LEGAL CHECK-UP
A Resource for Parents of Children with Disabilities from Birth to 21 in Minnesota
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Minnesota Disability Law Center
MID-MINNESOTA LEGAL AID
INTRODUCTION

The Minnesota Disability Law Center compiled this resource to provide parents of children and young adults with disabilities in Minnesota a reference for the supports and services that may be available. These services include health care, human services, education, and transition planning and are organized by age from birth to 21. Not all the services will be relevant or available to every child or family, but this resource aims to be comprehensive and inclusive of a range of circumstances. This is a guide and it should be used only as a starting point as it may not encompass all the services available to your child.

Not all disabilities are present at birth nor do all disabilities manifest in similar ways throughout a child’s development, and parents are encouraged to review this document in its entirety to determine which services may be appropriate for their child regardless of the age at which they are listed in this guide. A summary chart of potential programs, resources and supports is included at Appendix A.

A list of contact information for Minnesota state agencies and organizations that provide information and support to people with disabilities and their families is located at the end of this resource at Appendix B.

This Legal Check-Up document is divided into sections that show what resources may be available and appropriate to explore during the following age ranges: Birth to Age 3, Age 3 to Age 5, Age 5 to Age 14, Age 14 to Age 17, Age 17 to Age 21, and Age 21 and Beyond. The resources we identify are often available and appropriate across multiple age ranges but we do not list all of them in every age group. Instead, this document is intended to prompt a discussion about resources that may be available as a person ages. For example, assistive technology can be available to individuals at age 1 or 2 and as they grow older, but assistive technology may be more appropriate to start between ages 3 and 5, and this document lists in that age range.

Because these resources can change without notice, it is important to explore current eligibility standards and availability at the time the resource is needed. This Legal Check-Up is only intended to identify potentially available resources and is not legal advice or representation.
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AT BIRTH

FIRST STEP TO DETERMINE ELIGIBILITY FOR SERVICES

✓ **MN Choices**
A support planning assessment conducted by a state-certified assessor to determine eligibility for long-term services and publicly funded programs.

**Eligibility:** Individuals of all ages and disabilities.

**Contact:** Disability Linkage Line 1-866-333-2466 or your local county or tribal human services office. Contact information can be found on the Minnesota Department of Human Services website.

HEALTH CARE AND HUMAN SERVICES

✓ **Medical Assistance (MA) [Service]**
Minnesota’s Medicaid health insurance program for specified groups, including people with disabilities, which will pay for many health and social services

**Eligibility:** Children under the age of 21 who have a certified disability documented by the Social Security Administration or the State Medical Review Team and meet family income limit requirements. Children may also gain health care coverage under the Home and Community-Based Waiver program or the TEFRA program described below.

**Contact:** Apply online through MNsure or contact your local county or tribal human services office.

✓ **Personal Care Assistance (PCA) [Service]**
An individual who needs assistance in completing day-to-day activities such as dressing, eating, mobilizing, shopping, or participating in community activities may be eligible for PCA services.

**Eligibility:** An individual must be on Medical Assistance, have the ability to make their own decisions regarding their care or have a person who can make care decisions for them, live in a home or apartment, and undergo an assessment to determine if they need assistance with activities of daily living (or ADLs).

**Contact:** Your local county or tribal human services office.
Home and Community-Based Waiver Programs [Service]

Home and community-based waivers offer individuals with disabilities or chronic illnesses, who qualify for Medicaid, the ability to receive services and supports to live in their home. **Eligibility:** Each waiver program has eligibility requirements specific to the type of disability or chronic illness. You may be required to undergo review by the State Medical Review Team (SMRT) to certify your disability status or be certified by the Social Security Administration. **Contact:** Your local county or tribal human services office. You will be assigned a county case manager, who will provide additional information and resources regarding services and supports you may be eligible for.

- **Developmental Disabilities Waiver (DD)**
  Individuals with developmental disabilities may be eligible for services provided by the DD waiver. This waiver provides the opportunity for an individual to remain in their home, the home of a relative, or a foster care home instead of living in an Intermediate Care Facility. Services include but are not limited to assistance and supports covered by Medical Assistance, personal support services, environment modifications, and consumer-directed community supports.

- **Community Alternative Care Waiver (CAC)**
  For individuals who require a hospital-level of care and desire to live in the community at their own home, the home of a relative, or a foster care home may be eligible for services under the CAC waiver. The CAC waiver provides services covered by Medical Assistance as well as additional services that include but are not limited to extended home care nursing, health care services, personal care assistance, chore assistance, and consumer-directed community supports.

- **Community Access for Disability Inclusion Waiver (CADI)**
  This waiver is for individuals who require a nursing home level of care. This waiver allows a person to remain in the community at their own home, the home of a relative, or a foster care home rather than in a nursing home facility. Assistance includes, but is not limited to, services typically covered by Medical Assistance, environment modifications, respite care, and consumer-directed community supports.

- **Brain Injury Waiver (BI)**
  An individual who has been diagnosed with a brain injury that requires nursing home care or hospital care may be eligible for the BI waiver, which allows the individual to remain in their home, the home of a relative, or a foster care home. Services include, but are not limited to, assistance and supports covered by Medical Assistance, assisted living, environment modifications, and consumer-directed community supports.
✓ **Consumer Directed Community Supports (CDCS)**

This program allows you to preserve individual autonomy in managing your budget allowance and hiring, training, and managing care staff. To assist in completing your community support plan for the county’s approval, a support planner may be referred to you. Support planner costs are typically covered by the waiver’s annual budget. Additionally, parents of minors who are eligible for CDCS have the option to be a paid parent of a minor (PPOM) using CDCS funds to provide personal care assistance services to their child.

**Eligibility:** An individual who qualifies for Medical Assistance and is receiving waiver assistance may be eligible for CDCS services.

**Contact:** Your local county or tribal human services office.

✓ **Consumer Support Grant (CSG)**

The CSG is an alternative option to Medicaid Home Care Services. CSG is a state-funded grant that allows the consumer to choose care staff, determine pay rates of care staff, and pay for home and other community services. This allows consumers more flexibility and greater personal responsibility for their own care.

**Eligibility:** An individual must be eligible for Medical Assistance and eligible to receive home care services from the Medical Assistance Home Care Program. Not all counties offer this grant.

**Contact:** Your local county or tribal human services office.

✓ **Tax Equity Fiscal Responsibility Act (TEFRA) Option for Medical Assistance**

An alternative eligibility option for Minnesota Medical Assistance.

**Eligibility:** Children under 19 who are ineligible for MA based on their parents’ income, living with at least one parent, who is certified disabled by the Social Security Administration of the State Medical Review Team, and requires hospital or nursing home level of care. The TEFRA option only considers the child’s income for eligibility purposes. Parents may have to pay a parental fee based on their income.

**Contact:** Apply online through MNsure or contact your local county or tribal human services office.

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**Child Protection**

If you believe that your child is being abused or neglected by a service provider, contact your local county or tribal human services office.

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**Waiver Services to Consider**

- ✓ Chore Services
- ✓ Day Programs
- ✓ Family Training & Counseling
- ✓ Home Modifications
- ✓ Meal Delivery Services
- ✓ Respite Care
- ✓ Specialist Services
- ✓ Transportation
OTHER SOURCES OF SUPPORTS

✓ **Family Support Grant (FSG)**
State cash grants for families of children with certified disabilities with the goal of preventing or delaying out-of-home placement.
**Eligibility:** Children residing in a residential facility who would return home if a grant was awarded or families of children under age 21 with a certified disability living at home. Children receiving home and community-based waiver services, Consumer Support Grants (CSG), or personal care assistance (PCA) services are not eligible to receive FSG at the same time.
**Contact:** Your local county or tribal human services office.

✓ **Child Care Assistance Program (CCAP)**
Financial assistance to ease the cost burden of quality childcare for eligible families.
**Eligibility:** Family size and family income determine eligibility. The childcare provider must be licensed or be a license-exempt provider over the age of 18.
**Contact:** Apply online at ApplyMN.dhs.mn.gov or contact your local human services office, for which contact information can be found on the Minnesota Department of Human Services website.

✓ **Deaf Mentor Family Program**
Instruction for families in American Sign Language, early communication methods, and Deaf culture.
**Eligibility:** Families with children who are deaf and hard of hearing age birth to 6.
**Contact:** Lifetrack’s Deaf Mentor Family Program, DMFP@lifetrack-mn.org.

EDUCATION

✓ **Individualized Family Service Plan (IFSP)**
An early intervention plan developed by a child’s parents in coordination with service providers to outline developmental outcomes and objectives for a child under the age of 3.
**Eligibility:** Children age birth to 3 who are eligible under the federal Individuals with Disabilities Education Act (IDEA) and state law.
**Contact:** Your local school district.
AGE 3

EDUCATION

✓ Individualized Education Plan (IEP)
An IEP documents the special education services that the school district will provide for a child from the ages of 3 to 21. Includes measurable annual goals and requires services to be provided in the least restrictive environment.
Eligibility: Eligibility is determined by an evaluation performed by the school district. Note that not all children previously eligible for services will be eligible for an IEP.
Contact: Your local school district or the Minnesota Department of Education.

✓ Interagency Intervention Plan (IIIP)
Identifies a child’s needs in the school, home and community and seeks to coordinate services between the county, non-school based providers, and the school district.
Eligibility: Children who receive IEP services from the school district and county services from at least one other agency.
Contact: Your local school district and your local county or tribal human services office.

ASSISTIVE TECHNOLOGY

✓ A System of Technology to Achieve Results (STAR)
Provides short-term or open-ended loans of assistive technology equipment to Minnesotans with disabilities.
Eligibility: Minnesota residents of all ages and disabilities. Family members and guardians of individuals with disabilities may be eligible as well.
Contact: Minnesota Department of Administration STAR Program at 651-201-2640 or toll free at 1-888-234-1267.

IFSP/IIIP/IEP Services to Consider

✓ Assistive Technology
✓ Audiology
✓ Counseling
✓ Interpreting
✓ Intervener
✓ Occupational Therapy
✓ Paraprofessional Aide
✓ Physical Therapy
✓ Psychological
✓ Recreation
✓ Orientation and Mobility
✓ Social Work
✓ Speech-Language
✓ Transportation
MENTAL HEALTH

✓ Children’s Therapeutic Services and Supports (CTSS) [Service]
CTSS provides mental health services for mental health conditions that interfere with an individual’s ability to function. Services can include psychotherapy, skills training, crisis assistance, treatment plan development, and conducting standardized measures. CTSS can also provide day treatment and mental health behavioral aide service.

Eligibility: Persons under the age of 21, who have a diagnostic assessment of emotional disturbance (under 18 years old) or mental illness (18 through 20 years old), show medical necessity for CTSS, have completed the necessary evaluations/inventories, and completed and signed an individual treatment plan.

Contact: Contact a certified community provider, such as your county agency or a non-county agency that can be found on the DHS website, or a school provider.

✓ Early Intensive Developmental and Behavioral Intervention (EIDBI) [Service]
EIDBI offers treatment to individuals with autism spectrum disorder and related conditions to educate, promote independence, and improve long-term growth and quality of life. Services can include but are not limited to individual intervention, coordinated care, and observation and direction.

Eligibility: Persons under the age of 21 on Medical Assistance (MA) with autism spectrum disorder or related conditions, who complete a comprehensive multi-disciplinary evaluation (CMDE) to establish medical necessity.

Contact: A county case worker, school professional or childcare provider, may make a referral to EIDBI services. A parent or caregiver may also reach out directly to one of the providers to request a CMDE. A list of providers can be found on the Minnesota DHS website.
AGE 5

EDUCATION

✓ **Individualized Education Plan (IEP)**

An IEP documents the special education services that the school district will provide for a child up to 21. This includes measurable annual goals and requires services to be provided in the least restrictive environment.

**Eligibility:** Children with disabilities that adversely affect educational performance.

**Contact:** Your child’s school principal or special education department.

✓ **Section 504 Plan**

A Section 504 plan recognizes a student’s disabilities and ensures the student’s access to school programs and services. The plan seeks to eliminate barriers through reasonable accommodations that allow full access to and participation in school-run activities and the general curriculum.

**Eligibility:** Students who have disabilities that substantially limit one or more major life activities as defined by law.

**Contact:** Your child’s school or special education department.

✓ **School-Linked Mental Health Services**

Mental health services connected to or located in schools to increase accessibility and improve clinical and functional outcomes.

**Eligibility:** Students with mental health needs may be identified by school program.

**Contact:** Your child’s school.

✓ **Extended School Year (ESY) Services**

Special education and related services provided beyond the regular school year. ESY services are not the same as summer school programs.

**Eligibility:** Determined as part of a child’s IEP.

**Contact:** Your child’s school and IEP team.

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**Federal Law: Terms to Know**

**Least Restrictive Environment**

Children with disabilities should be educated in the most inclusive school setting appropriate to their needs.

**Free Appropriate Public Education (FAPE)**

Every child with a disability is entitled to a free appropriate public education, including required special education and related services.
AGE 14

Reminder: Your child may be eligible for waiver services even if they previously were not. Refer to page 3 for more information.

HUMAN SERVICES

- **Telephone Equipment Distribution (TED)**
  Minnesota Department of Human Services (DHS) offers a telephone equipment loan program for people with disabilities who need adaptive technology to use the telephone.
  **Eligibility:** Anyone with hearing, visual, speech, or other physical disabilities who require adaptive technology to use the telephone. Individuals must have a telephone in the home or have applied for telephone services and fall within the program’s income guidelines.
  **Contact:** For more information and to apply contact the Minnesota Department of Human Services and request a TED program specialist.

EDUCATION

- **Vocational Rehabilitative Services (VRS)**
  Every Minnesota High School has an assigned counselor for students with disabilities to assist students with strategizing how to gain work experience and skills and explore postsecondary education and career options with their interests and strengths in mind.
  **Eligibility:** Any student with a documented disability. If you are no longer a student, you can still apply for the VRS program by contacting your local VRS office.
  **Contact:** The designated VRS counselor at the public school.

Transition Planning

In Minnesota, transition planning begins in ninth grade or age 14. Transition areas include:

- Postsecondary education and training
- Employment
- Independent living, community participation, and home living

Person-Centered Planning

- Planning with your child not for them
- Understand, respect, and honor your child’s preferences
- Ensure that your child has meaningful choices and self-determination

Reminder: Your child may be eligible for waiver services even if they previously were not. Refer to page 3 for more information.
AGE 17

LEGAL

✓ **Guardianship and Conservatorship**
A guardian is appointed by a court to make personal decisions on behalf of a protected individual. The individual may have a disability. A conservator is appointed to make financial decisions for the individual. Annual reporting must be submitted.

**Eligibility:** A petition must be filed with a court and a court hearing will take place.

**Contact:** The Minnesota Judicial Branch provides information on guardianship and conservatorship. You may want to speak with an attorney. Contact your county or tribal human services office for possible financial assistance for guardianship legal costs.

✓ **Voter Registration**
You can register online on the Minnesota Secretary of State’s website or by paper form. The paper form can be mailed or dropped off at the Secretary of State’s office or your county election office. Minnesota allows voters to register the day of election. You can register at your polling location or an early voting location.

**Eligibility:** You must be a United States citizen, at least 18 years old on Election Day, and a resident of Minnesota for at least 20 days. You cannot vote if you are currently serving a felony sentence. **Note:** You are eligible to vote even if you have a guardian, unless a court order specifically limits your right to vote.

**Contact:** You can register to vote on the Minnesota Secretary of State’s website: [https://www.sos.state.mn.us/elections-voting/](https://www.sos.state.mn.us/elections-voting/). If you need help or have questions, you can contact your county election office. A list of county election offices can also be found on the Minnesota Secretary of State’s website.
FINANCIAL

✓ ABLE Account
ABLE accounts are an option for individuals with disabilities to invest up to $15,000 per year without exceeding resource limits for SSI, Medicaid, and other assistance programs. An individual has complete control over the account and can change investments, set recurring contributions and withdrawals, and allow others to contribute to the account.

Eligibility: An individual with a disability present before the age of 26, who is eligible for SSI or SSDI because of a disability, experiences blindness determined by the Social Security Act, or has a similarly severe disability with a written diagnosis from a licensed physician.

Contact: For more information or to apply for an ABLE account, you can contact the Minnesota ABLE Plan office.

✓ Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI)
SSDI pays benefits to individuals with disabilities and certain family members. The SSI program pays benefits to disabled adults and children with limited income.

Eligibility: To receive SSI benefits, a person must be either 65 years or older, blind, or disabled and have limited income and resources. SSDI requires that an individual have worked long enough and paid Social Security taxes. An adult child may qualify for benefits based on the parents’ earning records if the disability was present before the age of 22.

Contact: Call or visit your local Social Security office. Online applications are available.

✓ Plan to Achieve Self-Support (PASS)
You may be able to set aside money while you are getting disability benefits. The Social Security Program is called the Plan to Achieve Self-Support (PASS). The goal of the program is to help you work and, eventually, reduce or stop receiving disability benefits. PASS lets you set aside money to pay for education, training, assistive technology or other expenses to reach a work goal. The money you set aside does not count against your eligibility for Social Security disability benefits.

Eligibility: You must be getting Supplemental Security Income (SSI) benefits or be eligible for SSI benefits. You must also have income other than your SSI benefits to pay for the planned work-related expenses. You must have a written work goal that would reduce or eliminate your need for benefits and you must be able to reach this goal in reasonable time.

Contact: Your local Social Security office. Learn more at https://www.ssa.gov/redbook/

✓ Representative-Payee Services:
The Social Security Administration (SSA) will appoint a Representative Payee if you request one or if SSA finds that you need help in managing your benefit payments. In many cases, SSA will try to appoint a family member or close friend. If that is not possible, social service agencies or other organizations that offer this service will be appointed.

Eligibility: A person receiving social security benefits, who needs help managing their money.

Contact: Your local Social Security office.
HUMAN SERVICES

✓ Minnesota General Assistance (GA)
Provides money to people who cannot work enough to support themselves, and whose income and resources are very low.
Eligibility: Must be unable to work enough to support yourself due to disability or other listed categories and must meet income and asset limits.
Contact: Apply online at ApplyMN.dhs.mn.gov or contact your county or tribal human services office.

✓ Minnesota Supplemental Aid (MSA)
Provides cash assistance to help adults who receive Supplemental Security Income (SSI) pay for basic needs.
Eligibility: Must be 18 or older and eligible for SSI whether receiving benefits or not. Some individuals are eligible because they are blind or have a disability under SSI criteria. There is also an asset limit.
Contact: Apply online at ApplyMN.dhs.mn.gov or contact your county or tribal human services office.

✓ Supplemental Nutrition Assistance Program (SNAP)
Formerly known as Food Stamps, SNAP provides economic assistance for a household's food budget.
Eligibility: Dependent on household income.
Contact: Apply online at ApplyMN.dhs.mn.gov or contact your county or tribal human services office.

EMPLOYMENT

✓ Vocational Rehabilitation (VRS)
VRS provides career counseling, job training, job placement, and small business development services to individuals with disabilities. VRS may also help pay for assistive technology and training or post-secondary education.
Eligibility: People who receive SSI or SSDI benefits based on their disability are presumed eligible. Eligibility will otherwise be determined based on whether a physical or mental disability makes it very difficult for an individual to prepare for, get, or keep work.
Contact: For those in school, contact the vocational rehabilitation counselor assigned to your school. For others, contact your local Vocational Rehabilitation Services office.

Transportation
Contact your local Vocational Rehabilitation Services office to discuss transportation options in your community. You may also want to contact your local public transit authority. If you own a vehicle and receive waiver services, you may be eligible for assistance in modifying your vehicle for accessibility. Contact your case manager.
✓ **Ticket to Work Program**
Ticket to Work is a free program through SSA that helps people receiving disability benefits figure out if they can work. You can get help figuring out if you are able to work, preparing for work, and getting and keeping a job.

**Eligibility:** Individuals receiving Supplemental Security Income (SSI) based on disability or Social Security Disability Insurance (SSDI).

**Contact:** Call 800-328-9095 or visit the Ticket to Work website.

HEALTH CARE AND EMPLOYMENT

✓ **Medical Assistance for Employed Persons with Disabilities (MA-EPD)**
Medical Assistance for people with disabilities who work.

**Eligibility:** An individual must be certified disabled by the Social Security Administration or the State Medical Review Team, employed, have monthly earnings over $65, and meet the asset limit.

**Contact:** Your county or tribal human services office.
AGE 21

HOUSING

Eligibility: Based on preferences and service needs.
Contact: Speak with your county or tribal case manager to discuss housing options in your community.

✓ Live with Family
   Individuals may choose to live with their parents. If an individual is receiving SSI and living at home, their SSI check will be reduced unless the parents are charging for rent.

✓ Individualized Housing Options (IHO)
   An individual with a disability may rent or own their home, apartment, or condominium. The individual or their guardian can hire their own staff using other services including Home and Community-Based Waivers, Personal Care Assistance, or other programs.

✓ Semi-Independent Living Services
   Services for individuals who require less than a 24-hour care plan but may need assistance in certain areas. Activities, recreation, training, and support are provided.

✓ Community Residential Settings
   These settings provide supportive services and minimal health-related services for one to four adults. These are commonly called Adult Foster Care and group homes.

✓ Intermediate Care Facilities
   Residential facilities that provide services to people with developmental disabilities or related conditions who require a 24-hour plan of care.

✓ Nursing Home
   Facilities that provide a 24-hour plan of care for individuals who need nursing care.

HUMAN SERVICES

✓ Energy Assistance Program (EAP)
   Grants that help pay for home heating costs.
   Eligibility: Renters or homeowners with income at or below 50 percent of the state median income.
   Contact: The EAP provider serving your county or tribe. You may also contact the Minnesota Commerce Department.

✓ Minnesota Supplement Aid (MSA) Housing Assistance
   Financial assistance for rent, mortgage payments, and utilities.
   Eligibility: Must be eligible for MSA (described previously) and have housing costs that are more than 40 percent of total income. Beneficiaries must also be moving to the community from an institution, be eligible for Medical Assistance, or be living in their own home and receiving home and community-based waiver services.
   Contact: Apply online at ApplyMN.dhs.mn.gov or contact your county or tribal human services office. For those already receiving MSA, contact your county worker.
APPENDIX A – OVERVIEW OF RESOURCES

The following chart is a general overview of the possible programs, supports and services that are available and appropriate to people with disabilities as they age. This is not an exhaustive list, but is designed as a resource for people to be aware of different options according to their age. People with disabilities will not be always be eligible for every resource listed and will have to find out which resource are available and appropriate.

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<td>MN Choices&lt;br&gt;Medical Assistance&lt;br&gt;Personal Care Assistance (PCA)&lt;br&gt;Tax Equity Fiscal Responsibility Waiver Programs&lt;br&gt;Consumer Directed Community Supports&lt;br&gt;Consumer Support Grant&lt;br&gt;Family Support Grant&lt;br&gt;Child Care Assistance Program&lt;br&gt;Deaf Mentor Family Program&lt;br&gt;Public School Special Education&lt;br&gt;Social Security</td>
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<td>Age 3 to Age 5</td>
<td><em>Resources listed above and...&lt;br&gt;System of Technology to Achieve Results – Assistive Technology&lt;br&gt;Children’s Therapeutic Services and Supports&lt;br&gt;Early Intensive Developmental and Behavioral Intervention</em></td>
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<tr>
<td>Age 5 to Age 13</td>
<td><em>Resources listed above and...&lt;br&gt;Section 504 School Services&lt;br&gt;Assistive Technology&lt;br&gt;School Linked Mental Health&lt;br&gt;Public Special Education, including Extended School Year Services</em></td>
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|                 | Representative Payee  
|                 | General Assistance  
|                 | Supplemental Aid  
|                 | Supplemental Nutrition Assistance Program  
|                 | Ticket to Work  
|                 | MA for Employed Persons with Disabilities |
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|                 | Energy Assistance Program  
|                 | Supplemental Aid Housing Assistance |
APPENDIX B - RESOURCES

✓ Proof Alliance
  o Preventing fetal alcohol spectrum disorders and supporting all impacted.
  o Phone: 651-917-2370
  o Online: www.proofalliance.org

✓ Minnesota Disability Law Center
  o Phone: 612-334-5970 and Toll Free: 800-292-4150
  o Online: mylegalaid.org

✓ The Arc of Minnesota
  o Phone: 952-920-0855 and Toll Free: 833-450-1494
  o Online: arcminnesota.org

✓ Disability Hub MN
  o Phone: 866-333-2466
  o Online: disabilityhubmn.org

✓ LawHelpMN
  o Online: lawhelpmn.org

✓ Minnesota Department of Education
  o Phone: 651-582-8200
  o Online: education.mn.gov/mde/

✓ Minnesota Department of Human Services
  o Phone: 651-431-4300 and Toll Free: 866-267-7655
  o Resource Center: 651-431-2450 and Toll Free Resource: 888-968-8463
  o Online: mn.gov/dhs/

✓ Minnesota Office of Ombudsman for Mental Health and Developmental Disabilities
  o Phone: 651-757-1800 and Toll Free: 800-657-3506
  o TTY/TDD: 711
  o Online: mn.gov/omhdd/

✓ Minnesota Vocational Rehabilitation Services
  o Phone: 651-259-7366 and Toll Free: 800-328-9095
  o Online: mn.gov/deed/job-seekers/disabilities/

✓ PACER Center
  o Phone: 952-838-9000
  o Online: pacer.org