



South Dakota Disability Resources

AFFORDABLE CARE ACT (ACA)

<http://www.hhs.gov/healthcare/facts/bystate/sd.html>

HHS.gov: 5 Years Later: How the Affordable Care Act is Working for South Dakota

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.

<https://www.healthcare.gov/what-is-the-marketplace-in-my-state/#state=south-dakota>

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.

<https://dss.sd.gov/asa/>

South Dakota Department of Aging

700 Governors Drive

Pierre, SD 57501

Phone: 605-773-3165

<http://www.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.

ASSISTIVE TECHNOLOGY

<https://www.sd.at4all.com/>

DakotaLink: South Dakota Assistive Technology Project

1161 Deadwood Ave., Suite #5

Rapid City, SD 57702

Phone: 605-394-6742

800-645-0673

Email: atinfo@dakotalink.net

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

Rocky Mountain ADA Center (covers South Dakota)

3630 Sinton Road, Suite 103

Colorado Springs, CO 80907

Phone/TTY: 719-444-0268

Toll-free: 800-949-4232

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.communityhealthcare.net

South Dakota Office, Community HealthCare Association of the Dakotas

300 S. Phillips Avenue, Suite L105

Sioux Falls, SD 57104

Phone: 605-275-2423

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

www.dci.sd.gov/Services/CrimeVictimServices.aspx

South Dakota Crime Victim Compensation and Assistance

700 Governors Drive

Pierre, SD 57501

Phone: 605-773-6317

800-696-9476

Email: victimsservices@state.sd.us

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://www.sdcedsv.org/>

South Dakota Coalition Ending Domestic & Sexual Violence

Statewide Hotline: 800-572-9196

P.O. Box 141

Pierre, SD 57401

Phone: 605-945-0869

Email: sdcadvsa@rapidmail.com

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

White Buffalo Calf Woman Society, Inc.

P.O. Box 227

Mission, SD 57555

Phone: 605-856-2317

EASTER SEALS OFFICES

www.easterseals.com

Easter Seals Headquarters

Please check their website for any local or state based services

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://www.sd.gov>

South Dakota State Website

<http://dhs.sd.gov/>

South Dakota Department of Human Services

3800 E Hwy 34

Hillsvew Properties Plaza
500 E Capitol Ave
Pierre, SD 57501
Phone: 605-773-3438
TTY Phone: 605-773-6412
Toll-free: 800-265-9684
Email: infodhs@state.sd.us

http://dlr.sd.gov/human_rights/default.aspx

South Dakota Division of Human Rights

South Dakota Department of Labor and Regulation
Kneip Building
700 Governors Drive
Pierre, SD 57501-2291
Phone: 605-773-3681

The Division investigates formal complaints filed by people who believe they have been discriminated against.

<http://dss.sd.gov/>

South Dakota Department of Social Services

700 Governors Drive
Pierre, SD 57501
Phone: 605-773-3165
Email: dssinfo@state.sd.us

<http://dhs.sd.gov/rehabservices/>

South Dakota Division of Rehabilitation Services

1310 Main Ave, South, Suite 102
Brookings, SD 57006
Phone: 605-688-4280
Toll-free: 800-382-2176
Email: infors@state.sd.us

<http://dss.sd.gov/medicaid/>

South Dakota Medicaid Office

700 Governors Drive
Richard F Kneip Bldg.
Pierre, SD 57501
Phone: 605-773-3165
Email: medelig@state.sd.us

<http://www.shiine.net/>

SHIINE (Senior Health Information and Insurance Education)

SHIINE Regional Coordinators:
Eastern South Dakota

Phone 800-536-8197 or 605-333-3314

Email: activegen.org

Central South Dakota

Phone: 877-331-4834 or 605-224-3212

Email: SHIINE@centralsd.org

Western South Dakota

Local: 877-286-9072 or 605-342-8635

Email: SHIINE@westriversd.org

https://www.dakotacare.com/files/1014/1330/5541/SD_Risk_Pool.pdf

South Dakota Risk Pool

Capitol Bldg.

500 East Capitol Avenue

Pierre, SD 57501-5070

Phone: 605-773-3148

Email: Riskpool@state.sd.us

South Dakota High Risk Insurance Plan for eligible people who are unable to get insurance coverage. Not accepting new enrollees.

www.dlr.sd.gov/insurance/

South Dakota Insurance Commissioner

124S Euclid Ave, 2nd Floor

Pierre, SD 57501

Phone: 605-773-3563

Email: insurance@state.sd.us

<http://dol.sd.gov/workerscomp/default.aspx>

South Dakota Worker's Compensation

Labor and Management

Kneip Building

700 Governors Drive

Pierre, SD 57501-2291

Phone: 605-773-3101

<http://dhs.sd.gov/rehabservices/vocrehabservices.aspx>

South Dakota Vocational Rehabilitation Services

Vocational Rehabilitation is a program that provides individualized vocational rehabilitation and supportive services to assist eligible individuals with disabilities to get and keep jobs compatible with their skills and abilities.

<https://dhs.sd.gov/councilondevelopmentaldisabilities.aspx>

South Dakota Council on Developmental Disabilities

Hillsvew Plaza

3800 E. Hwy 34
Pierre, SD 57501-5070
Phone: 605-773-3438
Toll-free: 800-265-9684

<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://dss.sd.gov/asa/services/ombudsman.aspx>

South Dakota Long Term Care Ombudsman

Phone: 866-854-5465

Email: ASA@state.sd.us

Area Ombudsmen receive, investigate and seek to resolve complaints from, or on behalf of, residents of long-term care and residential facilities. The State Ombudsman is responsible for training local Ombudsman, providing technical assistance and providing the overall leadership for the program.

HOUSING

<http://www.hud.gov/local/index.cfm?state=sd&topic=offices>

South Dakota Housing and Urban Development (HUD)Office

Department of Housing and Urban Development

4301 West 57th St.

Suite 101

Sioux Falls, SD 57108

Phone: 605-330-4223

800-877-8339 (TTY)

Email: pihirc@firstpic.org

www.hud.gov

<http://www.hud.gov/local/index.cfm?state=al>

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>
<http://dhs.sd.gov/drs/silc/silc.aspx>

ILRU: State Independent Living Councils (SILCs)

South Dakota Independent Living Council

221 South Central Avenue

Pierre, SD 57501

Phone: 605-945-2207

Toll-Free: 1-800-210-0143

Email: shellyp@sd-ccd.org

<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://library.sd.gov/btb/>

South Dakota Braille and Talking Book Library

Mackay Building
800 Governors Drive
Pierre, SD 57501
Phone: 605-773-3131
800-423-6665

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.sdadvocacy.com/>

South Dakota Advocacy Services

also includes **Client Assistance Program (CAP)**

221 South Central Ave., Suite 38

Pierre, SD 57501

Phone: 605-224-8294

800-658-4782

Email: sdas@sdadvocacy.com

SPORTS and RECREATION

<http://gfp.sd.gov/>

<http://gfp.sd.gov/hunting/accessibility/>

South Dakota Game Fish and Parks—Disability Info for Hunting and Fishing

523 East Capitol Avenue

Pierre, SD 57501

Phone: 605-223-7660

Email: parkinfo@state.sd.us

UNITED WAY OFFICES

<http://www.unitedway.org>

United Way

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/fac_list_by_state.cfm?State=SD&dnum=ALL&map=1&flash=1

US Department of Veterans Affairs VA Hospital Locator

http://www.pva.org/site/c.ajIRK9NJLcJ2E/b.6468289/k.A30C/South_Dakota.htm

South Dakota Chapter Paralyzed Veterans of America Offices

209 N. Garfield

Sioux Falls, SD 57104

Phone: 605-336-0494

800-505-4782

Email: info@ncpva.org

PVA National Service Office: South Dakota VA Medical & Regional Office Center

2501 W. 22nd St., Room 100, P.O. Box 5046

Sioux Falls, SD 57117

605-333-6801

800-795-3632 (toll free)

ALS

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

The ALS Association National Office

1275 K Street NW, Suite 250

Washington, DC 20005

Phone: 202- 407-8580

Call for information in your area

BRAIN INJURY

www.biausa.org

Brain Injury Association of America

1608 Spring Hill Rd., Suite 110

Vienna, VA 22182

Phone: 703-761-0750

Family Helpline: 800-444-6443

State Brain Injury trusts

Email: familyhelpline@biausa.org

Please contact them for local info.

CEREBRAL PALSY

<http://www.ucp.org>

United Cerebral Palsy (UCP) National Office

1825 K St., NW, Suite 600
Washington DC 20006
Phone: 202-776-0406
Toll-free: 800-USA-5-UCP
Email: info@ucp.org
Please contact them for local info.

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
Email: naf@ataxia.org
Please contact them for local info.

GUILLAIN-BARRÉ SYNDROME / CIDP

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

Guillain-Barré Syndrome / CIDP Foundation International

The Holly Bldg., 104 ½ Forrest Ave.
Narberth, PA 19072
Phone: 610-667-0131
Toll-free: 866-224-3301
Please contact them for local info.

MULTIPLE SCLEROSIS

<http://www.nationalmssociety.org>

National Multiple Sclerosis Society

Click on "Find a Chapter" to locate one near you

<http://mymsaa.org/about-msaa/regional/#Midwest>

Multiple Sclerosis Association of America

MSAA Midwest Regional Office—covers South Dakota
1507 E. 53rd Street, Suite 284
Chicago, IL 60659-1199
Phone: 800-532-7667, ext.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.

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

P.O. Box 17427

Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area

SPINAL CORD INJURY

<http://www.brainandspinalcord.org/support-groups/spinal-cord-injury/south-dakota.html>

Brain and Spinal Cord.org: South Dakota support groups

STROKE

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

American Stroke Association

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653 or 888-474-8483

Please contact 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

<http://www.asap.org/index.php/resources/online-support-groups/>

American Syringomyelia & Chiari Alliance Project Online Support Group**TRANSVERSE MYELITIS**

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

Transverse Myelitis Association

1787 Sutter Parkway

Powell, OH 43065-8806

Phone: 855-380-3330

Email: info@myelitis.org

<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/sd.htm>

South Dakota Yellow Pages for Kids with Disabilities

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

<https://www.facebook.com/South-Dakota-Occupational-Therapy-Association-135515893181493/>

South Dakota Chapter of the American Occupational Therapy Association

South Dakota Occupational Therapy Association

P.O. Box 1120

Aberdeen, SD 57402

Phone: 605-380-4592

Email: sdota@msn.com

<http://www.sdapta.org>

South Dakota Chapter of the American Physical Therapy Association

PO Box 91146

Sioux Falls, SD 57108

Phone: (605) 339-4839

Email: admin@sdapta.org

www.apse.org

Association of People Supporting EmploymentFirst (ASPE)

No state chapters listed for South Dakota

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

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

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.

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

Native American Advocacy Program

34838 US Hwy 18

PO Box 277

Herrick, SD 57538-0277

Phone: 605-775-2147

A grassroots Native non-profit which serves the people of the tribal nations in South Dakota.

<http://www.sd-ccd.org/>

South Dakota Coalition of Citizens with Disabilities

221 S. Central Ave. Suite #34A

Pierre, SD 57501

Phone: (605) 945-2207

V/TDD: 1 (800) 210-0143

Email shellyp@sd-ccd.org

The mission of South Dakota Coalition of Citizens with Disabilities is to advocate for the full inclusion of individuals of all ages with disabilities in all aspects of society.

<http://www.sdrehabaction.org/index.html>

South Dakota RehabACTion

A network of concerned public and private professionals, educators, persons with disabilities and their families, friends, and businesses working together to positively affect the public vocational rehabilitation program. The South Dakota RehabACTion Network showcases the results of contributions by Vocational Rehabilitation Counselors, Employment Specialists, Rehabilitation Technicians, Teachers, Evaluators, Therapists, Secretaries, Adjustment Specialists, Trainers and the many other hard working women and men whose lives are committed to assisting persons with disabilities reach their vocational potential and independence.

www.thinkfirst.org

ThinkFirst National Injury Prevention Foundation

1801 N. Mill St., Suite F

Naperville IL 60563

Phone: 630-961-1400

800-THINK56

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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