Minnesota Disability Resources

Affordable Care Act (ACA)

http://www.hhs.gov/healthcare/facts/bystate/mn.html
HHS.gov: 5 Years Later: How the Affordable Care Act is Working for Minnesota

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

https://www.n4a.org/adrcs
https://www.acl.gov/node/413
http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ 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 (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). 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.

http://mn4a.org/
Minnesota Association of Area Agencies on Aging

http://mn4a.org/aaas/
Minnesota Area Agencies on Aging by County

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
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.

ARTS and CREATIVITY

http://vsamn.org/
VSA Arts of Minnesota
The Cowles Center
528 Hennepin Avenue, Suite # 305
Minneapolis MN 55403
Phone: 612-332-3888
Email: info@vsamn.org
TTD/TTY: 612-332-3888
Greater MN TTD/TTY: 1-800-801-3883

ASSISTIVE TECHNOLOGY

www.mn.gov/star
Minnesota STAR Program
358 Centennial Office Building
658 Cedar Street
Saint Paul, MN 55155
Phone: 651-201-2640
Toll free: 1-888-234-1267
Email: star.program@state.mn.us

http://www.adagreatlakes.org/
EquipALife is a non-profit organization providing access to life-changing equipment for people in need of services and people with disabilities in Minnesota. They offer a loan program. This program provides the opportunity for a low-interest loan to disabled individuals needing financial assistance to pay for the Assistive Technology devices and services they need. After receipt of the loan the individual is able to make payments with an installment plan that fits their budget.

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

Minnesota Caregiver Support Groups by County
Tel: (954) 893-0550
1-800-829-2734
Email: info@caregiver.com

Well Spouse Association
Minneapolis/St Paul Well Spouse chapter
St Paul
Brandon Randolph
Phone: 612-889-9086

COMMUNITY-BASED FITNESS PROGRAMS

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

Courage Kenny Rehabilitation Institute
3915 Golden Valley Road
Minneapolis, MN 55422
Phone: 1-888-846-8253 or 763-588-0811
E-mail: CKRIABLE@allina.com
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

www.mnachc.org
Minnesota Association of Community Health Centers
1113 East Franklin Avenue, Suite 202
Minneapolis, MN 55404
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.

http://findahealthcenter.hrsa.gov/
Health Resources and Services Administration (HRSA): Find a Health Center
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 Dept of Public Safety: Office of Justice Programs (includes Crime Victim Assistance)
Phone: 651-201-7300 or 888-622-8799, ext. 1 for financial help
Toll-free: 800-247-0390, ext. 3 for information and referral
TTY: 651-205-4827

Minnesota: Crime Victim Justice Unit
www.safehorizon.org
Safe Horizon’s Links for General Crime Victim Resources/Issues

DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Resource Center on Domestic Violence: 800-537-2238

http://www.mcbw.org/
Minnesota Coalition of Battered Women
60 East Plato Blvd., Suite 130
St. Paul, MN 55107
Phone: 651-646-6177 or 800-289-6177

http://www.dayoneservices.org/
Day One Services
1000 E. 80th St.
Bloomington, MN 55420
Phone: 952-884-0376
Email: safety@dayoneservices.org
For shelter in the state of Minnesota and 24-hour crisis assistance, contact Day One
Minnesota Domestic Violence Crisis Line 1-866-223-1111

http://www.domesticabuseproject.com/about-dap/dap-at-a-glance/
Domestic Abuse Services (DAP)
204 West Franklin Avenue
Minneapolis, MN 55404
EASTER SEALS OFFICES

http://www.easterseals.com/connect-locally/?state=MN
Minnesota Easter Seals Offices—Go to search by state, click on Minnesota Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children’s, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

GOVERNMENT OFFICES FOR MINNESOTA

http://www.state.mn.us
Minnesota State Website

http://www.disability.state.mn.us/
Minnesota State Council on Disability
121 E. 7th Place, Suite 107
St. Paul, MN 55101
Phone/TTY: 1-800-945-8913
651-361-7800
Email: council.disability@state.mn.us

http://mn.gov/mdhr/
Minnesota Department Human Rights
Freeman Building
625 Robert Street North
Saint Paul, MN 55155
Phone: 651-539-1100
Toll-free: 800-657-3704
Email: info.MDHR@state.mn.us
The Minnesota Department of Human Rights (MDHR) is a neutral state agency that investigates charges of illegal discrimination, ensures that businesses seeking state contracts are in compliance with equal opportunity requirements, and strives to eliminate discrimination by educating Minnesotans about their rights and responsibilities under the state Human Rights Act.

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

Central Lakes Community Dental Clinic  
Central Lakes College Campus  
501 West College Drive  
Brainerd, MN 56401  
218-855-8272

Fergus Falls Community Dental Clinic  
1121 Pebble Lake Road  
Fergus Falls, MN 56537  
218-739-7254

Health Source Community Dental Clinic  
1425 East Rum River Drive S  
Cambridge, MN 55008  
763-689-7306

Southern Cities Community Clinic  
400- 4th Street NW  
Faribault, MN 55021  
507-384-6830

Willmar Community Dental Clinic  
1801 Technology Drive  
Willmar, MN 56201  
320-231-5315

http://www.mncdd.org/
The Minnesota Governor’s Council on Developmental Disabilities  
370 Centennial Office Building  
658 Cedar Street  
St. Paul, MN 55155  
Phone: 651-296-4018  
Toll free: 877-348-0505  
Offers E-Learning Courses

http://mn.gov/deed/job-seekers/disabilities/
Minnesota Vocational Rehabilitation Program  
Minnesota Department of Employment and Economic Development  
1st National Bank Building  
332 Minnesota Street, Suite E200  
St. Paul, MN 55101-1351  
Switchboard: 651-259-7114  
Toll Free: 800-657-3858
TTY: 651-296-3900
E-mail: deed.customerservice@state.mn.us


**Minnesota Medicare**
Phone: (651) 431-2670 (Twin cities metro area)
   (800) 657-3739 (Outside Twin cities metro area)
TTY: (800) 627-3529 or 711
Please note that Medicare is a national program, it is listed here for convenience.

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

**Medical Assistance (Minnesota Medicaid Office)**
Minn. Dept. of Human Services
PO Box 64976
St. Paul, MN 55164-0976
Phone: 651-431-2670
Toll-free: 800-657-3739


**Minnesota SCHIP Program** (State Children’s Health Insurance Program)

**MinnesotaCare**
PO Box 64838
St. Paul, MN 55164-0838
Phone: 651-297-3862 in the Twin Cities metro area
Toll-Free: (800) 657-3672 outside the Twin Cities
TTY: (800) 627-3529 or 711


**Minnesota CHIP Program** (Children’s Health Insurance Program)
**TEFRA Option (for children with disabilities who live with their families)**
Phone: (651) 431-2670 (Twin cities metro area)
   (800) 657-3739 (Outside Twin cities metro area)
TTY: (800) 627-3529 or 711

http://www.mnaging.org/

**Minnesota SHIIP Program** (State Health Insurance Information Program for Seniors)
Minnesota Board on Aging
P.O. Box 64976
St. Paul, MN 55164-0976
Elmer L. Andersen Human Services Building
540 Cedar Street
St. Paul, MN 55155
TTY: 1-800-627-3529
Phone: 1-800-882-6262, 651-431-2500
Email: mba@state.mn.us

www.dli.mn.gov/WorkComp.asp
Minnesota Workers’ Compensation
443 Lafayette Road N.
St. Paul, MN 55155
Phone: 651-284-5005
   1-800-342-5354
TTY: 651-297-4198

http://www.house.gov/representatives/find/
http://whoismyrepresentative.com/
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://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/
State Long-Term Care (LTC) Ombudsman
Office of Ombudsman for Long Term Care
P.O. Box 64971
St. Paul, Minnesota 55164
Phone: 651-431-2555
Toll-free: 800-657-3591
The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

HOUSING

www.fanniemae.com
Fannie Mae—Minnesota Office
Midwestern Regional Office
One South Wacker Drive, Suite 1400
Chicago, IL 60606-4667
Phone: 312-368-6200

Minnesota Housing and Urban Development (HUD) Office
Minneapolis Field Office
International Center
920 Second Avenue South, Suite 1300
Minneapolis MN 55402-4012
Phone: 612-370-3000

www.hud.gov

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

www.211.org
http://www.211.org/services/housing-and-utilities

211
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

http://www.ilru.org/projects/silc-net/silc-directory
ILRU: State Independent Living Councils (SILCs)
Minnesota Independent Living Council
17995 Filmore St. NW
Elk River, MN 55330
Phone: 612-518-1497

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

www.regencyhhc.com/housing
Minnesota’s Premier Home Healthcare Agency
2980 Rice Street
Little Canada, MN 55113
Phone: 651-488-4655
Toll-free: 877-226-4855
The Oaks
2703 Rodeo Dr.
Blaine, MN 55449-5906
Phone 952-285-7359
Mailing Address: P.O. Box 27247
Golden Valley, MN 55427
Independent Living Center for those with vents.

http://www.ncil.org/
National Council on Independent Living (NCIL)
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 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.

http://independentlifestyles.org/contact/
Independent Lifestyles, Inc. Center for Independent Living
215 North Benton Drive
Sauk Rapids, MN 56379
Phone: 320-529-0747
Email: ilicil@independentlifestyles.org
Independent Lifestyles believes that everyone deserves opportunities to make decisions that affect their life, are able to pursue activities of their own choosing, and are limited only in the same ways that one’s non-disabled neighbors are limited. Independent living should not only be defined in terms of living on one’s own. Being employed in a job fitting their capabilities and interests, or having an active social life are aspects of living independently. Independent living has to do with self-determination. It is having the right and the opportunity to pursue a course of action. And, it is having the freedom to fail and to learn from one’s failures, just as non-disabled people do.

LIBRARY SERVICES

http://www.klas.com/mnbph
Minnesota Library for the Blind and Physically Handicapped
388 SE 6th Avenue
Faribault, MN 55021-6340
NeuroRecovery Network (NRN)

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

http://www.couragecenter.org/
Courage Kenny Rehabilitation Institute
800 E. 28th Street
Minneapolis, Minnesota 55407
Phone: 763-588-0811/1-888-846-8253
Contact Rachel Kath-Dvorak at Rachel.kath-dvorak@couragecenter.org
A Reeve Foundation Community Fitness & Wellness center.

Peer Support Programs

www.ChristopherReeve.org/Peer
Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)
636 Morris Turnpike, Suite 3A
Short Hills, NJ 07078
Phone: 800-539-7309
Email: Peer@ChristopherReeve.org
The Peer & Family Support Program (PFSP) is the Reeve Foundation’s national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation’s Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

http://www.spinalcord.org/spinal-network/grant-details/
United Spinal Association’s Spinal Network support group program
Phone: 800-962-9629
Email: peers@spinalcord.org
The Spinal Network is dedicated to establishing and managing a nationwide network of support groups. Grants to peer support programs of $500 each can be applied for here: http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/

PROTECTION and ADVOCACY

http://www.icdri.org/legal/MinnesotaPAD.htm
Minnesota Protection and Advocacy
(CAP/PADD/PAIMI/PAIR/PABSS/TBI/PAVA)
Minnesota Disability Law Center
430 First Avenue North, Suite 300
Minneapolis, MN 55401-1780
Phone: 612-332-1441
1-800-292-4150 (in state)
E-Mail: bjursik@midmnlegal.org

SERVICE DOGS

www.helpingpaws.org
Helping Paws of Minnesota
630 12th Ave South
Hopkins, MN 55343
Phone: 952-988-9359
Email: general@helpingpaws.org
Types of dogs trained: Service

Hearing and Service Dogs of Minnesota
2537 25th Ave. South
Minneapolis, MN 55406
Phone: 612- 729-5986
(612) 729-5914 TDD/FAX
Email: info@hsdm.org

http://www.pawsitivityservicedogs.com
Pawsitivity Service Dogs
197 Griggs St N.
St Paul, MN 55104
Phone: 651-321-DOGS
Email: mail@pawsitivityservicedogs.com
Trains assistance dogs for individuals with disabilities.
SPORTS and RECREATION

www.powerhockey.com
U.S. Electric Wheelchair Hockey Association
7216 39th Avenue North
Minneapolis, MN 55427
Contact Person: Craig McClellan
Phone: 763-535-4736
Email: info@powerhockey.com

http://www.wildernessinquiry.org
Wilderness Inquiry
808 14th Avenue SE
Minneapolis, MN 55414-1516
Phone: 612-676-9400
800-728-0719
Email: info@wildernessinquiry.org

http://mindbodysolutions.org/
Mind Body Solutions: Yoga for the Disabled
17516 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-3700 (voicemail)
info@mindbodysolutions.org

Yoga Workshop Address:
2637 27th Ave. S. Suite 207
Minneapolis, MN 55406

http://madisonclairefoundation.org/
Madison Claire Foundation
8217 Enclave Rd
Woodbury, MN 55125
Phone: 612-670-1568
Email: info@madisonclairefoundation.org
The Madison Claire Foundation is building the first fully inclusive playground built in the East Metro that will be fully ramped, allowing access to every point of the playground.

http://www.powersoccerusa.org/
Midwest Power Soccer Association
11841 243rd Ave NW
Zimmerman, MN 55398
Phone: (763) 856-2044
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 OFFICES

http://national.unitedway.org/
United Way
National Headquarters
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities. Enter postal code for a United Way office in your area.

VETERAN BENEFITS

US Department of Veterans Affairs VA Hospital Locator
http://www2.va.gov/directory/guide/home.asp?isflash=1

http://www.minneapolis.va.gov/
Minneapolis VA Center
One Veterans Drive
Minneapolis, MN 55417
Phone: 612-725-2000
Toll-free: 866-414-5058

http://www.stcloud.va.gov/
St. Cloud VA Medical Center
4801 Veterans Drive
St. Cloud, MN 56303
Phone: 320-252-1670

http://www2.va.gov/directory/guide/facility.asp?ID=365&dnum=All
St. Paul Regional Office
1 Federal Drive, Fort Snelling
St. Paul, MN 55111-4050
Phone: 1-800-827-1000
Email: VBCINQ@VBA.VA.GOV
www.mnpva.org
Minnesota Chapter PVA Offices
1 Veterans Drive, SCI-238
Minneapolis, MN 55417-2309
Phone: 612-467-2263
Toll-Free: 800-663-6782
Email: mnpva@qwestoffice.net

ALS

www.alsmn.org
ALS Association’s Minnesota Chapter
333 North Washington Ave Suite 105
Minneapolis, MN 55401
Phone: 612-672-0484
     888-672-0484
Email: info@alsmn.org

BRAIN INJURY

http://www.braininjurymn.org/
Brain Injury Association of Minnesota
2277 Highway 36 West, Suite 200
Roseville, MN 55113-3830
Phone: 612-378-2742
     1-800-669-6442
Email: info@braininjurymn.org

http://mayoresearch.mayo.edu/mayo/research/tbims/
Minnesota TBI Model System: The Mayo Clinic
200 First St.
Rochester, MN 55905
Phone: 507-284-2511

CEREBRAL PALSY

http://www.ucpcentralmn.org
United Cerebral Palsy: Minnesota

UCP of Central Minnesota
510 25th Avenue North, Suite 8A
St. Cloud, MN 56303-3255
FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020

Twin City Area Support Group
Lenore Healy Schultz
2549 32nd Ave S
Minneapolis, MN 55406
Phone: 612-724-3784
Email: lschultz@bitstream.net
Web: www.geocities.com/twincitiesataxia

Central MN Support Group
Marsha Binnebose
1038 Sunset Ridge Rd.
St. Coud, MN 56303

GUILLAIN-BARRÉ SYNDROME / CIDP

http://www.gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
The Holly Bldg., 104 ½ Forrest Ave.
Narberth, PA 19072
Phone: 610-667-0131
Call for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/
www.nationalmssociety.org/online-community/index.aspx
National Multiple Sclerosis Society (NMSS)
Phone: 800-FIGHT-MS

http://www.nationalmssociety.org/Chapters?chapters=6530
http://www.nationalmssociety.org/Chapters/MNM

Upper Midwest Chapter of NMSS
200 12th Avenue South
Minneapolis, MN 55415
Phone: 612-335-7900
Toll-free: 800-344-4867
Email: info@mssociety.org

http://mymsaa.org/about-msaa/regional/#Midwest
Multiple Sclerosis Association of America: Midwest Office (covers MN)
1507 E 53rd Street, Suite 284
Chicago, IL 60659-1199
Phone: 800-532-7667 extension 150
E-mail: midwest@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
222 S. Riverside Plaza, Suite 1500
Chicago, IL 60606
Phone: 800-572-1717

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

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

POST-POLIO SYNDROME

http://www.post-polio.org/net/poldir.pdf
Post-Polio Health International (PHI)
4207 Lindell Blvd. #110
St. Louis, MO 63108-2915
Phone: 314-534-0475
Email: info@post-polio.org

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
P.O. Box 17427
Arlington, VA 22216
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

http://spinabifidaassociation.org/clinics/#K-O
SBAA Minnesota Clinics:

Park Nicollet Methodi st Hospital
Minneapolis Spina Bifida Clinic
2001 Blaisdell Ave.
Minneapolis, MN 55404
(952) 993-9100
www.parknicollett.com

Shriners Hospitals for Children– Twin Cities
Spina Bifida Clinic (pediatric only)
2025 E. River Parkway
Minneapolis, MN 55414
(612) 596-6105
www.twincitiesshrinershospital.org

Mayo Clinic
Spina Bifida Clinic (pediatric-will refer adults)
200 First St. SW
Rochester, MN 55905
(507) 266-8404
www.mayoclinic.org

Gillette Children’s Specialty Healthcare
Gillette Lifetime Specialty Care Clinic (adults only-age 16 and over)
435 Phalen Blvd.
St. Paul, MN 55130
(651) 229-3878
Email: jwilhelmy@gillettechildrens.com
www.gillettechildrens.org

Gillette Children’s Specialty Healthcare
Center for Spina Bifida (pediatric only)
200 E University Avenue
St. Paul, MN 55101
(651) 290-8712
www.gillettechildrens.org

SPINAL CORD INJURY

Minnesota Spinal Cord Injury Association on Facebook
12527 Central Avenue NE
Blaine, MN 55434

STROKE

http://www.strokeassociation.org
American Stroke Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org/
American Syringomyelia & Chiari Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

http://www.asap.org/forum
American Syringomyelia & Chiari Alliance Project Support Groups

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association State Support groups
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 614-317-4884
Please contact them for info in your area.

http://transmyelitis.meetup.com/
TM MeetUp
Enter your postal code for a MeetUp in your area.
Meetings are usually held in local restaurants.

GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/mn.htm
Minnesota Yellow Pages for Kids with Disabilities

www.motafunctionfirst.org
Minnesota chapter of the American Occupational Therapy Association
1000 Westgate Drive Suite 252
St. Paul, MN 55114
Phone: 651-290-7498
Email: mota@ewald.com

www.mnapta.org
Minnesota Chapter of the American Physical Therapy Association
970 Raymond Avenue, Suite 205
Saint Paul, MN 55114
Phone: 651-635-0902
Email: info@mnapta.org

www.apse.org
http://www.apse.org/chapters/details.cfm?id=17
Association of People Supporting EmploymentFirst (ASPE): Minnesota chapter
Heidi Maghan
Kaposia Inc.
Search Beyond Adventures, Inc.
4603 Bloomington Ave.
Minneapolis, MN 55407
Phone: (800) 800-9979
Escorted Travel for Adults with Disabilities

Accessibility Design
3238 Cavell Lane
Minneapolis, MN 55426
Phone 952-925-0301
Email: info@accessibilitydesign.com
Serves the Minnesota area with home modification consulting and design.

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

First Call 2-1-1
Phone: 211
Provides callers with information about and referrals to human services for every day needs and in times of crisis. 211 can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Minnesota Help.info From the Minnesota Board of Aging and the Minnesota Dept. of Human Services
(Information on social services, health care and disability in Minnesota)

Senior LinkAge Line
Phone: 800-333-2433
Email: senior.linkage@state.mn.us
The Senior LinkAge Line® is the Minnesota Board on Aging's free statewide information and assistance service. The Senior LinkAge Line® service is provided by six Area
Agencies on Aging that cover all 87 counties of Minnesota and helps connect you to local services.

http://www.mcil-mn.org/programs/disability-linkage-line
Disability LinkAge Line
Phone: 866-333-2466
Metropolitan Center for Independent Living (MCIL) offers up-to-date information about community resources related to people with disabilities, including housing and benefits referral, through the Disability Linkage Line. The Disability Linkage Line is an information and referral service for people with disabilities, which was launched in 2004 by the Minnesota Department of Human Services.

https://linkvet.custhelp.com/
Veteran LinkAge Line aka LinkVet
Phone: 888-546-5838
Online support is available seven days a week for Minnesota Veterans and their families. LinkVet is staffed by a team of support specialists trained through the Minnesota Department of Veterans Affairs (MDVA). Contact them by phone (1-888-LinkVet), live chat or ask a question.

www.accesspress.org
Access Press: Minnesota’s Disability Community Newspaper
161 St. Anthony Avenue, Suite 910
St. Paul, MN 55103
Phone: 651-644-2133
Email: access@accesspress.org

http://www.couragecenter.org/
Courage Kenny Rehabilitation Institute
800 E. 28th St.
Minneapolis, MN 55407
Phone: 763-588-0811
TTY: 763-520-0245
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.

www.lifeworks.org
Life Works
2965 Lone Oak Drive #160
Eagan, MN 55121
Phone: 651-454-2732
Toll-free: 866-454-2732
Email: mktg@lifeworks.org
Employment placement for people with disabilities as well as other services.
www.flyingwheelstravel.com
Flying Wheels Travel
143 W. Bridge St.
P.O. Box 382
Owatonna, MN 55060
Phone: 507-451-5005
Toll-free: 877-451-5005
A full service travel agency specializing in the physically challenged since 1970.

www.farmrescue.org
Farm Rescue
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.

www.thinkfirst.org
ThinkFirst National Injury Prevention Foundation
1801 N. Mill St., Suite F
Naperville IL 60563
Phone: 630-961-1400
Toll-free: 800-844-6556
Email: thinkfirst@thinkfirst.org
ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

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