444-6443 (Toll-free)

Email: info@biausa.org

Click on the Find Your BIA tab to view BIA support in your area.

North Dakota Brain Injury Network

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

School of Medicine & Health Sciences

1301 N. Columbia Road, Stop 9037

Grand Forks, ND 58202-9037

Phone: 855-866-1884

Email: info@ndbin.org

Cerebral Palsy

United Cerebral Palsy

<http://www.ucp.org>

8401 Old Courthouse Rd

Vienna, VA 22182

Phone: 800-872-5827

Email: info@ucp.org

Please contact them for info in North Dakota

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

Please contact them for local info.

Guillain-Barré Syndrome/CIDP

GBS / CIDP Foundation International

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

375 East Elm St., Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301

Please call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society (NMSS)

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

Phone: 800-344-4867

Upper Midwest Chapter of NMSS

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

Physical Address:

2829 University Ave SE, Suite 900

Minneapolis, MN 55414

Mailing Address:

P.O. Box 88540

Carol Stream, IL 60188

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

Multiple Sclerosis Association of America :Midwest Regional Office

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

(Nebraska, North Dakota, South Dakota, Ohio, Illinois, Indiana, Kentucky, Michigan, Minnesota, West Virginia, Iowa, Wisconsin)

Phone: 800-532-7667, ext.150 (Toll-free)

E-mail: midwest@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

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

National Office

1016 W Jackson Blvd #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Click on “Find Care” to locate MDA Care Centers in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

<http://www.post-polio.org>

50 Crestwood Executive Center Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

<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

Please contact them for info in your area

SBA North Dakota Clinics

<http://spinabifidaassociation.org/clinics>

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653 (Stroke Family Warmline)

Call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

<https://asap.org/>

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll-free)

Email: info@ASAP.org

Has online support groups

Transverse Myelitis

Siegel Rare Neuroimmune Association (SRNA)

<https://wearesrna.org>

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

SRNA

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

General Disability Resources

North Dakota Yellow Pages for Kids

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

North Dakota State Council on Developmental Disabilities

<https://www.nd.gov/scdd/>

North Dakota Occupational Therapy Association (NDOTA)

<https://www.ndota.info/>
P.O. Box 10263
Fargo, ND 58106
Email: admin@ndota.info

North Dakota Chapter of the American Physical Therapy Association

<https://ndpta.wildapricot.org/>
1301 North Columbia Rd, Stop Box 9037
Grand Forks, North Dakota 58202
Phone: 701-777-3873
Email: info@aptand.com

North Dakota Association of People Supporting Employment First

www.apse.org
<http://www.apse.org/chapter/north-dakota>

North Dakota Association for the Disabled

<http://www.ndad.org/>
Grand Forks (Main Office)
Phone: 701-775-5577
Email: grandforks@ndad.org
Offices in Minot, Fargo, Grand Forks, Dickinson, Bismarck and Williston.

Farm Rescue

www.farmrescue.org
PO Box 28
Horace, ND 58047
Phone: 701-252-2017
Email: info@farmrescue.org

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

Healthboards

<http://www.healthboards.com/boards/index.php>
Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

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: disaster recovery, housing, food, health, caregiver resources, 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.

ThinkFirst National Injury Prevention Foundation

www.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 “Find A Chapter” 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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