



Montana 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.

Montana Senior and Long Term Care Division

<https://dphhs.mt.gov/SLTC/>

PO Box 4210

Helena, MT 59604

Phone: 406-444-4077

Montana Area Agencies on Aging

<https://dphhs.mt.gov/SLTC/aging/AreaAgenciesonAging>

Phone: 800-551-3191 (Toll-free Help Line)

National Center on Elder Abuse (NCEA)

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

National Center on Elder Abuse

Department of Family Medicine

Keck School of Medicine at the University of Southern California

1845 N. Soto Street Suite 203

Los Angeles, CA 90032

Phone: 855-500-3537 (ELDR)

Email: 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 community-based organizations.

Assistive Technology

MonTECH Program at the Rural Institute for Inclusive Communities

<https://montech.ruralinstitute.umt.edu/>

29 McGill Hall, University of Montana

Missoula, MT 59812

Phone: 406-243-5511

Email: montech@mso.umt.edu

Rocky Mountain ADA Center (covers Montana)

<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 (Video call for ASL/Deaf/HoH)

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1900 West Oakland Park Blvd
POB 101147
Oakland Park, FL 33310

Community Health Centers

Montana Primary Care Association

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

1805 Euclid Avenue
Helena, MT 59601
Phone: 406-442-2750

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

<https://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

Montana Crime Victim Compensation Program

<https://dojmt.gov/victim-services/crime-victim-compensation/>

PO Box 201401
Helena, MT 59620-1401
Phone: 406-444-3653, 800-498-6455 (Toll-free)

Email: dojovs@mt.gov

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

<https://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: 717-461-3939

Email: NRCDV@nrcdv.org

Montana Coalition Against Domestic and Sexual Violence

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

PO Box 818

Helena, MT 59624

Phone: 406-443-7794, 888-404-7794 (Toll-free)

Email: mtcoalition@mcadsv.com

Easterseals Offices

Easterseals-Goodwill Northern Rocky Mountain, Inc.

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

425 1st Ave. N.

Great Falls, MT 59401

Phone: 406-761-3680

For other locations in Montana, see: <https://www.esgw.org/hours-locations/>

Easterseals Goodwill changes people's lives across our four-state region through job skills training, disability, health care and children's services. Every day, we create opportunities for individuals with diverse needs and backgrounds to live as independently as possible.

Government Offices

Montana State Website

<https://mt.gov/>

Montana Developmental Disabilities Program

<https://dphhs.mt.gov/BHDD/>

111 Sanders, Room 305

Helena, MT 59604

Phone: 406-444-2995

Montana Vocational Rehabilitation and Blind Services

<https://www.dphhs.mt.gov/detd/vocrehab/>

111 North Last Chance Gulch, Suite 4C

PO Box 4210

Helena, MT 59604-4210

Phone: 877-296-1197 (toll-free consumer line), 406-444-1710 (voice/TTY)

Email: vrinfo@mt.gov

Montana Department of Labor & Industry: Human Rights Commission

<https://erd.dli.mt.gov/human-rights/human-rights-commission/>

Employment Standards Division

Physical Address:

301 South Park Avenue

Floors 4 and 5

Helena, MT 59601

Mailing Address:

PO Box 8011

Helena, MT 59604

Phone: 406-444-6543

The purpose of the Human Rights Commission is to sit in independent judgment of complaints of alleged discrimination.

Montana Department of Public Health and Human Services

<https://www.dphhs.mt.gov/>

Physical Address:

111 North Sanders

Helena, MT 59601-4520

Mailing Address:

PO Box 4210

Helena, MT 59604-4210

Phone: 406-444-5622

Montana Children's Health Insurance Plan (CHIP): Healthy Montana Kids (HMK)

<https://dphhs.mt.gov/hmk/>

Phone: 406-444-6002

Montana State Health Insurance Assistance Program (SHIP)

<https://dphhs.mt.gov/sltc/aging/ship>

Senior and Long Term Care Division

PO Box 4210

Helena, MT 59604

Phone: 406-444-4077

Montana Commissioner of Securities & Insurance

<https://csimt.gov/>

840 Helena Avenue

Helena, MT 59601

Phone: 406-444-2040, 800-332-6148 (Toll-free)

Email: csi@mt.gov

Montana Workers' Compensation Court

<https://courts.mt.gov/Courts/workers-comp/Home>

Physical Address:

1625 11th Ave

Helena, MT 59601

Mailing Address:

PO Box 537

Helena, MT 59624-0537

Phone: 406-444-7794

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>

<https://whoismyrepresentative.com/>

State Long Term Care Ombudsman Program

<https://dphhs.mt.gov/sltc/aging/longtermcareombudsman>

Senior and Long Term Care

Department of Public Health and Human Services

PO Box 4210

Helena, MT 59604

Phone: 800-332-2272

Ombudsman help residents in long term care living facilities and their families and friends understand and exercise the rights they are guaranteed by law.

Housing

Fannie Mae

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

Phone: 800-232-6643

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

<https://www.hud.gov/>

451 7th Street, SW

Washington, DC 20410

Phone: 202-402-3815

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 “Find State Resources” in the “Helping Americans” dropdown, then click on your state, and then click on “Your Local Office.” For info on public housing, click here: <https://www.hud.gov/contactus/public-housing-contacts> and choose your state from the drop down box.

211

<https://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

Independent Living Research Utilization (ILRU): Directory of Statewide Independent Living Councils (SILCs)

<https://www.ilru.org/silc-directory>

Montana Statewide Independent Living Council

<https://dphhs.mt.gov/detd/independentliving/MTSILC>

111 North Last Chance Gulch, Suite 4C

PO Box 4210

Helena, MT 59604-4210

Phone: 877-296-1197 (Toll-free consumer line), 406-444-2590 (TTY)

Email: mtsilc@mt.gov

Independent Living Research Utilization’s Directory of Centers for Independent Living (CILS) and Associations

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

National Council on Independent Living (NCIL)

<https://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

Montana State Library Talking Books

<https://msl.mt.gov/tbl/>

Physical Address:

1201 11th Ave

Helena, MT 59620
Mailing Address:
PO Box 201800
Helena, MT 59620
Phone: 406-444-2064 (local), 800-332-3400 (Toll-free), 406-444-4799 (TTY/TTD)
Email: MSLTBL@mt.gov

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

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

Disability Rights Montana

<https://disabilityrightsmt.org/>

1022 Chestnut St

Helena, MT 59601

Phone: 406-449-2344 (Voice/TDD), 800-245-4743 (Toll-Free)

Email: info@DisabilityRightsMT.org

Service Dogs

USA Service Dog Registration

<https://usaservicedogregistration.com/>

Phone: 760-283-7783 (Call or text)

Email: info@usaservicedogregistration.com

For the Service Dog Training Directory, please go to

<https://usaservicedogregistration.com/service-dog-training/>

Sports And Recreation

Cohesion Dance Project

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

1020 Argyle Street
Helena, MT 59601
Phone: 406-422-0830

This dance studio provides a safe, fun, and inclusive environment for individuals with disabilities or special needs to take adaptive dance classes and have performance opportunities. They offer both classes and winter or summer camps.

DREAM Adaptive Recreation, Inc

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

6901 Goldenstein Lane
Bozeman, MT 59715
Phone: 406-586-1781

Email: info@DreamAdaptive.org

The mission of Dream Adaptive Recreation, Inc. is to enhance the quality of life of individuals with disabilities by providing year-round outdoor adaptive recreational opportunities.

Eagle Mount

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

6901 Goldenstein Lane
Bozeman, MT 59715
Phone: 406-586-1781

General Email: eaglemount@eaglemount.org

Big Sky Kids Email: bigskykids@eaglemount.org

Since 1982, Eagle Mount has been transforming the lives of people with disabilities and children with cancer. With the help and support of a generous community, Eagle Mount opens up a world of adventures-skiing, horseback riding, swimming, camping, rock climbing, kayaking, cycling, fishing, and more.

Warriors & Quiet Waters (WQW)

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

351 Evergreen Drive, Suite A
Bozeman, MT 59715
Phone: 406-585-9793

Email: info@wqwf.org

Through the experience of fly fishing in Montana, WQW is a catalyst for positive change in the lives of post 9-11 warriors and Combat and wounded service members/veterans from Iraq and Afghanistan.

United Way

United Way

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

National Headquarters
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 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

U.S. Department of Veterans Affairs: Facility Locator

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

ALS

The ALS Association

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

National Office

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

For services and support in Montana, please use the Find Your State feature in the upper righthand corner of the webpages.

Brain Injury

Brain Injury Alliance of Montana

<https://biamt.org/>

P.O. Box 16503

Missoula, MT 59808

Phone: 406-541-6442, 800-241-6442 (Help Line)

Email: info@biamt.org

Cerebral Palsy

United Cerebral Palsy

<https://ucp.org/>

National Office

8401 Old Courthouse Road

Vienna, VA 22182

Phone: 800-872-5827, 866-827-1692

Email: Info@ucp.org

Please contact them for information in your area.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

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

Physical Address:

600 Highway 169 South, 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 information.

Guillain-Barré Syndrome/CIDP

GBS/CIDP Foundation International

<https://www.gbs-cidp.org/>
375 East Elm Street, Suite 101
Conshohocken, PA 19428
Phone: 610-667-0131, 866-224-3301 (Toll-Free North America)
Please call them for information in your area.

Multiple Sclerosis

National Multiple Sclerosis Society

<https://www.nationalmssociety.org/>
Phone: 800-344-4867
NMSS offers an online community.

Multiple Sclerosis Association of America (MSAA)

<https://mymsaa.org/>
National Headquarters
375 Kings Highway North, Suite B
Cherry Hill, NJ 08034
Phone: 800-532-7667 (Toll-free)
Email: msaa@mymsaa.org

MSAA Northwest Regional Office (Idaho, Montana, Wyoming)

<https://mymsaa.org/publications/improving-lives/offices/>
Phone: 800-532-7667, extension 137
Email: northwest@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

Click on “Find Care” at the top of each webpage and enter your state or zip code to find MDA Care Centers 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

<https://post-polio.org/wp-content/uploads/2026/01/PDIR-2026E.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

Spina Bifida

Spina Bifida Association

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

2000 Duke Street

Suite 300

Alexandria, VA 22314

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

Spinal Cord Injury

BrainAndSpinalCord.org

<https://brainandspinalcord.org/support-groups-spinal-cord-injury-montana/>

Lists support groups in Montana.

Stroke

American Stroke Association

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

National Center

7272 Greenville Avenue

Dallas, TX 75231

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

Please 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, 800-272-7282 (Toll-free)

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

<https://wearesrna.org/>

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330

Please contact them for info in your area.

General Disability Resources

Montana Yellow Pages for Kids with Disabilities

<https://www.yellowpagesforkids.com/help/mt.htm>

American Physical Therapy Association: Montana Chapter

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

PO Box 8575

Missoula, MT 59807

Phone: 406-543-1823

Montana Occupational Therapy Association

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

Association of People Supporting Employment First (APSE)

<https://apse.org/>

One Research Place, Suite 450

Rockville, MD 20850

Phone: 301-279-0060

Email: info@apse.org

No Montana chapter listed currently.

211

<https://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.

Cutting Fences Foundation

<https://www.cuttingfencesfoundation.net/>

Phone: 406-217-1166

Email: cuttingfencesfoundation@gmail.com

A non-profit organization that helps farmers and agricultural workers in Montana. They offer a loan closet of adaptive equipment that would be useful to farmers, rancher, etc.

Farm Rescue

<https://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 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.

ThinkFirst National Injury Prevention Foundation

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

2206 N. Main Street, #277

Wheaton, IL 60187

Phone: 630-961-1400, Ext. 1

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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