Montana Disability Resources

Affordable Care Act (ACA)

http://www.hhs.gov/healthcare/facts/bystate/mt.html
HHS.gov: 5 Years Later: How the Affordable Care Act Is Working for Montana

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://dphhs.mt.gov/SLTC
Montana Department of Aging
2030 11th Ave.
Helena MT 59601
Phone: 406-444-4077

Montana Area Agencies 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://www.vsamontana.org/
VSA arts of Montana
PO Box 7225
Missoula, MT 59807
Phone/TTY: 1-406-549-2984
Email: info@vsamontana.org

ASSISTIVE TECHNOLOGY

http://montech.ruralinstitute.umt.edu
MonTech Program
Rural Institute- MonTech
52 Corbin Hall
Missoula, MT 59803
Phone/TTY: 1-800-732-0323 (In-state only)
Phone: 406-243-5751 or 877-243-5511
Email: montech@ruralinstitute.umt.edu

http://www.adainformation.org
COMMUNITY-BASED FITNESS PROGRAMS

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

COMMUNITY HEALTH CENTERS

www.mtpca.org
Montana Primary Care Association
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.

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

Montana Crime Victim Compensation Program
Office of Victim Services
Department of Justice
2225 11th Ave.
PO Box 201410
Helena, MT 59620-1410
Phone: 406-444-3653
Email: dojovs@mt.gov

http://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); TTY: 800-787-3224
National Resource Center on Domestic Violence: 800-537-2238

http://mcadsv.com/
Montana Domestic Coalition Against Domestic and Sexual Violence
P.O. Box 818
Helena, MT 59624
Phone: 406-443-7794
Toll-free: 888-404-7794
Email: mtcoalition@mcadsv.com

EASTER SEALS OFFICES

http://www.esgw-nrm.easterseals.com
Montana Easter Seals Office
425 First Ave. North
Great Falls, MT 59405
Phone: 406-761-3680
For other locations in Montana, see: http://esgw-nrm.easterseals.com/site/PageServer?pagename=NRMM_montanaservicelocations
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

http://mt.gov/
Montana State Website

Montana Developmental Services Division
Disability Services Division
111 Sanders, Suite 305
PO Box 4210
Helena, MT 59604-4210
Phone/TDD: 406-444-2995
Phone: 877-296-1197 (Toll-Free)

http://www.dphhs.mt.gov/detd/voc rehab/
Montana Vocational Rehabilitation
111 North Last Chance Gulch, Suite 4C
PO Box 4210
Helena, MT 59604-4210
Toll-free: 877-296-1197
Phone/TTY: 406-444-2590
Email: vrinfo@mt.gov

Montana Department of Labor & Industry: Human Rights Commission
PO Box 8011
Helena, MT 59604-8011
Phone: 406-444-6543
TDD: 406-444-9696
The purpose of the Human Rights Commission is to sit in independent judgment of complaints of alleged discrimination

http://www.dphhs.mt.gov/
Montana Public Health and Human Services
111 North Sanders Street
Helena, MT 59601-4520
Phone: 406-444-2995

http://www.chip.mt.gov/
Montana Children’s Health Insurance Program (CHIP)
Healthy Montana Kids
P.O. Box 2029
Helena, MT 59620-2925
Phone: 406-444-4533
877-543-7669 (877-KidsNow)
TTY: 800-253-4091
National TTY: 711
Email: hmk@mt.gov

Montana State Health Insurance Information Program (SHIIP)
Senior And Long Term Care Division
111 North Sanders, Room 210
Helena, MT 59604
Phone: 406-444-4077
Phone: 800-551-3191 (Toll-Free)

http://csi.mt.gov/
Montana Insurance Commissioner
840 Helena Avenue
Helena, MT 59601
Toll-free Phone: 800-332-6148
TDD: 406-444-3426
Phone: 406-444-2040

http://wcc.dli.mt.gov/
Montana Workers’ Compensation
Phone: 406-444-7794

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.

State LTC Ombudsman
MT Dept. of Health & Human Services
P.O. Box 4210
111 N. Sanders
Helena, MT 59604
Phone: 406-444-7785
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
Montana Partnership Office
828 Great Northern Blvd.
Helena, MT 59601
Phone: 406-443-6940

US Housing and Urban Development (HUD) Montana Office
901 Front St., Suite 1300
Helena, MT 59626
Phone/TTY: 406-449-5050

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)
Montana Independent Living Council
52 Corbin Hall
University of Montana
Missoula, MT 59801
Phone: 406-243-5817
http://www.ilru.org
Independent Living Research Utilization’s directory of Independent Living Centers

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.

LIBRARY SERVICES

http://tbl.msl.mt.gov/
Montana Talking Book Library
1515 East 6th Ave.
P.O. Box 201800
Helena, MT 59620-1800
Phone: 406-444-3115
Toll-free: 800-338-5087
TTY: 406-444-4799

NeuroRecovery Network (NRN)
The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

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.disabilityrightsmt.org/janda/
Disability Rights Montana
1022 Chestnut St.
Helena, MT 59601-8602
Phone/TDD: 1-406-449-2344
Phone/TDD: 1-800-245-4743 (Toll-Free)
Email: advocate@disabilityrightsmt.org

SERVICE DOGS

http://www.wolfpacks.com/serviced.htm - m
Wolf Pack Inc.’s Service Dog Directory
Service Canines of Montana
PO Box 1214
Laurel, MT 59044
Phone: 406-698-8241
Email: sercom@ttc-cmc.net

Canine Logistics
2020 Townsend Ave.
Helena, MT 59601
Phone: 406-439-5323
e-mail: prodigalservicedogs@bresnan.net

Paws Abilities
3735 Big Flat Rd.
Missoula, MT 59804
Phone: 650-898-9117

Karosel Service Dogs
4805 Deschamps Lane
Missoula, MT 59808
Phone: 406-543-7672

SPORTS and RECREATION

http://www.dreamadaptive.org/
Dream Adaptive Recreation Programs, Inc.
PO Box 4084
Whitefish, MT 59937
Phone: 406-862-1817
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.

http://www.eaglemount.org/
Eagle Mount – Bozeman
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.
http://fwp.mt.gov/recreation/ctb/default.html
Montana Fish, Wildlife & Parks: Accessibility Info
1420 E. Sixth Ave.
PO Box 200701
Helena, MT 59620-0701
Phone: 406-444-2535
TDD: 406-444-1200
Email: fwpgen@mt.gov

www.warriorsandquietwaters.org
Warriors and Quiet Waters Foundation Inc. (WQW)
1087 Stoneridge Dr., Suite 1
Bozeman, MT 59718
Phone: 405-585-9793
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 OFFICES

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

VETERAN BENEFITS

http://www1.va.gov/directory/guide/state.asp?onbtnRelease=%5Btype+Function%5D&S TATE=MT&dnum=ALL&map=1&strURL=state%2Easpt
Department of Veterans Affairs: Montana
For office near you click on your county.

ALS
http://www.alsa.org/
The ALS Association National Office
1275 K Street NW, Suite 250
Washington, DC 20005
Phone: 202-407-8580
Please contact them for local info. in your area.

BRAIN INJURY

http://www.biamt.org/
Brain Injury Alliance of Montana
1280 S. 3rd St. West, Suite 4
Missoula, MT 59801
Phone: 406-541-6442
Phone: 800-241-6442 (In-State)
Email: biam@biamt.org

CEREBRAL PALSY

http://www.ucp.org
United Cerebral Palsy National Office
1825 K St.
Suite 600
Washington, DC 20006
Phone: 202-776-0406
800-USA-5-UCP
TTY: 202-973-7197
Email: national@ucp.org
Please contact them for information in your area.

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
Please contact them for local information.

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome/ CDIP Foundation International
The Holly Bldg., 104 ½ Forrest Ave.
Narberth, PA 19072
Phone: 610-667-0131
Toll-free: 866-224-3301
Please call them for information in your area

MULTIPLE SCLEROSIS

http://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Others-on-MSconnection-org
National Multiple Sclerosis Society Headquarters
Phone: 800-FIGHT-MS
NMSS offers an online community.

http://www.nationalmssociety.org/mtt
Montana chapter of National Multiple Sclerosis Society
2047 Broadwater, Suite 2
Billings, MT 59102
Phone: 406-252-5927
Email: msnorthwest@nmss.org

www.mymsaa.org
Multiple Sclerosis Association of America (MSAA) Headquarters
706 Haddonfield Road
Cherry Hill, NJ 08002
Phone: 856-488-4500
Toll-free: 800-532-7667
Email: msaa@mymsaa.org

http://www.mymsaa.org/about-msaa/regional/
MSAA Northwest Regional Office (Idaho, Montana, Wyoming)
Becky Remington, Regional Director (Interim)
14902 Preston Rd., Suite 404-345
Dallas, TX 75254
(800) 532-7667 extension 137
E-mail: northwest@mymsaa.org

MUSCULAR DYSTROPHY

http://www.mdausa.org/
Muscular Dystrophy Association
National Headquarters
POST-POLIO SYNDROME

http://www.post-polio.org
Post-Polio Health International (PHI)
4207 Lindell Blvd., #110
St. Louis, MO 63108-2930
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
1600 Wilson Blvd.
Arlington, VA 22209
Phone: 800-944-3285
Email: sbaa@sbaa.org
Please contact them for info in your area

SPINAL CORD INJURY

Brain and Spinal Cord.org
Lists support groups in Montana:

Bozeman Spinal Cord Injury Group
This group meets on the second Tuesday of each month from 5 p.m. - 6:30 p.m. and provides support to the spinal cord injury community and their families in and around Bozeman in any way possible, and works to bring about awareness in the community.
Meeting place:
Eagle Mount
6901 Goldenstein Lane
Bozeman, MT, 59715
Contact: Linda Chatriand at (406) 284-6023 or lchariand@yahoo.com
STROKE

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

SYRINGOMYELIA/CHIARI MALFORMATION

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

www.asap.org/forum/
American Syringomyelia & Chiari Alliance Project Online Support Group

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association State Support groups
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 614-317-4884
Email: info@myelitis.org

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/mt.htm
Montana Yellow Pages for Kids with Disabilities

http://www.mapta.com/
Montana Chapter of the American Physical Therapy Association
PO Box 8575
Missoula, MT 59807
Phone: 406-543-1823
Email: mapta@mapta.com

http://www.mtota.org
Montana chapter of the American Occupational Therapy Association
3221 Rosebush Lane
Belgrade, MT 59714
Phone: 406-442-5078
Email: admin@mtota.org

www.apse.org
Association of People Supporting EmploymentFirst (APSE)
No Montana chapter listed currently.

www.211.org
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. 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.

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.
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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