

TRANSITION GUIDE FOR STUDENTS WITH PHYSICAL IMPAIRMENTS

AMERICANS WITH DISABILITIES ACT (ADA)

Overview

The Americans with Disabilities Act (ADA), passed in 1990, is a comprehensive federal civil rights law that prohibits discrimination on the basis of disability. The ADA defines a disability as:

- A physical or mental impairment that substantially limits one or more major life activities (i.e. working, talking, hearing, seeing, caring for one's self)
- Or having a record of such impairment;
- Or being regarded by others as having impairment such as individuals with severe facial scarring.

There are five Titles within the ADA that cover:

- Title I: Employment
- Title II: State & Local Government
- Title III: Places of Public Accommodations
- Title IV: Telecommunications
- Title V: Miscellaneous Provisions

Title I: Employment

Title I requires employers with 15 or more employees to provide equal employment opportunities for individuals with disabilities. Employers may hire, fire, and promote the most qualified individual, regardless of his/her disability. Title I covers all aspects of the hiring process, including posting of available positions, interviewing, job offers, and hiring. It requires all employers to make necessary reasonable accommodations for known disabilities of a qualified applicant or employee, unless the accommodation would impose an undue hardship on the employer. Examples of reasonable accommodations include modification of work schedules, altering a workspace, restructuring job duties, and reassignment. Tax credits may be available for employers that comply with the law.

Title I prohibits employers from giving pre-employment medical exams or inquiries to determine if an individual is disabled. It also prohibits the use of employment tests and other selection criteria that screen out or tend to screen out individuals with disabilities unless the tests are shown to be job-related and consistent with business necessity. Employers must also keep results of any medical exams confidential. The law permits employers to inquire about the ability of a job applicant or employee to perform essential job-related functions at any time. Title I complaints may be filed with the Equal Employment Opportunity Commission, the enforcement agency for Title I. The EEOC can be contacted to file a complaint by calling (800) 669-4000 (V) or (800) 669-6820 (TTY).

Title II: State & Local Governments

Title II regulations prohibit state and local government agencies, departments, special purpose districts, and other instrumentalities from discriminating against people with disabilities in their programs, services, and activities. Public entities must make reasonable modifications to their policies, practices, and procedures to allow equal opportunity for individuals with disabilities to participate, unless to do so would fundamentally alter the nature of the service, program, or activity. They must also provide auxiliary aids and services, integrated program access through nonstructural and architectural modifications, and meet Title I

employment provisions with all employees and contractors. Public entities do not need to remove all physical barriers in existing buildings as long as programs provided in those buildings are readily accessible to users with disabilities in another facility. All new construction must be accessible. The U.S. Department of Justice, (DOJ), has enforcement responsibility for all State and local government entities not specifically assigned to other designated agencies. Title II also seeks to ensure that individuals with disabilities have equal access to existing public transportation services. All newly purchased buses and other vehicles must be accessible. In cases of inaccessible fixed route systems, public entities must provide paratransit services comparable to the level of service provided by the fixed route system. Individuals can file transportation complaints for violations under the ADA by contacting the Department of Transportation.

Title III: Places of Public Accommodation

Privately owned businesses have obligations under Title III of the ADA. All places of public accommodation, including both for-profit and nonprofit establishments that affect commerce must follow Title III guidelines. These businesses include sales and service establishments, restaurants, theaters, hotels, libraries, and doctors' offices. Title III also applies to all commercial facilities including office buildings, factories, and warehouses.

Public accommodations must provide goods and services to individuals with disabilities in the most integrated setting possible. The law also requires businesses to eliminate eligibility requirements that exclude or segregate individuals with disabilities unless the requirements are necessary for the operation of the accommodation. These entities must make reasonable modifications to their policies, practices, and procedures that deny access unless the modification would fundamentally alter the nature of the goods or services provided. When necessary, public accommodations are required to provide auxiliary aids, such as Braille material, to ensure effective communication unless it would cause an undue burden for the public accommodation. Public accommodations must also remove all architectural and structural communication barriers in existing facilities where readily achievable. Transportation provided by private entities must also be accessible.

When constructing new building facilities or altering existing facilities, public accommodations must follow the ADA Standards for Accessible Design (also known as the Americans with Disabilities Act Accessibility Guidelines (ADAAG)). These standards include general design requirements for building and site elements such as parking, accessible routes, ramps, and elevators. The Department of Justice (DOJ) enforces Title III of the ADA.

Title IV: Telecommunications

Title IV requires that telephone companies provide telecommunication relay services that allow individuals with hearing or speech impairments to communicate using a TTY or other non-voice device. Relay services may be accessed by dialing 7-1-1. Title IV also requires that all television public service announcements produced or funded in whole or in part by the Federal government include closed captioning. The Federal Communications Commission (FCC) enforces Title IV of the ADA.

Title V: Miscellaneous Provisions

Title V includes information regarding the ADA's relationship with other federal and state laws, including the Rehabilitation Act of 1973, requirements relating to the provision of insurance, construction and design regulations by the U.S. Access Board, prohibition of state immunity, inclusion of Congress as a covered entity under the law, promotion of alternative means of dispute resolution, and establishment of technical assistance.

(*Information on the ADA and its Titles was provided by the Great Lakes ADA & Accessible IT Center)

Great Lakes ADA & Accessible IT Center

Great Lakes' Services

Technical Assistance

The Regional Center operates a national toll-free information line for answering questions about all aspects of the ADA and Accessible Information Technology (IT). Anyone seeking information is encouraged to use this service.

(800) 949-4232 (V/TTY)

Accessible IT Initiative

The Accessible IT Initiative within the Great Lakes Center provides individuals and entities with information and resources on Information Technology and its accessibility to the widest, possible audience of users. They provide technical assistance, education, training, referrals, and materials to individuals and education-based entities that seek information related to IT accessibility.

Audio Conference

The Audio Conference Center offers advanced information on the ADA to supplement basic ADA knowledge. The conference utilizes a combination of teleconferencing and web-based technologies to deliver cost-effective continuing education on the ADA.

Materials Dissemination

The Great Lakes ADA Center disseminates materials on the ADA, Accessible Information Technology and federal legislation. These publications contain information on the rights and protections for persons with disabilities and are available in alternative formats.

ADA and Accessible Information Technology

The Great Lakes Center, housed in Chicago at the University of Illinois within the Institute on Disability and Human Development, provides a setting for collaboration between business, government, education entities, and the disability community, working together to implement the ADA and promote accessible information technology. Its purpose is to provide technical assistance and training to businesses and people with disabilities regarding the ADA Act of 1990 and promote the acquisition and use of accessible information technology in education settings.

States Served by the Great Lakes Center

- *Illinois *Minnesota
- *Indiana *Ohio
- *Michigan *Wisconsin

For More Information:

Great Lakes ADA Center & Accessible IT Center

University of Illinois at Chicago

Institute on Disability & Human Development (MC 728)

1640 West Roosevelt Rd, Room 405

Chicago, IL 60608

(800) 949-4232 (V/TTY)

www.adagreatlakes.org

CADI-Waiver Services

(Community Alternatives for Disabled Individuals)

About CADI

Community Alternatives for Disabled Individuals (CADI) program is intended to promote community living and independence by providing appropriate health care and support services based on individual needs. CADI provides home and community based services necessary as an alternative to institutionalization that promote the optimal health, independence, safety and integration of a person who would otherwise require the level of care provided in a nursing facility.

What are the eligibility requirements?

- Be under age 65
- Be certified disabled by Social Security for the State Medical Review Team (SMRT) process
- Be eligible for Medical Assistance (MA)
- Require the level of care provided in a nursing facility]
- Have had a Preadmission Screening (PAS)

- Choose community care
- Have an individual care plan that assures your health and safety; and
- The cost to MA for community care cannot exceed the cost to MA for nursing home care

What services are offered?

If determined eligible to receive CADI services, you can receive the full range of services covered by MA. These services include medically necessary hospital care, physician care, nursing services, prescription drugs, medical supplies and equipment, dental services, therapies, and medical transportation. Special services that are necessary to prevent nursing home placement may be available under CADI and include: case management, adaptations to home vehicle, or equipment, homemaker services respite care, adult day care, family counseling and training, foster care, independent living skills, extended home health services, assisted living, residential care services, home delivered meals, prevocational services, and supported employment services.

How do I apply?

Contact your county resource center for more information.

COLLEGE DISABILITY SERVICES

Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990 (ADA) state that: *No otherwise qualified individual...shall, solely by reason of his or her disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.* Because of this, each college* campus has at least one designated staff member who helps with modifications and accommodations for students with disabilities.

Modifications and accommodations for students with disabilities generally include, but are not limited to:

- removal of architectural barriers

- provision of services such as readers for students with blindness, visual impairments, or learning disabilities; scribes for students with orthopedic impairments; and note takers for students with hearing impairments, learning disabilities, or orthopedic impairments
- allowing extra time to complete exams
- taking exams in a separate, quiet room
- permitting exams to be individually proctored, read orally, dictated, or typed
- permitting the use of computer software programs or other assistive technological devices to assist in test taking and study skills.

Not all colleges and universities use the term “Disability Services”, but all institutions of higher education offer supports for students with disabilities.

To access the list of all Minnesota State College and University Disability Coordinators, go to: www.cte.mnscu.edu/directories/disabilitycoordinators.html

For the U of M, go to:

<http://ds.umn.edu>

For all other private institutions, go to:

www.edina.k12.mn.us/edinahigh/counseling/college_disability_services

*College= technical, community, 4-year, or graduate school that receives federal funding

Courage Residence

Courage Center

3915 Golden Valley Road

Golden Valley, MN 55422

Phone: 763-520-0307

Website: www.courage.org

About Courage Residence

Courage Residence is a supportive, challenging place to live-temporarily. It's a personalized, holistic rehabilitation program that can change your life permanently, when you are ready. If you have sustained a brain injury, spinal cord injury, or have a congenital disability, Courage Residence can provide a specialized transitional program specifically for your needs. Courage Residence is designed to give you the tools, techniques and attitude you need to make the most of your life when you leave so you may live as independently as possible. You will develop a personal program plan which takes advantage of the full continuum of rehabilitation services offered through Courage Center. With this plan in place, you will work with staff members to achieve your goals. Your schedule may include an array of services including individual and group experiences. Throughout your stay at Courage Residence, you will learn about resources and living options in your community and, by establishing effective routines and coordinating your use of a wide variety of resources, you will begin preparing to live in the community. Average stay at Courage Residence is 6-9 months.

Who is Courage Residence for?

In general, you need to be:

- 16 years or older with a physical or cognitive disability
- Willing and able to actively participate in establishing and achieving goals that will lead to greater independence
- Medically stable.
- Able to identify funding (with assistance from Courage Center) that will pay for your Courage Residence program.

Who Pays for Courage Residence?

Courage Residence is funded by various resources such as: Medical Assistance (MA), Medicare, private insurance, and private pay.

Further Questions?

Contact the Courage Residence admissions coordinator at 763-520-0307 or go to www.courage.org.

DRIVERS' ASSESSMENT & TRAINING

What is a Drivers' Assessment/Evaluation?

A drivers' assessment/evaluation is designed to measure a person's ability to safely operate a motor vehicle. If you have a disability and have not yet learned to drive, the assessment/evaluation might be your first step toward the driver's seat. To determine your potential to drive a motor vehicle safely and independently, your visual, cognitive and physical skills and need for adaptive equipment will be assessed through completing a behind-the-wheel assessment.

Who is a Drivers' Assessment/Evaluation for?

A drivers' assessment/evaluation is for individuals with all levels of physical and/or cognitive disabilities.

What is Drivers' Training?

After completing a drivers' assessment/evaluation, recommendations will be given. Drivers' training may be a recommendation. Individual driver's training is based on your needs and abilities so you can safely and independently operate a motor vehicle. Lessons emphasize defensive driving, city, freeway and rural driving, as well as, preparation for the state road test.

How would I pay for this program?

Individuals may access Drivers' Assessment/Evaluation and Training services through a variety of funding options, including private insurance and self-pay. Students who qualify for services through Vocational Rehabilitation may also access funds through this agency. Talk to your Vocational Rehab counselor for more information.

Who offers a Drivers' Assessment/Evaluation and Training?

Contact your local Dept. of Motor Vehicles agency.

eFOLIO MINNESOTA

Website: www.efoliominnesota.com

Telephone help is available from the Minnesota Online Call Center:

7A to 9P M-F, 10A to 3:30P Sat-Sun, Closed Holidays

1.800.456.8519 1.800.627.3529 (TTY)

What is eFolio Minnesota?

eFolio Minnesota is a multimedia electronic portfolio designed to help you create a living showcase of your education, career and personal achievements. All Minnesota residents, including students enrolled in Minnesota schools, educators and others can use eFolio Minnesota to reach their career and education goals. Achieve your education and career objectives with a personal electronic portfolio from eFolio Minnesota. Digitally document and share your education, employment history, activities, and goals with whomever you choose whenever you want. Electronic portfolios are similar to "hard copy" portfolios, except that they are much more versatile and are created in a virtual environment. No longer will you need to sort through boxes and files to find your best samples - they're all in your electronic portfolio. You can upload documents, pictures, computer graphics, audio, and video files into your electronic portfolio to give your audience an actual look at what you can do. It's easy to design portions of your site to meet the specific interests of your target audiences. Access your electronic portfolio at any time from anywhere to change or add content.

HOUSING

**This is general information. Contact your local county resource center for more information.

Subsidized Housing

Section 8 Rent Assistance Program - Rent assistance allows the holder to live in any housing that meets HUD qualifications. The holder of the voucher will pay approximately 30% of the total household income for housing. Vouchers are applied for through local county agencies.

Section 8 Buildings - These buildings were built with federal help and the occupant pays up to 30% of the total household income providing all occupants meet the income guidelines. This assistance stays with the building. If occupants move, they DO NOT take the SECTION 8 with them.

Section 236 and FmHA - These buildings were built with federal funds and qualifying persons may live in these units and pay a set affordable rent determined by HUD and FmHA (Farmers Home Administration) for the building and type of unit.

Housing Assistance and Referral

Please contact your local county services agency for further information.
Important Documents

The following documents will be important to keep in a safe place as they will be necessary as you transition from childhood to adulthood.

1. Birth certificate
2. Social Security Card
4. MN State ID or Drivers License
5. Medical History
6. Immunization Records
7. Current IEP and Evaluation Report
8. Medical Card (private insurance or MN healthcare program)

How to obtain a birth certificate

www.health.state.mn.us/divs/chs/osr/birth.html or

2. Print and complete the Birth Certificate Application Form (see below).
3. Complete the Birth Certificate Fee Worksheet to compute the charges for your order (see below). Applications without fees will not be processed.
4. Access to some birth records is restricted. See confidential birth records for more information. A birth certificate cannot be mailed to you unless you demonstrate tangible interest. You demonstrate tangible interest by checking the appropriate box on the application and by having your signature on the application notarized. Applications that are not notarized will not be processed.
5. Make your check or money order payable to Minnesota Department of Health. Checks returned for nonpayment will be charged a \$30 fee according to Minnesota Statutes, section 604.113, subdivision 2, and civil penalties may be imposed for nonpayment.
6. Mail the completed form, birth certificate fee worksheet, and payment to:

Minnesota Department of Health

Attention: Office of the State Registrar

P.O. Box 64882

St. Paul, Minnesota 55164-0882

OR

Fax the completed form, birth certificate fee worksheet, credit card (Master Card, VISA, American Express and Discover Card) number and expiration date to:

651-291-0101.

Allow 4-6 weeks for processing applications. If you have questions, please e-mail osr1@health.state.mn.us or call 651-201-5970.

How to obtain a Social Security Card:

<http://ssa.gov>

You must go on line and complete an Application For a Social Security Card and show documents proving you are a US Citizenship and proof of your identity. You can then take your completed application to the closest SS Office – website will link you to the one nearest you.

How to obtain your MN ID or Drivers License:

For more information, go to mndriveinfo.org or your local Dept. of Motor Vehicles.

How to obtain your Medical History and Immunization Record:

Contact your current medical provider and ask them to print out a list of your medical disabilities as well as Immunization Record. If you do not have a provider, ask your current school for the Immunization Record and keep a copy for yourself.

How to obtain a copy of your IEP and Evaluation Report?

Contact your school case manager and ask for a copy.

How to obtain a copy of your medical insurance card?

If it is private insurance, contact the insurance carrier or employer. If it is part of the MN Healthcare program, contact your financial worker.

MINNESOTA DISABILITY LAW CENTER

Minneapolis Office - 300 Kickernick Building

430 First Avenue North, Suite 300

Minneapolis, MN 55401-1780

Phone: 612-334-5970 TDD: 612-332-4668 Toll-free: 800-292-4150

www.mndlc.org

What Is The Minnesota Disability Law Center?

The Minnesota Disability Law Center (MDLC) addresses the unique legal needs of persons with disabilities. MDLC provides free civil legal assistance to individuals with disabilities on legal issues related to their disabilities. MDLC staff help clients address issues such as: abuse and neglect, rights violations, habilitation services, special education, access to public accommodation, case management, vocational rehabilitation services and assistive technology.

MDLC Projects

Legal Advocacy for Persons with Developmental Disabilities in Minnesota (DDA)

DDA serves persons with developmental disabilities. “Developmental disabilities” include such disabilities as mental retardation and, often, autism, cerebral palsy, muscular dystrophy, epilepsy, and other disabilities that significantly limit the person's capacity in self-care, communication, learning, mobility, employment, and capacity for independent living. In addition, the onset of the disability must be prior to age 22. *DDA provides advice and legal representation on disability-related matters,* such as special education, day training and habilitation services, residential services, vocational training, institutional conditions, county case management, discrimination, protection from abuse and neglect, social services and Medical Assistance. With funding from the STAR (A System of Technology to Achieve Results) program, DDA also provides advocacy to individuals with disabilities who need assistive technology.

The Client Assistance Project (CAP)

CAP advocates make sure that persons with disabilities get the vocational rehabilitation services they are entitled to by law. The project is available to applicants, potential applicants, and clients of federally funded rehabilitation programs. In Minnesota, these services are available through Rehabilitation Services, State Services for the Blind and Visually Handicapped, Centers for Independent Living or Projects with Industry.

Priorities For Case Selection

MDLC is a statewide project of the Legal Aid Society of Minneapolis (LASM). Because the project of the MDLC are not able to help all people with disabilities who seek help, each project works with an Advisory Council to develop policies and priorities to carry out the protection and advocacy mission. Priorities are finalized by the Board of Directors of LASM.

MINNESOTA DISABILITY HEALTH OPTIONS

(MnDHO)

What is the Minnesota Disability Health Options Program?

Minnesota Disability Health Options (MnDHO) is a program for people with physical disabilities who are eligible for Medical Assistance (MA) and reside in the following counties: Hennepin, Ramsey, Anoka, Dakota, Carver, Scott, or Washington. People who are eligible for both MA and Medicare may also enroll. People with physical disabilities can choose to join MnDHO or stay in their current MA program. There is no additional cost to join MnDHO. The program is administered by the Department of Human Services along with UCare Complete, a health plan, and AXIS Healthcare, a care management organization for people with physical disabilities. AXIS Healthcare is a partnership between Sister Kenny Institute and the Courage Center. The health plan assigns a care coordinator to each enrollee to help with paperwork and getting health care and support services.

Who is eligible?

Applicants must:

- be between 18 and 65 years of age
- have a physical disability
- be eligible for Medical Assistance (including MA for Employed Persons with Disabilities) or both Medical Assistance and Medicare
- live in one of the following counties: Hennepin, Ramsey, Anoka, Dakota, Carver, Scott, or Washington

What services are offered?

MnDHO offers all MA and Medicare services (if you also have Medicare), including doctor visits, lab and X-rays, emergency care, durable medical equipment, hospital care, nursing home care, home and community-based care and support services such as home health care, personal care attendant services, and transportation to appointments. The health plan also may offer services that are normally not covered by MA or Medicare, such as modifications to the home or vehicle, extended personal care attendant services, and others.

Do I have to pay anything to be in this program? What if I have a spend-down?

This program has no additional cost. If you have a spend-down for MA, you will continue paying the spend down while you are on MnDHO. You will get a letter from the Minnesota Department of Human Services telling you how to pay the spend-down if you enroll in MnDHO.

Am I eligible to enroll if I am currently on a waiver program? What happens to my waiver services after I enroll?

People who are on the Traumatic Brain Injury (TBI) or the Community Alternatives for Disabled Individuals (CADI) waivers are eligible to enroll in MnDHO. If you are currently getting CADI or TBI waiver services, you can continue to get them through MnDHO, as long as you still need the services. You will no longer have a county waiver case manager. Instead, your health coordinator will help you get these services. People on the Mental Retardation and Related Conditions (MR/RC), Community Alternative Care (CAC) or Elderly Waiver (EW) programs are not eligible to enroll in MnDHO.

What if I join MnDHO, and then decide I don't like it?

You can decide to leave MnDHO at any time. You must tell UCare Complete in writing that you no longer want to belong. The Department of Human Services will then take you out of MnDHO at the beginning of the next month.

How to enroll:

To enroll in MnDHO, you must be eligible for MA. If you are already on MA and want to enroll in MnDHO, contact UCare Complete at (612) 676-3500 or (877) 523-1518 (toll free) or (800) 688-2534 (TTY). If you have questions about eligibility for MA, contact your local county.

MnDHO is sponsored by:

MN Department of Human Services

Questions about MN Health Care programs:

(651) 431-2670

(800) 627-3529 (TTY)

Website: www.dhs.state.mn.us

UCare Complete

(612)-676-3554 (V)

(612)-676-6810 (TTY)

Email: ucarecomplete@ucare.org

Website: www.ucare.org

AXIS Health Care

(651) 641-0887 (V)

(651) 556-0872 (TTY)

Email: info@axishealth.com

Website: www.axishealth.com

Minnesota Health Care Programs

(651) 431-2670 (main number)

www.dhs.state.mn.us/main/groups/healthcare/

The Minnesota Department of Human Services ensures basic health care coverage for low-income Minnesotans through four major publicly subsidized health care assistance programs.

What health care programs are available?

Minnesota offers three primary health care programs that may help your family pay for medical costs.

- Medical Assistance is Minnesota's Medicaid program for low-income families.
- MinnesotaCare is a subsidized health insurance program for Minnesota families who do not have access to affordable health care coverage.
- General Assistance Medical Care provides coverage for parents of children who are between the ages of 18 and 21.

What program options are available for a child with a disability?

Minnesota offers health care program options to cover the health care needs of children with disabilities.

- TEFRA allows some children with disabilities who live with their families to be eligible for Medical Assistance without counting parent's income.
- Home and Community Based Waiver programs allow some children with disabilities who live with their families to be eligible for Medical Assistance without counting the parent's income.
- Medical Assistance for Employed Persons with Disabilities allows working children with disabilities who are at least 16 to qualify for Medical Assistance under a higher income limit.

How do I apply?

You must fill out a Minnesota Health Care Programs Application. You can do so by going to the website listed above and download it or contact your local county resource center.

MINNESOTA WORKFORCE CENTER

www.deed.state.mn.us/services.htm

www.mnworks.net

Mission

To provide accessible services to meet the employment and training needs of every member of the community.

Each local workforce center houses a resource area that operates similar to a public library.

The workforce center provides the following services at no fee:

- How to find a job, get a job, and/or keep a job
- Information on careers, schools, and the labor market
- Reemployment Insurance benefits
- Employer services

Local workforce centers can be found through the website listed above.

Minnesota Association of Centers for Independent Living

www.macil.org

519 2nd St. N.

Saint Cloud, MN 56303

(320) 529-9000

Cara Ruff, President

The Minnesota Association of Centers for Independent Living (MACIL) is a non-profit organization whose purpose is to advocate for the independent living needs of people with disabilities who are citizens of the State of Minnesota, to develop new resources, identify and provide access to existing resources which provide the services needed by persons with disabilities so that they may live independently in the situation and community of their choice.

This web site is dedicated to providing information about independent living services provided by Minnesota's eight Centers for Independent Living (CILs), and links to disability related information around the world.

PACER CENTER

Parent Advocacy Coalition for Educational Rights

8161 Normandale Blvd., Minneapolis, MN 55437

Voice: 952-838-9000 TTY: 952-838-0190

E-Mail: pacer@pacer.org

Web Site: www.pacer.org

PACER's Mission

PACER Center is a coalition of organizations founded on the concept of Parents Helping Parents. PACER strives to improve and expand opportunities that enhance the quality of life for children and young adults with disabilities and their families.

Who We Are?

PACER Center is a statewide nonprofit organization that serves families of children and adults with disabilities. PACER works through the coalition efforts of families representing 20 disability organizations. Established in 1977 and staffed primarily by parents of youth with disabilities, PACER carries out the philosophy of *Parents Helping Parents* through workshops, individual assistance and written information. Throughout Minnesota, PACER's services reach families of children and adults with ALL disabilities: physical, mental, learning and emotional. PACER's programs help parents become informed and effective representatives for their children in early childhood, school age and vocational settings. Through knowledge about laws, resources and parents' rights and responsibilities, families are better equipped to work with agencies to obtain appropriate services for their sons and daughters.

Programs for Parents and Families

Parents Helping Parents Program - Provides workshops, individual assistance and written materials to families of children and young adults with disabilities throughout Minnesota. Topics include special education and Section 504 procedures, communication skills, transition from school to work and community, and other topical issues.

Project for Parents of Children with Emotional/Behavioral Disorders (EBD) – Offers individual assistance related to education, social services, mental health or corrections issues, and provides workshops and written information to parents of children and adolescents with EBD. The project has organized parent support groups throughout Minnesota and can refer parents to other parents or groups in their area of the state.

Multicultural Project - Assists African American, Southeast Asian, Latino and other underrepresented parents who have children with disabilities. Bilingual publications and workshops are available.

American Indian Project - Individual assistance and information for American Indian parents of children who have, or are at risk for, developing emotional behavioral disorders.

Project Swift (Strategies for Workforce Inclusion and Family Training) - Produces training to help Twin Cities youth development programs better serve youth with disabilities.

Project PRIDE (PACER's Rehabilitation Act Information & Disability Education) -

Informs and trains youth with disabilities, their family members, advocates and professionals about the Rehabilitation Act.

Minnesota Parent Center - Individual assistance, workshops, and information for families and professionals encouraging involvement in the education of all children.

Health Information and Advocacy Center - Information about the health care system, resources, and advocacy for families of children and youth with special needs and disabilities.

Housing - Information, referral assistance, and workshops enable parents of children and young adults with disabilities to understand their options for independent living and housing.

Resources for Students, Schools and Professionals

Let's Prevent Abuse – Puppet shows and education for children, their parents, and professionals to create awareness and develop skills to prevent physical, sexual and emotional abuse.

Juvenile Justice – Trains professionals to identify the needs of youths whose disabilities may place them at risk for involvement with the justice system.

Simon Technology Center – An introduction to educational software and special equipment to make computers accessible tools for communication and learning. The STC includes a software lending library.

Perkins Initiative – Transition training to help high-risk youth with disabilities plan for a successful future, access post-secondary education services, and be better prepared to reach their employment goals.

Americans With Disabilities Act and Information Technology Project – Develops training on accessible information technology (IT) in elementary and secondary schools.

Resources and Other Services

PACER publishes three free newsletters, *The Pacesetter*, *the Early Childhood Connection* and *The Computer Monitor*.

PACER's Catalog of Publications lists books, videotapes, training manuals, workshop outlines, transparencies, handouts and state directories of early childhood and EBD services. PACER also sells puppets, scripts and training for professionals on parent perspectives related to special education and disabilities.

PERSONAL CARE ASSISTANT (PCA) SERVICES

Overview

Personal care assistants provide services to persons who need help with day-to-day activities to allow them to be more independent in their own home. A PCA is an individual who is trained to help persons with some basic daily routines. A PCA may be able to help you if you have a physical, emotional or mental disability, a chronic illness or an injury.

Eligibility

To be eligible for the personal care assistance program, a person must meet all these criteria:

- Be eligible to receive Medical Assistance (MA) or MinnesotaCare Expanded (pregnant women and children)
- Require services that are medically necessary and ordered by a physician

- Be able to make decisions about your own care or have someone who can make decisions for you.

If you are enrolled in a prepaid health plan, contact your health plan for specific instructions.

Program Services

Personal care assistance services must be medically necessary and ordered by a physician. A person must need help to complete activities of daily living, have health-related tasks or need observation and redirection of behavior to use these four categories of services:

- Activities of daily living, including eating, toileting, grooming, dressing, bathing, transferring, mobility and positioning
- Health-related functions, which, under state law, can be delegated or assigned by a licensed health care professional to be performed by a PCA
- Instrumental activities of daily living, including meal planning and preparation, managing finances, shopping for essential items, performing essential household chores, communication by telephone and other media and getting around and participating in the community
- Redirection and intervention for behavior, including observation and monitoring

How to get PCA services

Contact your local county resource center. Request an initial assessment for PCA services. A Nurse will contact you to arrange the initial assessment.
PROJECT C3

email C3@c3online.org.

www.c3online.org

www.c3mn.org

Overview

Project C3 is a partnership between several organizations who offer many different kinds of services to youth and young adults. Their goal is to help young adults in transition become successfully employed or to continue their education in high school, colleges or universities. www.c3online.org, links a student in transition to information in the following areas: employment, transportation, education, health, things to do, community living, families, best practices for serving youth, and resources just directed toward youth. Students can find detailed information on resources available in *their own* geographic area at www.c3mn.org.

Public Transportation Options

Contact your local county resource center for information about public transportation available in your area or go to www.apta.com/links/state_local/mn.cfm.

Reduced ADA Fares

People with disabilities may qualify for reduced passenger tolls on any route. Those who also require attendant care while traveling must obtain an endorsement to allow their attendant to travel free as a passenger.

RECREATION/ LEISURE RESOURCES

Community Education

Local departments offer a variety of educational and recreational opportunities in an inclusive setting. Contact your local community education programs.

Adapted aquatics

Check with your school, community education program or the local YMCA for adapted swimming programs. In the metro area of Minneapolis and St. Paul programs contact:

Community Bridge 651.748.7436

Regions Hospital Pool 651.254.4797

Sister Kenny Pool 612.863.5238

Fairview Hospital Rehab Pool

Duluth 218.726.4762

612.273.7345

Shriner's Hospital Pool 612.596.6100

Twin Cities Chapter American Red
Cross 612.871.7676

Courage Center Programs
<http://www.courage.org/>

Courage St. Croix 651.439.8283

Cross Courage Golden Valley
763.528.0811

Adapted biking

In the Metro area adapted bikes can be tried at:

Courage Center Golden Valley 763.588.0811

Gillette Children's Specialty Health Care 651.291.2848

Freedom Cars in White Bear Lake 651.429.6323

Vacation/Camps

Website for camping programs;

<http://www.mnasap.org/childrensprogramms/specialneedscamps.html>

Star and Tribune list of camps <http://www.startribune.com/camps/>

Access for All (The Minnesota Travel Guide for Person's with Disabilities)

<http://www.accessminnesota.org>

Courage Center Camping Department

Camp Courage, Courage North, Regional Day Camps
3915 Golden Valley Road, Golden Valley, MN 55422

763-520-0504 612-520-0245 (TTY)

www.couragecamps.org

Friendship Ventures
10509 108th Street, Annandale, MN 55302

952-852-0101, 800-450-8376

www.friendshipventures.org

EXITE (EXploring Interests in Technology and Engineering) Camp
www.pacer.org/stc/exite.htm

Minnesota Guide to the Outdoors

Accessibility Guidebook to Minnesota's Recreational Area's focuses on getting people to personally experience the natural world.

Wilderness Inquiry

808-14th Ave. S.E. Minneapolis, MN 55414

612-676-9400

www.wildernessinquiry.org/mnparks

Open the Outdoors

500 Lafayette Rd. St. Paul, MN 55155

651-296-6157 or 888-646-6367

Accessible outdoor recreational opportunities in Minnesota
www.dnr.stsate.mn.us/openoutdoors

YMCA Camps

4 West Rustic Lodge Ave. Mpls. MN 55409

612-822-2267

www.ymcacamps.org

Search Beyond Adventures

4603 Bloomington Ave., Mpls. MN 55407

Provides escorted tours for adults with disabilities

612-721-2800 or 800-800-9979

www.searchbeyond.com

Ventures Travel L.L.C.

105 108th St. N.W. Annandale, MN 55302

Supervised travel vacations for persons with disabilities

952-852-0107 or 866-692-7400

Flying Wheels Travel, Inc.

www.flyingwheelstravel.com

507.451.5005

Flying Wheels Travel, Inc is a full service travel agency specializing in travel for persons with disabilities since 1970.

Fishing

Minnesota's Angling and Aquatic Education Program

<http://www.dnr.state.mn.us/minnaqua/index.html>

MinnAqua Program Contacts

(651) 259-5217

fax (651) 297-4916

Fishing Has No Boundaries (FHNB)

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

Bemidji:

215 Paul Bunyan Dr. N.W., P.O. Box 266, Bemidji, MN 56601

218.444-3433

Brainerd Lakes FHNB:

P.O. Box 748, Nisswa, MN 56468

218.828.2344

Rochester: 507.292.1059

Fishing from a pier

http://www.dnr.state.mn.us/open_outdoors/fishing/pier.html

Fishing from the shore

http://www.dnr.state.mn.us/open_outdoors/fishing/shore.html

Neighborhood Fishing Ponds

http://www.dnr.state.mn.us/fishing/fin/7_county.html

Accessible trails

Douglas State Trail

Root River state Trail

Willard Munger State Trail

Maps of each state trail, with further information on facilities and the surrounding area, are available from the DNR Information Center [e-mail:

info@dnr.state.mn.us

phone (651) 296-6157 or (888) MINNDNR; TTY (651) 296-5484 or

(800) 657-3929].

For more general information on Minnesota's state trails, ask for the brochure "DNR Trails and Waterways."

Accredited horseback riding centers

Minnesota requires each person to have a horseback riding pass

<http://www.dnr.state.mn.us/licenses/agents.html>

1.888.665.4236

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

Alpine skiing/boarding

Courage Center has programs <http://www.courage.org/programs/>

Afton Alps has adapted equipment for skiers <http://www.aftonalps.com/>

Equipment that is used: Mono-ski with short outriggers, Bi-ski with short outriggers, Bi-ski with fixed outriggers and double tether lines

Hockey

<http://www.usewha.org/minnesota/index.html>

Power Hockey League in MN (for power chairs) located out of Crystal, MN

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

sports training, competition, and recreation in a variety of wheelchair and adapted sports for individuals with physical disabilities. Located out of Central MN (but has an awesome calendar of activities for around MN)

Hunting

Capable Partners Inc.

P.O. Box 27664 Golden Valley, MN 53427

The Minnesota Broken Wing

7982 24th Street S.W., Backus, MN 56435

888-752-9373

Email: daryl@uslink.net

<http://www.uslink.net/~daryl/>

Sports and Recreation

Seasonal sports, recreational classes, teams and activities:

Courage Center; 763.520.0504

Duluth Area: 218.726.4762

<http://www.courage.org/programs/>

Highland Friendship Club,

P.O. Box 16437, St. Paul, MN 55116

651.698.4096

www.highlandfriendshipclub.org

Paralympics

www.paralympics.org

<http://paralymics.teamusa.org/>

719.866.2030

Little League Challenger Division

www.littleleague.org/divisions/challenger.asp

For boys and girls with physical and mental disabilities, ages 5-18 or the completion of high school. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players, who can participate in one of three levels: Tee-ball, Coach-Pitch or Player Pitch.

570.326-1921

Boy Scouts of America; Central Minnesota Council

Helping young people to serve their communities as responsible citizens and honorable leaders

www.bsacmc.org

Girl Scouts of America: Central Lakes

Helping young people to serve their communities as responsible citizens and honorable leaders

www.girlscoutslolc.org

Adapted Athletics

Mission is to provide youth with disabilities the same opportunity as other students to enjoy the benefits of a quality high school sports program.

Minnesota State High School League

763.560.2262

www.mnadaptedathletics.com

Special Olympics

www.specialolympicsminnesota.org

YMCA

www.ymcatwincities.org/locations/northtown.asp

4-H

The mission of Minnesota 4-H Youth Development is to engage youth, in partnerships with adults, in quality learning opportunities that enable them to shape and reach their full potential as active citizens in a global community.

Arts

VSA Arts of Minnesota, Hennepin Center for the Arts

Promotes quality, accessible arts experience for people with all types of disabilities.

528 Hennepin Ave, Suite 305, Mpls., MN 55403

612.332-3888

1.800.801.3883

www.vsaartsmn.org

Electronic books

<http://www.Etext.lib.virginia.edu/ebooks/>

<http://onlinebooks.library.upenn.edu/>

<http://www.gutenberg.org>

Public Libraries

There are many library branches throughout the state.

www.publiclibraries.com/minnesota/htm

SECTION 504 OF THE REHABILITATION ACT

Definition of Section 504

Section 504 of the Rehabilitation Act of 1973 requires that federal fund recipients make their programs and activities accessible to all individuals with disabilities. Section 504 states “No qualified handicapped person shall, on the basis of handicap, be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination under any program or activity which receives or benefits from Federal financial assistance.” [34 C.F.R. 104.4(a)]

Who is covered by Section 504?

A student is disabled under the definition of Section 504 if he or she:

1. has a physical or mental impairment which substantially limits one or more of such person’s major life activities;
2. has a record of such an impairment; or
3. is regarded as having such impairment. [34 C.F.R.104.3(j)]

“Major life activities” means functions such as caring for one’s self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working. [34 C.F.R.104.3(j)(2)(ii)]

Thus, students who have a disability but do not qualify for special education services under IDEA, may be protected by Section 504. It should be noted that all learners who qualify for IDEA also qualify for Section 504 and the IEP serves as the 504 plan. No student should have both.

Determining student eligibility under Section 504 Identification & Referral

- Any student who needs or is believed to need accommodations in order to receive a free appropriate public education is referred to the appropriate school team for identification and evaluation of the student’s individual education needs.
- Referrals may be initiated by parents, teachers, counselors, social workers, nurses, principals, or others concerned about the student’s educational needs.

*Although the word “handicapped” is used in the 504 Regulations, this resource page will use the term “disabilities” to be consistent with current terminology. In some places when quoting Section 504, the word “handicapped” still appears.

- The school 504 team is composed of those persons knowledgeable about the student, the student’s school history, the student’s individual needs, the evaluation data, and the possible accommodations
- The school 504 team considers the referral, reviews the student’s existing records (academic, behavioral, and social) and considers documentation that the student may have a disability that warrants further evaluation under the 504 procedure. The notice of procedural rights, consent for evaluation, and necessary release of information forms are sent to the student’s parent(s) or guardian.

Evaluation

The student evaluation and development of a plan for accommodations is conducted and carried out by the 504 team. This includes the student’s teachers, and other persons knowledgeable about the student, the evaluation data, and the possible accommodations.

- The 504 team identifies the student’s suspected disability and its impact on the student’s education. This evaluation includes considering any behaviors that may interfere with the student’s participation in the educational program or activities. The evaluation may consider family history, medical, psychological, social/emotional, and other relevant data.
- The 504 team makes the final decision about eligibility and informs the parent(s) or guardian of the student. Parent(s) or guardians will be given notification of the Section 504 procedural safeguards available to them, including the right to an impartial hearing and review.

Individual Accommodation Plan (IAP)

When student eligibility for 504 accommodations has been decided, the 504 team determines what accommodations are needed. The parent(s) or guardians are invited to participate in the 504 team meeting where accommodations for the student are determined. The 504 team develops a written Individual Accommodation Plan (IAP), describing the disability, the learner's needs, and the necessary modifications and accommodations. The plan specifies how the accommodations will be provided, and by whom. The 504 team may decide that no special accommodations are needed for the student. However, the 504 team must record that the student was identified as having a disability, and must state the basis for the decision that no accommodations are necessary at this time. Identified accommodations will be provided to the student in the regular educational environment of the school, unless the 504 team determines that the placement is not appropriate. The student's IAP will be reviewed at least annually.

STAR Program

(System of Technology to Achieve Results)

STAR Program

50 Sherburne Ave., Room 309

Saint Paul, MN 55155

Phone: 651-201-2640 or Toll Free: 1-888-234-1267

MN Relay at 711 or toll free 1-800-627-3529

Website: www.starprogram.state.mn.us/

A System of Technology to Achieve Results (STAR) is located within the Minnesota Department of Administration. STAR's mission is to help ALL MINNESOTANS with disabilities gain access to and acquire the assistive technology they need to live, learn, work and play. The Minnesota STAR Program is federally funded by the Rehabilitation Services Administration in accordance with the Assistive Technology Act of 1998, as amended (P.L. 108-364).

IDEA defines an assistive technology device as any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities.

Looking for resources to help you try or buy assistive technology? Request a free copy of the 2008-2009 Directory of Funding and Assistive Technology Resources by calling 651-201-2640, 888-234-1267 (toll-free), or send an email to STAR. Minnesotans with a hearing or speech disability may call through the Minnesota Relay Service at 7-1-1 or 800-627-3529 (toll-free).

SUPPLEMENTAL SECURITY INCOME (SSI)

1-800-772-1213 Voice

1-800-325-0778 TTY

www.ssa.gov

www.socialsecurity.gov

www.disabilitysecrets.com

What is SSI?

SSI stands for Supplemental Security Income. It's a program run by Social Security. It pays monthly checks to the elderly, the blind, and people with disabilities who don't own many things or have much income. If you get SSI, you usually can get food stamps and Medicaid, too. Medicaid helps pay doctor and hospital bills. To get SSI, you must be elderly or blind or have a disability.

- Elderly means you are 65 or older.
- Blind means you are either totally blind or have low vision. Children, as well as adults, can get benefits because of blindness.

- A disability means you have a physical or mental problem that is expected to last at least a year or result in death. Children, as well as adults, can get benefits because of a disability. If you have suffered an injury that has resulted in a disability, you may be eligible for compensation from the Social Security Administration.

The basic monthly SSI check is the same in all states. Not everyone gets this exact amount, however. You may get more if you live in a state that adds to the SSI check. Or you may get less if you or your family has other money coming in each month. The amount changes every January.

To get SSI, the items you own and income you have must be below certain amounts. The Social Security Administration does not count everything you own when deciding if you can get SSI. For example, they don't count your home, and certain personal belongings are also excluded. Usually, your car is not included. Cash, bank accounts, stocks and bonds are counted.

To get benefits from the Social Security Administration, you must live in the United States as a United States citizen or other legal resident.

How to Sign Up for SSI?

Call 1-800-772-1213 to set up an appointment with a Social Security representative who will help you sign up. People who are deaf or hearing impaired may call the toll-free "TTY" number: 1-800-325-0778. Local offices are also available in your area.

What can I do if I am denied benefits?

Go to the website above to find out more information about assistance that may be available to you.

VOCATIONAL REHABILITATION SERVICES-MINNESOTA DEPARTMENT OF EMPLOYMENT AND ECONOMIC DEVELOPMENT

What is it?

The Division of Vocational Rehabilitation (DVR) assists individuals with physical or mental disabilities in becoming employable. Services include diagnostic and evaluation services to help establish eligibility, guidance, counseling, education and training.

Find your local Vocational Rehabilitation Service (VRS) at www.deed.state.mn.us/rehab/offices/index.htm

Who can get Vocational Rehabilitation Services?

Prior to your senior year, contact the vocational rehabilitation (VR) counselor that works with your district. You may be able to access vocational rehabilitation services if you have a disability that makes it hard for you to get a job, to develop work skills, to find and/ or keep a job. In order to qualify for services, your counselor will review reports from your doctor, school, or other outside agencies.

VRS would like to be able to work with all people who have a disability. However, they don't always have enough staff or funds to do so. Services are determined on a case by case basis, and are impacted by Federal funding.

VRS assesses skills in seven areas:

1. Getting from one place to another
2. Talking and listening to others
3. Taking care of yourself
4. Making plans or carrying out your plans
5. Getting along with other people
6. Having the skills to work
7. Needing changes at work to do a job

People who have serious limitations in these areas will be served first. This is called "Priority of Services."

How long will it take?

A VR counselor will contact you within 60 days following the submission of your application. If you are found ineligible, VRS will provide information about other agencies that may offer support. Also, due to a lack of funding to serve all persons who are eligible, there is often a waiting list. Therefore, it is very important to get your application in as early as possible.

What can VRS do?

VRS offers many services. You and your counselor will pick the services that meet your needs. Examples are:

Counseling

Training

Finding a job

Keeping a job

Assistive Technology

For more information on the services provided, see the website above.

What will it cost?

There is no charge for counseling or job placement services. If you need other services that have a cost, your counselor will know about ways to pay for them. VRS can also pay for some services provided by other agencies. Service fees are based on a sliding scale. You will need to provide information about your income.

ADDITIONAL RESOURCES

–DISABILITY SPECIFIC RESOURCES

Amputee

Amputee Coalition of American

www.amputee-coalition.org

Amputee-Online.com

www.amputee-online.com

Arthritis & Juvenile Rheumatoid Arthritis

Anoka County Arthritis Community Project

Arthritis information and resources including exercise programs.

763-323-6169

Arthritis Foundation

651-644-4108

www.arthritis.org

Asthma

American Lung Association of MN

651-227-8014

www.alamn.org

Asthma & Allergy Foundation of American

(800) 727-8462

www.aafa.org

Ataxia

National Ataxia Foundation

(763) 553-0020

www.ataxia.org

Burns

Burn Survivor Resource Center

www.burnsurvivor.com

Cancer

American Cancer Society

651-255-8100

www.cancer.org

Cancer Information Line (U of M)

1-888-226-2376

Candlelighters' Childhood Cancer Foundation

800-366-2223

www.candlelighters.org

Leukemia & Lymphoma Society

952-545-3309

www.leukemia-lymphoma.org

National Cancer Institute

(800) 422-6237

www.cancer.gov

Celiac Disease

Celiac Disease Foundation

www.celiac.org

Cerebral Palsy

United Cerebral Palsy (UCP)

1-800-872-5827/ 202-776-0406

TTY: 202-973-7197

www.ucp.org

Chemical Dependency

Alcohol & Other Drug Abuse-links

www.thecoolspot.gov

www.freevibe.com

www.checkyourself.com

www.health.org/govpubs/PHD861

www.streetdrugs.org

Anoka County Chemical Dependency Assessment

763-422-7078

Anthony Louis Center

1000 NE Paul Pkwy

Blaine, MN

763-757-2906

Vinland Center

763-479-3555

www.vinlandcenter.org

Chronic Fatigue

CFIDS Association of America

www.cfids.org

Crohn's Disease

Crohn's & Colitis Foundation of America

www.ccfa.org

Cystic Fibrosis

Cystic Fibrosis Foundation

651-631-3290

www.cff.org

Diabetes

American Diabetes Association

763-593-5333

www.diabetes.org

International Diabetes Center, Park Nicollet Clinic

952-993-3393

www.idcdiabetes.org

Juvenile Diabetes Foundation International (JDF)

(800) 533-2873

www.jdf.org

National Institute of Diabetes, Digestive & Kidney Disease

www.niddk.nih.gov

Eating Disorders (anorexia, bulimia, over-eaters)

Eating Disorder Referral and Information Center

www.edreferral.com/index.html

Minnesota Recovery Page

www.minnesotarecovery.info/LinksEatingDisorder.htm

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Phone: 847-831-3438

www.anad.org

Over-eaters Anonymous

612-755-6873 ext. 124

www.overeatersanonymous.org

Encephalitis

Encephalitis Information Resource

www.encephalitis.info

Epilepsy

Epilepsy Foundation of MN

651-287-2310

www.efmn.org

MINCEP Epilepsy Care (MN Comprehensive Epilepsy Program)

952-525-4500

www.mincep.com

Fibromyalgia

National Fibromyalgia Association

www.fmaware.org

National Fibromyalgia Partnership, Inc.

www.fmpartnership.org

Heart Conditions/Disease

American Heart Association

www.americanheart.org

Hemophilia

Hemophilia Foundation of MN and the Dakotas

763-323-7406

www.hfmd.org

Hepatitis

Hepatitis Foundation International (HFI)

www.hepfi.org

Minnesota Department of Health

651-201-5000

www.health.state.mn.us

National Foundation for Infectious Diseases (NFID)

www.nfid.org

HIV/AIDS

Minnesota AIDS Project

612-373-2437, 1-800-248-2437

www.mnaidsproject.org

National Association of People with AIDS

www.napwa.org/who.html

Huntington's Disease

Huntington's Disease Society of America

1-800-345-HDSA (4372)

www.hdsa.org

Immune Deficiencies/Dysfunction

CFIDS Association of America (Chronic Fatigue & Immune Dysfunction Syndrome)

www.cfids.org

Immune Deficiency Foundation

800-296-4433

www.primaryimmune.org

Kidney Disease

American Kidney Fund

www.kidneyfund.org

National Institute of Diabetes, Digestive & Kidney Disease

www.niddk.nih.gov

National Kidney Foundation

www.kidney.org

Lupus

Lupus Foundation of America- Minnesota Chapter

952-746-5151

www.lupusmn.org

Lupus Foundation of America

www.lupus.org

Multiple Sclerosis

Multiple Sclerosis Foundation

www.msfacts.org

National Multiple Sclerosis Society

612-335-7900, 1-800-582-5296

www.mssociety.org

www.nationalmssociety.org/mnm/home

MN Chapter

Muscular Dystrophy

Muscular Dystrophy Association

952-832-5716

www.mdausa.org

Neurological Disorders

National Institute of Neurological Disorders & Stroke

www.ninds.nih.gov

Osteogenesis Imperfecta

Osteogenesis Imperfecta Foundation, Inc.

(800)-981-2663

www.oif.org

Rare Disorders

National Organization for Rare Disorder (NORD)

Toll free: (800) 999-6673 (voicemail only)

www.rarediseases.org

Spina Bifida

Spina Bifida Association of Minnesota

651-222-6395

www.sbaa.org

Spinal Cord Injuries

Christopher and Dana Reeve Paralysis Resource Center

www.paralysis.org

National Spinal Cord Injury Association

(800) 962-9629

www.spinalcord.org

Spinal Cord Society

www.members.aol.com/scsweb

United Spinal Association

www.unitedspinal.org

Stroke

National Institute of Neurological Disorders & Stroke

www.ninds.nih.gov

National Stroke Association

www.stroke.org

ADDITIONAL RESOURCE-ORGANIZATIONS

Advocacy and Legal Rights

<http://www.minnesotaguardianship.org>

Minnesota Association for Guardianship and Conservatorship Information on guardianship

<http://www.mndlc.org>

Disability Law Center Serves the unique legal needs of persons with disabilities

<http://www.pacer.org/publications/transition.asp>

Variety of publications, books and videos on transition issues for parents, youth and professionals.

American Association for People with Disabilities (AAPD)

www.aapd-dc.org

Phone: (800) 840-8844

The largest national nonprofit cross-disability member organization in the United States, dedicated to ensuring economic self-sufficiency and political empowerment for the more than 56 million Americans with disabilities.

American Association on Health and Disability (AAHD)

www.aahd.us

Phone: (301) 545-6140

AAHD's mission is to support health promotion and wellness initiatives for people with disabilities at the federal, state and local level, reduce the incidence of secondary conditions in people with disabilities, as well as reduce health disparities between people with disabilities and the general population.

Brain Injury Association of MN

www.braininjurymn.org

Phone: 612-378-2742

Preparing for Life After High School: The Next Steps

The Brain Injury Association of MN is a nonprofit organization dedicated to creating a better future through brain injury prevention, research, education and advocacy.

Courage Center

www.courage.org

Phone: 763-520-0245

The mission of Courage Center, a not-for-profit rehabilitation organization, is to empower people with physical disabilities to reach for their full potential in every aspect of life. Courage Center offers comprehensive rehab services for people with disabilities, specializing in pain management, brain injury, spinal cord injury and congenital disabilities. We also offer accessible fitness centers, aquatic therapy, vocational and community based services, a transitional rehab facility, sports and recreation and camping.

DisabilityInfo.gov

www.disabilityinfo.gov

DisabilityInfo.gov is the federal government's one-stop Web site for information of interest to people with disabilities, their families, employers, service providers and many others.

Disability Resources

www.disabilityresources.org

Disability Resources, Inc. is a nonprofit organization established to promote and improve awareness, availability and accessibility of information that can help people with disabilities live, learn, love, work and play independently. They disseminate information about books, pamphlets, magazines, newsletters, videos, databases, government agencies, nonprofit organizations, telephone hotlines and on-line services that provide free, inexpensive or hard-to-find information to help people with disabilities live independently.

Education

<http://www.rrfcnetwork.org/content/view/117/172/>

North Central Regional Resource Center

These individuals are assigned primary responsibility for assisting state and local education agencies with secondary education and transition services.

<http://ici.umn.edu/>

Institute for Community Integrations, University of Minnesota. Part of a national network of similar programs in major universities and teaching hospitals across the country.

<http://education.state.mn.us/mde/static/000622.pdf>

“What is Transition Planning?” A one page handout on MDE website

<http://education.state.mn.us/mde/static/000621.pdf>

“What are Transition Services?” A one page handout on MDE website.

<http://www.hhs.gov/ocr/504ada.html>

Your Rights Under Section 504. Office for Civil Rights (OCR) Responsible for enforcing the nondiscrimination requirements involving health care and human service providers and institutions.

<http://mapping-your-future.org/planning/>

Mapping Your Future has information on planning a career, selecting and paying for school.

<http://www.mnscu.edu/>

This site has links to all the Minnesota state colleges.

<http://www.mnprivatecolleges.com>

This site has links to Minnesota private colleges.

<http://www.mheso.state.mn.us>

This site has everything a student needs to know about financing for a postsecondary education.

<http://www.finaid.org>

This site has more information on financial aid for postsecondary education.

Employment

<http://www.mnwfc.org>

Minnesota Workforce Center (Vocational Rehabilitation) Minnesota Workforce Centers (WFCs) provide the tools, resources and services needed for job search, career planning and training needs.

<http://www.careervoyages.gov/>

Career Voyages includes online videos for various careers.

Every Kid Mobility

www.everykidmobility.com/

Adapted bicycles, personalized crutches and canes

Financial

http://www.dhs.state.mn.us/main/groups/county_access/documents/pub/dhs_id_018274.pdf

MA-EPD allows working people with disabilities to qualify for MA under higher income and asset limits than regular MA.

<http://www.ssa.gov/>

Social Security Administration's main web page.

Fix-up Fund Loans

www.mnhousing.gov/index.aspx

Phone: 651-296-8215

The Fix-Up Fund Loan program is through the MN Housing Finance Agency, which enables eligible homeowners to make their home accessible for a resident with a disability.

HDS Specialty Vehicles

www.hdsmn.com

Phone: 952-435-8889

HDS Specialty Vehicles is a 33 year old Minnesota Corporation that provides Mobility Solutions for people with unique transportation needs.

Health and Health Care

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

Resource for clinicians who provide ongoing healthcare to survivors of pediatric malignancies. A basic knowledge of ongoing issues related to the long-term follow-up needs of this patient population is assumed.

http://www.shrinershq.org/Hospitals/Twin_Cities

Comprehensive care for children with orthopedic conditions, including care coordination and transition services.

<http://www.gillettechildrens.org/default.cfm?pid=1.3.8.3#Transition%20Services>

Variety of transition handouts for transition planning available on this website.

<http://depts.washington.edu/healthtr/>

Designed to help smooth the transition from pediatric to adult health care for adolescents with special healthcare needs. This site is a resource for information, materials, and links. Checklists that can be downloaded.

Helping Paws

www.helpingpaws.org

Phone: 952-988-9359

Helping Paws is a volunteer-based nonprofit organization whose mission is to further the independence of people with physical disabilities (other than blindness or deafness) through the use of service dogs. Founded with the help of the Center to Study the Human-Animal Relationship & Environment at the University of Minnesota, Helping Paws has been a part of the Minnesota community for more than seventeen years.

Housing

<http://www.extension.umn.edu/offices/>

This site is a curriculum offered through Extension Offices on finding, paying for and keeping housing.

Independent Living

<http://www.macil.org>

Minnesota Association of Centers for Independent Living Eight Centers for Independent Living in Minnesota provide information about independent living services and advocate for people with disabilities so they can live independently in communities of their choice.

<http://www.dps.state.mn.us/dvs/index.html>

Driver's license site has information on how to get a driver's license, costs, drivers' manuals and more.

<http://www.ag.state.mn.us/consumer/cars/CarHandbook>

The Minnesota Attorney General's Office has compiled the latest research and tips on buying cars, with crucial information concerning your legal rights as a consumer.

<http://www.bankingonourfuture.org/master.cfm/main/home>

This site offers a computer game that teaches financial literacy. The middle school level curriculum is appropriate for high school students as well.

<https://ssl.capwiz.com/congressorg/e4/nvra/>

Register to vote online.

<http://www.irs.gov/app/understandingtaxes/index.jsp>

Includes a site for students to explore and a site for educators on how to teach students about taxes.

Job Accommodation Network (JAN)

www.jan.wvu.edu

Phone: (800) 526-7234

JAN is a free consulting service designed to increase the employability of people with disabilities by: 1) providing individualized worksite accommodations solutions, 2) providing technical assistance regarding the ADA and other disability related legislation, and 3) educating callers about self-employment options.

Minnesota Help

<http://www.minnesotahelp.info>

Designed to help people in Minnesota with statewide housing options based on zip code.

Minnesota Department of Education

[http://education.state.mn.us/MDE/Learning_Support/Special_Education/Birth to Age 21 Programs Services/Secondary Transition/index.html](http://education.state.mn.us/MDE/Learning_Support/Special_Education/Birth_to_Age_21_Programs_Services/Secondary_Transition/index.html)

Planning Guide for Minnesota Students Entering Post-Secondary Education Programs

Minnesota Department of Health

www.health.state.mn.us

Phone: 651-201-5000

The mission of the MN Department of Health is to protect, maintain and improve the health of all Minnesotans. The Minnesota Department of Health performs a wide range of critical public health duties every day. The department also regularly identifies public health issues that need special attention.

The MCSHN transition website at

<http://www.health.state.mn.us/divs/fh/mcshn/transition.htm>

contains a variety of resources.

Mobility for Independence

www.mobilityforindependence.org

Phone: 612-825-1845

Mobility for Independence is a non-profit agency that assists individuals, with physical disabilities, purchase their own van. The organization's overall goal is to raise the necessary funds to help individuals in acquiring safe and reliable

transportation and mobility thus improving their quality of life.

National Dissemination Center for Children with Disabilities

www.nichcy.org

Phone: (800) 695-0285

We are the center that provides information to the nation on disabilities in children and youth; programs and services for infants, children, and youth with disabilities; IDEA, the nation's special education law; No Child Left Behind, the nation's general education law; and research-based information on effective practices for children with disabilities.

National Health Information Center

www.health.gov/nhic

The National Health Information Center (NHIC) is a health information referral service. NHIC puts health professionals and consumers who have health questions in touch with those organizations that are best able to provide answers.

Teen Voices

<http://teenvoices.com>

Teen Voices is a website for teen and young adult women.

Youthhood

<http://youthhood.org>

Youthhood has information for youth regarding health, education, social situations and self-advocacy.