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

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
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.sdcedsdv.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: sdcadvs@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
Hillsview 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

**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


**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/](http://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


**South Dakota Worker’s Compensation**
Labor and Management
Kneip Building
700 Governors Drive
Pierre, SD 57501-2291
Phone: 605-773-3101


**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](https://dhs.sd.gov/councilondevelopmentaldisabilities.aspx)

**South Dakota Council on Developmental Disabilities**
Hillview Plaza
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

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
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)
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
US Department of Veterans Affairs VA Hospital Locator

http://www1.va.gov/directory/guide/fac_list_by_state.cfm?State=SD&dnum=ALL&map=1&flas
h=1

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)

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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
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/
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

South Dakota Chapter of the American Physical Therapy Association
PO Box 91146
Sioux Falls, SD 57108
Phone: (605) 339-4839
Email: admin@sdapta.org

Association of People Supporting Employment First (ASPE)
No state chapters listed for South Dakota

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. 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.

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.

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.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.